



Exploring Archetypes

by Valerie Shakti Bottazzi

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Comprehending what archetypes we have seamlessly embraced in our lives gets us one step to get closer to our soulful purpose and understanding why we **yearn for soulful love**. We can see clearly what are our power games, our victim roles, our manipulative aspects and our loving styles.

From a feminine perspective, below is a list of recognized archetypes:

The Child
The Mother
The Maiden
The Crone
The Destroyer
The Diplomat
The Heroine
The Judge
The Goddess
The Lover
The Nun
The Slave Girl
The Queen
The Rescuer
The Scribe
The Servant
The Visionary
The Shape Shifter
The Whore
The Virgin
The Warrior
The Witch
The Teacher
The Inventor

These words in themselves trigger lots of meanings, thoughts, and emotions. My intention is for you to read through them and feel into them. **Recognize which ones call to you and ask yourself in what ways they are part of your character, your life, and your interactions.**

As women we are all of them, however, we do tend to express some of them more than others.

Carolyn Myss, in her book “Sacred Contract” says that our four main survival archetypes (FOR EVERYONE) are **The Child, Victim, Prostitute, and Saboteur** and generally we embrace 12 archetypes with which we playact in our lives. (I loved her book on archetypes by the way!)

Each archetype represents different issues, fears, and vulnerabilities that you need to confront and overcome as part of your soulful journey. In doing so, you come to see your archetypes as your most trusted allies, which can represent spiritual as well as material strengths.

I have written several blogs about different phases in my life and what I have gone through, speak about victim, survival, and more! [You can visit my blog HERE.](#)

In this Journey to Love, on “Day 4” I specifically address the Goddess Archetype. Below is a quick introduction to this archetype aspect.

First let's define what is a Goddess.

What is a Goddess? We can look at Webster's very cut and dry definitions:

- (a) a female god or
- (b) a woman greatly admired, as for her beauty.

From a feminine perspective, a Goddess represents a particular feminine archetype.

So first off, let's make sure we are on the same page when we speak about **archetypes**.

Carl Jung was the first to work with archetypes and he defined them as the first original model upon which all other similar persons, objects or concepts are derived, copied, patterned or emulated. **Archetypes are deep enduring patterns of thought and behavior** laid down in the human psyche that remain powerful over long periods of time and transcend cultures. These stereotypes are found throughout our literature and mythology.

Archetypes form the basis for all unlearned, instinctive patterns of behavior that humankind--regardless of culture--shares in common.

I invite you to delve deep into your soul with a journaling exercise asking yourself

which Goddess archetype you embody. For inspiration, I present you with four broad all-encompassing archetypes.

Warrior Woman: She is an icon of liberation and power, helping us get our ego and striving performance goals out of the way, so a deeper power from within may emerge.

Sensual Lover Woman: Embraces abundance and beauty arousing a sense of abundance, open-hearted, trust in life and the perfect balance of inner and outer beauty.

Wild Woman: Revolutionize and transforms through allowing us to radically slice through all that is in the way of embodying the ultimate truth of our nature

Mystic Woman: Flows with creative language, speech, and sound helping us to awaken to our creativity, self-expression and our intuitive knowing.

Meditate on this, and claim your inner Goddess.

Have fun getting in touch with your archetypes, use this exploration as playful introspection with no judgment.

Love and light!

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