

MASTER YOUR SUPERPOWERS



YOUR INTEGRATED ARCHETYPE

RELIABLE ANALYST

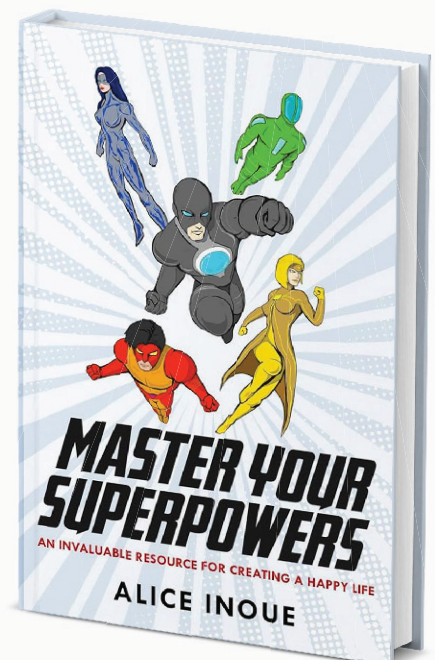
YOUR INTEGRATED ARCHETYPE

PRIMARY ►	WATER	WOOD	FIRE	EARTH	METAL
SECONDARY ▼					
WATER		Wood - Water LOGICAL VISIONARY	Fire - Water RADIANT PROVIDER	Earth - Water CALM CONNECTOR	Metal - Water FOCUSED VISIONARY
WOOD	Water - Wood RESOURCEFUL CREATOR		Fire - Wood SPONTANEOUS INITIATOR	Earth - Wood PATIENT SPEEDSTER	Metal - Wood EFFICIENT PRODUCER
FIRE	Water - Fire INTUITIVE LUMINARY	Wood - Fire INNOVATIVE IDEALIST		Earth - Fire LOYAL CHEERLEADER	Metal - Fire DEDICATED ENTHUSIAST
EARTH	Water - Earth REFLECTIVE CONFIDANT	Wood - Earth THRIVING MANIFESTOR	Fire - Earth ENERGETIC PROTECTOR		Metal - Earth MASTERFUL ALLY
METAL	Water - Metal CARING PERFECTIONIST	Wood - Metal FLEXIBLE RULE-MAKER	Fire - Metal WARM-HEARTED LONER	Earth - Metal RELIABLE ANALYST	

Discovering your Integrated Archetype is like finding your personality's innate superpower. This knowledge adds value to your life and to your ability to stay in balance, which will help you transcend life's challenges.

Your Integrated Archetype reveals how you intentionally or unintentionally express yourself and the way you most naturally are. You might have wondered why at times you are shy and introverted, and at other times bold and extroverted.

Or why, in some areas of life, you are logical and linear while in others you are creative and out-of-the-box. This can be explained through knowledge of the particular elemental combination that makes up your Integrated Archetype.



The explanations will give you greater perspective on what you need to achieve balance. It will also help you understand others around you and how they fit into your life. The purpose is to aid you in finding power within yourself and creating harmony in your interactions.

Below, you'll find a list of your superpowers, energy-balancing activities, your creed and purpose, where your support comes from, who your greatest teachers are, and more. When you focus on strengthening your positives, your superpowers shine, and you'll be able to serve your sphere of influence in a much more meaningful and dynamic way.

THE RELIABLE ANALYST: EARTH + METAL

AKA: THE COMFORTING ALCHEMIST AND THE DEPENDABLE THINKER

PRIMARY ELEMENT: Earth (Talitha)

SECONDARY ELEMENT: Metal (Alcor)

YOUR OVERVIEW: As a Reliable Analyst, you prefer to take the time to consider all options before rushing into anything. You excel at reassurance and thoughtfulness, and you inspire others to do their best work. Soft-spoken, yet confident, you thrive when you are in control and are able to move at your own pace. You are level-headed and unfazed by setbacks, but you just don't like surprises that throw you completely off track. You have a warm yet introverted personality and care deeply about the people close to you.

People are drawn to you as a Comforting Alchemist because of your ability to help them "magically" feel better when they are with you, especially when they are worried about something. As a Dependable Thinker, you are someone people feel they can trust because they know that you care enough to take their problems seriously.

YOUR PURPOSE: You are here to encourage others to trust in the power of planning and patience.

YOUR CREED: "When things need to happen, they will."

YOUR CORE DESIRE: To help others with their needs but still stay focused on your own goals.

YOUR CORE VALUE: To be caring and inclusive of others while holding strong boundaries around your time and energy.

AT YOUR BEST: You are caring and giving, yet also know how to set firm boundaries. You are incredibly resourceful, rational, and precise, and you love to share your ideas. You are methodical and steadfast and produce quality results.

AT YOUR WORST: You can be stubborn, lethargic, and overly critical. You become overly needy and uncertain and stop expressing yourself. First you blame yourself and then you blame others and allow resentment to build. You sway from over-subordinating yourself to others to being cool and distancing yourself.

YOUR ARCHETYPE TWIN: Metal + Earth – Masterful Ally

MOST COMPATIBLE WITH:

Water + Earth – Reflective Confidant | Earth + Water – Calm Connector

MOST SUPPORTED BY:

Fire + Earth – Energetic Protector | Earth + Fire – Loyal Cheerleader

MOST DRAINING FOR YOU:

Water + Metal – Caring Perfectionist | Metal + Water – Focused Visionary

YOUR GREATEST TEACHER:

Wood + Fire – Innovative Idealist | Fire + Wood – Spontaneous Initiator

YOUR ELEMENTAL DYNAMIC: Nurturing

Earth supports Metal and together they create sustainability. Like that, when you are in balance, you are resilient, unshakeable. However, since Metal also drains Earth, it's important to nurture both elements and not depend on Earth to be the energy generator.

If too much emphasis is placed on Earth qualities (staying safe, being compassionate and conservative) and not enough on Metal qualities (being creative and open to change), which Metal thrives on, you suffer from stagnation and lack of progress. If, however, you are over- controlling, you shut off the flow you need to attain your personal goals.

SUPPORTING ELEMENT: Fire

Fire supports the elements of Metal and Earth. In the elemental cycle, Fire produces Earth, which in turn cultivates Metal. Fire is the element that supports and connects Metal through Earth, so when you feel at odds with yourself, tired, or out of balance, being in Fire energy is extremely helpful. That can be as simple as spending some active time outdoors.

Having Fire elements in your environment is essential for support. Wall art depicting sunrises and all shades of the colors red, purple, or orange are considered beneficial for Earth/Metal Integrated Archetypes. Fire energy is about freedom and movement, about being social and uninhibited, so it can be helpful to spend time with individuals who have Fire as a part of their makeup (e.g., Avior – Superhero Archetype Three).

YOUR PERSONAL VIRTUES:

Constant: Your ability to be stable is significant because you can keep your cool even when there is a setback. People know what to expect from you, and they rely on you.

Balanced: When faced with an important decision, you use intuition and rationale to your advantage.

Magnetic: You pull people in because of your ability to hold back information and details, yet at the same time make them feel close and connected.

Unobtrusive: You get things done without needing to draw attention to yourself and your achievements. You are competitive but do it without flaunting.

Pragmatic: You are logical and practical and able to consider all resources and possibilities as you plan for maximum ease.

YOUR SUPERPOWERS:

PATIENCE, CONSIDERATION, FOCUS, COMMITMENT

WEAKNESSES TO STRENGTHEN:

Difficulty saying no, Procrastination, Worry, Inflexibility

YOUR MISSION FOR POWER:

Share your values and what's important to you with others. This will help them understand and relate to you better.

Be honest with people when they ask for your feedback. Although you have strong opinions, you have the ability to say things with grace. This is to your advantage and will build trust.

Put yourself out there. You usually wait to sense if it's "safe" before you open up fully. Remember, your engaging nature and genuineness draw people in, so bring out your shine first!

Connect with people to thrive. Make time for close friends with whom you feel grounded and happy.

Get clarity to ground yourself. No matter what situation you are in, don't hold back from asking questions, even though you find it easier to say nothing to avoid bringing attention to yourself. You thrive when matters are clear.

LIFE AFFIRMATION: “I surround myself with people who affect my life positively and gently release those who drain my energy.”

It is easy to get into habits, hanging out with the same people and doing the same things because you feel you “should” without understanding that you are not in a positive environment. Instead of thinking that you can handle it, it’s good to realize that you can choose who you hang out with. If you can’t extricate yourself because it’s your work or family, then limit the amount of time you spend with those people. You need to have people around you who influence your day and your path in a positive way.

ENERGY-BALANCING ACTIVITIES: (Refer to the list below for ideas.)

When you feel emotional: Earth activities

When you feel mentally stressed: Metal activities

When you feel burned out: Water activities

When you feel stuck: Wood activities

When you feel uninspired: Fire activities

ELEMENTAL ENERGY BALANCING ACTIVITIES

WATER: Nourish yourself with Water by going swimming or taking a long, relaxing bath. Spend time at a spa or a steam room, or hang out in a Jacuzzi. Get lost in a book, movie, or story. Meditate with music. Walk along the beach near the edge of the water. Schedule some downtime to “do nothing,” or do something you’ve been missing but have been putting off. Take a Tai Chi or Chi Kung class. Have a deep conversation with a trusted friend or a heart-to-heart with someone who really understands you.

WOOD: Get your body moving by going for a light jog or a speed walk around the block. Take a yoga class or do some stretching exercises. Make time to organize your environment: pick a drawer, cabinet, or shelf and neaten it up. Open your calendar and make plans for the upcoming day, week, or month. Visually lay out your schedule so you can see something tangible and organized.

Make decisions now that might save you time later. Have a stimulating conversation or a fun debate with a friend or watch a comedy show.

FIRE: Get a bunch of friends together and do something fun and spontaneous. Spend time socializing or going to where the people and action are. Attend a live performance or event or watch an action-packed movie at the theater. Do something impulsive and spontaneous and go where your heart leads you. Eat spicy food. Go shopping. Go dancing. Talk to someone you love hanging out with and make plans to travel or do something fun. Take a high-energy exercise class like Zumba, MMA Kickboxing, or Bootcamp. Hang out in bright, open spaces.

EARTH: Walk in nature, visit with a close friend, cook, draw, paint—something creative. Get a massage. Do aromatherapy. Set some achievable goals for the week. Go to the health-food store and buy food that is healthy and nourishing. Complete a project that you’ve been stalling on. Give yourself permission to do “nothing” but watch TV, read, or be a couch potato at home. Spend time with the family members you like.

Spend quality time with your pet. Offer to help someone with a task or project. Practice a craft. Stay home and light candles. Wear your oldest most comfortable house clothes and turn off your cell phone and social media notifications.

METAL: Do something you're really good at doing, something you've already mastered, so you can feel accomplished. Pick a location in your house—perhaps your room, desk, or car—and clear and clean it as best you can. Polish all the metal or shiny surfaces in your house to take off water marks and make the shiny surfaces shiny again. Talk to someone who is analytical. Spend time alone. Do something that requires you to work out logistics. Neaten up your computer desktop. Clear digital clutter. Clear physical clutter from your desk or a small area you frequent often. Clear off all countertops in your home.

INTEGRATED ARCHETYPE GLOSSARY

The various categories of the twenty Integrated Archetypes are defined here for your reference as needed.

PRIMARY ELEMENT: The element with the highest score on your test.

SECONDARY ELEMENT: The element with the second highest score on your test.

OVERVIEW: This is a general description of your Integrated Archetype.

YOUR PURPOSE: This is your Integrated Archetype's primary purpose.

YOUR CREED: A creed is a belief that drives your thoughts and behaviors. Your personal creed must be one that you believe in, but it doesn't have to be accepted by others. There's no right and wrong to your creed. The word credo comes from Latin and means "I believe." You cannot do what you say if you don't know what you believe. The creed that is listed is a prompt for you to consider what you actually believe in. Please change or rewrite the one given to best suit you.

AT YOUR BEST: This is a description of how you naturally operate when you are in balance physically, mentally, emotionally, and spiritually. If you don't see any of these qualities within yourself now, know that they do exist and are just dormant within you currently. Once you achieve balance, these traits will emerge organically.

AT YOUR WORST: If you see that you don't demonstrate any of these behaviors in your expression of self, that is great! You are likely operating in a very balanced way and may have transcended these traits from the past. Or, you may find that they show up only when you are stressed and overwhelmed. The key is to know that when you do exhibit or feel these emotions arising, it's wise to slow down and pay attention to yourself and your own needs to restore balance and live your purpose.

YOUR ARCHETYPE TWIN: This is your "mirror" archetype. It has exactly the same two top elements as yours, but its primary element is your secondary element and vice-versa. For example, if you are a Water + Fire, your archetype twin is Fire + Water.

What does this mean? The twin is the archetype that most closely resembles you. Fundamentally, it mirrors you, but with subtle differences. Under different circumstances or in different moods, your archetypes could almost change places. And if you have an archetype twin in your life, you feel a natural connection. This is someone who “gets” you, and you them.

You might notice that when you are together, you operate with the same dynamic. You match each other in ways that are inspiring and you get along easily. The traits that you love in yourself are the traits that you love in them, and vice-versa.

The challenge comes when one of you is out of balance, stressed, or having a bad day and not operating optimally. It is then that you may experience some irritation, as the twin’s purpose in your life is to bring to your awareness your disowned parts—the parts of you that you don’t want to think you have even though you actually do; you just haven’t accepted yet. Since one of the purposes of life is to grow in self-awareness, at times your archetype twin’s purpose in your life is to do just that—teach you to accept and love yourself as you are.

MOST COMPATIBLE WITH: These are people you get along with almost effortlessly. At times you’re there for them, and at other times, they are there for you. These are people you feel very “at home” with. The relationship flows naturally and with ease. This is because the mutual exchange of elements generates an even exchange of energy.

MOST SUPPORTED BY: These are people who are always there for you. It’s not that you aren’t there for them, but somehow, they just feel like the solid ground beneath your life, however you interact with them. You feel their support and trust their sincerity. In these relationships, both elements that compose the other’s Integrated Archetype “give” of themselves to your elements. It’s wise to be especially appreciative of these people; let them know how important they are to you and how thankful you are to have them in your life.

MOST DRAINING FOR YOU: These are the people you feel you can spend only a limited amount of time with before you get tired. It’s not that you don’t like them or don’t enjoy being with them; this combination of elements just operates on a different level, and being with them requires more of your energy and other resources. This is especially true when they do not feel empowered or when they are undergoing hardships and emotional challenges.

YOUR GREATEST TEACHER: Someone who is significant in your life for one of two reasons: either you have great respect for them and easily and willingly learn from their influence, or they are the most challenging people you have to deal with. Either way, they offer you the most growth.

These relationships work best when you embrace these people as teachers, knowing that because of them you are more patient and understanding—a more evolved you. The elements of your greatest teachers are the two that directly challenge your elements.

YOUR ELEMENTAL DYNAMIC: All elements have a cyclical relationship to each other. They are designated as either “nurturing” or “controlling,” depending on their phase of interaction with each other. Out of the twenty Integrated Archetypes, there are ten “nurturing” interactions and ten “controlling” interactions. Your top two elements will fall into one of these two categories.

CONTROLLING: This means that your two elements relate in a way that one wants to take control of the other.

NURTURING: This means that your two elements relate in a way where one is more nurturing and supportive of the other.

MISSING ELEMENT: Your missing element is detailed here if your elemental dynamic is “controlling.”

SUPPORTING ELEMENT: Your supporting element is detailed here if your elemental dynamic is “nurturing.”

YOUR SUPERPOWERS: Your four top superpowers are listed here, based on your Integrated Archetype. Continue to add to your awareness of them as you develop, notice, and affirm them in your daily actions.

YOUR MISSION FOR POWER: Your daily actions make a difference in how you encounter and transcend your challenges. Focus on these missions, which you can incorporate daily. They detail and emphasize what you are good at and how you make a difference in your sphere of influence.

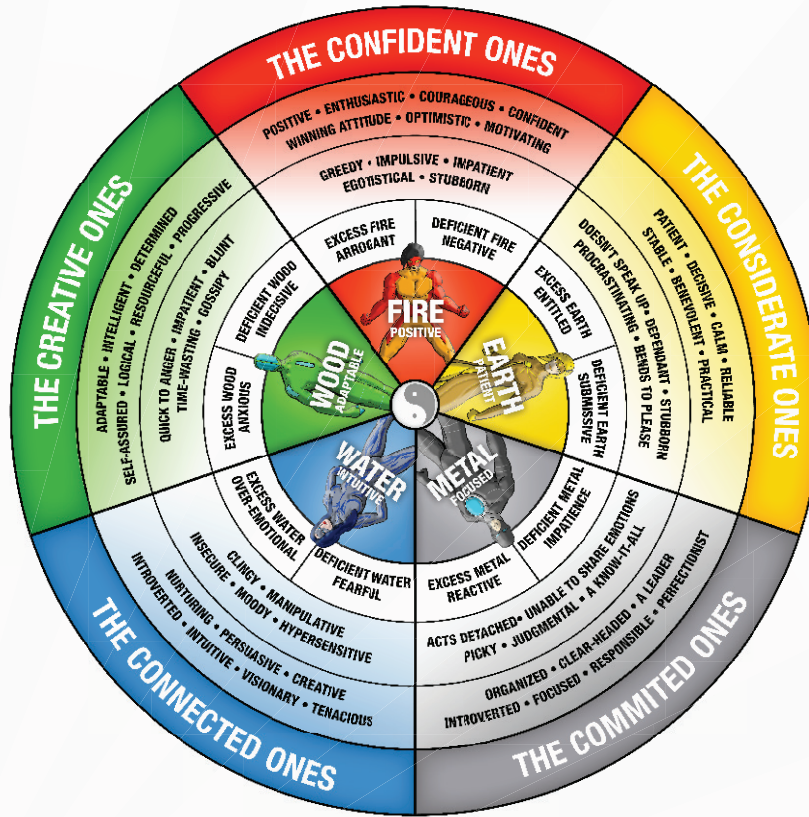
WEAKNESSES TO STRENGTHEN: These are areas that you may have either transcended or are still working on. As human beings, we will always have our weaknesses, our downsides, but the more conscious we are about them and the more we work on balance, the less they show up. Refer to Appendix A at the end of this chapter for some ways to temper and overcome your weaknesses.

LIFE AFFIRMATION: The word affirmation means to make something firm in your mind. Affirmations are phrases that we can repeat inwardly to help us maintain balance and stay on course. To maximize your potential, continue to develop your own affirmations.

ENERGY-BALANCING ACTIVITIES: We all experience periods of time when we feel out of balance. When you notice you are not operating at your best or are not feeling quite like yourself, you can look here to identify what you need. Embrace one of the suggested passive or active activities to balance out your energy.



Elemental Qualities



Archetypal Qualities

