



MASTER YOUR SUPERPOWERS

YOUR INTEGRATED ARCHETYPE

FLEXIBLE RULE-MAKER



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YOUR INTEGRATED ARCHETYPE

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

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 Flexible Rule Maker: Wood + Metal

Aka: The Organized Professional and The Productive Authority

PRIMARY ELEMENT: Wood (Nexus)

SECONDARY ELEMENT: Metal (Alcor)

YOUR OVERVIEW: As a Flexible Rule Maker, you thrive when you are in a position to determine how things will get done while knowing that you have the option to change anything at any time. You excel at planning and action and have great strength in standing up for what you believe in, whether a person or a cause. You are an unwavering source of energy and thrive when you are able to achieve a goal or help someone else achieve theirs. You have a contemplative yet competitive personality.

Being in control inspires you, and you delight in being decisive (although you are not always so). You need separateness in any togetherness but will socialize if you have a role or a reason. As an Organized Professional, people are drawn to your methodical way of moving through to the finish. As a Productive Authority, you can seem lazy, but when it's time to meet a deadline, you know you have the resources to make it happen.

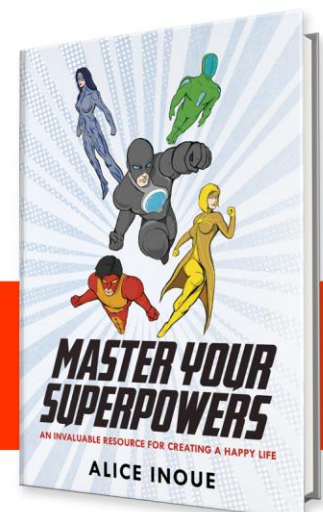
YOUR PURPOSE: You are here to set new standards for yourself and to transcend limits placed upon you by others.

YOUR CREED: "I reach my goals by being flexible, yet determined."

YOUR CORE DESIRE: To be yourself in life, and to complete everything you start.

YOUR CORE VALUE: To make progress in whatever you're doing, and to be organized along the way.

AT YOUR BEST: You are decisive, productive, independent, and direct, yet also can be a great support and help to others. You are pleasant



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and can converse in great depth, but you are also good at keeping your feelings to yourself.

AT YOUR WORST: You isolate, worry too much, and become critical of others, blaming them for things outside of your control. You become picky and have expectations of yourself and others that are impossible to meet.

YOUR ARCHETYPE TWIN: Metal + Wood – Efficient Producer

MOST COMPATIBLE WITH:

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

MOST SUPPORTED BY:

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

MOST DRAINING FOR YOU:

Fire + Water – Radiant Provider
Water + Fire – Intuitive Luminary

YOUR GREATEST TEACHER:

Metal + Fire – Dedicated Enthusiast
Fire + Metal – Warm-Hearted Loner

YOUR ELEMENTAL DYNAMIC: Controlling

Metal and Wood together break things down (think of the metal blade of an axe chopping a tree), so when you are in balance, you are able to make a lot of progress and break up challenges or tasks into bite-size pieces for ease of forward movement.

However, since Wood can also destroy Metal, it's important to take time to nurture both elements and not overdo one or the other. If you move too quickly and don't take time to think things through, which is important to your Metal side, you'll suffer from self-judgment when things turn out less than acceptably by your standards, and you'll find it difficult to take confident future action. On the other hand, if you spend too much time trying to get every detail perfect, you won't get anywhere and will end up frustrated.

MISSING ELEMENT: Water

Water bridges the elements of Metal and Wood. In the elemental cycle, Metal transforms to Water (liquid), which in turn fuels Wood. The only thing Metal and Wood have in common is Water, so when you feel at odds with yourself, tired, or out of balance, Water energy, like swimming or being at a spa, is extremely helpful.



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Having Water in your environment is essential for support. Wall art depicting bodies of water, as well as all shades of grey, charcoal, and black are considered beneficial for Wood/Metal Integrated Archetypes.

Water energy is about going with the flow and moving around obstacles without stress, so it can be helpful to make a point of spending time with individuals who have Water as a part of their makeup (e.g., Selene – Superhero Archetype One).

YOUR PERSONAL VIRTUES:

Intentional: You know what you want when you set out to do it. You move and communicate with clear purpose.

Orderly: You can organize and present in a no-nonsense way. You are able to create platforms from which to be efficient.

Astute: You are quickly able to assess situations. After getting familiar, you are able to see the key issues and help make a plan to move forward.

Logical: You make decisions by weighing the pros and cons. When you do anything or make any decision, you look for the upsides and downsides. You probably even create a checklist.

Insightful: You communicate your ideas with clarity and conviction. People trust you because, when you are certain, you are confident and sharp.

YOUR SUPERPOWERS:

Adaptability, Creativity, Focus, Commitment

WEAKNESSES TO STRENGTHEN:

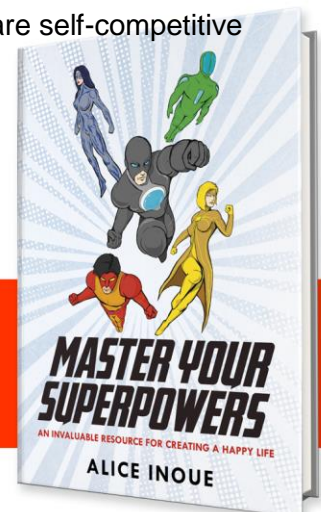
Worry, Impatience, Faultfinding, Inflexibility

YOUR MISSION FOR POWER:

Work toward productive flexibility. You are adaptable by nature, and yet you still resist sudden change. Greater flexibility will ensure that your progress towards goals is second to none.

After each success, take time to reflect on how and why you won. You are self-competitive and like to win, and you can learn more from winning than from losing.

Learn to analyze the past and find the positive. When you do so, you can be known as an active agent for positive change. This is a natural expertise for you.



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Establish order in your life. If you feel frustrated because you are not productive, take time to purchase some organizational systems. Order is necessary for you. You need to have a place for everything in your environment to support optimal progress.

Look beyond how others do things when you have to deal with people who operate differently. Not everyone thinks like you or does things like you. Keep your focus on getting to the goal.

LIFE AFFIRMATION: “It’s okay to live a life that no one understands. The more I accept myself, the happier I am.”

Sometimes you want to do things that you know others won’t approve of. When you respect or care about what those people think and do what they want you to do, you end up living a life that doesn’t feel like your own. When you try to explain yourself, you are met with judgment or disapproval. This can make you feel quite unhappy. Remember, your life is yours to live. Understand that you have different needs and wants than others. Choose to be bold and do or be what you want. It will be hard at first, but the more you understand that you are being who you need to be, you can be happy no matter what others think.

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



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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.

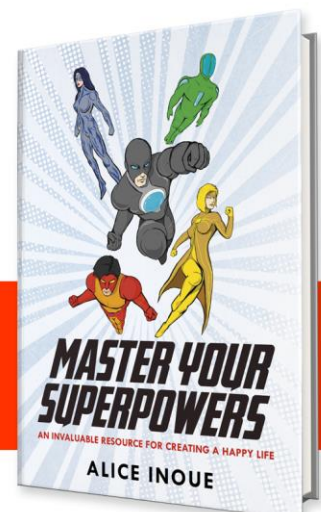
METAL: Do something you're really good at doing, something you've already mastered, so you can feel accomplished. Pick a location in your house—perhaps your room, desk, or car—and clear and clean it as best you can. Polish all the metal or shiny surfaces in your house to take off water marks and make 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.



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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



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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.

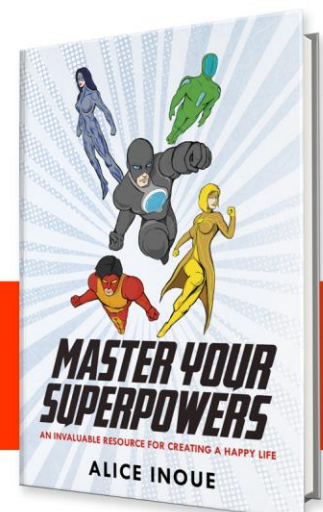
MOST SUPPORTED BY: These are people who are always there for you. It's not that you aren't there for them, but somehow, they just feel like the solid ground beneath your life, however you interact with them. You feel their support and trust their sincerity. In these relationships, both elements that 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



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“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.



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