



What is an archetype?

- Another very helpful way of understanding yourself and others
- Related to personality type (see Lesson 2) but with more depth and complexity
- Based Carl Jung's work but NOT distilled into 16 types – hundreds to explore!
- The "collective unconscious"
- Caroline Myss is a leading expert on archetypes and she states: "...archetypes are impersonal patterns of influence that are both ancient and universal"
- Archetypes are commonly held by every culture, which is why fairytales, myths and legends are often similar (for example, the journey of the hero or heroine)




Sample of Archetypes

▪ Mother	▪ Dilettante	▪ Dilettante
▪ Visionary	▪ Clown	▪ Clown
▪ Femme Fatale	▪ Lover	▪ Lover
▪ Bully	▪ Vampire	▪ Father
▪ Advocate	▪ Hermit	▪ Storyteller
▪ Engineer	▪ Child	▪ Artist
▪ Teacher	▪ Queen/King	▪ Prostitute
	▪ Gambler	▪ Saboteur

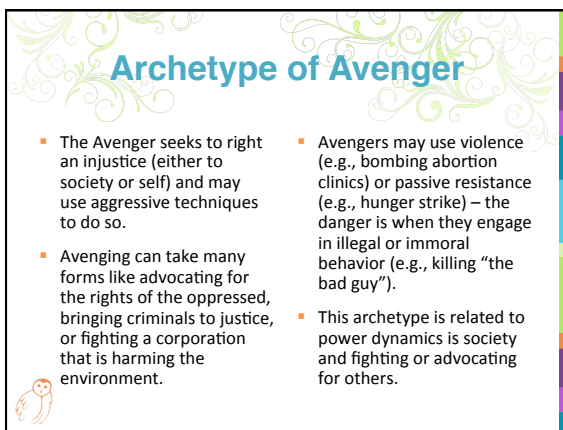


Archetype of Damsel

- Beautiful and vulnerable maiden in need of rescue.
- Oldest female archetype in media. She is rescued by a man who takes care of her.
- She is fully dependent on her savior and she rewards him with her beauty and devotion.
- More modern versions have the maiden becoming empowered and rescuing herself.
- This archetype is related to gender roles (patriarchal views) and dependency.
- If the relationship does not evolve to more equality, it usually fails.










Archetype of Vampire

- The Vampire is a mythic creature associated with both blood-sucking and eroticism.
- The vampire get his/her energy from sucking the life out of the victim, and the victim becomes too weak to defend him/herself.
- However, the victim is drawn to the vampire even when s/he knows the relationship is dangerous.
- This archetype is related to power dynamics in relationships, particularly romantic or sexual ones.




Vampire Archetypes in Media



Archetypes in Your Life

- Myss states “archetypes become personalized when they are a part of your individual psyche”
- As a result, your life exhibits patterns or characteristics of some archetypes
- Exploring your archetypes gives you valuable insight
- Myss believes that we each have 12 archetypes and that this group of archetypes serve as guides over the course of your life
- Each archetype has a “light” and “shadow” side (neither is good or bad)



Light & Shadow


Archetype	Light	Shadow
Damsel	understand the nature of healthy romance; ability to rely on yourself	waiting for another to provide for you; not believing in your power
Avenger	Desire to balance scales of justice; righteousness on behalf of society or self	Resorting to violence or unethical behavior in name of cause
Vampire	Makes you aware that someone or something is draining your life force	Depleting others for survival; chronic co-dependency

Clues of Your Archetypes

<p>Where to look for clues:</p> <ul style="list-style-type: none"> ▪ Careers/jobs ▪ Patterns in relationships ▪ Issues you are passionate about ▪ Hobbies or interests ▪ Strengths and challenges 	<p>My archetypes:</p> <ul style="list-style-type: none"> ▪ Child: Wounded ▪ Child: Nature ▪ Networker ▪ Student ▪ Teacher ▪ Storyteller ▪ Healer/Mentor ▪ Liberator ▪ Midas/Miser
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Your Archetypes



- We will be doing an activity to discover your archetypes
- But first you will need to get materials ~ for links, visit <http://www.soulschoolonline.com/themes/self/>
- This activity can be done with others – but each person needs own set of archetype cards
- PAUSE this lesson now to get the materials you need.



Quick Sort (15 mins)

- STEP 1: QUICK SORT
The first step is to quickly go through the deck, reading each one, and placing it one of 3 piles:



 very like me
 sorta like me
 not like me
- Speed is important here – you want to go with first impressions and gut instincts so don't think too much – just read and sort
- PAUSE this lesson now.

Second Sort (30 mins)


- STEP 2: SECOND SORT
Discard the pile of "not like me" cards and combine the other 2 piles into one.
- Now sort stack into 2 piles:

 very like me
 not like me
- This is to force you to choose. Go slowly and read descriptions thoroughly.
- For clues, consider your careers, hobbies, beliefs, patterns in relationships (both good and bad), etc.
- Remember to explore both the light and shadow sides of each archetype.
- PAUSE this lesson now.


Final Sort (30 mins)


- STEP 3: FINAL SORT
Discard the pile of "not like me" cards.
- If you have any of the following 4 cards, set them aside for now: child (6 types), victim, saboteur, prostitute (more on these later).
- Of the remaining stack, you need to get down to 8 cards total. Really, just 8!
- Look for related cards that might be combined because they are variations of each other. For example:
 - Mentor & Teacher
 - Clown, Fool & Trickster
 - Liberator & Advocate
- For clues, consider your careers, hobbies, your beliefs, patterns in relationships, etc.



Do you have 8?

- Yes, you really must get to 8 total cards!
- Keep at it. This may be frustrating but it will really be worth your time.
- If you feel stuck, seek the input of people who know you really well.
- PAUSE this lesson now.






Shared Archetypes

- Pick up the 4 cards we set aside earlier. These are the common archetypes that we all share as they have to do with our survival.
- There are 6 types of Child:


Victim
Saboteur
Prostitute
Child



Eternal
Nature
Divine
Orphan
Wounded
Magical


Which one are you?

- Note: You can have more than 1 child card in your set of 12.




Child Archetypes

Form	Light	Shadow
Eternal	Determination to remain young in mind, body, spirit; ability to see things through fresh eyes	Inability to grow up and be responsible; extreme dependency on others for physical security
Nature	Friendship and rapport with animals; intense connection to the natural world	Tendency to abuse animals, people, and/or the environment
Divine	Innocence, purity and redemption; suggests a connection with the Divine	Inability to defend oneself against negative forces



Child Archetypes

Form	Light	Shadow
Orphan	Independence based on learning to go it alone; guided by inner knowing; conquering fear of surviving	Feelings of abandonment that stifle maturation; seeking inappropriate surrogate families
Wounded	Awakens compassion and desire to help others; opens the learning path to forgiveness	Blames all dysfunctional relationships on childhood wounds; resists moving on through forgiveness
Magical	Seeing the potential for sacred beauty in all things; the belief that everything is possible	Pessimism, depression, and disbelief in miracles; believing that energy and action are not required for growth




The Common Four

Form	Light	Shadow
Child	Eternal, Nature, Divine, Orphan, Wounded or Magical See previous slide for light and shadow attributes	
Victim	Prevents you from letting yourself be victimized, or victimizing others	Playing the victim for positive feedback in the form of pity; inability to maintain personal boundaries
Saboteur	Alerts you to ways you undermine or sabotage yourself	Induces self-destructive behavior or the desire to undermine others
Prostitute	Emboldens your self-esteem and self-respect so that you don't "sell out"	Places material considerations and security above self-empowerment




Your 12 Guides

Lay out your 12 cards – the common 4 plus your 8 (you may have 2 Child cards).




My archetypes:

- Prostitute
- Saboteur
- Victim
- Child: Wounded
- Child: Nature
- Networker
- Student
- Teacher
- Storyteller
- Healer/Mentor
- Liberator
- Midas/Miser




Reflect




- Which archetypes are most related with your jobs or careers?
- Which archetypes are connected to your childhood?
- Which are most affiliated with your relationships?
- Which archetypes are expressed through your hobbies and interests?

▪ If you consider these as 12 guides in your life, how and when have they shown up?




Reflect




- How is the shadow of each archetype reflected in your life?
- How do the Common 4 relate to your current circumstances?
- Is there an archetype that needs more opportunity for expression?
- What insights have you gained about yourself?

▪ How is the light of each archetype reflected in your life?



To Learn More

Visit Soul School at www.soulschoolonline.com for handouts for this lesson as well as recommended resources to continue your learning.




Keep Growing!

You can also check out related Soul School lessons on the Wheel of Wellbeing:

- Career & Calling
- Relationships
- Spirituality
- Health & Healing
- Creativity
- Environment
- Community
- and much more!





Thank you!
