



Body Soul Spirit

Discover Your Purpose

Body Soul Spirit Education

Archetypes, Chakras and the Wheel of Life for

Personal & Spiritual Development

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Personal and spiritual development is the act of refining our conscience and acting on it with greater consciousness. It is the conscious act of self-improvement, a self inquiry that increases self awareness, where undertaking a process of self discovery has the aim of achieving greater self realisation. You could say that it is the aspiration to realise our greater, deeper or wiser self.

The purpose of this document is to offer an overview of three models which are used within a professional setting with clients by Body Soul Spirit Facilitators and Consultants as tools for personal and spiritual exploration and realisation.

Those tools are: Archetypes, Chakras and The Wheel of Life. A description of each model is outlined below, along with it's application, expected outcomes, benefits to the individual and the administration process involved.

Archetypes

During his lifetime, Carl Jung, sometimes called the father of modern psychology, put forward a theory that archetypes are universal patterns of behaviour that reside in the realm of the human collective unconscious. Jung proposed that people go through life drawing from a repertoire of instinctive roles he called archetypes.

You could say that each archetype is like a collection of thoughts that have combined to form an idea, and an ideal, for each role that a person plays. Since the dawn of time as we know it, every human being has contributed their ideas and thoughts toward what it means to be a healer, for example, or a warrior, a servant, a mother, a hero, and the many other roles that people play. Each person has added their thoughts to this collective 'pool'. This suggests that each archetype is subject to change and the evolutionary process. Archetypes continue to grow and change, being particularly affected by the ever-changing social, environmental, economical and political climates.

For that reason, the evolution of these patterns never stops, which also suggests that Archetypes have the potential to hold a vast amount of collectively pooled wisdom that has been gathered throughout the ages. Having been in development over eons of time, they are now well and truly established, and yet, are constantly evolving forms. Therefore, it would make sense to say that archetypal information never goes out of date because it continues to grow and change with the times. This up to date information and wisdom has always been there and is available now.

The Archetype Profile

The Archetype Profile is a self estimating questionnaire that is contained within the parameters of the process, whereby objective validation and feedback is provided by the Archetype Consultant. The purpose of the Archetype Profile is to match twelve archetypes from a catalogue of sixty-four to the individual's personal life stories. It is a choice based, self reported personality questionnaire used to describe, rather than measure, people's most preferred styles of behaviour and their natural skills and talents and how to make the most of those in all areas of life: at work, in business and

relationships. It is based on Jung's theory of archetypes and guides people to classify themselves according to the most influential roles they have learnt to play throughout their personal history.

The Archetype Profile Process is based on:

- Teaching the individual the theoretical basis of the Profile prior to the process.
- Inquiry - a line of inquiry that determines the roles that have been a major influence throughout the individual's life
- Measurement - in order to determine eight personal archetypes. Measurement occurs in this case by assigning a numerical value to the strength of the chosen roles and their archetypal influence, (archetypal animation) and
- Hierarchy of Preference – a Hierarchy of Preference is created after combining the four primary archetypes with the individual's eight personal archetypes, then the final twelve archetypes are rated according to a hierarchy of preference, and then
- Word Association - simple word association exercises that ask for a quick, 'first thought' response to each chosen archetype
- Reading the Individual's Stories:
 - Reading the combination of negative word associations in succession - to reveal a typical pattern of self sabotage, then
 - Reading the combination of positive word associations in succession for each archetype- this provides a way to move beyond behaviour that is no longer of use to the individual.

The individual's Archetype Profile provides a simple way of identifying how and why people sabotage themselves, what they can do about it, and how they can change their lives for the better. It highlights personal strengths and areas of interest, passion and enthusiasm, alerts the individual to opportunities for development, and provides an understanding of how people are similar and how they differ.

When people are aware of their similarities and differences, they can create understanding and reduce conflict. The Archetypal Profile Process helps people to improve communication, increase productivity, and enhance interpersonal relationships and intra-organisational relationships. Individuals can use the results of their report to understand their preferred roles, their creative styles, learning and working styles, evaluate the fit between themselves and their jobs, and better manage time, personal energy levels and stress.

A total of twelve archetypes combine to make up an individual profile. Four of those we all share, and from the list of sixty archetypes, the individual chooses their eight personal archetypes. With more choice of archetypes or personality types than are currently available through other personality indicators, the Archetype Profile Process offers people a unique profile that has consistently been reported as a more accurate description of their character, their life and personal stories.

Each profile consists of twelve archetypes in total, four of those are shared by everyone, and eight personal archetypes are chosen from a list of sixty. Consequently, the various combinations of archetypal preferences that represent the individual's stories result in 2,558,620,845 possible profiles. Some might ask then, how do we know that we have chosen the correct archetypes that constitute an accurate profile? The purpose of the Archetype Profile is to find archetypes to match the individual's very personal and most influential life stories, and there is an almost unlimited variety of stories each person has to tell. The Archetype Profile Process offers a larger resource of archetypes to draw on to describe those life stories more accurately.

The scope and application of the Archetype Profile has greater possibilities. The current list of sixty archetypes has the potential to be increased, and as a result, an even greater number of profiles can be made available for individuals to use which describe the roles that contribute to the make up of their character and therefore, their life stories.

Each combination of archetypes is associated with a unique set of behavioural characteristics, inner resources and personal values, which provide a useful starting point for individual feedback, developing self awareness, self exploration and self realisation.

People are taught the theoretical basis of the Archetype Profile before they undertake the process. This allows them to self-estimate their archetypes more accurately, making it possible for individuals to arrive at a choice of twelve archetypes that describe their character and personal stories to their satisfaction.

Consisting of three or more (according to the individual's needs) one hour sessions, the Archetype Profile is created during the Archetype Consultation Process. Archetype theory is included in the three hour time frame. Once the profile is created and read, the amount of follow on sessions required to apply new found awareness will vary according to the person's individual goals and needs. Typically, a person's goals or needs may be:

- Managing thoughts and emotions
- Challenging beliefs that are not useful
- Stepping outside comfort zones
- Listening to our conscience, intuition and using common sense.
- Creating a more balanced lifestyle
- Validating the self
- Finding passion and motivation
- Developing gratitude
- Developing and expanding mindfulness.

Profiling Archetypes gives the individual new information and insights into the twelve major roles that they play and how those roles eventually become the stories that have an impact on

relationships, finances, work, and the whole of life in a positive or negative way. Time required to achieve determined goals will vary from person to person, but in the main would normally require ten to fifteen one hour sessions once each week.

Why did I do that? More often than not, we don't always know why we do what we do. In the stories of our lives we often find ourselves in roles that we don't even realize we are playing. And sometimes we continue to play the same role even when the situation requires a different approach.

The Archetype Profile is a tool designed to help people understand the roles they prefer to adopt as they interact with friends, family, and co-workers.

Creating a personal Archetype Profile gives the individual a clear picture of the archetypes that influence their life and the actions they can take to put these ideas to use in their work, relationships, and life.

The Archetype Profile process includes a personal report that is created under the guidance of the Consultant. It demonstrates how the four primary and eight personal archetypes, representing the individuals stories, have impact and influence all aspects of life, as well as techniques which explain the application of archetypes to improve daily life, so the individual can find meaning in their stories, having a clearer perspective and fresh understanding as a catalyst for change that enables them to write new stories.

Since 1996, Gail Goodwin has focus-tested the list of sixty archetypes across more than 3000 case studies using the Archetype Profile Process and has consistently revised the process and the validity of each archetype accordingly.

The selection criterion was random and convenient, with an age range of 21 years to 76 years. 20% of those focus-tested were females, mostly from a low to middle socio-economic background, which demonstrate that women are more likely to pursue a line of personal inquiry when they think it is necessary.

Those who underwent the Archetype Profile Process were seeking assistance with and consistently reported that it greatly enhanced the following areas of their lives:

- Personal Development – motivation, self esteem,
- Professional Development
- Creative Development
- Communication
- Career Guidance
- Education & Learning
- Relationships

Each archetype has been examined and selected for peak information value, universality, and contemporary relevance, taking into account diversity of age, gender and other forms of difference.

Archetype Profile Applications & Expected Outcomes

As a result of this information, the Archetype Profile has proven to be an extremely useful and versatile tool and is therefore used for a variety of purposes including:

- Personal Development – provides greater self awareness, generates personal inquiry and exploration, with the aim of finding a sense of fulfilment and personal satisfaction
- Creative Development – provides inspiration and ideas for creative application in all areas of the arts
- Communication – appreciating differences in personalities builds better understanding and reduces conflict
- Professional Development and Career Guidance – helps to provide guidance and direction for preferred career paths
- Education & Learning – helps to identify preferred teaching methods and learning styles
- Relationships – helps to improve the quality of relationships and interactions with others

Archetype Profile Benefits

- It is easy to administer, use and explain - clients enjoy the process and find the results useful
- It can be used more than once – a fresh profile is created for each inquiry
- It provides a powerful conceptual framework - it allows practitioners to deepen their knowledge and application of the process
- It promotes empowerment in all aspects of life- personally , professionally and spiritually
- It provides personal validation for clients – self esteem and motivation increase significantly
- It enhances intuition and creative development - it provides inspiration for all areas of life
- It adds greater meaning to life's events - it allows people to find meaning in seemingly random events and situations
- Promotes emotional and mental equilibrium – identifying positive and negative aspects of an individual's character eases the polarising effect of projecting one's personality

Archetype Profile Administration

The following is a guideline only. Timing of all Profiles includes teaching theoretical basis, although each should be untimed. For use with individuals 16 years or older:

- Mini Profile – 1 hour, based on 4 Archetypes, which identifies between 1-4 hidden strengths
- Mini Profile+ – 1.5 hours, based on 5 Archetypes which identifies between 1-5 hidden strengths

- Archetype Profile – 4 hours, based on 12 Archetypes which identifies between 1-12 hidden strengths

To use the Archetype Profile effectively, the following should be kept in mind:

Archetypes describe personality characteristics, roles and inherent patterns of behaviour. The profile is a dynamic tool rather than a means of simply categorising people. The profile provides a means of understanding how each archetype interacts with the other, their impact on an individual's life and offers a means of improving any chosen aspect of life for the better.

There is no better or worse archetype. Each archetype holds an equal combination of weaknesses and strengths, positive and negative characteristics. As a person develops and increases awareness of their individual archetypes, their ability to choose their attitude and response to situations and events is greatly enhanced.

The purpose of learning about archetypes is to create the Archetype Profile, with the option of constructing the Wheel of Life. The aim of creating the Archetypal Profile is to help people understand and get to know themselves better, and to enhance their interactions and relationships with others.

Each person is unique and so are their stories, and likewise their personal archetypes. People often have similar stories to tell that play out according to a universal plot, but it's the script and the characters involved in each person's story that is different. The individual is the final judge of their choice of archetypes for their profile.

Almost everyone will identify a personal connection to every archetype to some degree. Our twelve archetypes consist of those which are the major and most consistently obvious patterns, given the situation, project or event under question.

Archetypes and the Archetype Profile do not explain everything. Human character is much more complex. Working with Archetypes and the Archetype Profile is not a substitute for treating medical or psychiatric disorders and so are recommended for normal healthy persons. Archetypes and the Archetype Profile cannot take the place of medical advice or treatment.

One thing the Archetype Profile cannot be used for is recruitment. Although there is a clear link between Archetypes and certain occupations, the Archetype Profile does not measure competency, ability or intelligence. However, it can offer insights for the individual into their most preferred or suitable occupation, career or study path.

Chakras

The Chakra System is a primordial model, based on an ancient Hindu system of philosophy that symbolises seven storage centres, or chakras, for human energy within the body. It is incorporated into the Life Balance Profile as a model: a reference template which can be utilised to identify areas of life, including health, work, money and relationships and outlines progressive stages of personal, professional and spiritual development. The Life Balance Profile provides the individual with a unique and very specific action plan to reach their goals.

The chakra system has been at the heart of most eastern philosophies, belief systems and healthcare practices for many thousands of years. To aid our understanding of the Chakra System as a model, we must consider each chakra as similar to a data bank. Each data bank registers all of life's events and records the physical, emotional, mental and spiritual information and experiences, from the exchange between friends to our response at the loss of a partner. Each event and experience is said to be recorded within its' related chakra from the time we are in utero where we inherit and carry the genes of our family's physical strengths and weaknesses, their qualities and beliefs, throughout the whole of life and our own experiences until death.

Each chakra contains vital programs influencing the various aspects of life. Some of the programming may be positive, affecting the health, emotions, thoughts and behaviour of the individual in a positive manner; others may be negative, having the reverse effect.

The human energy field is multi-faceted, and includes subtle energies which western science has only recently begun to detect. According to the mystics, the Chakras are energetic gateways through which the individuals various subtle energies interconnect and flow.

Every human being has seven major chakras. Together, they are the network through which mind, body and spirit interact as one holistic system. Each chakra represents an aspect of consciousness vital to human life, such as safety, sexuality, power, love, communication, intuition and self realisation. Each chakra is said to correspond to physical locations within the body. Physiologically then, each chakra is said to correspond to physical organs and endocrine glands, the health functions of which are directly affected by the state of the corresponding chakra.

They are also thought to represent stages of physical, emotional, mental and spiritual stages of growth and development. For the purpose of the Life Balance Profile then, the Chakra System provides a useful map for the journey of self-understanding, the development of an increasing awareness of the ego and the integration of the Self.

According to tradition, the seven Chakras are vertically aligned, running from the Base of the Spine to the Crown of the Head. At each stage or Chakra we meant to gain a more refined understanding of our personal and spiritual powers, since each chakra from a symbolic perspective represents universal challenges common to all human beings. As we master the challenges within each chakra, we empower ourselves and gain self-knowledge that is integrated into our spirit, advancing us along the path toward a greater awareness of our Self.

The journey through the Chakra system represents the classic Hero's Journey, the ability to liberate our spirit on its ascent towards greater consciousness and the ability to manifest our potential. This suggests that if we compare the Chakra System to a ladder, we ascend in consciousness as we gradually master the seductive pull of the physical world, thereby liberating our spirit. We can use the Chakra System to access grace and inspiration, bringing it down through the Human Energy system to manifest our potential in the physical world.

Therefore, by understanding the seven Chakras of the human energy system the individual learns to develop, manage and maintain stronger energy levels. It enables people to strengthen their health and wellbeing. Ultimately, in utilising the chakra system as a model for personal growth, the

individual awakens their spirit to ways they can fulfill their potential both personally and globally. The Chakra System is available for use as a representation of the journey of understanding the Self.

The Life Balance Profile

The Life Balance Profile is a self analysis check list that is contained within the parameters of the process, whereby objective validation and feedback is provided by the Consultant. The Life Balance Profile is a simple yet powerful process of inquiry that teaches people to improve their time and energy management skills, increase physical energy, manage stress and reconnect with their spirit. It is based on the ancient Hindu model known as the chakra system and covers all facets of human life.

It identifies areas in life that are in need of more attention and areas where focusing attention is productive or non-productive for the individual. It helps people to identify and question where, how and why they focus their attention and demonstrates, for example, that dwelling on the past for an extended period of time causes physical, emotional and mental stress.

The Life Balance Profile has been developed for use as a template for personal and spiritual awareness, exploration and development. It utilises the philosophy of the Hindu chakra system as a model of physical, emotional, mental and spiritual aspects of growth and development in a unique way. The premise of Life Balance Profile is that psychological and emotional events and processes of the individual can be directly linked to this template. Disturbances in the balance of these systems are revealed in a range of physical, emotional, mental and spiritual manifestations and reflected in the Profile.

The Life Balance Profile utilizes the chakra system as a check list to identify the harmonic balance of individuals and to activate the innate urge for self empowerment that supports the flow of health and life.

Like failed new year's resolutions, aspiring individuals seeking to create change in their lives, try over and over again but without any real or lasting success. This is where the Life Balance Profile can be utilised because it offers a more complete solution since it analyses the individual's fundamental energetic constitution. To understand this we must consider that a person's psyche is reflected in his or her body. Looking at the person as an integration of emotions, mind, body, soul and spirit often points to different or entirely unexpected causes for a lack of wellbeing, and activates new possibilities for self empowerment.

Human beings are unique. They absorb information in a variety of ways which may be visual, auditory, kinesthetic, sensate or intuitive etc. The chakra system is a useful model for the human mind to use as a template because it corresponds to physical locations within the body, is associated with various colours, and is issue or area of life specific. It offers a reference point to focus attention and concentration during the course of the individual's personal and spiritual development.

Research confirms that stress has a major impact on physical, emotional and mental health, affecting the spirit of the individual in a non-productive way. In other words, for each physical manifestation in the body, there is an energetic correspondence. The chakra system provides us with a reference

to target the source of the energetic imbalance, thereby allowing the individual to take the appropriate course of action.

Every human being has their own unique energetic constitution. It is based on the interaction of the genetic and biological constitution, the physiology of the body, nutrition and environmental conditions, the psychological-emotional surroundings closer to home and the social, economic, cultural and political climates, as well as additional systems and connections which we may be yet to recognise, given the nature and our understanding of energy. This correspondence between physical and energetic phenomena in the body has long been recognised in mystical and alchemical healing methods, but has only recently been addressed by contemporary scientists such as Richard Gerber in his books, one of those being *Vibrational Medicine*¹.

While it is not the purpose of the Life Balance Profile to prove the existence of the chakras or that they do in fact correspond to physical illness or health and wellbeing in the body, the purpose of the Life Balance Profile is to utilise it as a planning tool to chart the unique course of personal and spiritual development for the individual. That the emotional and mental wellbeing of the individual has been improved as a result is simply a positive symptom of the process.

Consisting of between to 1-4 one hour sessions, the Life Balance Profile is worked through during the Life Balance Consultation/s. Chakra theory is included in the time frame. Once the profile has been worked through, the amount of follow on sessions required to apply fresh insights will vary according to the person's individual goals and needs based on the items checked. Personal, professional and spiritual aims have been outlined previously, but are presented here for the sake of convenience. Each person's goals or needs will vary but may be any one or more of the following:

- Managing thoughts and emotions
- Challenging beliefs that are not useful
- Stepping outside comfort zones
- Listening to conscience, intuition and using common sense.
- Creating a more balanced lifestyle
- Validating the self
- Finding passion and motivation
- Developing gratitude
- Developing and expanding mindfulness.

The Life Balance Profile provides the individual with a specific action plan, based on the philosophy of the chakra system, to fulfil their goals and aspirations with the aid and support of a Life Balance Consultant. The Life Balance Profile is a tool that provides a useful starting point for building personal, professional or spiritual development action plans.

The Life Balance Profile addresses the life of a person in a way that reflects these principles:

- Every human being is already whole and complete – a unity of body, soul and spirit. The profile is designed to target and bring out the best in the individual.
- Every manifestation of the body and each illness have a history, which can be traced through the Life Balance Profile.
- At the centre of every Profile is always the whole human being within their personal context in life.
- Inspiring and empowering others in a creative, down to earth manner is an art. This is the role of the Life Balance Consultant.
- The Life Balance Profile is a tool for activating positive and lasting change and self empowerment.

The Life Balance Profile combines an evaluation process with the insights of the philosophy of the chakra system to create an integrated picture of the functioning and wellbeing of the individual. By combining these philosophical models, the fundamental interrelationships between the energetic and biological aspects of individuals are made clearer and the self empowerment can most effectively be activated.

Since 1996, Gail has not only focus-tested archetypes. Her work with chakras has also been focus-tested across more than 3000 case studies using the Life Balance Profile and has consistently revised the process and the validity of each item accordingly.

The selection criterion was random and convenient, with an age range of 21 years to 76 years. 80% of those focus-tested were females, mostly from a low to middle socio-economic background, which demonstrate that women are more likely to pursue a line of personal inquiry when they think it is necessary.

Those who underwent the Life Balance Profile Process were seeking assistance with and consistently reported that it greatly enhanced the following areas of their lives:

- Spiritual Development
- Personal Development
- Professional Development
- Creative Development

As with the Archetypes, each chakra item or aspect within the seven areas of life, has been examined and selected for peak information value, universality and consistent recurrence, and contemporary relevance, taking into account diversity of age, gender and other forms of difference.

The Life Balance Profile is based on:

- Teaching the individual the theoretical basis of the Profile prior to the process.
- An ancient Hindu philosophy - The Hindu philosophy of the chakras within the human energy system.
- Measurement – A list of items, where six minor aspects of life are featured in seven major areas of life and presented as a check list to make up a total of 42 aspects or items. A list of 10 minor aspects of life are featured in seven major areas and are presented as a checklist to make up 70 aspects or items is involved in the Advanced Life Balance Profile.
- Analysis – a line of inquiry that determines the items checked from the individual's personal perspective, in a 'here and now' present moment frame of mind, to be under-active, overactive or balanced.
- Hierarchy of Preference – Those items that are checked as underactive or overactive are identified in order of preference as areas of life for further personal, professional and/or spiritual development.
- Validation - Those items that are checked as a balance offer personal confirmation and self assurance.
- Action Planning - A step by step action plan is then created and implemented for that purpose. The Archetype Profile is then often utilised to support and enhance this process.
- Assessment – after the initial analysis, the Life Balance Profile can be used again to assess the progress of the individual's personal, professional or spiritual development.

Life Balance Profile Applications & Expected Outcomes

The Life Balance Profile is versatile and is used for a range of purposes including:

- Personal development – identifying strengths and areas of life in need of expansion according to the individual's specific needs and requirements
- Personal assessment - the Life Balance Profile can also be used to assess the progress of the individual's personal or spiritual development.
- Improving Life Style - Creating a personal or spiritual development action plan harmonises time, energy and reduces stress for a better work/life balance, and as a result, emotional and mental wellbeing are greatly enhanced.
- Creating Positive, Lasting Change – self esteem and self assurance is greatly enhanced when individuals identify their inner strengths and the personal resources available to them. Their power of choice is realised.
- Improving Relationships – knowing the self and understanding others better

- Professional Development – identifying strengths and areas of life in need of development according to the individual’s professional needs and requirements.
- Intuitive Development – learning to access innate wisdom, by listening, trusting and following through on intuitive guidance.
- Spiritual Development – finding meaning and purpose in past, present and future experiences

Life Balance Profile Benefits

- It is very simple to understand, use and explain
- It can be used more than once, as often as necessary
- It is short and quick to complete
- Individuals enjoy the ease of the process
- Individuals find it useful and enlightening
- It works – clients find it validates and brings meaning to their experiences
- It provides a useful framework for outlining a personal development program
- It allows practitioners to deepen their knowledge and apply it to a variety of situations
- There is a large body of quality resource materials – books - available within the industry to deepen knowledge

Life Balance Profile Administration

The following is a guideline only. Timing of the Life Balance Profile includes teaching theoretical basis, although it should be untimed. It is for use with individuals 16 years or older

- Life Balance Profile – 1 – 1.5 hours, based on seven areas of life, which identifies up to 42 items for personal development
- Advanced Life Balance Profile – 4 hours, based on seven areas of life which identifies up to 70 items for personal development

To use the Life Balance Profile effectively, the following should be kept in mind:

Chakras provide a reference model for focusing time, energy and attention. The profile is a dynamic tool that is used in the first instance as a planning outline, but can then be used again and again, as confirmation that progress is being made during the personal development process. The profile provides a means of identifying aspects of life that need harmonising and how under or overactive aspects impact on the individual’s life and offers a means of improving any chosen aspect of life for the better.

There are no 'good' or 'bad' chakras. Each chakra holds the potential for greater balance. As a person develops and increases their awareness of their chakras, their ability to own their strengths and enhance their wellbeing is greatly enhanced.

The purpose of learning about chakras is to create the Life Balance Profile for personal development planning and on going assessment. The aim of the Profile is to help people understand what works for them in terms of time, energy and stress management, and what causes them to feel stressed, drained and how to improve their situation.

Each person is unique and so are their experiences, that are 'recorded' and contained within the chakras, and so can be reflected in the Life Balance Profile. The individual evaluates and determines the active or under active condition of all items on their Profile.

As with the Archetype Profile, the Chakras and the Life Balance Profile cannot answer everything. Human nature is complex and multi-faceted. Working with the Chakras and the Life Balance Profile does not provide the individual with a substitute for treating medical or psychiatric disorders. The Life Balance Profile is recommended for normal healthy persons. Chakras and the Life Balance Profile cannot take the place of medical advice or treatment.

The Life Balance Profile cannot be used recruitment. The Life Balance Profile does not measure health, competency, ability or intelligence. However, it does offer the individual clear and specific insights for self understanding, exploration, finding personal meaning, and ways to enhance their sense of wellbeing, contentment and fulfillment.

The Astrological Wheel

Jung believed that we get to know ourselves through rediscovery and connection with the archetypal world, and that we interact with this world through symbols. According to Jung, who was a firm advocate of astrology, our deep, inner wisdom speaks to us in this language of images through archetypal symbols. Jung suggested that astrology was an ancient form of psychology used to understand and explain human behaviour.

The ancient sages and mystics watched the skies and realized that the appearance of stars, planets, and other events in the heavens, coincided with events – such as the tide coming and going, rivers flooding, droughts, plagues, volcanic eruptions, earthquakes and the like - here on earth. Ancient people naturally considered these parallel events as omens that grew over time into myths and legends and so the archetypal nature of the astrological signs and planets, and the astrological wheel were born.

The human need to search for patterns that would give meaning or insight into these coincidences led early Astrologers to study the stars, the planets and their movements, their apparent influences, and synchronicities, evolving this study into the art as we know it today. The astrological wheel was developed as a template or chart to record those patterns. The astrological wheel covers all aspects of life, such as relationships, work and money for example.

The zodiac or astrological wheel can be referred to as a model, template or archetypal symbol. It represents twelve different aspects of life and provides the individual with a unique map that can illuminate the relationship between the conscious and unconscious mind, as indicated by a person's twelve individual archetypes and how this extends across every aspect of life.

The Wheel of Life

For the purpose of offering a more accurate description of its nature and applications, the astrological wheel has been renamed in this case the 'Wheel of Life'. Since it is a complete map that covers all areas and issues of life it can be used to record the placement and appearance of a person's archetypal patterns.

By understanding the symbols in our unconscious through archetypes, we can take steps to break free of our more compulsive, repetitive, or "default" patterns of behavior. Merging the areas of life outlined on the Wheel of Life with a person's 12 archetypes provides yet another perspective. The individual's archetypes become even more significant when they are seen at work in their respective areas of life on the Wheel.

The Wheel of Life contains twelve individual areas, which look very much like a clock face. Each area represents a different stage of life in much the same way as a clock represents a different time of day.

For instance, the first area of life represents the early years and the beginning stages of human life. It also represents the individual's physical appearance and their most preferred public image. The second area or stage on the Wheel represents physical values and the prioritization of what is personally important.

The Wheel of Life follows an organised progression because once a person arrives in this world, or even in a room, or starts a new job, for example, the next question is, "Now that I'm here, what's mine and what isn't?" The logical sequence of the Wheel follows the maturation process of life itself.

The combination of archetypes and the Wheel is based upon locating one archetype in each area so that a pattern of one archetype per areas life is created.

Once an individual has identified and profiled their twelve personal archetypes, the next stage (which is optional, rather than imperative) involves the merging or pairing of the twelve areas of life on the Wheel of Life template with those archetypes.

Since the hierarchy of preference for the archetypes has been identified during the Archetype Profile Process, those twelve archetypes, and in that order, are then directly transferred onto the Wheel of Life. For example, archetype #1 on the individual's Profile will appear in area #1 on the Wheel. Archetype #2 will inhabit area #2 on the Wheel of Life and so on.

Each individual experiences a full range of expressions of his/her archetypes, varying in response to the situation. Each archetype can be thought of as a personal story that is experienced within the area of life represented on the Wheel.

The Wheel of Life can be considered an intuitive tool that makes symbolic information readily accessible.

‘Astrology is one of the intuitive methods like the I Ching, geomantics, and other divinatory procedures. It is based upon the synchronicity principle, i.e. meaningful coincidence. ... Astrology is a naively projected psychology in which the different attitudes and temperaments of man are represented as gods and identified with planets and zodiacal constellations.’- Carl Gustav Jung

Greater meaning and deeper insights into life’s questions can be gained through the pairing of archetypes with an area of life on the Wheel. Certain situations are universal, meaning that they are, in some way, experienced by everyone. Some of them are for example:

Work	Family	Finances	Sexuality	Creativity	Power
Relationships	Justice	Death	Abandonment	Victimization	Sickness

Each of these themes has limitless variations and is reflected in the areas of life contained within the Wheel. These twelve categories on the Wheel contain every aspect of human life. Archetypal patterns once paired with their area of life, will filter through these categories, adding a deeper meaning that enhances the maturity the individual’s personal and spiritual development. The twelve areas of the Wheel of Life show the entire life of a person in every way. Therefore, each archetype will describe or influence the variety of aspects and issues contained within the area of life it inhabits.

Each archetype represents a neutral energetic force that affects a person’s basic character traits. They symbolize primary human functions, or life-principles, that are consciously or unconsciously expressed during everyday life. The areas of life on the Wheel represent the environment, situations and issues where the archetypal energies will manifest.

The Wheel of Life is based on the twelve houses of the astrological wheel. It is designed to show the individual where in their life their archetypes are emerging. Archetypes in areas of life one through to six live ‘below the horizon’. They are part of the inner world and influence or contribute to the development of personal skills and talents for survival. Archetypes in areas seven through to twelve reside in the outer world. They are concerned with establishment, expansion and self awareness.

Wheel of Life Applications & Expected Outcomes

The astrological wheel is an ancient model that has stood the test of time. It is versatile and continues to be widely used today in its traditional or contemporary formats. It offers a map that represents stages of human growth and development across the life span, and can be used for

- Personal Development
- Business Coaching
- Goal Achievement
- Team Building And Development
- Improving Communication

- Understanding and Improving Relationships
- Enhancing Intuition and Self Esteem
- Education and Career Counseling

The merger of working with this tool comes about through understanding the meanings of each archetype combined with the meaning of their corresponding area of life on the Wheel; therefore individuals are taught the theoretical basis of the Wheel of Life before transferring their archetypes onto the Wheel's template. Once this theoretical basis has been established, the individual is then able to match the meaning of each archetype within its corresponding area of life, to read the patterns, symbols and themes created by the match, or in other words, intuit archetypal information.

Wheel of Life Benefits

- It is easy to use - Clients enjoy the process and find the insights useful
- It offers a different perspective on life – the Wheel of Life offers a multi -dimensional framework, whereas the Archetype Profile Process is linear in nature.
- It enhances the meaning and insights gained through the Archetype Profile Process
- It promotes a constructive and down to earth approach to working with intuition

Wheel of Life Administration

- Pre-requisite: Complete the Archetype Profile Process.
- The following additional information is a guideline only.

Timing for the construction of the Wheel of Life includes teaching theoretical basis, although it should be untimed, however usually takes approximately two hours.

- For use with individuals 16 years or older

It would be rare to find someone who did not want to understand their life or the people in their life better. The Archetypes, Chakras and the Wheel of Life are three models, templates or maps that can be used in the process of personal and spiritual development.

Most people love to share their story. Archetypes capture the essence of a person's story, helping them to find greater meaning in life's difficulties, situations and events. They help a person to relate to the big picture—the shared archetypes that transcend time and culture, and how they may unconsciously influence how we deal with the world.

Chakras help people connect and manage the details in life. They show people how to manage their time and energy and create a better life balance so that health is maintained and even regained. The Chakra System provides a person with the foundation to create a more personally fulfilling and balanced life.

The Wheel of Life is a universal map that outlines the areas of a person's life. It charts the stages of growth and spiritual development and shows the individual where their archetypal stories may unconsciously play out. It offers a path for the individual to follow that can help to manifest the living of life more harmoniously. These models are practical and easy to use. They offer people a very accessible path for personal evolution.

Notes

1. Gerber, Richard. *Vibrational Medicine: The #1 Handbook of Subtle-Energy Therapies*. Vermont: Bear & Company, 2001

References

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