

## Oral Character Structure

A person caught in the oral character structure experiences powerful feelings of deprivation, loss or abandonment. This gives rise to a fear that there is “not enough” of something, now or in the future.

If the emptiness is felt physically in the body, there may be attempts to bring comfort by stuffing the body with food, drink, drugs, alcohol or tobacco, all taken in through the mouth (hence the term ‘oral’).

If the deprivation is more emotional, soothing might be sought through shopping, watching television, travel, study, work, playing sport, exercising. Not that these are inherently bad activities - rather, they are being used to try to soothe an inner sense of deprivation (which cannot be soothed in this way).

Another approach is to seek solace directly from other people through relationships. The oral person feels dependent, clingy or needy in such relationships, which quickly evokes a reaction of disgust and revulsion.

There will also be a permanent worry about the future, leading to a tendency to accumulate, hoard and possess for the sake of self-preservation against some imagined future scarcity.

The oral character can have a thin, scrawny body type, portraying a picture of deprivation. Or the opposite can occur, and the body can be overweight because of the stuffing behaviour. A cluttered home or lifestyle (after all that shopping) can be evident, but there will still be a sense of deprivation rather than abundance.

The pattern of unattainable satisfaction can be seen in excesses of all kinds: sex, work, food, activity, talking. In relationships there is an unconscious demand that the other person steps up to meet all kinds of needs, leading to behaviour that can be demanding, manipulative or (when direct methods don't work any more) seductive and then blaming of others.

## Healing Response

Being in relationship with a person displaying the oral structure is always a serious challenge, even for short periods. This is because so much is demanded, directly or through subtle persuasion - but regardless of how much you give it is never going to be “enough”. The oral person feels that he or she “is not enough”.

The healing response is based on helping the other person to have an experience of being filled - without having them suck energy from you in the crazy, desperate way they want to.

First step is to prevent them sucking from you. This can be done by protecting your chakra that is being attacked (usually third = solar plexus). Place your hand over it. Do not stand directly in front of the other person, nor face them directly. Minimise eye contact, because the oral also sucks through the eyes.

The second step is to energetically support them to stand on their own two feet, and nurture themselves. You can tell them that they have strong legs, and a strong inner source of life. Imagine them being able to draw life-energy from the earth up through their legs and first chakra, and fill their energy field themselves.

You can also help to fill their aura with the use of bioplasmic streamers. This is different from letting them suck from you, because you are directing how your energy flows out. Calmly imagine beautiful, coloured, nourishing streams of energy flowing out from your hands and into their third chakra, nourishing them.

Don't expect quick results. The oral person has very little ability to receive energy apart from controlled sucking. It will be slow. They will feel there isn't enough time. It's very subtle work.

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