



MASTER YOUR SUPERPOWERS

YOUR INTEGRATED ARCHETYPE

MASTERFUL ALLY



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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 Masterful Ally: Metal + Earth

Aka: The Competent Helper and The Reserved Mediator

PRIMARY ELEMENT: Metal (Alcor)

SECONDARY ELEMENT: Earth (Talitha)

YOUR OVERVIEW: As a Masterful Ally, you are a strong supporter of any person, project, or cause to which you have committed, and you do what it takes to move things toward manifestation, even in the face of obstacles. Since personal glory is not your objective, you naturally take others into consideration in all you do. You like to accomplish what you feel responsible for, and you thrive when you are able to set a routine that can reduce risk. Your contemplative yet caring nature makes people feel safe with you.

You are a loyal source of energy, and you like to be well prepared. Even when things are chaotic, though, you maintain a steady demeanor and help everyone stay grounded. You delight in situations where everyone agrees. People are drawn to you as a Competent Helper for your dependability. As a Reserved Mediator, you are called upon as someone who can respond to problems and times of crisis with calm and careful reasoning.

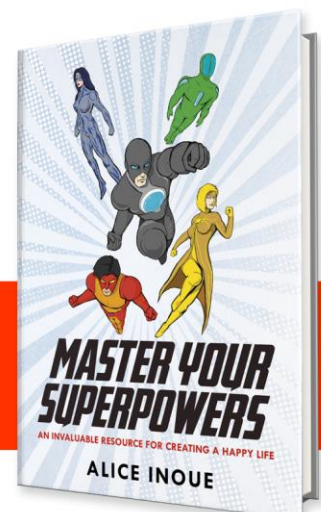
YOUR PURPOSE: You are here to be a consistent and wisdom-filled presence for the people in your life who need to know that someone cares.

YOUR CREED: "I take my time so I can do it perfectly."

YOUR CORE DESIRE: To stay focused on your own goals and needs, yet still have time to help others.

YOUR CORE VALUE: To stay in control, to be caring, and to keep the peace.

AT YOUR BEST: You are kind, helpful, and considerate. You show others you care, yet you are able to hold your boundaries well and not



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over-give of your time and energy. You are reliable, do things efficiently, and are comfortable spending time alone in contemplation as well as with others that you care about.

AT YOUR WORST: You are picky, controlling, stubborn, and dismissive. You worry too much and overprepare unnecessarily. You internalize your anger and build up resentment over time because you don't communicate your feelings. You can get stuck in a rut for a very long time.

YOUR ARCHETYPE TWIN: Earth + Metal – Reliable Analyst

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, so when you are in balance, you are resilient and unshakeable. However, since Metal also uses up the nutrients from Earth, it's important to take time 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 stagnancy 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, it is extremely beneficial to being in Fire energy, which can be as simple as spending some time outdoors being active.



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Having Fire elements in your environment is essential for support. Wall art depicting sunrises and all shades of the colors red, purple, and orange are considered beneficial for Metal/Earth Integrated Archetypes.

Fire energy is about freedom and movement, and being social and uninhibited, so it can be helpful to make a point of spending time with individuals who have Fire as a part of their makeup (e.g., Avior – Superhero Archetype Three) can be helpful.

YOUR PERSONAL VIRTUES:

Resilient: Your resilience is second to none. When there is a challenge or setback, you respond calmly and remain unfazed even when others are in chaos.

Dedicated: You are physically and mentally dedicated and are slow to tire.

Rational: You are methodical and can present your ideas with clarity. You are also careful and rational.

Subtle: You are understated and quietly do what you need to do without having the need to shine the spotlight on yourself. Your results speak for themselves.

Considerate: You are considerate in the midst of conflict. You know to point out facts objectively when emotion is present, yet also know the importance of making sure that everyone is heard.

YOUR SUPERPOWERS:

Focus, Commitment, Patience, Consideration

WEAKNESSES TO STRENGTHEN:

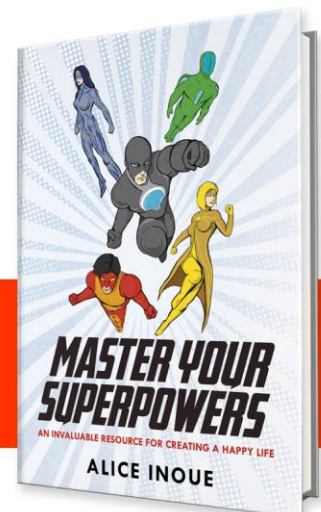
Faultfinding, Inflexibility, Procrastination, Resistance to change

YOUR MISSION FOR ACTION:

Learn about the goals of people you care about. You have the ability to help others be successful. When you nurture people by helping them get what they want in life, you are fulfilled.

Speak up when you have a better way. You tend to subordinate to others, but make sure you let them know when you see how something can be done better or more efficiently.

Think things through, but not too much. You have an analytical mind and want things to be perfect, but remember that you make progress when you let go.



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Remember that you inspire trust in people. You are cautious and considerate about sensitive topics, and you handle delicate issues well. Because of this people are loyal to you.

Explain your decisions to others. You are conservative in your decision making, especially during times of change. Instead of keeping silent, let people know the advantages of your point of view.

LIFE AFFIRMATION: “I expand my thinking beyond what I believe is possible. I take my focus off the obstacles and look towards my vision.”

What you believe you achieve. If you believe that you can only go so far in life, guess what? That’s as far as you will go. It’s good to remind yourself that you can do more than you think possible. That’s because we human beings tend to see the impossibilities rather than the possibilities in a situation. And even when we do set goals, we still tend to focus on the challenges, setting ourselves up to be less and achieve much less than we are truly able to. Use this affirmation to remind yourself to think big and stay focused on what’s possible.

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.



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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.

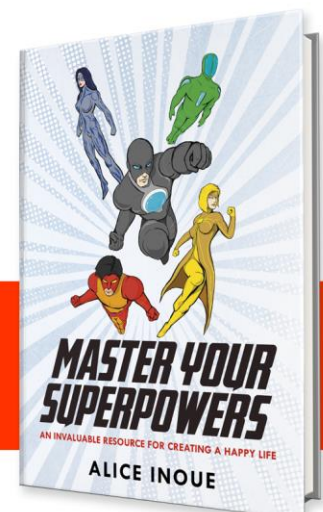
INTEGRATED ARCHETYPE GLOSSARY

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.



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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

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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.

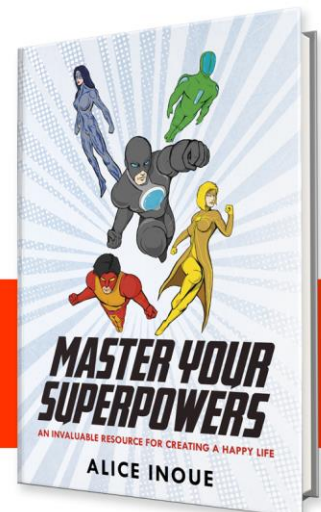
In these relationships, both elements that compose the other's Integrated Archetype "give" of themselves to your elements. It's wise to be especially appreciative of these people; let them know how important they are to you and how thankful you are to have them in your life.

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.



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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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