

## **How you can Develop and Make Use of the Understanding of the Archetypes**

### **Introduction**

The Model of the Inner Family Archetypes is a map of your inner being. At the ideal or self-realization level, you are centered in the Core Self, with each of the loving archetypes evenly balanced and available.

From this position, you can be the “Man (or Woman) For All Seasons,” able to use the gifts of each archetype in an integrated and unified way. You are able to adapt to any situation with the appropriate archetype and thus can make the most of any opportunity.

When you have access to and can identify the archetypes within your own being, you come to be able to do so with others. This means that you can consciously choose the most effective archetype in interpersonal situations.

The goal, then, is to attain the equal balance and accessibility of each of the loving archetypes in a steady and reliable way.

### **How do you get the four Loving Archetypes equally balanced and accessible?**

This is more complex than it might first appear.

Typically, you have one or two of the archetypes more available to you than the others. This occurs because you have learned coping patterns from the families and cultures you were raised in. It is also because you have brought into this life certain patterns.

Generally your families were not fully balanced, and so you learned from those who were not fully integrated in the loving archetypes.

Cultures, too, represent preferences for certain archetypes over others. Also, in different time cycles, certain archetypes dominate.

You likely do not realize just how much of your life is controlled by your automatic response patterns because they are second nature to you, having been normalized by your own habitual use of them, as well as that of your parents and family members.

Your inner family archetypes deeply influence your life by governing how you react to people and situations. They work together within you in both loving and unloving ways, following specific sequences that become your automatic response patterns to life's many circumstances.

Recognizing these patterns is an empowering process, because it allows you to observe negative inner programming, let go of your identification with the unloving archetypes and then replace them with the loving ones.

The patterns of the loving archetypes are etched in our innermost being because they are aspects of God's being and you are made in the image of God. This means that you do not have to start from scratch to develop the loving archetypes because they are already within you. You need only to access, develop and balance them.

### **Loving Father Comes First**

Loving Father is the first archetype you consider when you choose to have the loving inner family. Father is the most powerful archetype. If the father position is occupied by Unloving Father, then it will be impossible to sustain the other archetypes as loving.

Loving Father sets the blueprint or matrix for what follows. He is the only one who can effectively deal with Unloving Father. Without Loving Father, you cannot sustain any of the other loving archetypes because they are not protected from Unloving Father.

### **Loving Father Inventory**

**For each of the following items choose:**

**Usually    Some of the Time    Rarely    Never**

1. I set loving and firm boundaries.
2. I protect myself appropriately.
3. I protect others appropriately.
4. I set my own standards of behavior.
5. I function efficiently and productively.
6. I finish what I start.
7. I keep my word, my promises.
8. I tell myself I have done a good job.
9. I tell others they have done a good job.
10. I tell myself I will learn from my mistakes.
11. I tell others they will learn from their mistakes.
12. I am fair.
13. I am powerful and strong.

14. I am focused, firm and concentrated.

Your totals of how many usually, some of the time, rarely or never responses you have will indicate the strength of the Loving Father Archetype. All need to start with the Loving Father but some will need more time and effort to strengthen this archetype.

### **How do you strengthen Loving Father?**

1. You must claim him as your identity. You can do this by the affirmation "I AM my Loving Father.
2. You can study his qualities and focus on one that you will develop at a time. Keeping a journal of your progress, your goals, your efforts, your errors and your victories can be a way to accelerate.
3. You can watch for examples of Loving Father in your experience, in movies, stories, the news.
4. You can notice when Unloving Father is acting in you and claim your Loving Father as the Father you want to activate.
5. You can pray to your Heavenly Father and ask for His help.
6. You can pay attention to your response to authority figures. If you see them as Unloving Father, it is an indicator of Unloving Father within you. Notice what it is that makes the individual seem unloving. This can give you clues to your inner Unloving Father.
7. Notice your response to critical feedback or negative opinions of others toward you. If you react by taking offense, it is probable that it is your own Unloving Father that is triggered. Claim the Loving Father instead.
8. Every choice you consciously make to identify and affirm Loving Father builds the magnet of the Loving Father within.

What I will do to strengthen my inner Loving Father:

---

### **Loving Mother Comes Next**

Both Loving Father and Loving Mother have to be in place for the Loved Boy and Loved Girl Child to be fully available and expressed. They act together to bring forth the best expression of all of the archetypes.

Bringing forth the Loving Mother takes conscious effort. There is a strong anti-mother energy force on the planet that includes denial and hatred of the Mother.

### **Loving Mother Inventory**

**For each of the following items choose:**

**Usually    Some of the Time    Rarely    Never**

1. I am warm and personal.
2. I am nurturing and caring of myself.
3. I am nurturing and caring of others.
4. I encourage and support myself.
5. I encourage and support others.
6. I give advice and counsel to myself.
7. I give advice and counsel to others.
8. I love myself unconditionally.
9. I love others unconditionally.
10. I am available when needed.
11. I recognize my gifts and talents.
12. I recognize the gifts and talents of others.
13. I help myself deal with pain.
14. I help others deal with pain.
15. I respect independence for myself and for my loved ones.
16. I heal those who are ailing.
17. I pay attention to my body when it is ailing.

Your totals of how many usually, some of the time, rarely or never responses you have will indicate the strength of the Loving Mother Archetype within you.

### **How do you strengthen the Loving Mother?**

1. Claim the Loving Mother by writing, saying and or praying positive affirmations: "I AM my Loving Mother."
2. Choose a person who represents Loving Mother to you and study how they express her.
3. Often people who are able to care for others selflessly do not provide the same quality of care for themselves. Notice if this is true for you and do for your own inner children what you would do for others.
4. If it is acceptable to your belief system, pray to a feminine deity, such as, Mary the Mother of Jesus or a feminine saint, for assistance in developing the Loving Mother qualities.
5. Consciously choose to be caring toward all that you meet, and yourself.
6. Develop a treasure map of the Mother. Include pictures that look like what mother is and write down the qualities of mother around them. Look for expressions of mother in stories, in the people around you or ones you have known. Put them on the treasure map.

7. Take one quality of mother that you particularly like and would like to express and look for opportunities to express it.
8. If you have opportunity to be in a mother role toward children, your own or other's, transfer what you do with the actual children to your own inner children.

What I will do to strengthen my inner Loving Mother:

---

## **How do you develop you inner Loved Boy Child?**

### **Loved Boy Child Inventory**

1. I enjoy finding out how things work.
2. I work at something until I am good at it.
3. I explore the unknown.
4. I am adventurous.
5. Playing games or sports attracts me.
6. Others' competence inspires me to do better.
7. I like to make people laugh.
8. I stand up for my rights.
9. I stand up for the rights of others.
10. Others love me.
11. I love others.
12. I am self-confident.
13. I enjoy being on stage.

## **How strong is your Inner Boy Child?**

**Very   Somewhat   Needs Strengthening**

## **How can You bring out your Loved Boy Child?**

Often people have access to Boy Child. However, if it is more Unloving than Loving then the Unloving Boy Child needs to be replaced by the Loved Boy Child.

Notice what circumstances are present when Unloved Boy Child is expressed. Choose to be the Loving Father who will discipline the Unloved Boy Child, particularly when he is acting in unacceptable ways, e.g., being aggressive, having a temper tantrum, swearing.

Choose to be Loving Mother and explore what the Boy Child needs to be the Loved Boy Child.

Notice what your Loved Boy Child likes to do, e.g., a physical activity or sport, and make sure that he gets to do it.

**Other possibilities:**

### **Love Girl Child Inventory**

**No    Sometimes    Most of the Time**

### **Loved Girl Child Inventory**

1. I am completely myself with others.
2. I am very sensitive.
3. Killing anything, even bugs, bothers me.
4. I don't like to hurt anyone.
5. I try to comfort any one or any thing in pain.
6. I like to finish with a flourish.
7. I like to create beautiful things and enjoy having them around me.
8. I get so engaged I forget the time.
9. What I don't see is as real as what I do.
10. I just "know" things.
11. I rely on intuition.
12. I feel a strong sense of self worth.

### **How strong is my Inner Girl Child?**

**Very    Somewhat    Needs Strengthening**

### **How can You bring out my Loved Girl Child?**

Because of the Girl Child's vulnerability and sensitivity she is often wounded and has pain that has not been healed. This may make us fearful about bringing her out.

It is through the Loved Girl Child that you regain our power because we can no longer be victimized by anyone. Loved Girl Child also brings true forgiveness of yourself and others.

The full manifestation of Loved Girl Child permanently does away with the not-self.

Bringing out the Loved Girl Child, then, can mean meeting and dealing with where you hurt or fear the most. Sometimes, it is too difficult to do this by yourself. An experienced therapist can be helpful with this.

- Pay attention to when you feel hurt, rejected, done to, put down, devalued, or worthless. These will be occasions when we are responding from our Unloved Girl Child.
- Choose to shift your identification from the Unloved Girl Child to the Loving Father. This is a major shift in consciousness and will take experimenting with in order to master.
- As the Loving Father, talk to the Girl Child, reassuring her that she is safe and protected and valued for her own sake.
- As the Loving Mother, help her to understand her pain and how she came to feel it. Assist her to know she is loved. You can put your arms around yourself as a Loving Mother hug. Let Girl Child know she is not alone in bearing her pain.
- Explore with Girl Child what makes her happy and then make sure she has opportunity to experience it, e.g., she likes to look at beautiful things; she enjoys flowers and likes to have them around her.

### **Other possibilities:**

There are four fundamental methods of practicing the presence of the loving archetypes.

1. By calling down their loving blueprint over you through affirmations.
2. By aspiring to their loving qualities and emotionally owning them.
3. By examining their circumstances in your life as well as the feelings and the mental tapes that arise out of these circumstances.
4. By creating an internal dialogue between the loving parents and the child, boy and girl, that allows the boy and girl to know they are safe and loved and listened to.
5. By definition, none of the unloving family archetypes are ever satisfiable and therefore there is no use in trying to make them so.
6. However, portions of the Unloved Boy Child and Unloved Girl Child can be redeemed by healing experience with the Loving Father and Loving Mother.
7. Dialogue is a powerful way to bring the healing about.
8. Dialogue is a way to strengthen the bonding of the inner family archetypes. It helps to identify the voices of the different archetypes.
9. In beginning dialogues often the loving parents will have to deal with the Unloved Boy Child's distrust. The Unloved Girl Child often will remain silent and unhappy. By holding the Loving Father and Loving Mother

towards them the unloved child parts usually will respond by shifting into Loved Boy and Loved Girl.

#### Preamble for Loving Family Dialogue

I AM my Loving Father, protecting and lovingly disciplining my Loved Boy and Girl Child.

I AM my Loving Mother, nurturing, guiding, and unconditionally loving my Loved Boy and Girl Child.

I AM contacting my Loved Boy and Girl Child and I AM responding as my Loved Boy and Girl Child.

This is Real!