



The Field Guide to Human Personalities Vol 1

Paul Wagner

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Go Beyond Personality Tests to Discover the Real You! Written by 5-TIME EMMY® Winning comedian, actor and writer Paul Wagner, The Field Guide to Human Personalities, Vol. 1 is a powerful and inspiring exploration 78 unique personality styles that each one of us adopts through the course of our lives in order to function and succeed. The book has beautiful, full-color illustrations that bring to life the look and feel of the personalities. The illustrator is renowned Greek artist Loukia Kyriakidou. The author explores the spiritual, psychological, emotional and behavioral aspects of each personality and provides a morsel of insight into how we might up-level this part of us. In each chapter are the challenges and strengths of each persona, along with a list of healing modalities that can help the personality transform in a given moment. The book is unlike any book in the market. It combines traditional Jungian-style thinking with ancient spiritual traditions along Buddhist, Hindu, Christic, Sufi, Sikh, Kabbalistic and other light-based traditions and religions. It provides guidance and inspiration for the vast array of personalities that live within all of us.

There is a companion deck of Personality Cards (4"x6" full-color, UV-coated illustrations), an additional purchase item, which can be used to explore the social dynamics within a group or create a card spread (akin to Tarot) which helps individuals reflect on different aspects of themselves. The author's blog can be found at www.PersonalitiesBook.com.

The Field Guide to Human Personalities Vol 1 Details

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Bernadette says

I truly enjoyed reading and learning to use the book and the cards I received. Sometimes what was chosen, was so truthful it was scary. Others have enjoyed learning thing about themselves also. This is a book you will go to often; whether for just plain fun or spiritual awareness. Thank you Goodreads and the author for allowing me to add this to my search of self awareness.

Ram Batchelder says

Although it might not be immediately evident from the title, this book offers a fascinating and profound approach to personal transformation and spiritual awakening. Paul Wagner presents us with 78 distinct personality types, and suggests that we start our exploration by picking three at a time (using the beautiful deck of cards which accompanies the book), and then journal about the types we have picked, examining all of our thoughts, assumptions and judgments that come up about those aspects of others and, most importantly, those aspects of ourselves – for of course, even if we feel the type we've chosen doesn't accurately describe us, each of us has every personality type hidden within us, to some extent or another. As Wagner says, “Give gentle thought to how each personality reflects a part of you. [...] By naming our personalities, we begin to fathom our most enduring characteristics and their repercussions. We see our tendencies and repetitive behaviors. We begin to see ourselves more clearly, and as a result, we can choose to grow more thoughtfully.”

And as we see each of these aspects of ourselves more clearly, we are then invited to send love and healing to those aspects; this will gradually bring about a transformation in our entire personality. “The more we understand about our personalities, the more we can heal and renounce. When we liberate emotions, attitudes, intentions, attachments and beliefs, wisdom and light grow within us. [...] When we heal a part of ourselves, we increase our effectiveness.” But of course, such transformations are not so easily accomplished. We must face the emotions which accompany our judgments, and release our accumulated fears. As Wagner says, “As feelings emerge, softly release the behaviors and ideas that are distasteful and choose more pleasing ones. Renounce emotions and imagery that restrict you. Cry it out. Write it down. Weed out past thoughts, feelings, beliefs, events and experiences so that you can create the space for new awareness. Let it all go and be reborn.”

And we are then invited to let go of and forgive all of our concepts and judgments, about others' personalities and our own, and remember our true nature, which is completely free from personality types or division of any kind – and to then recognize that pure Divine Being as the innermost indweller of all beings. As Wagner so beautifully puts it, “By exploring a broad spectrum of human attributes, we come closer to merging with the Self as it rests peacefully in the sweet spot between reality and eternity. It is there that we become deeply infused in the bosom of the universe. With one breath, one intention, we are awakened.”

Each personality type comes with a sizzling illustration, a brief description, a defining affirmation, a ‘Morsel’ (which resembles a fortune from a fortune cookie), and a lengthy Message, which describes this personality type in detail, with all its pluses and minuses. This is followed by a ‘Warning,’ which sets forth the potential dangers in dealing with such a personality, and then a description of an Extreme of that type,

with suggestions for how those tendencies may be balanced. Finally there is a section called Personality Empowerment, which I found perhaps the most helpful; it provides recommendations for ways such a personality can grow and become more balanced and healthy. All of this is topped off by juicy tidbits such as recommendations for colors for that personality type, gemstones, flower essences, essential oils, mantras (including an English affirmation), and the recommended mudra for that personality type. Let's just say: Paul Wagner has gone all out!

Lavishly illustrated by Loukia Kyriakidou, and accompanied by a gorgeous deck of cards, this book is really something to treasure, a springboard for self-exploration and transformation, a God-written invitation to open our hearts to all aspects of all beings, and finally awaken fully to the Divine Self. This is truly fascinating work. Thank you, Paul Wagner!

~Ram Das Batchelder, author of “RISING IN LOVE: My Wild and Crazy Ride to Here and Now, with Amma, the Hugging Saint”

Sandra says

A milestone in this genre.

Paul Wagner provided everything (cards included)you need for fine tuning your observation and interpreting skills.

One can forget the storylines of novels but the things you learn in this book will stay with you and help define traits of people you would like to associate with and those that you would do well to avoid.
