THE LOVER ARCHETYPE

**Purpose:** Connection through sensitivity  
**Element:** Water  
**Direction:** East  
**Emotional Gateway:** Grief  
**Lesson:** Life is living you  
**Shadow:** Stoic or always acting out. Someone who needs to drown in tears or be saved from drowning

The Lover in his/her Fullness (Christ, Buddha) is concerned with:

- Vividness, aliveness, passion for life, appetite for food, sex, experience, pleasure  
- Sensation function – to notice the colors, forms, sounds, to “smell the roses”  
- Erotic love, brotherly love, “agape” – the love of community, etc...  
- Sensual pleasure, empathy with the plight of others, compassion  
- Connectedness to all things, the spirituality of mysticism  
- Intuitive knowing, knowing through the experience of “I just feel it...”  
- Aesthetic consciousness – relationship to beauty, music, art, language  
- Openness to experiences, willingness to let life lead the way  
- The ability to dream, to imagine, fantasize, create with language, paint, sculpt  
- Spontaneity and playfulness, ability to drop everything and pick up something else in a moment; childlike sense of wonder and enthusiasm  
- Willingness to follow one’s heart despite the chaos, opinion of others, messiness and confusion  
- The connoisseur of fine food, wine, tobacco, coins, artifacts, etc...  
- Relationship to grief, tears, the yearning of the heart for union, completion  
- Ability to handle intense emotions, to dive deep into the waters of feelings  
- Relationship to broken heartedness, to the pain inherent in love and loss  
- Sense of boundlessness, openness, feelings of connection to all things and all people  
- Healing, forgiveness, understanding and compassion  
- Satisfaction, contentment with the simple yet profound beauty of ordinary life  
- Willingness to follow the thread of pain, to uncover and address the wounds in one’s life, one’s family

The Lover in Shadow (Don Juan, the Seducer):

- Emotional addict – feels so deeply that he/she is drowning in feelings  
- Eternally restless, always looking for the next fix of ecstasy  
- Lack of discipline, flaky and undependable  
- Unable to detach from a situation, forever tied up and bound  
- Lack of commitment, unwilling to say yes to anything in particular  
- Peter Pan syndrome – to stay forever young, forever innocent and pure  
- Paralyzed by indecision  
- Stoic, opposite end of “addicted to emotion.” Unfeeling, cold and aloof  
- Inability to “carry the sword” to put an end to things  
- Addiction to sex, food, fantasy, drugs, anything to avoid the pain in life  
- Seducer, manipulator of other people’s emotions
The Lover Provides:

- Sense of meaning, aliveness, connection, creativity, beauty and mystery to the Sovereign realm
- Compassion and healing to the Warrior, ability to love and grieve
- Connection, playfulness, childlike joy to the Magician, rapport with the world of emotions

The Lover Needs:

- Sovereign energy to appreciate, bless and contain his or her abundant creativity
- Magician to detach from emotions, to learn perspective, discernment
- Boundaries from the Warrior, ability to use the sword, to be disciplined, single-minded

Methods for Accessing the Lover:

- Give yourself time to play at a child’s game, do an activity with no intention other than to play
- Pay attention to creating beauty around you, in your home, your dress, the way you speak, walk, etc...
- Consider activities such as massage, ballroom dance, painting classes, cooking classes, etc...
- Follow the pain in your life – notice your own sadness and grief and be willing to feel the feelings
- Listen non-judgmentally – listen to others as if to yourself
- When journal writing, let poetry flow onto the page – images, dreams, fantasies
- Pay attention to the small things in life which give you pleasure
THE WARRIOR ARCHETYPE

Purpose: Accomplishment through boundaries  
Element: Earth  
Direction: South  
Emotional Gateway: Anger  
Lesson: You are doing it

The Warrior in his/her Fullness (Black Knight, Lancelot) is concerned with:

- Saying what he/she means, doing what he/she says  
- Aggression, protection, ability to deal with conflict, paradox, the ugly facts inherent in life  
- Groundedness, clarity, self-control, and discipline  
- Loyalty to something – a cause, a god, a people, a task, a nation  
- Willingness to engage fully in life; the question: “Have I lived my life?”  
- Action, doing, staying on task until the work is complete or until action is no longer worthwhile  
- Ability to use the sword of discernment and the literal sword to protect what is precious to him/her and to defend what one stands for  
- Backbone, tenacity, willingness to work “in the trenches” and enter the fray at the “earthly” level, to get one’s hands dirty  
- Respect and honor, willingness to honor self and others  
- Emotional detachment and objectivity  
- Relationship with death and one’s own mortality; understanding of the phrase “it is a good day to die, Grandfather”  
- Sober, straightforward, understands that there is a cost involved; wants to know the price, wants to make the risks clear  
- Ability to deal with conflict without succumbing to savagery; ability to feel powerful anger without being controlled by it. Martin Luther King, Jr. said to a follower “I never said you couldn’t get angry, I said don’t be violent”  
- Ability to create a safe environment through setting clear boundaries, dealing with conflicts as they arise  
- Competition, winning, losing, playing the game well  
- Limitations, pushing the edges, the rebel, adventure, the edge of one’s own experiences  
- Physical body, physical work, doing it  
- Showing up and being fully present physically, mentally, and emotionally

The Warrior in Shadow (Savage, Red Knight):

- Addiction to intensity, addiction to being in action and on task at all times workaholic  
- Savage, cruel, no compassion for those who don’t measure up  
- Savage on one hand, victim and coward on the other – suffers from sense of being all-powerful or having no power  
- A granite head – dense, stubborn, obstinate  
- Controlled by anger and rage  
- Addicted to conflict, need to be fighting all the time to feel worthy  
- Brutal use of sword of intellect in belittling others, criticizing, being overly sarcastic  
- Need to be the Hero at all costs – need to impress oneself constantly and often at the expense of others

The Warrior Provides:

- Loyalty, strength, focus, commitment, clarity and protection to the King  
- Sobriety and discipline to the Lover
• Ability to act, come down to earth to the Magician

**The Warrior Needs:**

• A cause, a sovereign (King) to serve beyond oneself
• Compassion and connectedness from the Lover
• Intelligence and perspective from the Magician

**Methods for Accessing the Warrior:**

• Physical disciplines – martial arts, aikido, a regimented workout, a regular and disciplined activity
• Strategic thinking, planning, classes in negotiation
• Working with issues related to anger, learning to deal effectively with anger through therapy, anger management, counseling, etc...
• Conflict resolution, working in small decision-making groups where conflict arises regularly
• Adventure activities – finding safe ways to explore your edge in the physical world: wilderness hiking, skydiving, bungee jumping, solo travel in foreign countries
• Honoring those who have been good models for the warrior in fullness in your own life
• Taking a stand and getting involved directly in neighborhood, schools, local politics, etc...
• Speaking up when it is uncomfortable, making your opinion heard
• Living close to the bone and relying less and less on the need to be comfortable
THE MAGICIAN ARCHETYPE

Purpose: Guidance through detachment
Element: Air
Direction: West
Lesson: You create it all
Shadow: Detached Manipulator or Naive Dummy (someone who needs to “get out of their head” or “get something pounded into their head”).

The Magician in his/her Fullness (Merlin) is concerned with:

- Systems of knowing, perspective, introversion for the sake of deeper study, reflection, increasing consciousness, initiation, serious inquiry (Merlin)
- Spiritual awareness, plays role of priest, shaman, ritual elder, healer, etc...
- Observing from a distance
- Serving the Truth, gaining knowledge and making it available in useful ways: teaching, counseling, mentoring, coaching, guiding, technology
- Detecting “bullshit” and speaking up
- Creating appropriate atmosphere, sacred space in which learning, understanding, transformation can occur, be it in a boardroom, bedroom, classroom
- Deflating the Ego when necessary as the Trickster – making oneself walk his or her talk
- Diffusing potentially volatile situation by “changing the air” with a fresh perspective, a timely comment or joke, an ability to remain “buoyant” during “heavy” situations
- Humor! A way of changing the air with zaniness, crazy wisdom, absurdity
- The emotion of fear as indicator of a need for perspective, understanding and detachment
- Being at home in confusion, darkness, chaos without overriding need to figure it all out, able to “see in the dark”
- Mystery, ceremony, ritual

The Magician in Shadow (Con man):

- Uses knowledge and information to manipulate others for own benefit
- Slick – can’t pin anything on them
- Know it all, or the dummy who won’t admit he really did know better
- Rips off other people’s energy and life force – Dracula – rather than living his/her own life
- Lives above the flow of life out of the fear of engagement, fear of being hurt, being wrong, being just another human being
- Unable to trust anyone, even oneself. Internally conflicted, split, unable to decide because there are so many choices. Lost in ideas, lost in reflection, worry, isolation
- Hyper-critical of others and sometimes self – can see everybody else’s problems and issues

The Magician Provides:

- Counsel to the King and Queen, an unbiased “ear” and thoughtful response
- Strategy to the Warrior for efficient action
- Emotional detachment to the Lover for perspective

The Magician Needs:

- The King/Queen to provide a realm, a kingdom for the useful application of knowledge, wisdom
- The Warrior to enter the fray, to do what his insight, intuition call for in terms of action
• The Lover to connect, make human, give meaning, bring emotions and feelings to life

**Methods for Accessing the Magician in Fullness:**

• Pay attention to thoughts and feelings through journal writing, gain emotional distance by observing your inner dialogue
• Walk or hike alone slowly, observe carefully the landscape
• Create a meditation or study place where you can be completely uninterrupted
• Pay attention to what you are afraid of and why. Consciously take a risk in encountering one of those fears
• Spiritual study: meditate, pray, read sacred writings, go on a vision quest alone for several days or a spiritual retreat offered by a local church
• Treat your current studies seriously, act as if everything depended upon it – give yourself what you need in term of tools, time, resources to work and study effectively
• Laugh! Watch comedies, rent videos that make you laugh, do a routine task in a completely new way – eat dinner at midnight, keep a secret, dress in a new way
• Listen to others with the intention of gaining information
• Call yourself on your bullshit at least once a day
• Learn chess, bridge, read analytical writings, mind-bending stuff
• Ask the Magician in yourself for advice and write down what he says
• Collect things which pertain to Magician – a sacred stone, drawings, paintings, postcards, sculptures, clippings which you believe embody Magician energy
THE KING ARCHETYPE

Purpose: Motivation through self-acceptance
Element: Fire
Direction: North
Emotional Gateway: Joy! Feeling good
Lesson: You are innocent and divine
Shadow: The impotent weakling or the all-powerful, uncompromising tyrant (someone who needs to “fly high” or to be “shot down”)

The King in his/her Fullness (Sage, Steward) is concerned with:

- Ordering the “realm”
- Providing a conduit for manifesting personal and collective vision (dreams, goals) into tangible form
- Abundance and generosity, a willingness to extend time, care, advice, for the sake of others
- Examples: the good father, the good mother, the CEO or manager who truly cares about his/her workers above and beyond what skills they bring to the table
- Generativity, fertility – ability and desire to create, build, accomplish and extend the boundaries of the kingdom. Libido, life-force!
- Warmth, passion – as with a flame when it is properly controlled, it can warm, fuel, transform, ignite, inspire, light the way
- Blessing – the willingness to admire others, to “see” the divine spark in all people
- A sense of calm, order, centeredness, an understanding even in time of strife that “all is well”
- The ability to wield authority gracefully, ability to wear the mantle of responsibility in the world without crumbling beneath the weight of demands, difficulties and accusations
- A knowing that “I am under the authority” of something greater than myself; I am here to serve a greater cause than my own well-being
- Lives for the good of the kingdom, not just for oneself
- To Dream, to Dare, to Do – the willingness to think and act “greatly” with expansive vision and enormous daring
- Humility

The King in Shadow (Tyrant):

- Devours the kingdom for his or herself – it’s all for me
- Tyrannical, uncompromising and insecure; demands that everything go his or her way
- Weakling – overly shy, afraid, not enough fire or compassion
- Abusive of others who threaten him/her, wrathful, rageful
- Inflated personality, can’t get enough attention
- Curses others rather than blessing them. Abuses those who serve him/her and always focuses on their weaknesses
- Nervous, always afraid of being overthrown, outsmarted
- Disconnected to “The Great Way,” the “Tao,” the “Lord of Lords,” the “Creator.” Believes he/she is the sources of their power

The King Provides:

- Order, protection and blessing for the Lover – a safe place in which the subtle and the profound creations of art, literature, philosophy, may flourish
- A cause which is noble for the Warrior to undertake
• A realm in which the Magician can offer his cosmic insight and knowledge; a people which he can serve

The King Needs:

• Warriors who are loyal, grounded, realistic and willing to offer the King their action and courage (large heartedness). The Warrior helps the King realize every lofty goal must take the sweat and sacrifice of Warriors to accomplish
• Counsel from the Magician – sometimes harsh criticism and deflation if King is infatuated with power
• The flow, beauty, music, the connection to the realms of imagination, myth provided by the Lover. Without these the kingdom goes “dry” for lack of the Lover’s juiciness

Methods for Accessing the King:

• Pay attention to what gives you joy in daily living and consciously allow yourself those activities, experiences, people and places on a regular basis
• Pay attention to people in the past and in the present who have “blessed” you, noticed you for your gifts, your ability, or simply for your own unique nature
• Be aware of how you bless and acknowledge others
• Name a time when you have “dared” to do something great. What great dreams do you now nourish?
• Pay attention to ordering your life, work, and home; blessing others simply by noticing them, admiring them from a distance