

## Masochist Character Structure

A person caught in the masochist character structure feels powerless and despondent. Life is a bitch! There is a deep, ingrained fear of being stifled, manipulated and exploited. Such a person has been humiliated, and not allowed to express or assert themselves the way they want. So they retreat deep inside themselves, and can't express any more - they may even be unable to finish their sentences . . .

The masochist always feels like a victim, and is unhappy and frustrated. There is always plenty to complain and whinge about, which can lead to bitterness and occasional violent outbursts. When subjected to the authority of others, the masochist is very sensitive indeed. He or she constantly projects anger against anyone who represents authority in any way, or tries to exert influence over them.

As an authority (such as an employer or parent), the masochist is tough, sets high standards, and is critical when these are not achieved. Such a person will make use of restrictions, taboos and rules to curb the natural vitality and enjoyment of life that others show - especially children. Masochists are miserable.

The *active* masochist structure brings out anger and aggressiveness towards others - because the other person is always to blame! Also permanent discontent and openly-expressed moodiness, based on anger. Manipulates through blame, criticism and complaints, generally openly. The anger comes to the surface, and the underlying fear is repressed.

The *passive* masochist structure evokes submission, out of fear of being stifled and further humiliated. Also obedience, niceness and passivity. Manipulates through meekness and niceness. This aspect is more often found in women. The anger is still present, but deeply repressed, and fear dominates.

Being sick is of real interest to the masochist, because one suffers - and so has grounds for complaining and looking pathetic. The masochist tries to force others to take care of them, and then complains if they don't.

The digestive system is prone to all manner of illnesses and malfunctions. Stress due to suppression of anger appears in the back and shoulders. And the deep sense of powerlessness generates an unconscious hopelessness that readily manifests as anxiety or depression.

## Healing Response

A person displaying the masochist structure has a major issue with invasion and being controlled. They expect you to invade them with your energy. Don't oblige - it will not be an effective way to communicate! Avoid sending bioplasmic streamers or using your third-chakra cords, and don't let them invade your solar plexus chakra either. Imagine a cap over your third chakra, or place your hand over it.

If you feel bioplasmic cords coming from them, imagine yourself wearing a teflon overcoat, and just let the cords slide off without sticking, and fall into the earth. Give the other person plenty of space - stand far enough away that you do not come into their personal field - stay about a metre apart.

Once you have the streamers and cords under control, pay attention to the frequency or quality of energy within your own field. Bring your field frequency to match theirs - you can do this by imagining yourself becoming like them. Then lightly expand your field until it just touches the edge of theirs. They will feel this, but it will feel comfortable because it feels just like their field - and your energy is not invasive.

Just stay present with your fields synchronised. Feel your essence and let it fill your own field. You will both feel the connection without controlling or being controlled.

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