



## Love of Conscience

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## **PRIMARY IDENTIFICATION of PHYSICAL ENERGY**

### **OUR PHYSICAL BODY SENSES NATURE**

**PRIMARY IDENTIFICATION:** The basic job of the physical body and senses is to collect data from the environment through the senses and send it to the intellect. The main job of the physical energy is to *protect the body*, including all our senses as well as our emotions, intellect, and discrimination. Physical energy is primarily concerned with the consequences of an action, with how it will affect the body.

**RULE:** The physical body and senses seek gratification. Physical-energy types are comfortable with their bodies. They want to enjoy themselves and be as comfortable as possible. They seek emotional and mental comfort as well as physical comfort. They like to play.

**Example:** Patty Physical planned a picnic and fishing outing with her young son. As they awakened they noticed that it was raining, so the picnic had to be called off. However she did not want to disappoint her son. She packed their lunch, got out the fishing poles, and they sat on the bed eating their picnic lunch. They pretended the bed was their boat, and the floor the water. They threw their fishing poles and pretended to fish.

**RULE:** Physical energy is very sensitive to touch. Touch is not just physical but also includes touching each other with our thoughts, words, tone of voice, and deeds. This energy is extremely sensitive to the tone of voice. If it is not gentle but harsh they may tune out and not hear the words.

**Example:** Percy Physical says, "Our Manager is rude when he speaks to the employees. Yesterday, he said to me that I should have cleaned the dairy case before I went home. He never told me to clean the dairy case, but now he is blaming me."

**Example:** Wife tells physical energy husband in an emotional harsh tone, "I have asked you every week for the last four weeks to call the car insurance agent to get a price for this year. Why have you not done this?"

**RULE:** They do not like to face any situation that creates discomfort for the body or mind. Facing the reality of life is sometimes too painful for them, so they may ignore a difficult situation or pretend it does not exist.



**Example:** Patrick Physical has been suffering from a cough for a year. But he doesn't like to think he has anything serious, so he says, "Oh, it's just the cool air last night." But in reality, he has coughed everyday for the past year whether the air was cool or warm.

**RULE:** Physical-energy types also are uncomfortable hearing about the discomfort of others. If the subject comes up, they change it the first chance they get.

**Example:** Pete Physical's friend Mark starts to describe his marital difficulties. Pete listens for awhile but then tries to get Mark's mind off his misery and cheer him up. "Do you know, I was shaving this morning and my son starting saying 'Da-da.' I was so thrilled to hear him say my name. How did you feel when your first child spoke your name?"

**RULE:** Physical-energy types avoid personal confrontation. They may criticize others, but they want to avoid being confronted with criticism themselves.

**Example:** Parker Physical is driving to work with his wife, who asks him, "Why did you get upset with me this morning when I asked if you called the doctor to get an appointment?" Parker replies, "Did you see that new billboard advertising a new community?"

**RULE:** Physical-energy types communicate indirectly. The direct approach is too harsh on their senses, so they soften communication by using indirect methods.

**Example:** Paul Physical wants his mother to baby-sit his children, but he doesn't ask directly, "Hey, mom, can you watch our children on Saturday night: We want to go out to dinner together with some old friends." Instead he says, "Two weeks ago, I saw an old classmate from my high school. We haven't seen each other for years. We only had time for a brief conversation but now he is also married. We thought it would be great fun to visit together to catch up on what has happened since our high-school days. So we decided to go to dinner one evening and bring our wives so they too could get acquainted. We don't like to have baby-sitters who don't know the children, and it is so expensive. We were wondering if you could possibly do this favor and watch the children?" They prepare you for the question. You ask yourself the question before they do, indirect.

**RULE:** Physical-energy types are adaptable to whatever comes along. They only organize their time if they have to or if they want to schedule something they enjoy doing.

**Example:** Patsy Physical's husband has a baseball game one evening and so he needs to eat dinner right at 5:00 pm sharp. He reminds her of his need in the morning. With all good intentions, Patsy plans to have dinner at 5:00. In the morning some girlfriends visit her for coffee. Then she goes grocery shopping and runs into a friend she hasn't seen in a long time. They talk for quite a while. She goes out to lunch with her children, then takes them to the park. On the way home she realizes the gas tank is almost empty so she has to stop and fill it. She arrives home five minutes before her husband. She was not aware of the time until it was too late.