

Do you understand your personality?

- Jim Rohn

The walls we build around us to keep out the sadness, also keep out the joy.

Ψ The word 'personality' comes from the Latin, 'persona' meaning 'mask' but what determines your personality or individual character? Throughout time, religions and cultures have found various ways to explain the enigma of personality.

Even today, in Japan, it's believed that personality is linked with blood type: Those with blood type A are considered perfectionists, good team players, but over-anxious; type Os are seen as curious, generous and stubborn; ABs are viewed as creative, mysterious and unpredictable; while blood type Bs are cheerful, eccentric and selfish.

In the US, they are more pragmatic - there are over 2,500 tests to evaluate personality and character, of which the Myers-Briggs Type Indicator is one of the most popular and well known.

Two schools of thought battle it out regarding what it is that makes you who you are, and that's the 'nature versus nurture' debate. While some experts say your personality is coded into your genes, others believe it is your upbringing that sculpts your character.

Oliver James, child clinical psychologist and author of *How To Develop Emotional Health*, believes that the Human Genome Project (an international scientific research project that seeks to fully map the human genome) has 'almost definitely proven' that personality is not caused by genes. 'It is one of the best kept scientific secrets at the moment. Study after study after study has shown either zero

effect of genes or very, very little effect. The question is, at what point will scientists accept that the hypothesis is false?'

Susan Greenfield, a neuroscientist at Oxford University agrees to a certain extent, but believes the answer may not be so black and white. 'My own view is that although genes are necessary, they're not sufficient. So, the idea that trapped inside the DNA is an extrovert personality, I think, is a very misleading one.'

But she agrees with James when she says that you can't link traits to specific genes.

'Just because DNA is clearly crucial, it's a very indirect contribution. It's not one you can map directly - the gene for good housekeeping, the gene for being witty and so on - it doesn't work like that.'

Most experts agree that environmental factors play a big role too. 'We, as human beings, are very dependent on our environments,' says Greenfield. 'That's why we occupy more ecological niches than any other species on the planet - because we're freed from the tyranny of our genes, so that we can actually benefit from experiences and adapt to our environment. The whole point of being human is that we're unique, not that you're a plus on

one feature and a minus on another feature. It's not like you're analogue. You're a highly dynamic creature that interacts all the time with the environment.'

Many of these environmental factors begin in childhood. The quality of childcare, how responsive your parents are, the standards they teach you and the rules they impose are all hugely influential. It's in the first six years of life when patterns of hormones and brainwaves are established. These are critical when it comes to determining your early personalities but, as James says, your characters change after that, too. 'Traditionally, psychologists have always spoken of the 'big five' personality traits. But people's 'big five' traits vary enormously according to what role they're in. So people might be very outgoing with their romantic partner but might be very introverted when talking to their father. The idea that has been discredited is that we have a single personality, which is genetically inherited and which we manifest in all contexts.'

The 'big five' he refers to are 'openness', 'conscientiousness', 'extraversion', 'agreeableness' and 'neuroticism' - a model generally accepted by psychologists everywhere. We all have varying levels of each trait and by assessing each we can gauge our own personalities:

- **Openness** - This is an expression of the extent you are willing to accept new experiences. People who are open tend to be more creative and aware of their feelings.
 - **Conscientiousness** - A trait that appears in the ambitious and the self-disciplined. Conscientious people are more prone to planning than spontaneity.
 - **Extraversion** - Extraverts enjoy engaging with people, are enthusiastic, action-oriented, like to talk and assert themselves in company.
 - **Agreeableness** - Agreeable individuals aim for harmony. They want everyone to get along. People heavily loaded with this trait are considerate, kind, generous, trusting and helpful.
 - **Neuroticism** - This is the tendency to experience negative feelings, such as fear, hate, anxiety and depression.
- So do you know who you are yet?



Knowing You is Loving You

by Tony Jeton Selimi



To live an inspired life you need to start by facing life's obstacles and answering life's questions through a journey that takes you deep within. For many centuries, the questions: Who am I? Where do I come from? and What am I here to do? have puzzled and inspired people from all walks of life to search for answers.

Here's the thing... most of us have been hypnotised into thinking that life in itself is all about experiencing things through one-sided emotion, and that suffering is the wrong move, false path and worst play.

But the truth is that every master suffers. Every human being at some point in their life experiences suffering and separation from the essence of who they are: Love. As we separate and the gap becomes bigger, at some point when the pain becomes too big, there is a voice that comes from the depth of our being to awaken ourselves to being who we are.

We all go through birth, experience life and then we die. Throughout this process, Life presents many challenges. We need to equip ourselves with tools to help us navigate safely through those obstacles. A Path to Wisdom shares the unique method I've developed on my journey to overcome many physical and emotional problems. What I realised on the way is that you just can't rise to iconic status without experiencing the pain associated with greatness.

My TJS Evolutionary Method is a framework of five pillars that become your personal guide, and

the light needed to shine the path for your journey within. Each pillar takes you into a deeper part of your self. This is the place where you can uncover the layers and where your coping mechanisms become conscious. When followed in the given order, this will empower eight key areas of your life: spiritual, mental, emotional, career, physical health, financial, relationship, and Love. Questions will be answered from within as you uncover each page of your journey in this book. You start to see an underlying order in your current way of being that you don't normally see, helping you to:

- Acknowledge and own your power (influence)
- Listen to your body's wisdom and experience life through the infinite wisdom of love (compassion, acceptance)
- Accept your authentic self and achieve higher vibrational states of awareness and intelligence (become authentic, true to who you are)
- Reconnect to your life's purpose (have greater clarity)
- Focus (deliver results), master your life and live your dreams (create infinite value).

By reading the book, attending any of my workshops, seminars, retreats or by working one-to-one with me, you will have the opportunity to go deeper, raise your vibration and expand your consciousness. By doing so you, too, can enter the world of effortless flow and miracle manifestation in which you feel nurtured, creative, trustworthy, empowered, healthy and inspired.

Tony is a qualified coach who studied many disciplines to bring his life into balance and develop the knowledge to help others do the same. A path to Wisdom is £17.87 via www.apaththewisdom.com

