

Rigid Character Structure

A person caught in the rigid character structure has a total focus on keeping the appearance of the outer world perfect. Even though the rigid person knows that everything is not perfect, a huge amount of effort goes into maintaining the appearance that it is, with no faults, weaknesses or negativity ever allowed.

The illusion of perfection is achieved by continual attention to personal appearance and grooming, the house, the car, the family, the career, the holidays, the social events - nothing escapes scrutiny. Everything in life is under very tight control.

Underneath, the inner world of the soul is denied, and core essence is not given any room to exist. This repression of all emotional energy often leads to over-use of intellect. Life is managed according to logic and analysis, with no room for intuition, creativity or originality. The rigid character is disciplined, systematic, predictable and organised - and loves it this way! There is also a strong focus on the material world, and everything is taken seriously.

The rigid personality hates and avoids emotional display, hugs, people, being touched (physically or emotionally), dancing (especially where a flexible body is needed) and exuberance or any kind. The energy of the heart is blocked, and the energy of the head dominates. Rigid people (men and women alike) tend to prefer the company of men.

Unfortunately the illusion is unsustainable. The rigid character will eventually succumb to illnesses stemming from this inner "rigidity" or stiffness: arthritis, stomach ulcers, heart attacks to name a few. And it is painful for the rigid - whose life has been perfect up until now - to ask for help and to be vulnerable.

Healing Response

Being in relationship with a person displaying the rigid structure means working with someone who lacks emotional mastery. There is a split between the outer world - which always looks pretty good - and the core essence - the existence of which is denied completely.

The big challenge for rigids is to stop controlling themselves and forcing themselves to be perfect, and to let down into their underlying inner fear - which they keep avoiding.

A rigid character has a balanced field and strong boundaries, so there need be no worry about invading with bioplasmic streamers or the wrong frequency in your energy field. Approach close.

Stand in a state of loving kindness and unconditional acceptance. Feel your own core essence within, and allow it to upwell. The only way you can feel the essence of another is through your own expanded state of core essence.

The work of the rigid is to stop taking him or herself so seriously, become more open-minded to new ways of seeing things, open up the heart, welcome the unexpected surprises, laugh more, be flexible and generally "lighten up".

When this structure has been transformed the quality of emotional mastery emerges. Instead of repressing emotions they are welcomed, resulting in genuine sensitivity without sentimentality or mushiness. The person is capable of being calm and centred, flexible yet solid, and fully present in the moment.

*References: Annie Marquier, Free Your True Self, Book 1: Releasing Your Unconscious Defense Patterns.
Barbara Brennan, Light Emerging: The Journey of Personal Healing.*