

# REFLECTION FOR THE TYPE 9

The Peacemaker's Podcast  
from Ep. 5 & 6 Interview with Joel Hubbard

## BE AWARE OF YOUR TENDENCY TO MERGE WITH YOUR ENVIRONMENT



Come back to yourself by asking:  
"What am I feeling?", "What am I thinking right now?"

When you're ready, try offering parts of your ideas or feelings to your environment. Examine how it feels to do this and expect there to be some discomfort. With time, nines can find freedom from the low side of merging and show up more as themselves.

## DO YOU NEUTRALIZE YOUR EMOTIONAL EXPERIENCES?

Many nines neutralize by quickly (almost without noticing) going from their body (a feeling) in to their heads (thinking). If you can tune back into the gut (body) and take action in the direction in which you know you need to move, you can begin tap into being a peacemaker instead of a peacekeeper.



## THE LIE OF THE TYPE



Once you put yourself out there by addressing conflict or speaking your mind, evaluate the result. Was your peace ultimately disrupted in the way you thought it would be? Was connection lost with others? The nine believes "If I assert myself in any way...if I bring myself to the conversation or take on a new challenge...then I'll have this dreaded sense of disruption."

When you call out the lie and begin to live in the other direction you start to find peace at a deeper level.

## IF YOU FEEL THE DESIRE TO PUT YOURSELF INTO THE WORLD IN A NEW WAY...

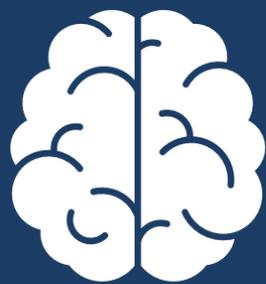
Every type will be addressing the low side of their number in some way for the rest of their lives. It's important to give attention to the ways and areas where ARE growing. Tune in to your desire for more growth and speak life into yourself. Keep your personal value at the top of your priorities list and keep pushing forward. You will see growth!



*"There's a beauty to the  
gift of the type 9."*

# CAPITALIZE ON THE BRAIN'S ABILITY TO REWIRE ITSELF

In order to rewire itself, the brain needs both the experience of doing something different and the reflection on what you did. Joel Hubbard calls it "breathing into the good", the practice of gratitude and delight.



Feel the delight in your body. What would it look like to make your body smile and allow it to delight in a moment that you felt proud of yourself?

## THE NINE EDITING THE NINE SELF



One of the patterns of the nines low side is "editing" ourselves. While in conversations with others or in uncomfortable situations we may change our opinions or hold our true thoughts back out of fear that we will lose connection with others.

How do you find yourself "editing yourself"? Are there specific settings or in particular relationships in which you hold yourself back more than others? Why so?

## FIND THE SPACE BETWEEN STIMULUS AND RESPONSE

Joel referred to the Viktor Frankl quote: "Between stimulus and response there is a space. In that space is our power to choose our response."

This space is here for us to take a deep breath, to pause, to allow our mind and body to catch with each other so that we can decide what to do next.



## WHAT ARE PRACTICAL TIPS FOR THE TYPE 9?



- Slow down in your conversations..you do not have to respond quickly. The world is not moving as fast as you may be feeling on the inside. Asking for extra time before you give an answer is perfectly acceptable.
- Come back to the breath. This naturally slows us down and gives us a moment to think before we respond. It also gives us the ability to think more clearly.
- Since we are a body type, it's important to tune in to what our body is telling us. Are you feeling pain in your neck or tension in your shoulders? What might that tension be signalling?

## FINAL THOUGHTS FOR THE NINE

The gold is waiting for us on the other side of our fear and discomfort. Remember the lie of the type and test it out in safe ways. See what happens if you speak up in a small way.

Practice tuning in to your body when you are in a good head space. Through meditation, centering prayer, mindfulness exercises...you can strengthen your "tuning in" muscle.



*"Peacemaker - you are one that creates harmony and comfort. What if you could do that with greater intention. As an intentional act? You are here on the planet to do something amazing!"*

Joel Hubbard, Episode 6