



# ***MASTER YOUR SUPERPOWERS***

**YOUR INTEGRATED ARCHETYPE**

**ENERGETIC PROTECTOR**



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# YOUR INTEGRATED ARCHETYPE

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

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.



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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 Energetic Protector: Fire + Earth

**Aka: The Pleasure-Seeking Diplomat and The Enthusiastic Giver**

**PRIMARY ELEMENT:** Fire (Avior)

**SECONDARY ELEMENT:** Earth (Talitha)

**YOUR OVERVIEW:** As an Energetic Protector, you are “all in” when it comes to taking care of anything you consider *yours*—whether a person, a project, or a cause. You excel at being expressive, engaging, and spontaneous while also making others feel that you are dependable and can be trusted. You are a positive source of nurturing energy. You thrive when you have the opportunity to build lasting relationships and create things of value. You have a naturally helpful and loyal personality, and you light up when you are celebrated and appreciated for your efforts.

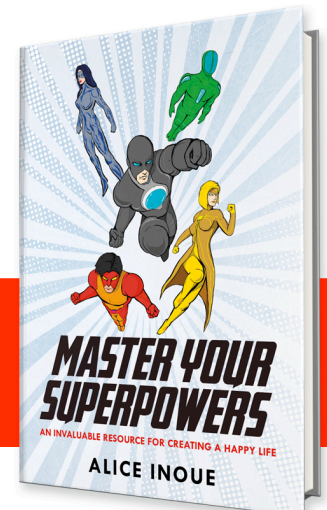
Action is what inspires you. You delight in considering all the best options before taking a chance, but once you decide, you are unstoppable! As a Pleasure-Seeking Diplomat, you are effortlessly the ambassador of fun. People are drawn to you, and you bring them together for enjoyable causes. As an Enthusiastic Giver, you give whenever you can, and when you do, you give abundantly and joyfully.

**YOUR PURPOSE:** You are here to show others that it's possible to stand up for yourself while also being kind and considerate.

**YOUR CREED:** “Life is best when enjoyed and experienced with those I care about.”

**YOUR CORE DESIRE:** To do what makes you happy and stay connected with those you care about.

**YOUR CORE VALUE:** To enjoy all the moments of life without having to sacrifice your own desires.



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**AT YOUR BEST:** You are strong-willed and competitive, while also understanding and selfless. You are the perfect mix of proactive and cautionary. Energizing and sociable, when you turn on your charm you quickly build relationships you sustain over time by making the people feel heard and valued.

**AT YOUR WORST:** You are stubborn, impatient, egotistical, and over-valuing of yourself but can also bend to please, becoming a doormat when you do not trust in your own abilities and values.

**YOUR ARCHETYPE TWIN:** Earth + Fire – Loyal Cheerleader

**MOST COMPATIBLE WITH:**

Metal + Fire – Dedicated Enthusiast

Fire + Metal – Warm-Hearted Loner

**MOST SUPPORTED BY:**

Wood + Fire – Innovative Idealist

Fire + Wood – Spontaneous Initiator

**MOST DRAINING FOR YOU:**

Earth + Metal – Reliable Analyst

Metal + Earth – Masterful Ally

**YOUR GREATEST TEACHER:**

Water + Wood – Resourceful Creator

Wood + Water – Logical Visionary

**YOUR ELEMENTAL DYNAMIC:** Nurturing

Fire supports Earth, and together they create a fertile foundation. When you are in balance, you energize and sustain yourself and create from a strong foundation. However, since Earth can also drain Fire, it's important to take time to nurture both elements and not depend only on Fire to be the energy generator.

If you have too much Fire activity (on the go all the time) and not enough reflection and rejuvenation, which Earth needs, you will suffer from burnout and energy drain. But if you lack the stimulus you need to be creative, you will be unproductive, stuck in an uncomfortable state of inertia.

**SUPPORTING ELEMENT:** Wood

Wood supports the element of Earth through Fire. In the elemental cycle, Wood fuels Fire, which in turn produces Earth. Since Fire and Earth are supported by Wood, when you feel at odds with yourself, tired, or out of balance, being in Wood energy, like nature, is extremely helpful.



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Having plants (real or silk) in your environment is essential for support. Wall art depicting nature as well as all shades of the color green are considered beneficial for Fire/Earth Integrated Archetypes.

Wood energy is about moving forward and being adaptable, so making it a point to spend time with individuals who have Wood as a part of their makeup (Nexus – Superhero Archetype Two) can be helpful.

#### **YOUR PERSONAL VIRTUES:**

**Competent:** You are strong-minded and unfazed by setbacks. When you are confident in your ability, you surprise others with your proficiency and power.

**Charming:** When you turn on your charm, you are able to quickly build relationships and make people feel comfortable.

**Inclusive:** You have the ability to get everyone involved in anything you are inspired by and draw them into the fold.

**Immediate:** Though you consider your actions and reactions, you work hard to avoid delay. You can get things going, and get things done on time.

**Protective:** You are loyal to the people, places, and things for which you take responsibility. You help when there is challenge and excel in initiating well-being for all.

#### **YOUR SUPERPOWERS:**

**Positivity, Confidence, Patience, Consideration**

#### **WEAKNESSES TO STRENGTHEN:**

Negativity, Blame, Difficulty saying no, Over-giving

#### **YOUR MISSION FOR POWER:**

**Catalyze situations and people.** Look for ways to help others take action. They will be grateful for your energy, and you will feel fulfilled.

**Remember that you learn from real experience.** Whenever you can, get away from theory; to build your foundation, go out and consciously expose yourself to challenges that will test your skills and knowledge.

**Earn trust and loyalty first.** In certain situations, you can come across as over-enthusiastic and impatient to get started. Remember that sometimes your effectiveness comes from tempering your impulsiveness.



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**Energize the plans and ideas of others.** Your energy can bring them to completion, and you can build value with people who have ideas that need to get off the ground.

**Make sure you give reasons.** You have more enthusiasm than most, so when you try to motivate others, give them a reason to do what you say. Bring in your practical side.

**LIFE AFFIRMATION:** “I focus on where things are going right, even when they’re not perfect. I appreciate what I have and I get more to appreciate.”

When things are not going the way we want them to, we tend to complain and blame. This is natural. For example, when you get together with friends, you tell each other everything that’s going wrong. The more you do this, the more incomplete is the picture you paint of the situation and the more difficulties you attract. What you think about, you bring about. And what you focus on, you attract more of. Let this affirmation remind you to look for what *is* going right—so you can receive more to celebrate! When you take your eyes off the obstacles, you will naturally see a new path on which you can move forward.

**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.



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**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

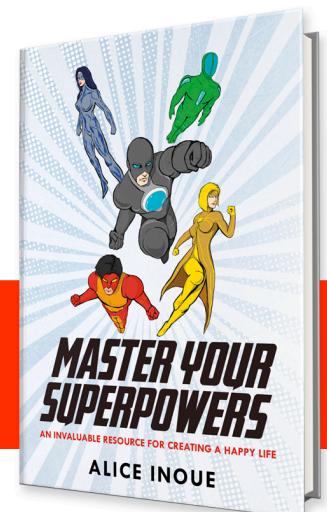
The various categories of the twenty Integrated Archetypes are defined here for your reference as needed.

**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.



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**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.



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**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.

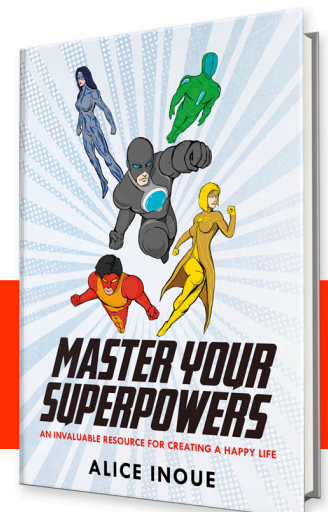
**YOUR GREATEST TEACHER:** Someone who is significant in your life for one of two reasons: either you have great respect for them and easily and willingly learn from their influence, or they are the most challenging people you have to deal with. Either way, they offer you the most growth.

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.



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**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.



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