



Connect with powerful female
archetypes and unlock their
wisdom

Introduction

Everyone carries different archetypes deep within themselves. These archetypes can provide valuable guidance and wisdom during various situations in our lives. In this exercise, we explore four powerful female archetypes: the Mother, the Priestess, the Queen and the Wise Woman. By connecting with these archetypes, we tap into their unique strengths and perspectives to receive advice and support.

On our journey of self-discovery, it is crucial to recognize the multifaceted nature of our being. Each archetype represents a distinct aspect of our personality and embodies their specific qualities and traits. By embracing these archetypes, we gain access to a rich source of knowledge and insight that lies within us.

During this exercise, we dive into the depths of our subconscious and invite the Mother, the Priestess, the Queen and the Wise Woman to share their wisdom with us. By connecting with these feminine archetypes, we create space for transformation, growth and empowerment.



Archetypes

Mother Archetype

The MOTHER is a safe space. She helps people feel seen, heard and valued.

When you are integrated into your healthy mother aspects - which happens when you make sure your cup is full - you embody unconditional love, nurturing, healing, compassion, generosity and connection. People want to be with you because you make them feel loved.

When you are out of balance, the shadow appears as a fear of being taken advantage of and taking on too much work as a self-sacrificing martyr. Then you lose yourself and give yourself away.

You are a natural giver and nurturer. However, you may feel anxious because you constantly worry about how others feel and what they think.



Priestess Archetype

The PRIESTERES is a space holder for magic and alchemy. She is a channel for spirit to bring transformation to this planet.

When you are integrated into your healthy priestess aspects - which happens when you are grounded and embodied - you bring depth, insight and truth.

When you are out of balance, the shadow appears as a fear of ending up at the stake so you avoid looking at your own shadow and tend to bypass the real thing. This disconnects you from your gifts and talents, and you come across to others as incongruous.

The key lies in connecting the physical with the metaphysical, earth with spirit. If you hang out in the ethers, you struggle to bring in the money you deserve and struggle to be here on this planet.



Queen Archetype

The QUEEN is a powerhouse. She makes a big impact and can change the world, whether within a local community or on a global scale.

When you are fully integrated into your healthy queen aspects - meaning you are in connection with your authentic and vulnerable nature, from your authentic and vulnerable heart - everything flows with ease and grace.

When you are out of balance, the shadow can appear as a fear of being dominated or controlled, and so you tend to take on too much, draining your energy. Then you cover this up in an effort to hold it all together, coming across as inauthentic, unconnected and perhaps a little cold.

The more you interact with other women, the more balanced you become. Being in contact with other women will help you become softer by being vulnerable, feeling the full range of your emotions and learning to lean on and trust other women. It will also help you bring more magic and transformation into your work.



Wise Women Archetype

The WISE WOMAN is a keeper of wisdom. She can bring forth the ancient knowing within herself to support the evolution of this planet and its people.

When you are integrated into your healthy wise woman aspects - which happens when you are grounded in your deep feminine presence - you bring forth truths that hit like a bomb, awakening people's souls.

When you are out of balance, the shadow appears as a fear of feeling disrespected, undervalued, unheard and rejected, causing you to doubt your inner voice. This causes you to close yourself off from others and become withdrawn or vain.

The key lies in putting together the structures to have your own space where you are free to share your valuable insights and information, or find a platform that already exists where you are free to share your gifts without restrictions.





Exercise

You can record this exercise on your phone first and then play it back, or you can ask someone to read it to you so you can focus on the exercise itself.

Start

Start by unwinding, focus on your breathing. If it is difficult to relax you can use BOX-breathing (breathing in a square).

An explanation of BOX-breathing can be found here:

<https://www.youtube.com/watch?v=tEmt1Znux58>

Feel how the chair you are sitting on supports you or feel the couch you are lying on. Feel the support in your back, how the legs of the chair or couch rest on the ground. Feel how the earth supports you.

Calling up archetypes

Focus on the 1st archetype: the Mother

- Where in your body do you feel the Mother?
 - Put your hand on that spot.
- What sound does this archetype make? Make the sound.
 - What color is this archetype?
- Think of something you need to solve, something you need an answer for,
 - What does the Mother (not your head!) say?
- Feel the spot on your body and make the sound.
 - Say aloud: The Mother says: <your name>, the only thing I need to focus on in this situation is ...
or
the only thing I need to do is ...
or
all I need to remember is ...
or
the only thing that is important is ...
- Let the Mother's answers to your questions come up, speak them, write them down

Notes

Answers from the Mother:

Focus on the 2nd archetype: the Priestess

- Where in your body do you feel the Priestess?
 - Put your hand on that spot.
- What sound does the Priestess make? Make the sound.
 - What color is this archetype?
- Think of the problem you need to solve, for which you need an answer,
 - What does the Priestess (not your head!) say?
- Feel the spot on your body and make the sound.
- Say aloud: The Priestess says: <your name>,
 - the only thing I need to focus on in this situation is ...
or
all I need to do is ...
or
all I need to remember is ...
or
the only thing that is important is ...
- Let the Priestess' answers to your questions come up, speak them, write them down

Notes

Answers from the Priestess:

Focus on the 3rd archetype: the Queen

- Where in your body do you feel the Queen?
 - Put your hand on that spot.
- What sound does this archetype make? Make the sound.
 - What color is this archetype?
- Think of the problem you need to solve, for which you need an answer,
 - What does the Queen (not your head!) say?
- Feel the spot on your body and make the sound.
 - Say aloud: The Queen says: <your name>, the only thing I need to focus on in this situation is ...
or
all I need to do is ...
or
all I need to remember is ...
or
the only thing that matters is ...
- Let the Queen's answers to your questions surface, speak them, write them down

Notes

Answers from the Queen:

Focus on the 4th archetype: the Wise Woman

- Where in your body do you feel the Wise Woman?
 - Put your hand on that spot.
- What sound does this archetype make? Make the sound.
 - What color is this archetype?
- Think of the problem you need to solve, for which you need an answer,
 - What does the archetype (not your head!) say?
- Feel the spot on your body and make the sound.
 - Say aloud: The Wise Woman says: <your name>,
the only thing I need to focus on in this situation is ...
or
all I need to do is ...
or
all I need to remember is ...
or
the only thing that is important is ...
- Let the Wise Woman's answers to your questions come up, speak them, write them down

Notes

Answers from the Wise Woman:

Bringing archetypes together

- Which archetype has the upper hand at the moment, leaving no room for the other archetypes?
- What archetype do you need to solve your situation, problem, ...?
Invoke that archetype, what does that archetype say to the other archetypes?
This can be 1 word. Write it down.
Eg: The archetype that has the upper hand is the Mother (archetype).
What does the Mother say to the Priestess? What does the Priestess say to the Mother?
What does the Mother say to the Queen? What does the Queen say to the Mother?
What does the Mother say to the Wise Woman? What does the Wise Woman say to the Mother?



Notes

This archetype has the upper hand:

This is what the archetypes say to each other:

Form Conclusion

- My old story was dominated by the archetype ...
It was about
The dominant emotions were ...
- My new story is guided by the archetype ...
It is about ...
The dominant emotions are ...



Notes

Archetype old story:

It was about:

Dominant emotions:

Archetype new story:

It's about:

Dominant emotions:

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Need help?

You can always make an appointment through the website for a free “Online Meet-Up.

<https://whenwisewomenwhisper.com/book-online>