

The Purifiers:

Exorcist, Destroyer, Liberator



Class Workbook

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THE EXORCIST ARCHETYPE

Exercise 1: Your Daimon

Who do you personally know that embodies the exorcist archetype? Have you worked with this archetype yourself? Is this an archetype you visit on occasion, or have you experienced the themes of the exorcist your whole life?

Looking at the daimon as your spirit guide, where would you say she is located? Is she somewhere in your body, or does she reside above, below, in front, beside, or behind you?

What qualities and talents does your daimon have?

Can you describe when a guardian angel has intervened on your behalf to keep you safe?

If you were to imagine your daimon as a helpful spirit guide, what would he/she look like? If he/she were an animal, what animal would your daimon be?



THE EXORCIST ARCHETYPE

Exercise 2: Discerning Between Demons

List 3-5 outer demons that are plaguing you. These are tangible demons that can be picked up by the five senses. Examples are predatory or dangerous people, racism, natural disasters, and diseases.

- 1.
- 2.
- 3.
- 4.
- 5.

List 3-5 inner demons that are plaguing you. These are demons not detectable to the five senses and are in our thoughts. Examples are depression, anxiety, addiction, fear, rage, and vengeance.

- 1.
- 2.
- 3.
- 4.
- 5.



Have you had an experience that you are not sure is good or evil? Maybe you can't tell if it comes from your ego or your soul. Have you had a vision, instruction, or an inner knowing you are not sure you should trust? Consider St. Teresa of Avila's instruction on sitting with the outcome of the experience and discerning its source. Include your reflections here.

What comes up for you when you listen to the descriptions of the fierce deities in Tibetan and Indian Buddhism? Do you resonate with these figures, or are they repulsive?

Do you see the terrifying forms of guardian spirits as useful? How much importance do you attach to the appearance of a helping spirit? What terrifying form of a helping spirit would you like to build a relationship with?



THE EXORCIST ARCHETYPE

Exercise 3: Feeding Your Demons

Consider watching Lama Tsultrum's teaching and meditation Feeding Your Demons that she has so generously offered for free.

https://youtu.be/2ofJ85b_bkM?t=189

If you feel comfortable and guided to try the Feeding Your Demons practice, write your experience in the space below. Do you think you'll try this again in the future? How has this practice changed your relationship to the exorcist archetype?



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Exercise 4: Stages of Exorcism

If you feel safe and guided to do so, walk through the stages of exorcism with one of your inner demons. Please be sure to ask for support from a friend or professional if this is too intimidating to do on your own.

The easiest thing to do is to start with a fear.

1. Naming and conversing with the demon. What is plaguing you and why? Pick one demon only.
2. Hydra phenomenon – re-sprouting of the demon horde. Where does the demon keep showing up and how often do you see it?
3. Delivering the fatal blow. What can you do to conquer the demon? Will you take direction from Kali and defeat your fear by confronting it, or will you follow Machig's path and try walking in the demon's shoes?
4. Feeding. What is the underlying need in either you or the demon that is not being met? How are you going to meet that need?



5. Appearance of an ally. (Think of Shiva helping Kali and the Nagas vowing to serve Machig.) Who is your spirit ally in this process, and how will he/she help you?
6. Unification. What does it feel like to live without the demon and no longer battle light and dark within? If you haven't experienced this, imagine what it would feel like (not what you would do but how you would feel).



THE DESTROYER ARCHETYPE

Exercise 5: Your Relationship to Natural Disasters

Who do you personally know that embodies the destroyer archetype? Have you worked with this archetype yourself? Is this an archetype you visit on occasion, or have you experienced the themes of the destroyer your whole life?

List 2-3 natural disasters that you witnessed directly. Give a short summary of each one.

How do you explain these events you witnessed? Do you believe that God or Mother Earth is punishing you?

Choose one of the disasters you witnessed. Write five plausible explanations for it.



THE DESTROYER ARCHETYPE

Exercise 6: Cycle of Destruction

Choose one destructive event you've experienced. It can be a natural disaster, dissolution of a family, loss of a loved one, health crisis, loss of purpose, or spiritual crisis. Reflect on the details and story for each of the following stages:

1. Warning & Evacuation: Did you receive a warning externally, intuitively, or both? What did you decide to take with you?
2. Shelter: Where did you shelter? What was it like to feel chaos raining down around you and not be able to do anything about it?
3. Survey: What was devastated and what was spared? What legacies did you salvage from the wreckage?
4. Aftershocks: What subsequent destructive events hit? Did they catch you off guard? Did you start to rebuild only to have to start all over again?
5. Recolonization / Succession: Was the rebuilding process chaotic or orderly? How long was your recovery? Did it take longer or shorter than you expected?



THE DESTROYER ARCHETYPE

Exercise 7: The Benefits of Destruction

Where has your life become stagnate? What reservations do you have about inviting the force of destruction in to create a blank slate?

Do you tend to allow or suppress the force of destruction? Be honest with yourself, is your interior a diverse, resilient ecosystem that experiences regular destructive disturbance, or do you have a monoculture within that is ripe for collapse?

What areas of you or your life are currently devastated? Where are the oases that will help with recolonization?

Identify 2-3 seeds of potential in you that broke open because of a destructive event. Said another way, what gifts did you discover?

What legacies (both tangible and intangible) have survived the storm? What strengths and gifts of your former self and life remain?



THE DESTROYER ARCHETYPE

Exercise 8: Destroyer on the Spiritual Path

Is part of your spiritual practice about death? Do you work towards the death of the old self, small self, or ego-self? Explain.

What is your relationship to the land of the dead? Some people describe this as the land of the ancestors or as heaven. Do you make contact with the other side or even travel there? Or, are you ambivalent, fearful, or opposed to the idea?

Have you encountered the belief that unification with the Divine means being annihilated? How do you feel about this?

What step(s) can you take to trust the chaotic nature of destruction?



THE LIBERATOR ARCHETYPE

Exercise 9: Key Themes of the Liberator's Story

Who do you personally know that embodies the liberator archetype? Have you worked with this archetype yourself? Is this an archetype you visit on occasion, or have you experienced the themes of the liberator your whole life?

Identify one oppressive thought pattern (a belief, worry, fear, habit, or wound) that imprisons you. Write your thought pattern here. Then take this oppressive pattern through the themes in the liberator's story.

1. Awareness / Education: How do you make this inner oppressor apparent? What state of mind do you need to step back and view the thought? How can you replicate this state of mind? What ideal of freedom can replace the thought pattern? For example, the thought pattern is "I am not good at expressing myself in a way other people understand." The ideal to replace it with would be "I commit to sharing my voice no matter what and to listening equally to the voices of others."
2. Persecution / Exile: Describe the brutality of this thought and how it makes you feel. How is this oppressive pattern exiling you from your true self? Take some literal time alone away from the oppression.



3. Campaign: Where can you reach out for support and new ideas? Who would help you free yourself? How can you remind yourself of a better way of life?
Campaign tirelessly in your interior for the ideal you, for freedom.

4. Revolution: Revolt and refuse to tolerate your internal oppressor's abuse. What new practice will you put in place to replace the old paradigm with a new, more empowering one? Some ideas are mindfulness, meditation, gratitude, prayer, mantras, and contemplation.

5. Governing: Now that the inner liberator is in power, with what other parts of you (or archetypes) will she share power? Hold a restorative justice conference with your different sides, including the oppressive force, to determine what reparations, rehabilitation, and amnesty is needed going forward.



THE LIBERATOR ARCHETYPE

Exercise 10: Moving from Outer to Inner Freedom

Your Quest for Outer Freedom: List three ways you wish you had more outer freedom. For example, you wish for a more flexible work schedule because you are tired of the chains of a Monday to Friday work-week.

- 1.
- 2.
- 3.

Do you spend more time focused on attaining outer or inner freedom? Over which do you have more power? Which will serve you more in the long run?

Obstacles to Inner Freedom: Review the six obstacles to inner freedom and identify the biggest one for you right now. How does this obstacle keep you from advancing on the path to liberty?

1. Weakness of will
2. Dependency / addiction
3. Fear
4. Discouragement
5. Delusion
6. Egocentricity

** From the book "Freedom for All of Us" by Matthieu Ricard, Christophe André, and Alexandre Jollien*



THE LIBERATOR ARCHETYPE

Exercise 11: The Nightingale

Read the story of “The Nightingale” and reflect on the following questions.

https://andersen.sdu.dk/vaerk/hersholt/TheNightingale_e.html

When have you kept your voice in the palace, only allowing her to go outside twice a day on a silk rope? What influenced this decision?

Have you ever valued the spectacular mechanical bird’s song over the plain real bird’s song? When have you become dependent on predictability?

Is there a time when your “real” inner nightingale was exiled from the kingdom? How did you get her back?

What agreements have you made with yourself to commit to inner freedom? How do you communicate with the “little bird” that brings you wisdom and helps you see the world with naked awareness?



THE LIBERATOR ARCHETYPE

Exercise 12: Naked Awareness

Start with a calming meditation and focusing on your breath. You may want to count to four on the in and the out-breath. Enter a state of relaxed awareness. If this is new or hard for you, seek out a guided meditation. There are free guided meditations available on the Insight Meditation Timer App: <https://insighttimer.com/>

Once you've completed the meditation, reflect on the following:
What is my mind thinking, and what is my heart feeling?

Allow the thoughts and feelings onto the paper without needing to change them.

What else is going on around me? What are the facts?

Write a prayer for increasing your degree of freedom.



The Three Column Model

From Caroline Myss

Tribal	Personal	Impersonal
Chakras 1, 2, 3	Chakras 4, 5, 6, 7	Chakras 8, 9
Body	Mind	Spirit
External Physical	Internal Emotional Intellectual	Archetypal Spiritual
What I Need (survival mode)	What I Want	What Needs/Calls Me
Illusions, cultural myths, group mind	My truth, my choices, the inner self	Cosmic view from above, symbolic sight, divine union
Bridge to Transformation		Bridge to Revelation

* See references on the course page for links to Caroline's lectures on these columns.



Discerning Between the Purifiers for your Chart of Origin

Stacey has the following tips if you're considering one or more of these archetypes in your Chart of Origin (as described in Caroline Myss's book and online class on *Sacred Contracts*):

1. All three archetypes have a similar need to clear out impurities. To avoid too much focus on cleansing, I recommend no more than two of these archetypes in a Chart of Origin. Your chart should have a variety of archetypes that express a mosaic of motivations.
2. Parts of each archetype will speak to you. To include one or more in your Chart of Origin, look for resonance with the whole archetype – light, shadow, and everything in-between. Multiple “aha” moments while listening to a session is one sign the archetype is part of your Chart of Origin. There may be numerous times when I describe and explain your life spot-on.
3. Look for these archetypal patterns in your history, the whole of your life. If you are focused on clearing out demons now but didn't think much about what was plaguing you before, it's unlikely the exorcist is an archetype in your Chart of Origin. If you watched your parents struggle against an oppressive regime or fight systemic racism, there's a good chance the liberator is in your Chart of Origin.
4. An archetype in your Chart of Origin will repeatedly appear in your relationships, jobs, hobbies, and family. You'll continue to wonder, “why does this keep happening to me?” If my description helps explain a lifelong, unbreakable pattern, there's a good chance this archetype is in your chart. Maybe you've broken a stubborn pattern through concerted effort and are now in the archetype's light. This is also an indication that the archetype may be in your chart.
5. Discerning which archetypes are in your Chart of Origin is a process. One of the sticking points is telling the difference between closely related archetypes. Listen to the session on “Discerning Between the Purifiers” more than once so you can grasp their differences.