

WHAT ARE ARCHETYPES?

Archetypes are universal patterns of energy, appearing in every culture across time, yet known by many different names. They are invisible energies until they take on some sort of form within a person or community's life story. They are silent until they express themselves in dreams, poetry, myths, music or intuitive voices from the unconscious.

ADD SEENA'S DESCRIPTION OF COUNCIL SUIT - THE ARCHETYPAL DIMENSION OF THE SOUL

Carl Jung was the first psychologist to realize the importance of archetypes in shaping a human life. He said *"the concept of the archetype indicates the existence of definite forms in the psyche which seem to be present always and everywhere. In addition to our immediate consciousness which is thoroughly personal in nature, there exists a second psychic system of a collective or impersonal nature."*

Have you ever wondered why certain colors, shapes and images make your heart sing while others don't? They are messengers, hoping you will listen, asking you to pay attention to some aspect of your life.

The key to our life purpose is best found in the imaginal, circular language of the soul, in the renewable mysterious spring of meaning and passion that gives impulse to our actions. Your archetypal images can speak directly from that inner source as you learn how to consult them. Your wisdom can spontaneously bubble up through their answers. These images can become lifelong companions, trustworthy mirrors of your soul, and provide guidance, support, and inspiration as much in daily life as in crucial moments of change and transition.

Carolyn Myss defines archetypes as: *Dynamic forms of intelligent energies that are shared across in many people's thoughts and emotions, across cultures and countries.*

Archetypes are the architects of our lives...our energy companions through which we begin to learn and understand more about ourselves, and who can guide us to a profound understanding of our purpose.

May you enjoy coming to know them.