



INTRODUCTION TO META-TYPES

Being Your Best Self: "West Meets East"

Drawing on both Western and Eastern health philosophies, Dr. Dane's unique "Your Body, Your Life" program is based on *energy* – energetic medicine –and how it affects each individual. Western science, concerned with only the *parts* of man, teaches us *how* the body functions, while Eastern medicine, which sees man (and all of life) as a *whole*, teaches us how energy *makes* the body function.

Long ago, Western science revealed that the physical action behind our metabolism is regulated by our body's nervous system, which is divided into two parts: the central nervous system and the autonomic nervous system. The autonomic nervous system controls our body's automatic processes, including our metabolic activity, and it is *also* divided into two complementary regulators that work together: the *parasympathetic* and the *sympathetic* nervous systems.

The first physical action of the autonomic nervous system is governed by the parasympathetic nervous system, which is responsible for automatically keeping our bodies running smoothly. Running quietly in the background, it's the source of the rhythm behind our breathing, the regularity of our heartbeat, the efficiency of our digestion, and many other everyday miracles. This nervous system provides our body with balance, stability, and regeneration. It helps us slow down, chill out, rest, and rejuvenate.

The second physical effect is controlled by the sympathetic nervous system, which keeps us poised for action; it prepares the body for the activities of life. It gives us the ability to expend energy in any given situation. It wakes us up in the morning, provides us with energy throughout the day, gives us that extra boost when we must engage in strenuous physical activity or endure emotional stress, and prepares us for emergencies with the body's "fight-or-flight" response. It speeds us up, moves us forward, and makes sure we get things done.

Both systems act in tandem, creating and maintaining balance to keep the body functioning optimally and ready for life's demands. They are interdependent, yet synchronized to work together, as impulses from one set *activate* while impulses from the other *inhibit*.

Both Eastern medicine and Western science teach us that *energy* is the motivating force of the universe. Eastern medicine teaches us that this energy is composed of two main energies that flow throughout the universe in different strengths but always in balance. The "negative" energy, "Yin," possesses a feminine polarity that is receptive, dark, cold, slow, and emotive. The "positive" energy, "Yang," possesses a masculine polarity that is assertive, light, fast, and intellectual.



THE MIXED SYNTHESIZER META-TYPE:

THE PERSONALITY PROFILE

Overview for Both Male and Female *Mixed Synthesizers*

As you've already learned, both **female** and **male *Mixed Synthesizers*** are partially introverted "Type B" personalities.

Your motto is: *"I FEEL, I THINK, and THEN I'LL ACT – RIGHT AWAY!"*

You're known as the "*Synthesizer Bridge*" – because you have both the intellectually-prone sympathetic and the more emotional parasympathetic nervous systems energetically linked in almost equal stimulation within your body. However, you're dominated by the highly creative parasympathetic system and because of this combination, you're able to bridge the gap between the Type A and Type B personalities.

The **Mixed Synthesizer's** Metabolic Energy – the **YIN** effect blended with **YANG**:

As ***Mixed Synthesizers***, you're warm, giving, expansive, and loving. You're also highly creative, emotive, and receptive in life, and you have a wonderful ability to rationally think through your feelings and actions. This gives you easy access to your sometimes volatile emotions, but with your strong intellect, you can usually channel them through rational thinking. You also tend to be somewhat outgoing, much more than your ***Balanced Synthesizer Meta-mate***, and your emotions might be ignitable if you've been under too much pressure or stress!

Empathetic and caring, you're "feeling" and "action oriented" individuals, but you move at a much slower pace than your ***Accelerator Meta-type*** counterparts. Having an intense emotionally and empathetic based personality, you feel much more at home in your "feeling nature", even though it's coupled with a strong intellectual counterpart. You normally have abundant energy with the dynamic ability to focus and concentrate on anything you set your sights on; you can quickly bring your creative ideas to fruition. You can also make decisive judgments.

Being outwardly expressive and more at home in your intense creative emotionality, you tend to learn things by "trial and error" and usually don't question the validity of your own creativity. You've become sure of the strength of your own judgment and decision-making abilities. Being deeply empathetic and caring, you can easily become "out of balance" if you've been under intense stress or pressure for any length of time.

Then, you may sometimes – not often though - question the legitimacy of your rational, decision making ability and may even have trouble being decisive, once you conceive an idea.



THE FEMALE *MIXED SYNTHESIZER* PERSONALITY PROFILE

When you think of the female *Mixed Synthesizer*, think of the Greek Goddess *APHRODITE!*

A wonderful and fun way to identify with each of the Meta-types is to symbolically contemplate each of their personas compared with the well known and earliest forms of European philosophies, that of the Greek gods and goddesses. The ancient Greeks created, interacted with, and lived under the guidance of a group of diverse and powerful mythological gods and goddesses, which actually personify the qualities of each of the Meta-types. Earlier Western civilizations relied on these deeply rooted philosophies of the immortals, along with their journeys and misadventures, to characterize the different personality traits of men and women.

Their belief system became the ancient predecessor to the more scientific exploration that explained how our world and its inhabitants psychologically work and relate together. Remember the famous Greek plays that personified the complexity of man? They are usually visualized in human (or animal) form with specific personalities and well-defined traits, habits, likes, and dislikes. These gods and goddesses are the archetypes of all the energy patterns of the Meta-types (as well as the Jungian archetypes) and present easy to recognize personifications of them.

Because of their powerful nature and their long presence and reverence in human history, the volume of information about the gods and goddesses is tremendous; and the opportunity to fully realize their transformational energies is best experienced all on its own. As an important introduction though, the Greek gods and goddesses are briefly discussed as archetypes in this report, which is designed to focus on the physical, psychological, and energetic patterns in the *Mixed Synthesizer Meta-type*. Look for upcoming workshops in which Dr. Dane will lead participants on a personal exploration of the full embodiment of the gods and goddesses.

For now, enjoy this short story about the female Greek goddess, *Aphrodite*, as she portrays the archetype of our *Mixed Synthesizer Meta-type*. Later in this report you will read the story of *Ares*, the male deity that is associated with the *Mixed Synthesizer* profile.

APHRODITE - "The Golden Goddess" **Goddess of Love, Beauty and the Heart**

Gorgeous *Aphrodite*, the most beautiful of all the *gods* and *goddesses*, is seen veiled in a shimmering, radiant, moving aura of glittering transcendent golden light emerging into the world resplendent within her own unique transformative energy! Still, peaceful, balanced, and harmonious, the *Golden Aphrodite* speaks to us:



THE MALE *Mixed Synthesizer* PERSONALITY PROFILE

When you think of the male *Mixed Synthesizer*,
think of the Greek god *Ares!*

Just as *Aphrodite* personifies the mythological female *Mixed Synthesizer*, *Ares* symbolizes the archetypical male *Mixed Synthesizer*. Familiarizing yourself with Greek mythology is quite helpful in understanding the male *Mixed Synthesizer Meta-type* and his path in life.

ARES – “The Hero” – The “Quintessential Male”

Resplendent with brilliant light, his head adorned with blazing golden red hair, protectively helmeted and holding his shield, sword and spear in hand, powerful *Ares* is seen as the dynamic “hero of all heroes” – the *avenger*, the *protector*, and the *lover*.

Ares, also known as the Roman God *Mars*, epitomizes valor and courage. He is the champion, the leader, a bringer of justice, a dancer, a lover, and a warrior. Picture *Ares* as the quintessential male; the man of the heart as well as the avenging angel! Think of *Superman* and *Batman* or *007 James Bond*, and you’ll visualize the essence of *Ares* in action! Handsome and virile with the strength of a lion, you have seen him immortalized in movie roles played by Sylvester Stallone, Bruce Willis, or Arnold Schwarzenegger where they bring peace, order, and harmony back into the world! If *Ares* is on your side, you know that safety and peace will prevail!

Ares personifies the dynamic masculine energy of *action*, *assertion*, *movement*, and the *intellect*, perfectly intertwined with the vibrant feminine energy of *emotion*, *feeling*, *love*, *compassion*, *empathy*, and *anger*, which is expressed as *assertiveness* in the world– *not* aggression. He contains the most volatile and the most misunderstood of all of the energetic matrixes.

Ares symbolizes the “man of all men” – the essential male in touch with his emotions, his body, his intellect, and his power. Undervalued by the rigid patriarchal world of linear thinking and rationality, but honored in the Asian world as the great *Samurai*, *Ares* is the great warrior and protector. He is neither a conqueror nor a killer. He is a lover, not a seducer. He wants to honor and love; and he wants to be honored and be loved.



THE MIXED SYNTHESIZER META-TYPE:

PHYSICAL PROFILE

For Both Males and Females

ENERGETIC ACTIVITY

Energetically, you as a *Mixed Synthesizer* have the two powerful energies of the parasympathetic and the sympathetic nervous systems in almost perfect balance and dominated by the more emotional parasympathetic system ruling your body. This combination makes you the *most volatile* of all the other *Meta-types* and like your counterpart, *Mixed Accelerator*, you have exceptionally good energy, you love action, but you don't mind taking time to relax, read, or listen to music.

When you're involved in any of your projects or something you love to do, you usually won't stop until your project has been completed. You love to stay up in your creative "*ivory tower*" and to you, nothing else matters but to complete your goal – not even movement or exercise. You may be a bit *slow* to get started, but once in gear, you'll go all the way until the job gets done. You have wonderful *endurance* and others can count on you to finish anything through to the end.

You usually have very strong energy reserves unless you've energetically swung deeply into the parasympathetic nervous system and into the *Balanced Synthesizer* or *Synthesizer Meta-types*, which could produce fatigue, sluggishness, and weakness in you.

BEST ENERGY TIMES

As *Mixed Synthesizers*, your best energetic times are mid-to-late morning, afternoon, and evening to late evening. You usually have a mild to strong adrenal response as your sympathetic nervous system begins to function in the morning, which makes you somewhat energetic in the mornings. Your energy begins to fade in the afternoon as your sympathetic nervous system begins to slow down and then your energy picks up again in the evening as your dominant parasympathetic nervous system begins to function. If your energy has swung into more of the parasympathetic domination, then you may have a hard time getting out of bed in the mornings. If it has swung into more of the sympathetic domination, then you'll tend to get up quickly but start slowing down after a few hours. You can work slowly and steadily into the evening - sometimes preferring it to daytime - and you may even like to work at night.

SLEEP PATTERNS

As *Ares* and *Aphrodite Mixed Synthesizers*, you usually fall asleep quite easily because of your weaker thyroid gland's energetic response, which can help you sleep



THE FOUR CORNERSTONES of the "Your Body, Your Life" *Mixed Synthesizer* Program

1) THE FIRST CORNERSTONE:

Your metabolism and the *Mixed Synthesizer* food group formula

In the "Your Body, Your Life" program, the dietary intake of each Meta-type is dictated by the unique physical characteristics and energetic demands of the body, in response to your body's exact needs. This healthy eating plan is what sets this program apart from the others; it has succeeded where all others—mainstream fads and "one-size-fits-all" diets—have failed. It is not a diet; it is a revelation of the foods that are most suited to your body for lifelong health. It includes the best times for you to eat, the quantities, the combinations, and the frequency of your meals. At first, it may seem like a new system of eating to you, but you'll soon discover it's easy to follow. It will become second nature to you in your kitchen and on the road, especially as you experience more and better results. You'll notice right away that it's the *right* program for you.

As a *Mixed Synthesizer*, you've learned that your metabolism is dominated by your parasympathetic nervous system, but receives almost equal nerve stimulation from your sympathetic nervous system. Therefore, your energy, and the fuel that keeps your metabolism running smoothly, is primarily generated by the nerve stimulation to those glands and organs responsible for the *regeneration, repair and growth* of your body. These glands are governed by your parasympathetic nervous system: the pituitary gland, sex glands, pancreas, liver, spleen, small and large intestines, kidneys and bladder. A little less stimulation goes to your organs of *energy production, which are* governed by your sympathetic nervous system: the stomach, adrenal glands, thyroid gland, thymus gland, lungs and heart.

In the *Synthesizer* categories, your unique *Mixed Synthesizer* characteristic is seen in the different way in which you break down foods and utilize energy! Your metabolism works hard to keep your sex hormone levels balanced so that your energy stores and emotions stay on an even keel. Since you derive your primary strength from the digestive and regenerative glands, you tend to be a *slower* metabolizer, like all of *Synthesizer Meta-types*. Your metabolic profile is: you break down your foods semi-slowly and burn them off fairly fast!

As a *Mixed Synthesizer*, you produce a medium amount of stomach acid, which allows the influx of ample oxygen into your digestive tract during your slower digestive process. Since you have small amounts of stomach acid available for your digestion, more time is needed for your food to disintegrate and more oxygen enters your system through your natural breathing processes. Therefore, you digest your foods in an aerobic (with oxygen) environment. When the oxygen-rich nutrients reach your body's cells to convert into energy, they'll burn off somewhat quickly, much faster than the other three slower oxidizing *Accelerators*. Remember, "air fans fire."