

Schizoid Character Structure

A person caught in the schizoid character structure has a lot of fear around engaging with the physical world. There is a reluctance to get involved in any sort of activity, to take responsibility, to complete tasks or develop relationships. Instead, there is a withdrawal into a fantasy world, or a world of pure intellectual activity. A person caught in this structure is simply “not present” in the physical world. There is usually a lot of fear, anguish and anxiety just below the surface, which can be felt by others.

This *aversion to being fully present* can cause the body to take on a light, lean, elongated and disjointed appearance, where the body parts don't seem to fit together very well. In the extreme, the schizoid person can be skinny and gangly (like catwalk models), the spine disjointed, many left-right imbalances, and even high arches on the feet. The eyes may have a vacant “nobody home” appearance.

The life force keeps escaping out through the top of the head, leaving an unenergised body behind. Typical statements of this structure are: “I'm out of here! I don't want to be here! I am afraid! I hate this world!”

The general withdrawal mechanism shows in a reluctance to make commitments: a job or career, an intimate relationship, or any kind of activity - including physical activity. There is a constant need to escape, giving rise to a restless need to travel or move on, and a reluctance to deal with conflict head-on. There is also a general anger at the world for “not making room for me.”

Health issues centre around an underlying anxiety towards life, often without any proper external reason. Depression, lack of energy and chronic fatigue all make sense because the energy system keeps withdrawing from the physical body. There can also be immune system deficiencies and blood circulation problems (cold hands and feet). The body can be neglected, poorly fed, or carelessly clothed.

Healing Response

A person displaying the schizoid structure will not want to have contact with other human beings, and is basically afraid of them. Hostility is automatically expected and assumed - even when it is not intended. Such a person will have weak boundaries, and be easily penetrated by others. The physical body is often weak and sensitive, ungrounded and vulnerable.

The biggest need of a schizoid person is to feel safe in the physical world, and safe inside his/her own body. But just ignoring them or not paying attention to them (to give them space) won't do this, because they will feel that you are being angry or hostile, or rejecting them.

It's important not to come on too strong, nor to send out energetic streamers, nor cling to or manipulate them in any way, because they will just vacate their body immediately, as a reflex reaction. They are very sensitive and their boundaries are weak, so the slightest amount of “push” will be felt intensely.

The schizoid tends to run his or her energy field mostly with the higher energy frequencies, and the lower, earthy frequencies are weak. To make contact, raise your energy-consciousness to a high frequency, and make contact very lightly using harmonic induction. You can sometimes do this by bringing awareness to the upper chakras (crown of head, brow, throat) and working from there.

Then gradually and gently decrease the frequency, while staying focused within yourself. It is very easy to project yourself out the front of your body (and send out streamers) so keep your field spherical in shape to prevent this. Do not insist on eye contact, and maybe don't even face the person directly. As you lower your vibration frequency, stay in a calm state and the other person may be able to follow you to safety.

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