

# MASTER YOUR SUPERPOWERS



***YOUR INTEGRATED ARCHETYPE***

**RADIANT PROVIDER**

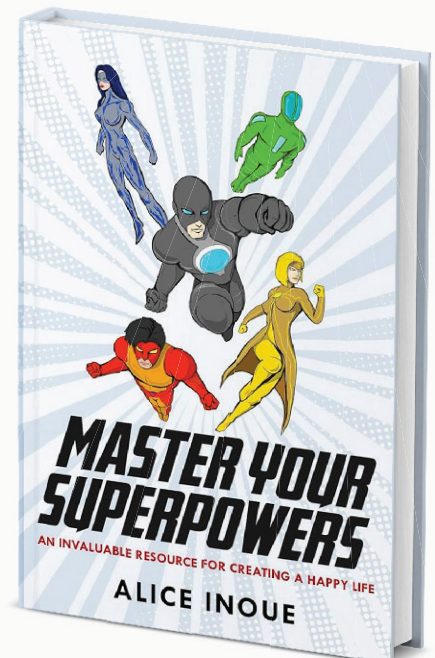
# YOUR INTEGRATED ARCHETYPE

PRIMARY ►	<b>WATER</b>	<b>WOOD</b>	<b>FIRE</b>	<b>EARTH</b>	<b>METAL</b>
SECONDARY ▼	Blue	Green	Red	Yellow	Grey
<b>WATER</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>
<b>WOOD</b>	Water - Wood <b>RESOURCEFUL CREATOR</b>		Fire - Wood <b>SPONTANEOUS INITIATOR</b>	Earth - Wood <b>PATIENT SPEEDSTER</b>	Metal - Wood <b>EFFICIENT PRODUCER</b>
<b>FIRE</b>	Water - Fire <b>INTUITIVE LUMINARY</b>	Wood - Fire <b>INNOVATIVE IDEALIST</b>		Earth - Fire <b>LOYAL CHEERLEADER</b>	Metal - Fire <b>DEDICATED ENTHUSIAST</b>
<b>EARTH</b>	Water - Earth <b>REFLECTIVE CONFIDANT</b>	Wood - Earth <b>THRIVING MANIFESTOR</b>	Fire - Earth <b>ENERGETIC PROTECTOR</b>		Metal - Earth <b>MASTERFUL ALLY</b>
<b>METAL</b>	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>	

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 RADIANT PROVIDER: FIRE + WATER***

**AKA: THE BRILLIANT RESOURCE AND THE EXTROVERTED INTROVERT**

**PRIMARY ELEMENT:** Fire (Avior)

**SECONDARY ELEMENT:** Water (Selene)

**YOUR OVERVIEW:** As a Radiant Provider, you are a seemingly endless source of positive energy when it comes to providing others with what they need. You excel at nurturing an idea or a person, and your presence alone can give people hope even on their darkest days. You thrive when you are needed, wanted, and welcomed, and will go out of your way to make sure someone you care about is taken care of in every way possible.

You are warm and have a contagious, expressive, and fun-loving personality. Although you don't seek outward recognition, appreciation from others inspires you to go above and beyond the call of duty. People are drawn to you as a Brilliant Resource for your intuitive ability to connect them with the right resource at the right time. As an Extroverted Introvert, you are open, friendly, and social, but you really do need time away from people and activities in order to recharge.

**YOUR PURPOSE:** You are here to pioneer new paths by following your intuition and transcending what the world has told you is not possible.

**YOUR CREED:** "I allow my inner voice to illuminate my life's journey."

**YOUR CORE DESIRE:** To live a fun, happy life without compromising yourself, your time, or your energy.

**YOUR CORE VALUE:** To follow your heart and to be able to do what inspires you in life.

**AT YOUR BEST:** You are self-motivated, confident, and energetic. You are able to listen to and connect with people. You can be the center of attention or anonymous and feel great either way. You know how to create your own fun when necessary, so you can be alone or enjoy company.

**AT YOUR WORST:** You are insecure and moody, either seeking attention or withdrawing. You fear the worst, anticipate calamity, and exaggerate negative possibilities.

**YOUR ARCHETYPE TWIN:** Water + Fire – Intuitive Luminary

**MOST COMPATIBLE WITH:**

Metal + Earth – Masterful Ally | Earth + Metal – Reliable Analyst

**MOST SUPPORTED BY:**

Metal + Wood – Efficient Producer | Wood + Metal – Flexible Rule Maker

**MOST DRAINING FOR YOU:**

Wood + Earth – Thriving Manifestor | Earth + Wood – Patient Speedster

**YOUR GREATEST TEACHER:**

Earth + Water – Calm Connector | Water + Earth – Endearing Peacemaker

**YOUR ELEMENTAL DYNAMIC:** Controlling

Fire and Water together create steam, so you are powerful and dynamic when balanced. However, since Fire can also be put out by Water, it's important to nurture both elements and not overdo one or the other.

If you are too active and don't get enough downtime for rest and rejuvenation, which Water needs, you suffer from depletion and burnout. If, on the other hand, you spend too much time alone, you lack the stimulus you need to be creative and inspired.

**MISSING ELEMENT:** Wood

Wood bridges the elements of Water and Fire. In the elemental cycle, Water nurtures Wood, which in turn fuels Fire. The only thing Water and Fire have in common is Wood, so when you feel at odds with yourself, tired, or out of balance, being in "Wood" energy, like nature, is extremely helpful.

Having plants (real or silk) in your environment is essential for support. Wall art depicting nature along with all shades of green are considered beneficial for Fire/Water Integrated Archetypes. Wood energy is about moving forward and being adaptable, so it can be helpful to make a point of spending time with individuals who have Wood as a part of their makeup (Nexus – Superhero Archetype Two).

## YOUR PERSONAL VIRTUES:

**Catalyzing:** You are an out-of-the-box person and you dislike structure, so when everyone else gets stuck, you can think of exciting ideas to precipitate a new direction.

**Calmly Energizing:** You are calm and yet you energize others. If something becomes too routine or habitual, you are able to challenge or to help reinvent it.

**Alluring:** You have a great personality and others warm to you quite naturally. You communicate in a way that draws them in.

**Subtly Dramatic:** You speak and mesmerize others in an understated way that keeps them intrigued. You captivate them with what you have to say.

**Entrepreneurial:** You have ideas and aren't afraid to try them out. You can start new projects and implement new plans with enthusiasm.

## YOUR SUPERPOWERS:

***POSITIVITY, CONFIDENCE, INTUITION, CONNECTION***

## WEAKNESSES TO STRENGTHEN:

Negativity, Arrogance, Insecurity, Defensiveness

## YOUR MISSION FOR POWER:

**Help others succeed.** Seek opportunities where you can assist people to get to the next level. You have the ability to show people their strengths and walk them through their fears.

**Trust in your ideas.** You may have ideas and goals that are loftier and brighter than most are used to. If something feels right in your heart, no matter what others may or may not say, trust your intuition and move forward.

**Highlight the positive.** You tend to be more positive and enthusiastic than most people. When others are hesitant to take risks, your attitude can help them move forward. People look to you to lift them up.

**Make sure you take time to rest.** Even though you have the energy to keep on going, your mood and well-being depend on your ability to recharge. Self-time is essential and non-negotiable.

**Share your experiences and stories.** People rely on you to help them rise above their daily challenges and feel better. When others are down, be ready to tell them a story of something you've gone through that they can relate to.

**LIFE AFFIRMATION:** “No one can take away the love in my heart and the wisdom I have gained. These make up the magnificence of who I am.”

When you feel down, remember this—no one can take from you these two things: the love you have in your heart and the wisdom you have gained over the years. When you feel challenged, you may feel you’ve lost these two things. If you’re feeling this way, it’s helpful to remember that even the most terrible events in your past have brought you gifts that are useful in the present. Right now, you have inside you the two things you most need to fulfill your life—love and wisdom. Get back to affirming what you do have. Warm your spirit by refocusing your thoughts and feelings on the magnificence of your being.

**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.

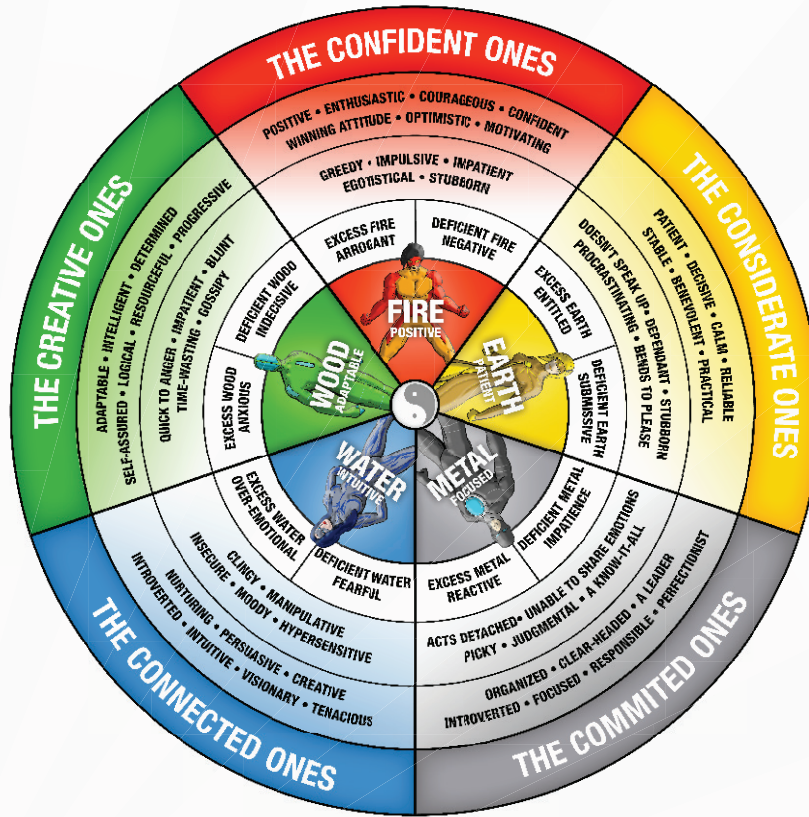
**WEAKNESSES TO STRENGTHEN:** These are areas that you may have either transcended or are still working on. As human beings, we will always have our weaknesses, our downsides, but the more conscious we are about them and the more we work on balance, the less they show up. Refer to Appendix A at the end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

