

Please download the files provided
in the chat on Zoom for use later.



*You will particularly need the descriptions of
masculine and feminine archetypes during this hour.*

Come Holy Spirit fill the
hearts of your faithful...



*and enkindle within us the Fire
of Your Love*

May we come to know
ourselves better



*...and thus be better able to discern Higher
Movements within in our souls because of today.*

Holy Heroes & Wholeness: Archetypes on the Spiritual Journey

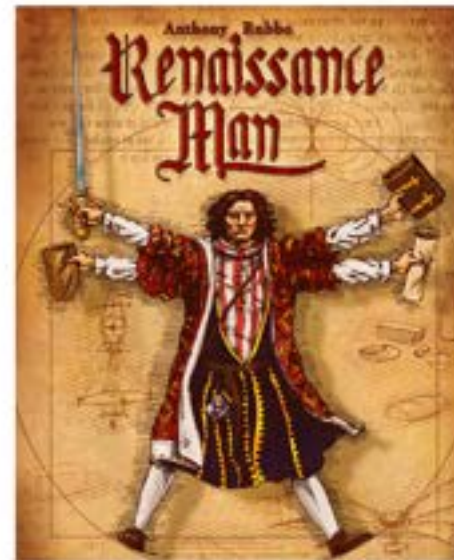


We will view 8 groups of pictures, 4 for each gender. Decide which group of images most reflects **who you are as a person—your sense of identity,** which is most like you.

Group 1



Group 2



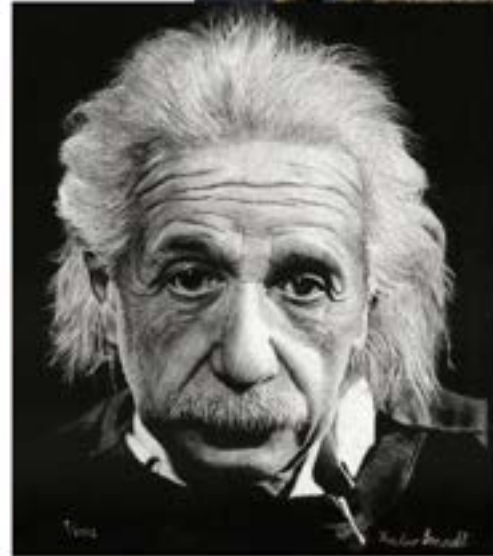
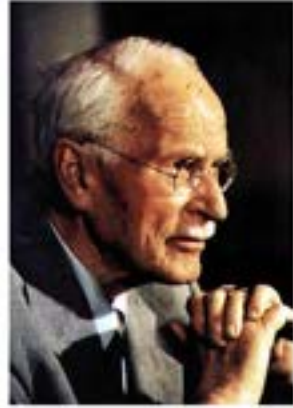
Group 3



Group 4



Group 5



Group 6



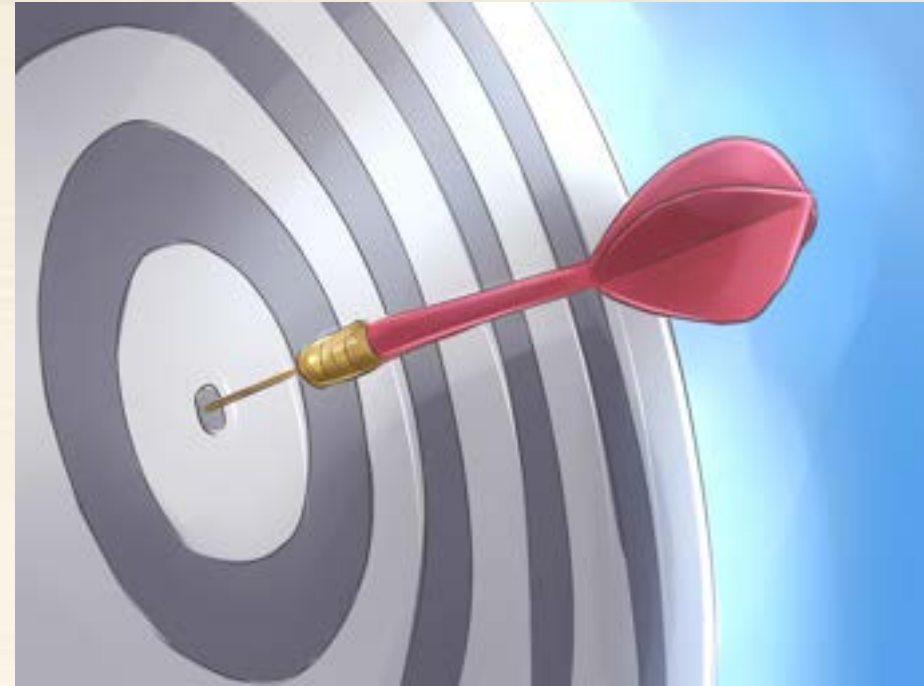
Group 7



Group 8



Focus



- ❖ Today's teachings are intended to enhance your appreciation of the spiritual pathways that we are often called upon to take. They help us tell our Spiritual story and appreciate those whose stories are different than our own.
- ❖ They can help us find meaning in our sufferings and appreciate more vividly our hope.

archetype |'ärkə,tīp|

noun

a very typical example of a certain person or thing: the book is a perfect archetype of the genre.

- an original that has been imitated: the archetype of faith is Abraham.
- a recurrent symbol or motif in literature, art, or mythology: mythological archetypes of good and evil.
- Psychoanalysis (in Jungian psychology) a primitive mental image inherited from the earliest human ancestors, and supposed to be present in the collective unconscious.



An Archetype is a **Universal Pattern**

An Archetype expressed one-sidedly becomes

a **Stereotype**. **An Archetype is an instinctual**

psychological energy and pattern given to us

by God to guide us through our lives. It guides

through gut level longings and intense

interests.

What do Archetypes have to do with the Spiritual Journey?

- ❖ Jesus is both a historical person AND an archetype.
- ❖ Paul referred to Jesus as the Second Adam. This is archetypal reasoning. Jesus is the improved pattern (archetype) for humankind. (Irenaeus recapitulation theory of redemption/atonement -125-202 A.D)
- ❖ As an archetype or icon, Jesus continues to exist in our soul and guides us into patterns of life like his.
- ❖ As our archetype of the perfect/supreme human, we can consider him our model of “wholeness”. The Jews referred to this archetype as the Adam Kadmon. It was to be embodied by messiah.

What do Archetypes have to do with the Spiritual Journey?

- ❖ By asking ourselves, “If Jesus is the pattern of “human wholeness, what are the parts that make up the whole?” We can then begin to see who we are as fragments of the whole and where we need to grow in order to become more like Jesus which is also more whole.
- ❖ Archetypes depict some of the **less than whole** states that we as humans are subject to. They are subsets within the Great Christ Icon
- ❖ Looking at the lives of important figures manifesting the various archetypes, we can see the journey God takes each of them on. This can grow our appreciation of our own journey of death, burial, and resurrection archetypal pattern of Christ. We are thus helped to find meaning in our sufferings.

The Psychological and Spiritual Impact of Archetypes

- ❖ Psychological archetypes are not just images, but also **power sources** for our deepest motivations.
- ❖ They call us and urge us to be the kind of people that we are at an **instinctual** or **gut** level.
- ❖ They give form to what we tend to do **first** in response to most situations. Eg. A Warrior is going to approach a situation in a warrior-like manner unless redirected since that is his instinctual style.

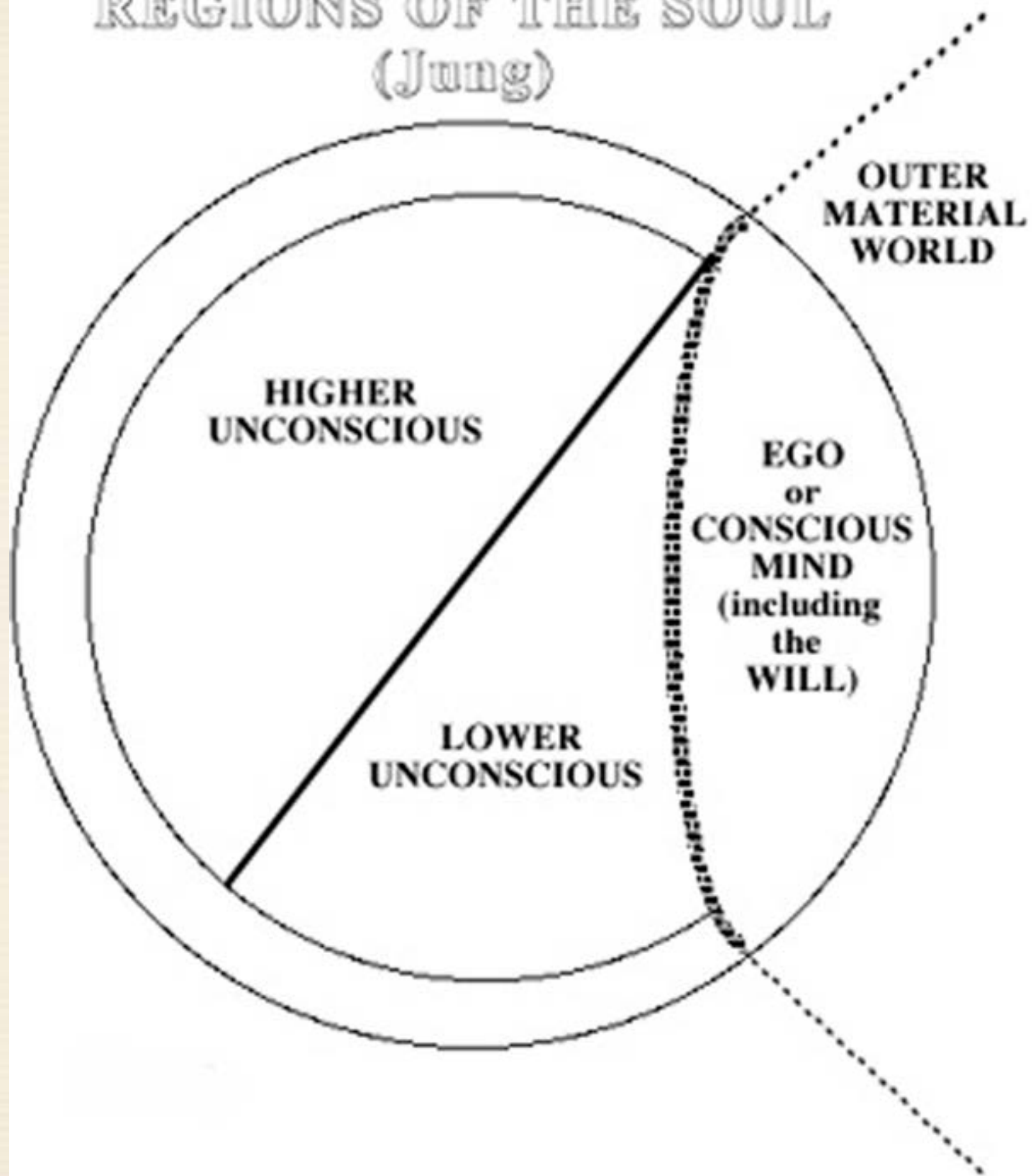
The Psychological and Spiritual Impact of Archetypes

- ❖ To follow Christ is to move out of the single way of approaching life that our instinctual patterns dictate. Instead, we are to find the way of wholeness and higher guidance.
- ❖ This presentation will help us to do that by recognizing archetypal patterns of masculinity and femininity that may both empower and limit us.
- ❖ Hero stories will help us see how God has restructured people's instinctual styles (archetypes) through the ages and in our psychological life.
- ❖ If we do **NOT** notice these patterns and gut-level instincts, they can tend to control us. **Carl Jung** called this "being *possessed* by an archetype." If we **DO** notice them and honor them but refuse to let them become our idols and, instead, seek to grow beyond their limitations, then we can transcend our mere instinctual nature and become a true follower of Christ, the Holy Spirit, and wholeness.

Location of Archetypes in the Soul

(Contrasted with the Myers Briggs Personality Types)

REGIONS OF THE SOUL (Jung)



The Soul of an ADULT MALE

CREATIVITY INSTINCTS (Archetypes
of Common Grace)

*Spiritual
Realm*

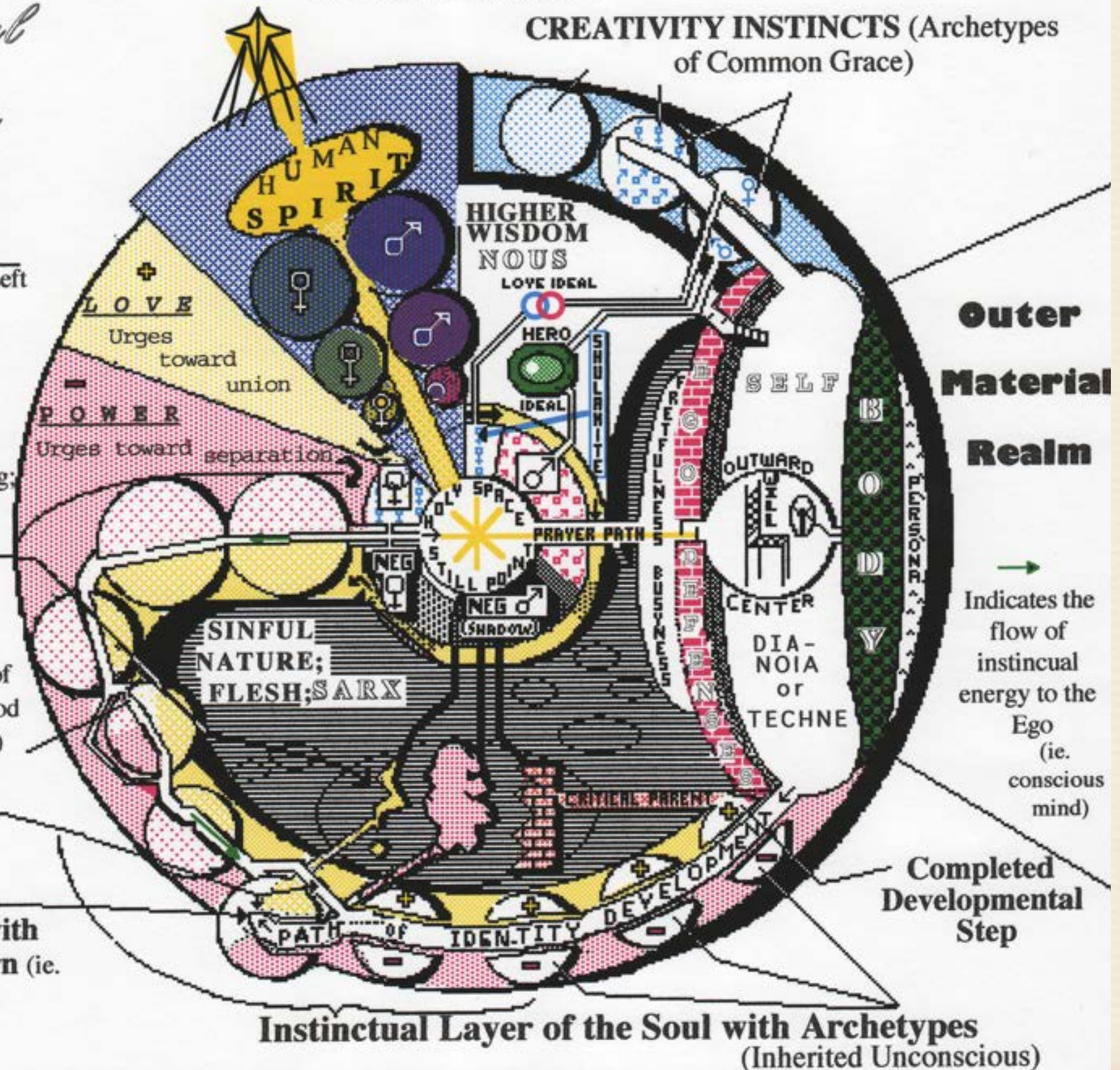
**Strongholds for
"Passions of the
Flesh" (Sarx)**

(Inside the Oval from Left
to Right)

1. Wounded Inner Child
2. Angry Protective
(rebellious) Part
3. Critical Parent Part
(shame & guilt provoking;
condemning conscience)

Note the diminishment of
instincual energy (ie. good
passion or "enthusiasm")
available for subsequent
developmental steps

**Arrest of Development with
Sinful Inheritance Pattern** (ie.
Disordered Archetypal Pattern)



**Outer
Material
Realm**

→ Indicates the
flow of
instincual
energy to the
Ego
(ie.
conscious
mind)

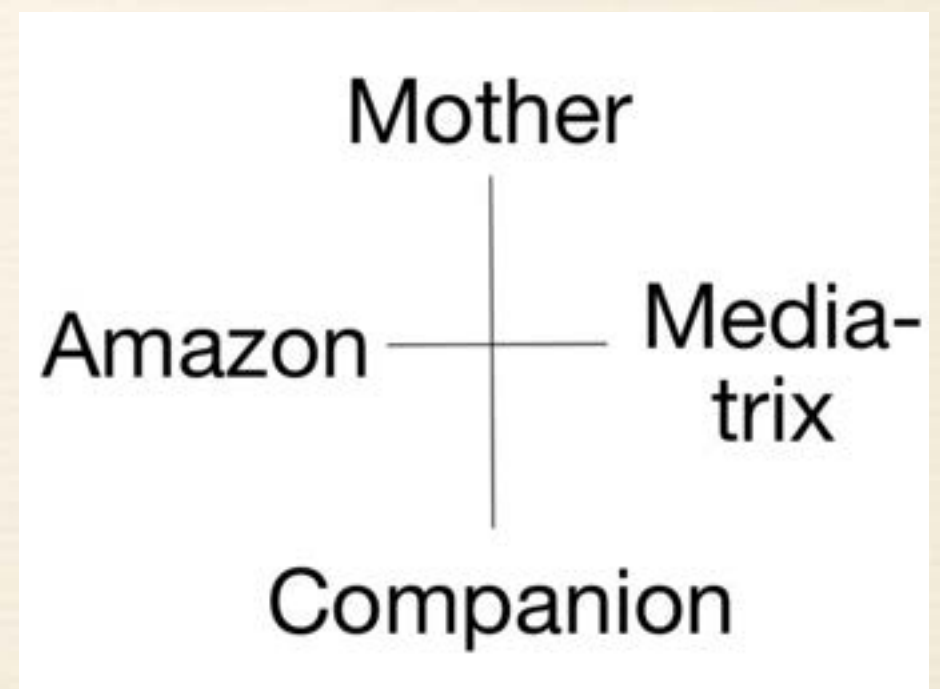
**Completed
Developmental
Step**

**Instincual Layer of the Soul with Archetypes
(Inherited Unconscious)**

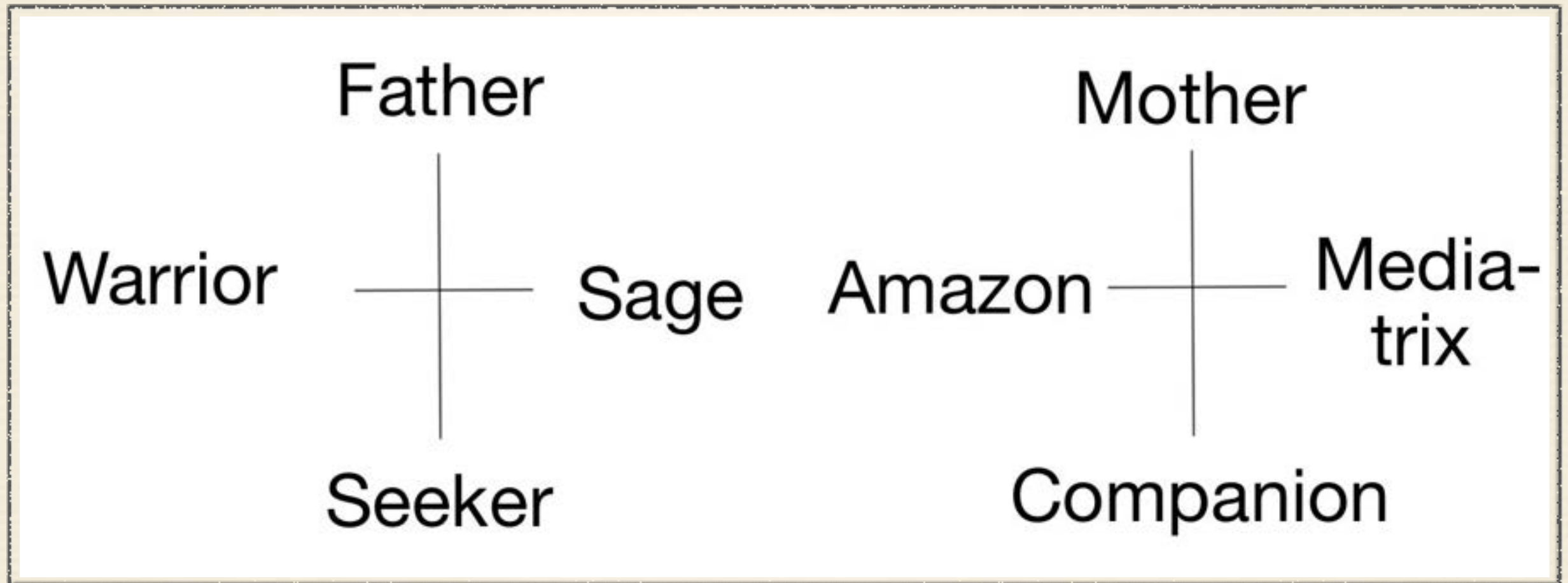
~The Diversity of Archetypes in the Human Experience

- ❖ We tend to be one kind of archetypal man or archetypal woman particularly early in our life.
- ❖ As we get into adulthood, we often develop a secondary archetype to round out our personality.

The secondary archetype will usually be on a leg next to the primary archetype

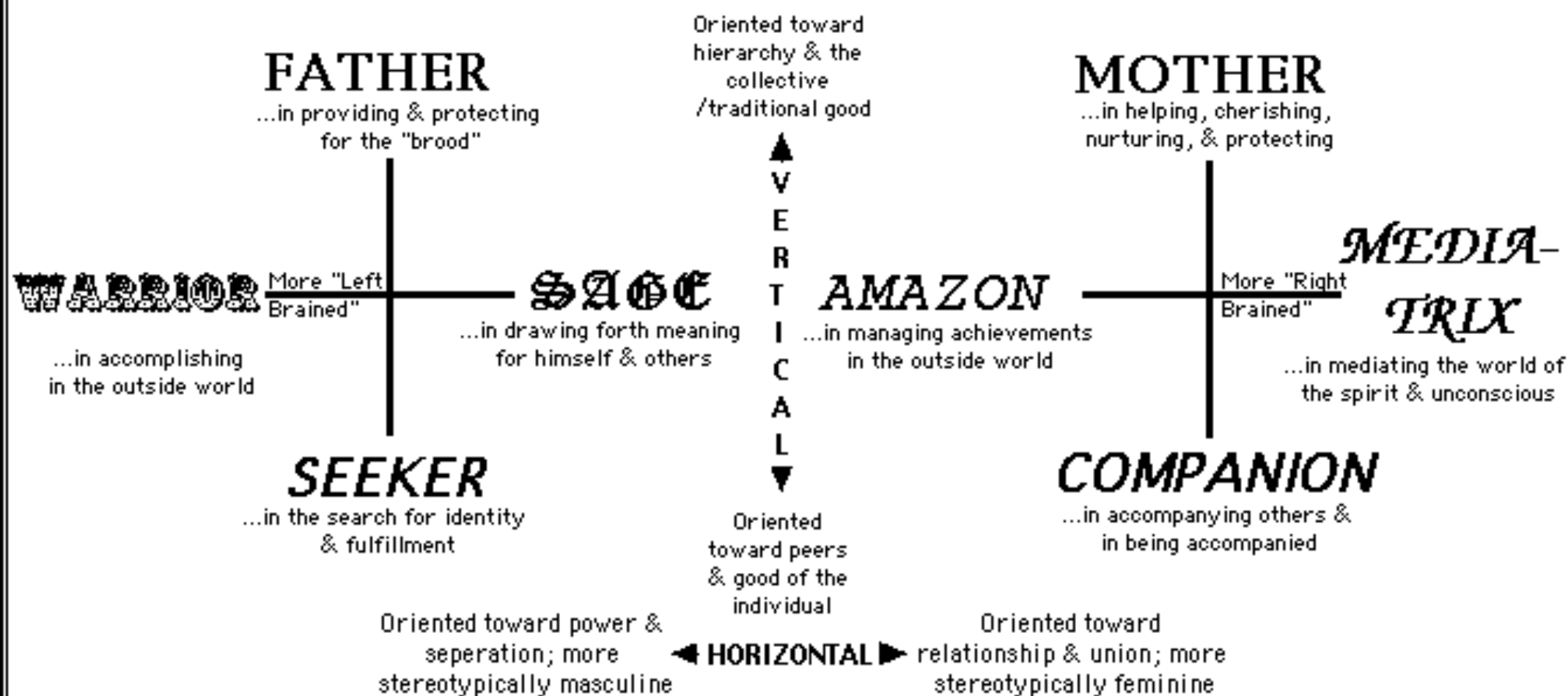


The Masculine and Feminine Archetypes of Jungian Psychology



THE 4 MASCULINE & 4 FEMININE "GREAT STORIES"

and their corresponding areas
of sensed fulfillment and
value



Horizontal Axis: Values the more impersonal & "epic"

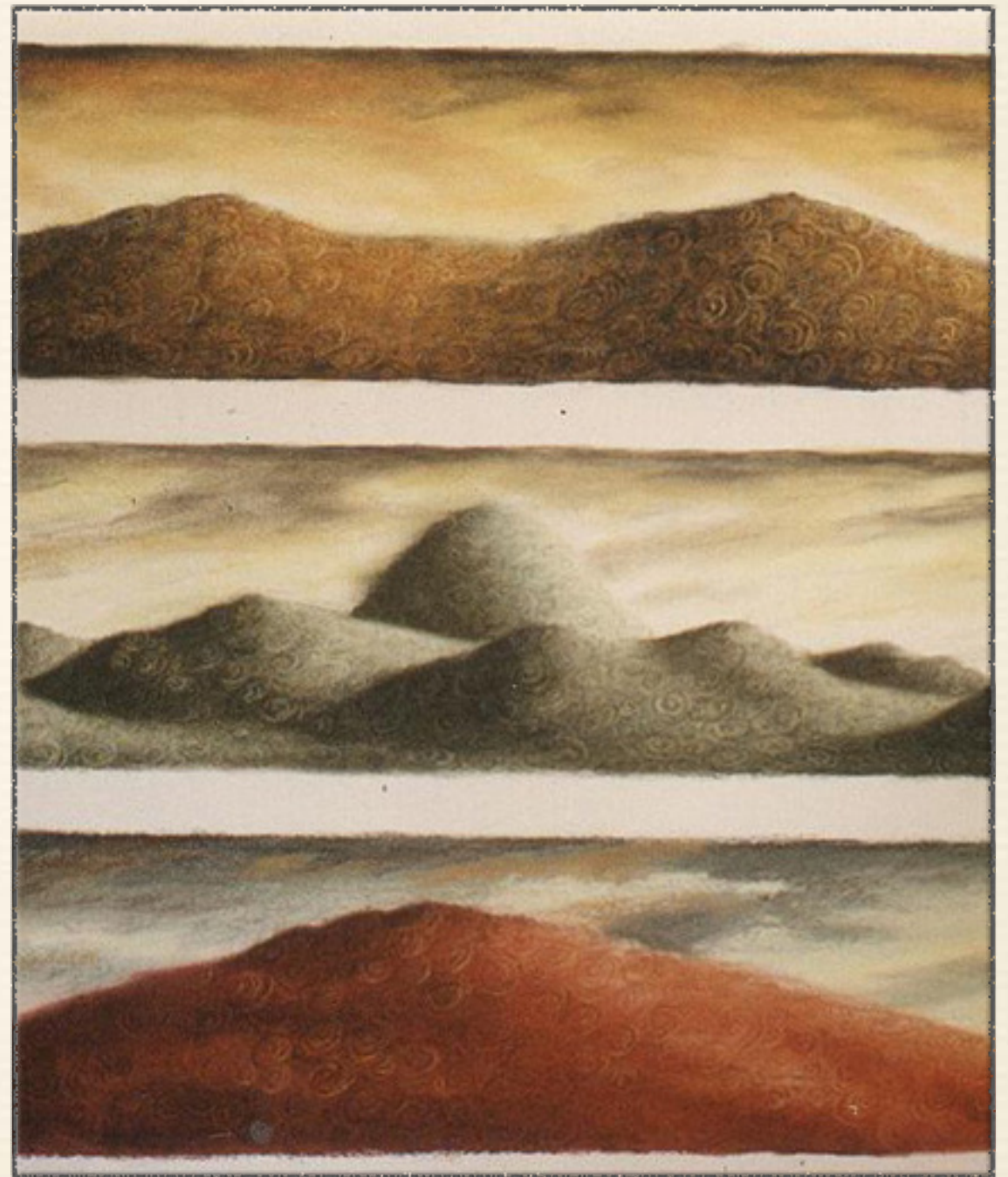
Vertical Axes: Values more the personal & "individual"

The Archetypes tend to guide us between opposites

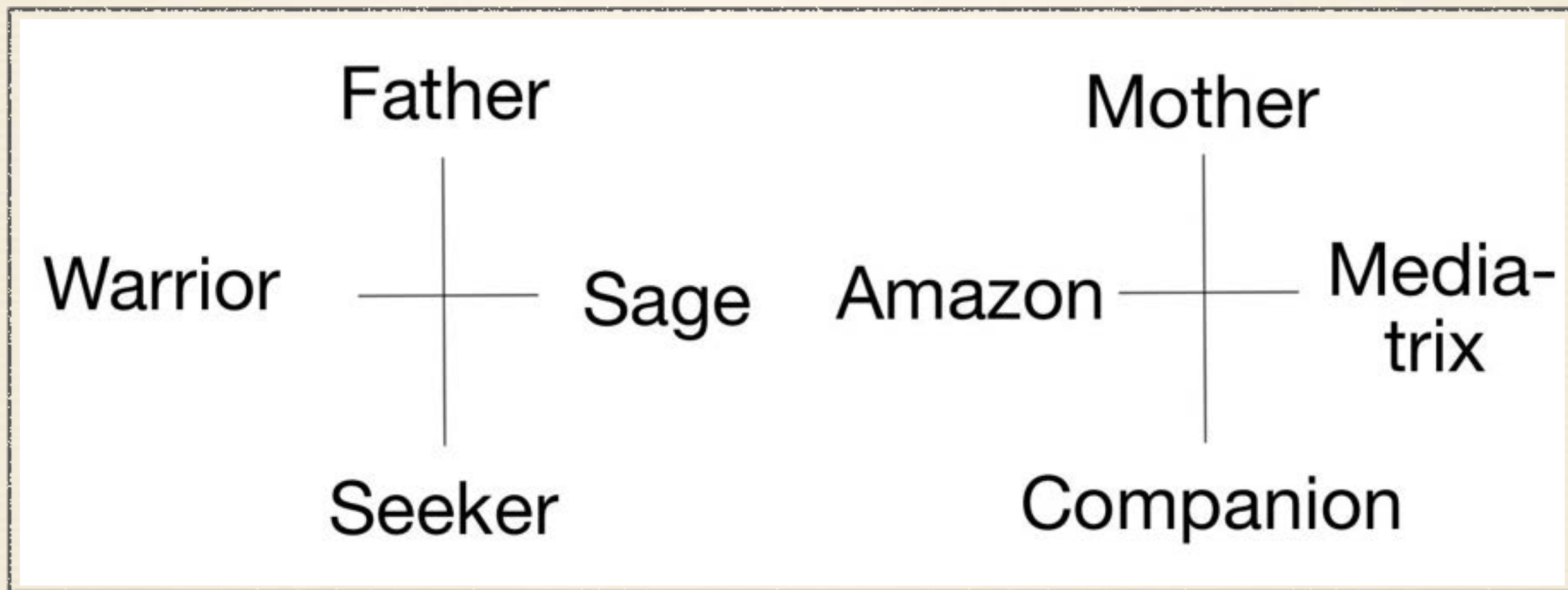
- ❖ Archetypes cause all or nothing thinking. This is a trait of instinctual thought.
- ❖ E.g. You are either a great warrior or a coward
- ❖ You are a faithful companion or you have abandoned your friend.
- ❖ You are either a wise sage or you are stupid.
- ❖ You are a great mother or you are a witch mother.
- ❖ So, we need to learn to moderate our archetypal extremes.

Your Reflection

- ❖ Take the handouts that describe traits of the masculine and feminine archetypes and review them meditatively for 15 minutes. Read each description thoughtfully asking yourself and God which is your major and which is your secondary style.
- ❖ Consider the dark side of your style. Have you fallen into any of the pitfalls described?
- ❖ **Caveat:** Archetypes are one-sided stereotypes. None of us are just one. Some are even the opposite gender's archetypes as primary.



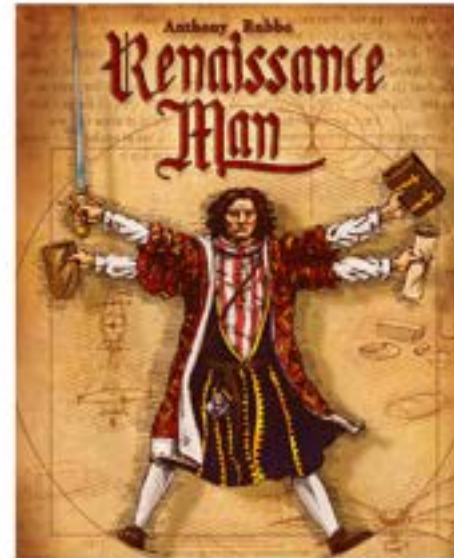
Who was able to pinpoint their archetype and who is still unsure? **Which picture group you chose may help you decide.**



Group 1



Group 2



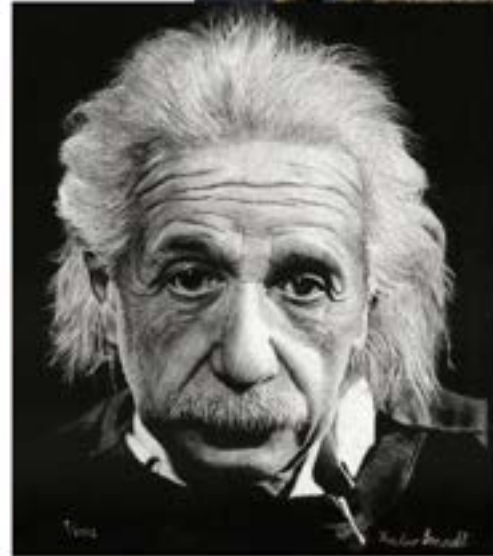
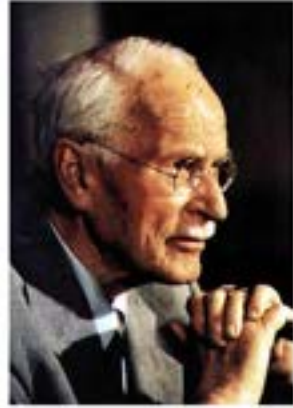
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Group 4



Group 5



Group 6



Group 7



Group 8



Using Archetypes to Interpret a Dream
for Spiritual/Psychological Guidance:
Doug Has a Dream

I was at the home of my best friend, Joel. We were both adults and his home was very elegant and sophisticated, with cutting edge technology. He also played on his college baseball team. I was supposed to have a game with my college team that day, but I hated my team, my coach, and it was bush-league compared to Joel's superior team. Joel invited me to hang out with his team and I agreed to go. We arrived and the first person I met was an administrator. She was beautiful, sexy, and very flirtatious with me. She had chosen me romantically. Through her, I met the coach. He showed me pictures of the team and their dorm where they stayed. I saw Joel and two of his buddies posing in the dorm's chapel. I was impressed that there was a place of worship within the baseball organization. The coach then approached me with a smile and welcomed me to the team and gave me a private tour of the baseball complex along with the dorm where the team stays together. The baseball field was professional, pristinely kept. The story was different when we got to the dorm. There was a smell of stale beer and sweat. I saw some clutter from the foyer. The coach let me know that there is an open bar 24-7. We then went to the chapel and I saw that it was a messy storage room with one wall-area cleared in order to be used for pictures. I agreed to sign up for the team on the condition that I would be in charge of organizing the dorm and team culture toward greater maturity.

Interpretation Using Archetypes

- ❖ Doug is a primary Mediatrix & Companion archetype
- ❖ This means that all the other archetypes will be less developed or mature. Joel, therefore, represents Doug's less-developed Shadow.
- ❖ Joel's house is wonderful suggesting a robust degree of development, but his sports environment is shabby in the chapel and dorm. This suggests underdevelopment.
- ❖ The sports/competitive theme suggests that the archetype being viewed is the Warrior.
- ❖ The flirtatious woman is a typical positive Anima archetype which guides Doug's ego to higher things—i.e. the coach. This is a typical function for a Positive Anima.
- ❖ The coach represents the higher self/Archetypal Self/Master-Organizing archetype.
- ❖ This dream coincides with the development of the ability to not care so much what people think about him—these are warrior traits.

Doug explains how these
archetypal insights helped him.

David as Father-Style King

- ❖ At home as a warrior out of necessity, but respectful of existing hierarchy of Saul's kingship.
- ❖ Rescues/marries the motherly woman (Abigail) who had to take care of her cranky, inept husband (Nabal).
- ❖ Father's the nation
- ❖ Weeps over Absalom like a father in spite of Absalom's fomenting revolution against David.

Hannibal as a Warrior-Style King

Hannibal Barca (B. between 183 and 181 BC) was a Carthaginian general, considered one of the **greatest military commanders in history**.

One of his most famous achievements was at the outbreak of the Second Punic War, when he marched an army which included war elephants from Iberia over the Pyrenees and the Alps into Italy. In his first few years in Italy, he **won three dramatic victories** in which he distinguished himself for his **ability to determine his and his opponent's strengths and weaknesses, and to play the battle to his strengths and the enemy's weaknesses**—and **won over many allies of Rome**. Hannibal occupied much of Italy for 15 years. He was decisively defeated at the Battle of Zama. **The opposing general had studied Hannibal's tactics and brilliantly devised some of his own,**

After the war, Hannibal successfully **ran for the office of sufet. He enacted political and financial reforms to enable the payment of the war indemnity imposed by Rome;** however, Hannibal's **reforms were unpopular,** and he fled into voluntary **exile**. He then lived at the Seleucid court, where he **acted as military advisor** to Antiochus III the Great in his war against Rome. He achieved an **outstanding naval victory** for Bithynia. He was afterwards **betrayed to the Romans** and committed suicide by poisoning himself.

Solomon as Sage-Style King

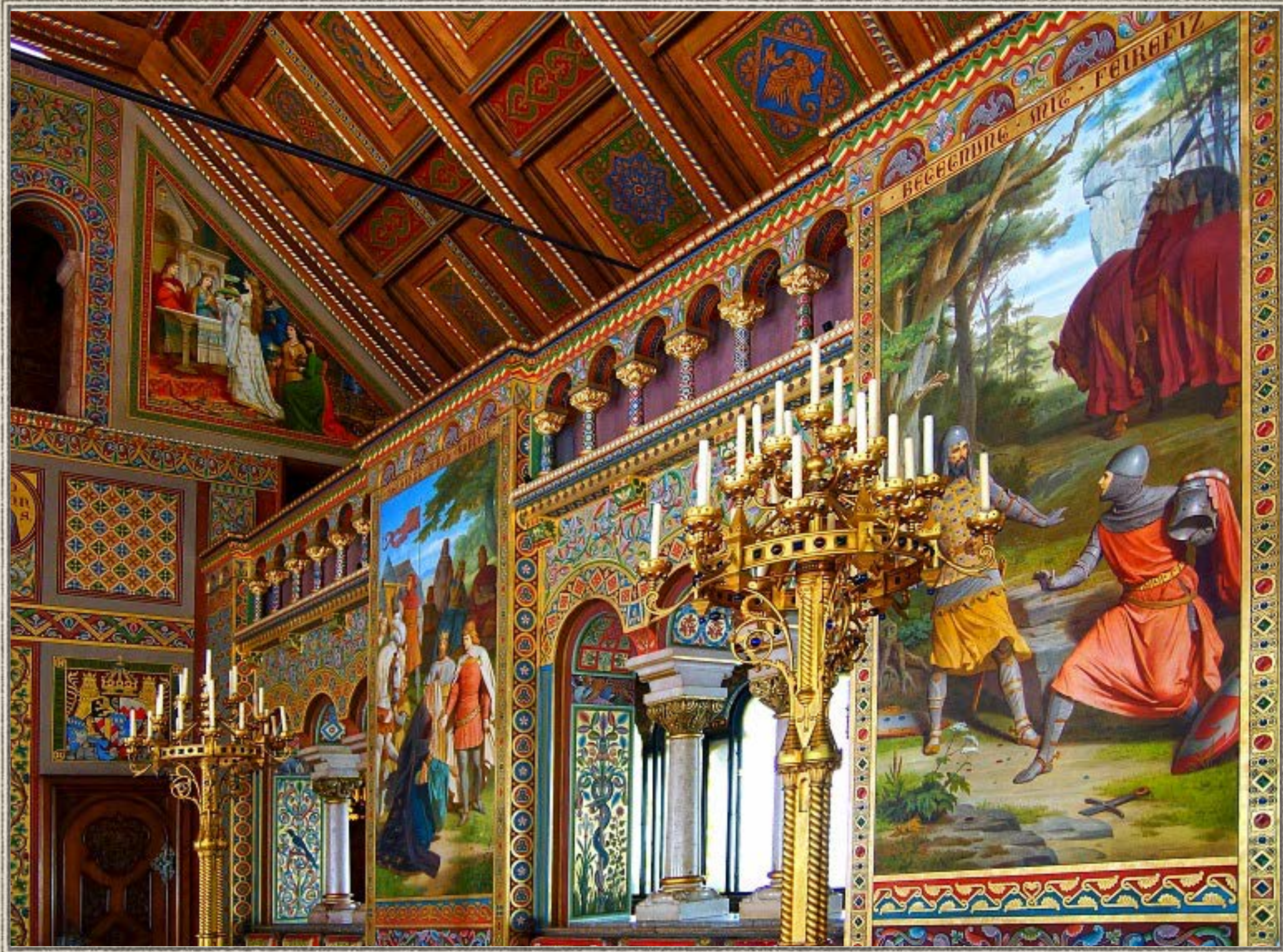
- ❖ No emphasis on fighting
- ❖ Created Wisdom Literature
- ❖ Queen of Sheba remarked on Wisdom in ruling the country and marshaling resources.
- ❖ Philosophical/Mystical writings e.g. Ecclesiastes and Song of Solomon

King Ludwig of Bavaria as a Seeker-Style King

- ❖ Even before he died, the king had already become something of a legend. "I want to remain an eternal mystery to myself and others", Ludwig once told his governess, and it is this mysterious element that still fascinates people today.
- ❖ The shy dreamer, who had none of the typical characteristics of a popular king, lives on, still idolized, as "the Kini". (Note, the child-like moniker.) His palaces have been visited by over 50 million people since his death. They are a magical array of fantasy castles, oriental kiosks and Indian mogul palaces, decorated with an exuberant mix of styles set against lofty peaks and Alpine lakes. They record in stone and art his ideal fantasy world which the king built as a refuge from reality. His poetic and ideal interpretation of his role as king was finally his downfall. It is possible that he preferred to die rather than return to reality.







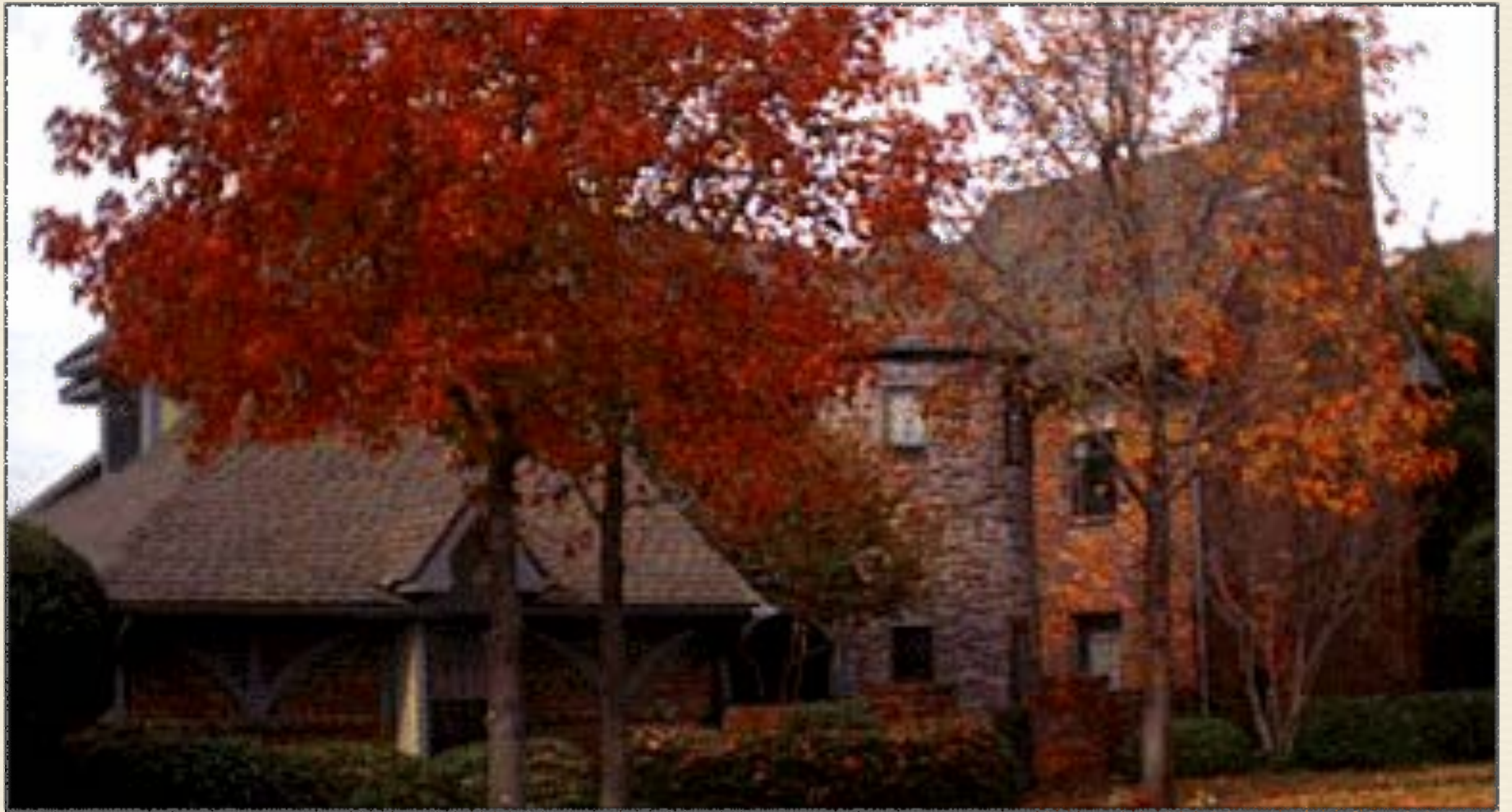












The Caldwell House
(Sage/Seeker; Amazon/Companion)

Integrating the Warrior: a Spiritual Challenge

- ❖ Richard Rohr offered a recent quote on this issue:
- ❖ Bodhisattva means “awakening being” and refers to a person of any culture that is brave and willing to walk on the path of wakefulness. . . . They are awakening warriors that give up floating through life aimlessly and being concerned only with themselves. Awakening warriors live in a way that is of benefit to all, and their work is done here in this world. They see that we must all take responsibility for ending suffering, not just for our own individual freedom, but for that of others as well. What these awakening warriors realize is that in order to live harmoniously and with joy, they must take their natural place in the world.
- ❖ What we want to do is embody the spirit of a warrior and bring that to function in our daily lives. “Spirit” refers to that which gives life. “Warriors” live a life of action and clear direction. We can bring warrior-spirit to the cause of peace and harmonious connection because it is about life and living, not power and aggression.
- ❖ This “Spirit” referred to here is a synonym for “archetype”.

~Some Female Leaders

- ❖ **Mother:** Mother Theresa
- ❖ **Companion:** St. Claire, co-worker with St. Francis
- ❖ **Amazon:** Joan of Arc
- ❖ **Mediatrix :** Hildegard of Bingen; Julian of Norwich; Theresa of Avila

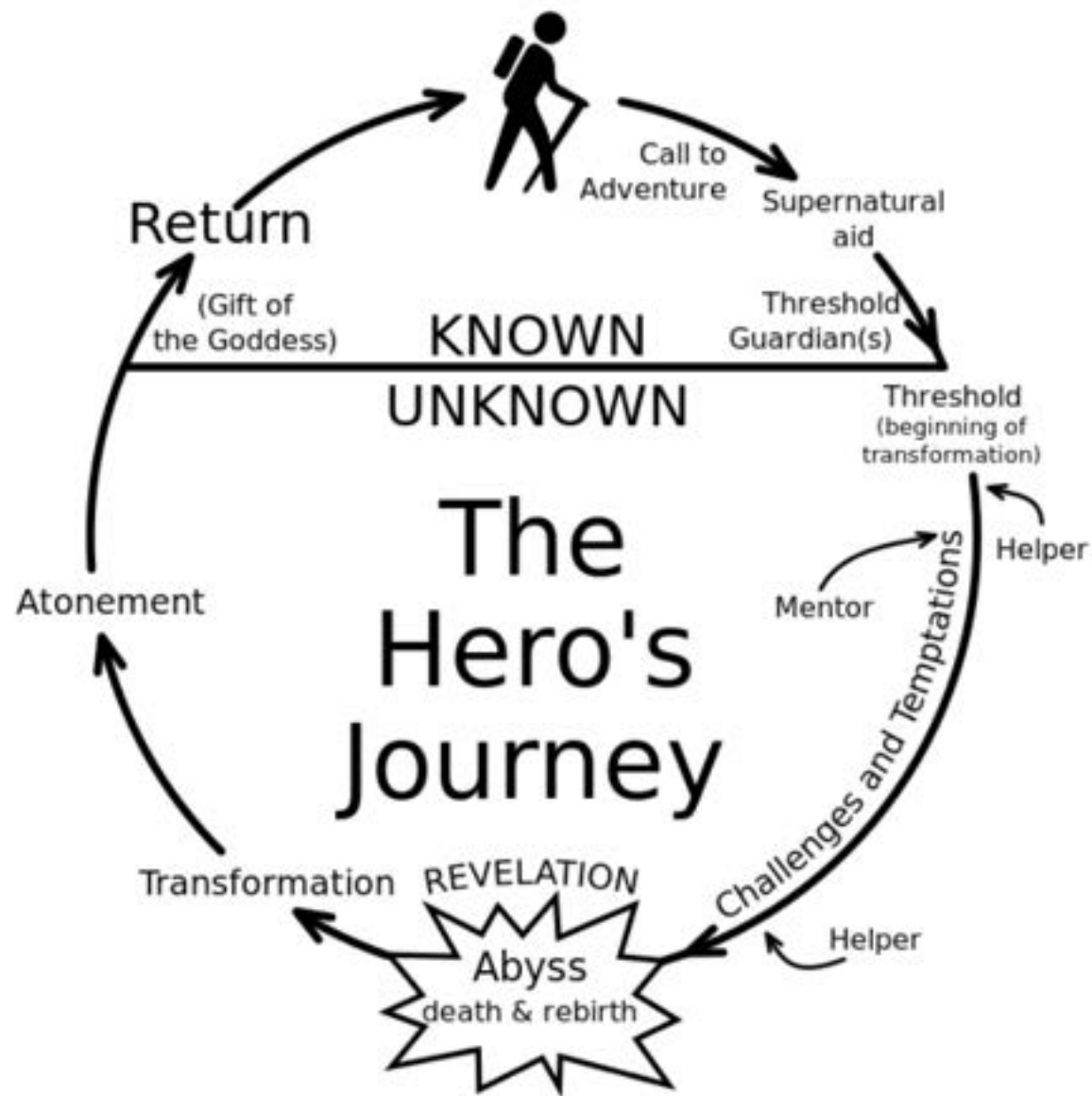
How do Gender Archetypes Guide in Discipleship?

- ❖ Wholeness includes the ability to shift to any of the energies and patterns when needed (even though you may maintain a dominant and subdominant style). Consider how Jesus did this.
- ❖ Accepting and appreciating other people's styles and gifts contributes to 1) Harmony in the Body of Christ, and 2) Appreciation of your own role and calling in the Body.
- ❖ Our primary archetype must undergo a hero's journey that includes a death, burial and resurrection like Jesus. This is often during a Dark Night of Soul

Stan Bolivan

Part 1





The World of the Hero

The twelve stages of *the hero's journey* monomyth following the summary by Christopher Vogler (originally compiled in 1985 as a Disney studio memo):

1. The Ordinary World, 2. The Call to Adventure, 3. Refusal of the Call, 4. Meeting with the Mentor, 5. Crossing the Threshold to the "special world", 6. Tests, Allies and Enemies, 7. Approach to the Innermost Cave, 8. The Ordeal, 9. Reward, 10. The Road Back, 11. The Resurrection, 12. Return with the Elixir.

The mythological hero, setting forth from his commonday hut or castle, is lured, carried away, or else voluntarily proceeds, to the threshold of adventure. There he encounters a shadow presence that guards the passage. The hero may defeat or conciliate this power and go into the kingdom of the dark, or be slain by the opponent and descend in death (dismemberment, crucifixion).

The hero journeys through a world of unfamiliar yet strangely intimate forces, which severely test him, some of which give magical aid. He eventually undergoes a supreme ordeal and gains his reward. The triumph may be represented as the hero's sexual union with the goddess-mother of the world (sacred marriage), his recognition by the father-creator (father atonement), his own divinization (apotheosis)... or his theft of the boon he came to gain. The boon is an expansion of consciousness and...being (illumination, transfiguration, freedom).

The final work is that of the return. He now sets forth under the gods' protection; if not, he flees and is pursued. At the return threshold the transcendental powers must remain behind; the hero re-emerges from the kingdom of dread (return, resurrection). The boon that he brings restores the world (elixir).

From the work of Joseph Campbell, *The Hero with a Thousand Faces*
George Lucas affirmed the importance of Campbell's work for his development of the Star Wars epic.

Stan Bolivan

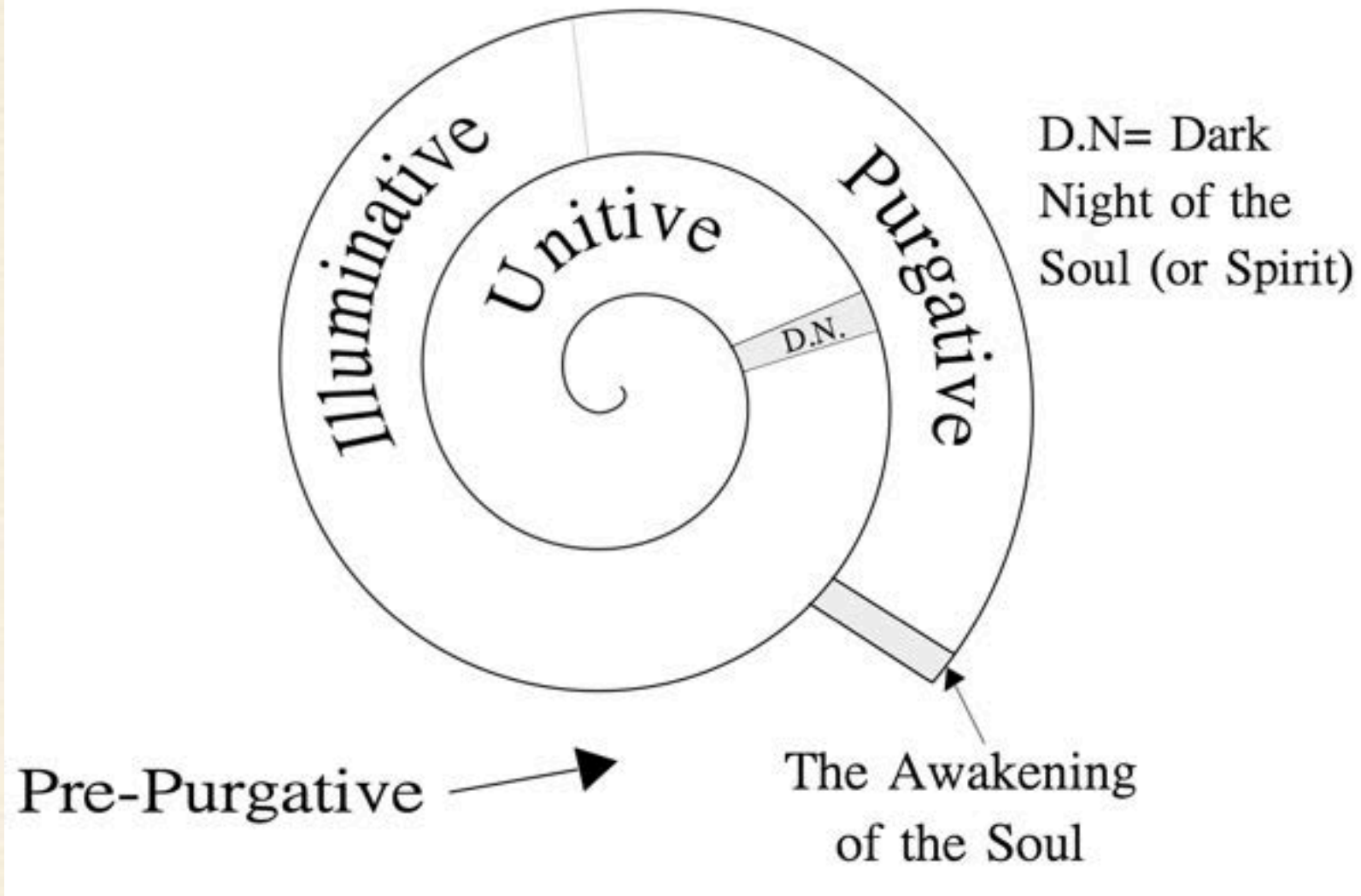
Part 2



Stan Bolivan the Hero

- ❖ What was Stan's call to adventure?
- ❖ How did he cross the threshold?
- ❖ What were his allies and enemies?
- ❖ What was his ordeal and innermost cave?
- ❖ What is Stan's road back?
- ❖ What is the elixir he brings back?

The Spiral Path



The Spiral Path/Three Ways is like the Hero's
Journey of the Mystical Life.

Those wanting more information can refer to *Adventures in
Soulmaking* by Troy Caldwell, M.D. or Evelyn Underhill's
Mysticism

Match the Heroes with their Archetypal Great Story

Abraham

Warrior

Isaac

Sage

Jacob

Father

Joseph

Seeker

Match the Heroes with their
Archetypal Great Story

Mary the Mother of
Jesus

Mary of Bethany

Mary Magdalene

Martha of Bethany

Companion

Mother

Mediatrix

Amazon

Masculine Journeys

- ❖ **Abraham: The Father** gives up the son, but gets him back without excessive attachment. Abraham was likely following the extreme demands of the Father archetype rather than God in his felt urging to sacrifice Isaac. In Jung's terms, Abraham was "possessed by the archetype" of the Father.
- ❖ **Isaac: The Seeker** gives up his sight for seeking. He was blind later in life. We do not know how he was rewarded, but he had Godly patience with his squabbling sons suggesting maturity was a fruit.
- ❖ **Jacob: The Warrior** holds his own in wrestling with an angel, yet ends up with a limp. He gets back his estranged brother and becomes leader of the tribe.
- ❖ **Joseph: The Sage** gives up respect for his ideas, dreams, and integrity, but is released from prison due to his sagacity and goes on to leadership and brings salvation to the tribe.

Feminine Journeys

- ❖ **Mary, Mother of Jesus: The Mother** gave up her son, but received him back exalted and she becomes Mother to the community of faith.
- ❖ **Mary Magdalene: The Companion** gave up her friend, Jesus, but received him back in special ministry. The Gospel of Mary Magdalene show her companionship of the disciples in this way: “How are we to go into the rest of the world proclaiming the Good News about the Son of Humanity’s Realm? If they did not spare him, how will they ever leave us alone?”

Mary arose, then, embracing them all and began to address them as her brothers and sisters.

- ❖ **Martha of Bethany: The Amazon** gave up the primacy of being in control and accomplishment for the master’s presence and insight as he affirmed the Mediatrix “better part.”
- ❖ **Mary of Bethany: The Mediatrix** gave up appreciation of the depth of her soul by the world to follow Christ’s “better part” on the mystical path. She was criticized for anointing Jesus feet but most wisely intuited the symbolic significance of his path.

Do you now or have you ever had a call to death, burial, and resurrection on your own hero's journey?



Death = a call or forced letting go of your main ambition or ideal or sense of who you are.

Burial = a time of grief and confusion because of this loss. A not knowing who you are or what you will do. Feeling yourself in a tomb-like sense of waiting or lostness.

Resurrection = the sense of resolution of grief and emerging of a new dimension of personality. A renewed desire to serve others with your, albeit humbled, gifts.

Note that Empaths/Mediatrix
type souls are possibly over-
represented in contemplative
communities like Retreat House
and in spiritual directees.

Doug explains some of
the differences in the
journey of the Mediatrix
or Empath.

References

- ❖ *About Men and Women* by Tad and Noreen Guzie
- ❖ *Adventures in Soulmaking: Stories and Principles of Spiritual Formation and Depth Psychology* by Troy Caldwell, M.D.
- ❖ *Mysticism: A Study in Nature and Development of Spiritual Consciousness* by Evelyn Underhill
 - ❖ *Man and His Symbols* by Carl G. Jung
 - ❖ troycaldwell.com

❖ What to expect next week:
Amplify the Archetypes and
Journey Motif using the
Enneagram

❖ Benediction