

# MASTER YOUR SUPERPOWERS



**YOUR INTEGRATED ARCHETYPE**

**THRIVING MANIFESTOR**

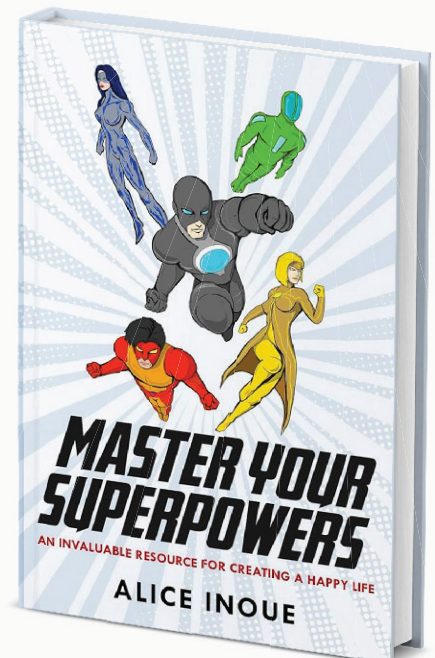
# YOUR INTEGRATED ARCHETYPE

PRIMARY ►	<b>WATER</b>	<b>WOOD</b>	<b>FIRE</b>	<b>EARTH</b>	<b>METAL</b>
SECONDARY ▼					
<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 THRIVING MANIFESTOR: WOOD + EARTH***

**AKA: THE FLEXIBLE TRADITIONALIST AND THE SYSTEMATIC PROVIDER**

**PRIMARY ELEMENT:** Wood (Nexus)

**SECONDARY ELEMENT:** Earth (Talitha)

**YOUR OVERVIEW:** Metamorphosis is your guiding principle as a Thriving Manifestor. You are driven by your desire to act and create change, especially when you know it ultimately helps others. Your enthusiasm and productivity are inspiring, and you excel when you are given free reign. Yet, you are also considerate and open to suggestions, allowing others to have input. When conflict arises, people look to you as the peacemaker, knowing that you can be the bridge and find solutions.

Togetherness, action, and harmony inspire you. You delight in working with others to move towards a unified goal. People are drawn to you as a Flexible Traditionalist for your conservative and realistic outlook, while they are also inspired by your ability to expand boundaries. As a Systematic Provider, you put everything in place to make sure that those you care about are supported in times of need.

**YOUR PURPOSE:** To encourage those you interact with daily to keep on going, no matter what obstacles they encounter.

**YOUR CREED:** "When I help others succeed, I succeed. When others are fulfilled, I am fulfilled."

**YOUR CORE DESIRE:** To comfortably be your authentic self and to live in peace and balance with minimal conflict.

**YOUR CORE VALUE:** To make progress in whatever you're doing and to ensure that everyone else is doing okay.

**AT YOUR BEST:** You are strong, yet flexible, and you perform well under stress. You are caring, but not overly gushy. You cover a lot of ground when you feel organized, making progress like no other.

**AT YOUR WORST:** You think too much and end up not progressing. You become restless and impatient when things take too long, and you get obsessed with your To Do list.

**YOUR ARCHETYPE TWIN:** Earth + Wood – Patient Speedster

**MOST COMPATIBLE WITH:**

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

**MOST SUPPORTED BY:**

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

**MOST DRAINING FOR YOU:**

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

**YOUR GREATEST TEACHER:**

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

**YOUR ELEMENTAL DYNAMIC:** Controlling

Wood (think “tree”) and Earth together create a foundation for productivity, growth, and manifestation, so when you are in a state of balance, you are stable and energetic and able to get things done. However, since Wood can also drain all the energy from Earth, it’s important to take time to nurture both elements and not overdo one or the other.

If you are on the go too much (Wood energy) and don’t give yourself enough routine, which Earth needs, you suffer from distraction and ineffectiveness. If, however, you get too comfortable (Earth), you get stuck, unable to break out of a rut, and you lack the stimulus you need to get things moving.

**MISSING ELEMENT:** Fire

Fire bridges the elements of Wood and Earth. In the elemental cycle, Wood nurtures Fire, which in turn becomes Earth. The only thing Wood and Earth have in common is Fire, so when you feel at odds with yourself, tired, or out of balance, it is extremely helpful to bring in Fire energy, which can be as simple as spending active time outdoors.

Having Fire elements in your environment is essential for support. Wall art depicting sunrises and all shades of the color red, purple, or orange are considered beneficial for Wood/Earth Integrated Archetypes. Fire energy is about freedom and movement and 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:

**Constructive:** You have the ability to quickly scan a situation and know how to make it better. Once it is better, you look for ways to improve on it.

**Creatively Practical:** You always consider the risks of anything you do. Although you initially like to take the safe route, once comfortable, you'll think outside the box and get creative.

**Curious:** You delight in new information and new activity. You gather information and then assess how to move forward in a practical way.

**Prolific:** You have creative ideas that you act on as soon as you feel it's safe to do so. You are resourceful when it comes to dealing with obstacles, so you get a lot done.

**Pioneering:** You are always ready to challenge the current way and come up with new ways to reset the foundation for greater sustainability.

## YOUR SUPERPOWERS:

***ADAPTABILITY, CREATIVITY, PATIENCE, CONSIDERATION***

## WEAKNESSES TO STRENGTHEN:

Worry, Indecisiveness, Over-giving, Inability to say no

## YOUR MISSION FOR POWER:

**Live in the moment.** Though you have a need for stability, remind yourself that the present is where your future is created. Your power lies in the inspired creativity you feel in each moment.

**Reassure others often.** Even though you are a mover and shaker, you have the ability to calm others in the midst of chaotic daily events, and they look to you as a protector.

**Don't let others take advantage of your intrinsic ability to be flexible and giving.** You do not need to compromise and bend to every whim of others.

**Plan before taking action.** You do best when you know where you are headed and how you are going to get there. Once you feel secure in the foundation, you will make much more progress than if you try to figure it out along the way.

**Allow yourself necessary rejuvenation time.** You have a need to be a couch potato from time to time and literally do nothing. Don't beat yourself up for being seemingly unproductive.

**LIFE AFFIRMATION:** “I make choices that are ultimately right for me, and by doing so I bring more balance to my life.”

Never confuse selfishness with making choices that are right for you. The more you live your life according to what is best for you, the more joyful you become. Your happiness is the greatest possible gift to the Universe. When your heart is at peace and in a state of balance, it blesses everyone and everything it touches.

**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.

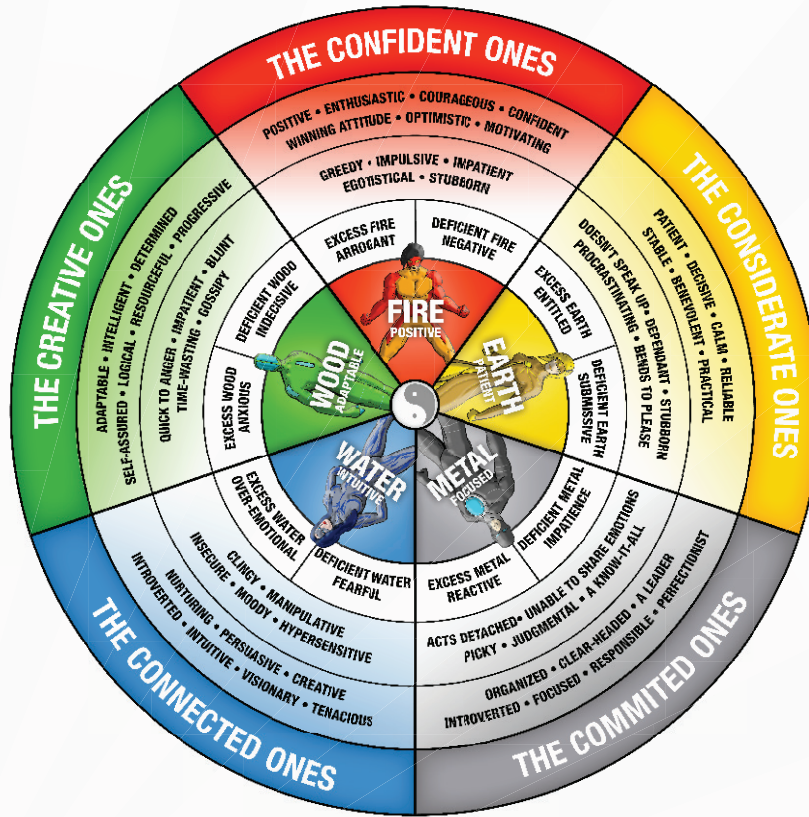
**WEAKNESSES TO STRENGTHEN:** These are areas that you may have either transcended or are still working on. As human beings, we will always have our weaknesses, our downsides, but the more conscious we are about them and the more we work on balance, the less they show up. Refer to Appendix A at the end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

