

REFLECTIONS

Series 11, Archetypes Are Everywhere

Class Two: Archetypes in Close Quarters

What Archetypes Are

Before we get into the homework, it's important to remember that archetypes are patterns of power in you. They are not emotions or emotional traits. And archetypes are neutral: They are not good or bad. They are just patterns.

Even the Vampire and Zombie are patterns, archetypes that represent a semi-conscious state of awareness that human beings enter into for a wide range of reasons. That is the neutral definition of these archetypes. Are they good or bad, wicked or benevolent? They are neither. Using the Vampire or Zombie, each represents the fact that the human experience includes the extreme state of "vacancy of consciousness". And when a person becomes "vacant of consciousness", they become a Vampire or a Zombie in order to survive; that is, they feed off the energy of other people, having lost the capacity to sustain their own energy system. Positive and negative aspects are the energies WE bring to these patterns. We animate patterns through our attitudes, our emotions, our self-esteem, and through the things we believe are true - about the world, about the God we believe in, about other people, about our personal life and how we see ourselves. All these "inner narratives" are "storylines" that are in some way attached to our archetypal patterns.

A fair question is, "What are the positive aspects of the Zombie and Vampire?" If I had you in a classroom, I would tell you to get very "impersonal", very distant in your thinking and consider those two archetypes within the huge backdrop of human consciousness itself. Then imagine that life is an experience of learning about the power of choice and consequence, action and reaction - that we are all here learning to work with the laws of creation. It sounds rather academic but when you come down to it, that is exactly what life is and not much more, except that when you realize that you have this power, the game changes. Choices become conscious, empowering, and elevating in creative potential. That said, when you are unaware - by choice or through personal beliefs - you then cycle into "vacant space" - the domain of vampires and zombies.

Drug users, for examples, are modern day zombies. It's no surprise that zombies and the "walking dead" are popular in the media, given the drug culture. And yet, this is the archetype that brings awareness to the social mind that an entire subculture of society has "lost its soul." They do feel like the walking dead. And they are indeed seeking a resurrection. Every archetype, again, is neutral, and is capable of holding positive and negative energies. Demons are the dark counterpart of angels. You can't have one without the other - they both exist. And they really do.

For this week:

1. If you were "people watching" you, what would you say? What labels would you give yourself--and why?
2. NOTE: My definition of the word "intimate": A person you know and who knows you "very well." I do not use "intimate" to imply a sexual relationship, although it can include that. With that understanding:
 - Observe your behavior in an intimate relationship in order to identify archetypal patterns. Be aware that several archetypes participate in relationships. For example, do you change "shapes" to accommodate someone in particular OR do you require that he or she accommodate you all the time, changing the "shape" of their plans or their mood? The Shapeshifter is a very crafty archetype that way. It's also great at accommodating any situation to make things work out and work better.
 - In your closest relationships that just feel good and are effortless, observe the archetypal patterns you melt into. Why are you so comfortable? What are the archetypal energies in the room?
 - Are intimate relationships a trouble zone for you? If so, can you identify the patterns that continually surface that cause conflict in you?
 - Are you someone who finds that your Inner Child shows up too often in adult situations? And if so, what emotions activate your Inner Child? Do you feel you have control over your Inner Child or that it is stronger than you are?