

# The Archetypes



an excerpt from the ebook  
**Yoga For Healing**

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\*All names and sometimes genders have been changed to maintain anonymous respect for all players in each real life story.

## The Archetypes

**The Goddess & God...** one who knows I Am and  
lives the marriage of heaven and earth

**The Destroyer...** one who is able to change, let go, ready for new

**The Warrior...** one who is steadfast, courageous, and true

**The Seeker...** one who studies, learns, and passes on all truth

**The Queen & King...** one who's rule is equanimity

**The Lover...** one who is devoted to all

**The Server...** one who is abundant and gives

**The Saint...** one who wears the greatness of truth as an ordinary gown

**The Child...** one who is innocent, playful, and therefore wise

**The Fool...** one who plays in paradox, the unknown yet known ways

**The Magician...** one who can always paint the canvas anew

**The Yogini & Yogi...** one who lives all paths, colors, and ways I Am That I Am

## Gematria

From all levels of study and culture the number twelve represents the full scope of experience on the earth plane. The number twelve seems to be how the diversity of unity, yoga, is categorized.

The Indian rishis sang of the Goddess Aditi and her twelve offspring, each representing an aspect of the one.

In ancient Chaldea the astrologers focused on a central realm surrounded by twelve zodiacal signs.

The Jewish traditions stem from twelve original tribes of Israel guided by the transcendent Yaweh

The Greeks honored one God with twelve Olympian deities.

Christ worked with twelve beloved disciples.

Witches gather in covens of twelve guided by a high priestess or priest.

**The Roraian Tradition**

Rory Goff

[www.artesmagicae.com](http://www.artesmagicae.com)

Thirteen is the number all encompassing of the earth.  
It is the number of unity, the God/Goddess, the transcendent, and potential.  
Perhaps it symbolizes the earth plus... the energy of evolution of this earth.  
Each human life we live we may develop, heal, or master an archetype.  
As we live in the world, we have the opportunity to understand our primary  
archetype through its interrelations with other archetypes.  
We also have the opportunity to see through the eyes of others.  
We can do this by embodying their archetype.  
In doing so, we gain true communication and compassion.



We may choose to merge and become all the archetypes, gaining a complete understanding of the entire earth plane experienced through a single human form. This requires an open vessel, allowing a free flow of life force without attaching or repelling, an absence of judgments replaced with an all encompassing nature... infinitely listening... artistically in play.

## The Archetypes

1. **Goddess & God...** one who know I AM and lives the marriage of heaven and earth.

The Goddess archetype is the divine mother, earth, moon, the birther, the nurturer, generator of all, the vibration, the dream, the potential, and grace. She is a master of the intuitive arts and the power of emotion.

The God archetype is found in the divine father, the cosmos, sun, light, all manifest form, the key, penetrator, protector, provider, and dreamer. He is a master of creation through his thoughts, words, and actions.

The Goddess/God archetype are balanced together in all life. In human form a female has slightly more Goddess than God and males encompass slightly more God than Goddess in order to embody particular experiences of Source here on earth. The key is to play with, balance, and merge both within you.

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My first yoga session with a woman named Vonya was in her apartment where she was recovering from a long hospital stay. She was experiencing a debilitating cancer and had been through quite a journey in more ways than one. She was a very high powered executive and told me in her angelic voice emanating from her frail body and bald baby like head, "I have lost all my cynicism. You wouldn't recognize who I was before." I agreed she was as amiable as a puppy dog. She went on to tell me that while she was in the hospital she had an incredible experience. She was on the verge of dying and went into a blissful state. She said she had glimpsed the essence of life everywhere, and it was all goodness. She knew she was a part of it and had a purpose. It did not matter if she lived or died as she was a part of this wholeness no matter what. After a full week of living in this state of complete bliss, she began to get better and her consciousness returned to "normal", yet she was forever changed. Her reason for wanting to practice yoga meditation was to somehow find this state of bliss again. We proceeded to concentrate on breathing, slowing and relaxing the normal act of breathing. Once consciously relaxed and calm, she began to observe the movements of the mind, emotions, and body. With very little effort she slipped into moments of bliss. Vonya was amazed that this state was not only for those rare moments brinking transition, she could actually self induce it at any time. She became so liberated knowing this Goddess/ God truly lived within.

## Goddess & God

When God said, "My hands are yours,"  
I saw that I could heal any creature in this world;

I saw that the divine beauty in each heart  
is the root of all time  
and space

by Rabi'a of Basra (c.717-801)  
a female Islamic saint  
translated by Daniel Ladinsky

## II. The Destroyer... one who is able to change, let go, ready for new.

Shiva, the Hindu God of creation is a perfect example of the destroyer. He rids the old for the new to enter. Within this process is destruction, creation, and sustenance. It is the natural rhythm of all life to cycle in and out. This archetype is a vital part of life as it releases and therefore liberates energy that no longer is beneficial. The unconscious aspect of the destroyer harms life and effectively will reap a karma. This is perfect as once one has experienced the action and due effect, the unconscious is revealed and movement away from extreme poles into balance is sought. One can consciously work with the destroyer repairing and reordering oneself each moment greater creating more benevolence all around.

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When my partner and I began a yearlong study of daily scriptural readings, mysticism, meditations, and other sadhanas (spiritual practices) with an honorable Guru, we were told these types of studies had the potential to move one lifetimes further in evolution. We weren't sure what that would entail, we only knew our enthusiasm was sky high.

Oddly enough as we began our lofty studies, my partner and I began to argue incessantly. We were doing the practice of daha vasana tantra, subconscious purification by fire, at the time. It is the practice of writing every thought and action you do not consciously want on a piece of paper and then burning it up. This involves looking back at every thought and action of the day as well as every occurrence in your dreams to discern where the subconscious is at play. We were told not to go to sleep until everything was resolved. He and I spent many late nights resolving.

Eventually we became fully aware that each of us were allowing seed karmas no longer needed or wanted to surface. Our arguments were simply aspects of ourselves seeking liberation. First we only saw aspects of our partner we disliked and wanted to change. As we became more conscious we took our attention away from the other and saw our own reactions. By focusing on our own reactions we could identify parts of ourselves that were untrue and seeking freedom. Then we played with letting those unwanted aspects change and leave altogether. We would then look for the positive responses being mirrored back to us from a conscious change we would make. It was amazing how quickly we would see the results from each other. We began to realize the great value of relationship, the art of communicating energies back and forth to one another. From there we began to play deeper in communion, simply knowing and being together.

Looking back we acknowledge our unique and challenging process.... we feel an ever growing gratitude and love for ourselves and one another. We have since gone our own ways, as we know our souls fulfilled their contracts to reveal the light in the other. Although our worldly plays have redirected we are always merged in the holi realms.

## The Destroyer

There are beautiful wild forces within us.  
Let them turn the mills inside  
and fill  
sacks  
that feed even  
heaven.

by St. Francis of Assisi (1182-1226)  
translated by Daniel Ladinsky

**III. The Warrior...** one who is steadfast, courageous, and true through the challenges of life.

This archetype is often used for altruistic causes, light work, and to overcome inner obstacles. The yogi knows the warrior as their inner strength and steadfastness for the journey home, into the eternal blessed now.

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One woman I worked with named Trisha had a very advanced stage of cancer. In her first private session with me, she asked if she would be capable of attending my group class. The cancer was causing her muscles to be very decrepit and she needed assistance in standing and even sitting in a chair. I could feel the warrior so strong in her and knew it was inevitable she would attend the group class soon. After four lessons she was able to get to the floor by herself with extreme effort and determination. I told Trisha she was ready to attend the group class and the warrior within her was deeply satisfied ready to meet the next layer of challenges.

In the group class Trisha worked like an Olympian to keep the pace. She even eliminated her pain medication before yoga classes to feel herself fully. She used money from a charity to pay for her yoga, religious studies, and massage treatments, which she accepted fully as a fighter. She was proud to use the money for good benefit. The warrior awakens to the fact we place obstacles along our path for the purpose of learning how to break free. It is the play of the polar earth plane to place huge life situations at our feet so that the warrior within may travel the path of removing the obstacles. Only through living this process do we fully realize our innate polarity, that we have actually created obstructions for the divine beauty of realizing we are the creator. We have the ability to remove all obstacles as well as no longer create them. Trisha's true battle was the release of her old ways. She dealt with her life situations and relationships consciously processing through many obstacles. Trisha died a few months later in the warrior archetype, strong and true, transitioning to the new. The process is eternal through all worlds and Trisha's courageous spirit passed on with valor encompassing the strength of a warrior... holding the spark of unity in a temporary polar world.

## The Warrior

It was easy to love God in all that  
was beautiful

The lessons of deeper knowledge though instructed me  
to embrace God in all  
things.

by St. Francis of Assisi (1182-1226)  
translated by Daniel Ladinsky

#### IV. **The Seeker** ... one who studies, learns, and passes on all truth.

The seeker is on a great life adventure, always reaching just beyond.

This archetype is found in the hermit, sage, adept, catalyst, pioneer, inventor, dreamer, and eternal student. Seekers keep the cosmic dance in flow passing on all knowing.

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I had the honor of working with a man named Robert at the onset of a cancer diagnosis. He decided to dive deep into the yoga practices during his treatment. As he began the practices, I could tell he was earnestly a seeker. He chose to seek out why he had developed this cancer. There is always mystery, a flow of Source beyond human attainment which must be honored. Yet to his amazement through steadfast inner practice, he found certain familial communications that had caused a trauma in the exact area of his cancer. He saw the metaphors and symbolism of the body part affected and knew it could be no coincidence. Robert took those seeds of trauma to his One Heart Mind and through loving kindness began the repair. He began sending loving kindness to his family members and himself. He began to realize the healing power of his kind thoughts and feelings. Life for him has become like an artist exploring realities and constantly changing the canvas. The cancer is gone and the journey has been so rewarding. Without even trying he has become the one in his family from whom the others now seek guidance into their inner knowing.

## The Seeker

Nibble at me.

Don't gulp me down.

How often is it you have a guest in your house  
who can fix everything?

by Jalaludin Rumi (1207-1273)  
a sufi master poet  
translated by Daniel Ladinsky

## V. **The Queen & King** ... one who's rule is equanimity.

This archetype is the wise parent or guardian angel lifting us up. On an inner level the Queen and King rule over our ego empowering our higher self. Our right actions reap more positive effects and set a great example for others.

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His Holiness the 14th Dali Lama is a beautiful example of the Queen/King archetype. His practice is to meet everyone on an equal plane or even lift others higher than himself. This is the humble tradition of unity within the Tibetan culture. He rules Tibet compassionately, patiently, and harmoniously. He is considerate of even his oppressors knowing they are simply another himself. Through his kindness and right actions he wishes only goodness, truth, and what is real for his oppressors. In that wish, he is free and his people are free. They are not oppressed from within. Eventually they will have more than what they are due and will hold hands with all their neighbors equally.

## The Queen & King

so tell me again dear One  
so clear:

I am  
you.

by Tukaram ©.1608-1649)  
a Marathi Indian saint  
translated by Daniel Ladinsky

## VI. The Lover ... one who is devoted to all.

This archetype is in ecstasy, devotion, and wears real rose colored glasses in life. The lover seeks the beloved in everyone and everything. The lover is here to adore, cherish, and uplift communicating through art, beauty, dance, poetry, and grace.

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On a visit to a monastery where I studied often, a monk was guiding a group of us on a tour of the grounds and new temple being built. As members of the group went to gaze at the beautiful majesty of nature near the river, I took the opportunity to speak with the monk. I expressed to him my longing to see the teacher who had recently passed on. The monk gazed at me gently seemingly into my third eye, possibly even through me, speaking to my higher self. With a sense of humility, simplicity, and mystery, the monk quietly said, "I am him." In that moment I realized he and the other monks had loved the teacher with such devotion, they had become him. The teacher was there. His presence living through all his beloved sangha (divine family). In that moment I received the teaching of what it is to become one another... it is so simple, love one another.

## The Lover

I know how it will be when I die,  
my beauty will be so extraordinary that God will worship me.  
He will not worship me from a distance, for our minds will have wed,  
our souls will have flowed into each other.

How to say this: God and I  
will forever cherish  
Myself.

by Rabia of Basra (c.717-801)  
a female Islamic saint  
translated by Daniel Ladinsky

## VII. The Server ... one who is abundant and gives.

This archetype serves all knowing the upliftment of anyone affects everyone. Many serve the teacher who is then uplifting many others to higher planes of living. Eventually the one serving the teacher will become the teacher and also uplift many others to higher planes of living. All of life is in this chain of service. For example the plants serve humanity through beauty, food, medicine, and oxygen. When in harmony, all kingdoms of life serve one another.

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Working on the pediatric floor of the hospital, I began yoga sessions with a four year old girl named Lily who had a brain tumor. The first time I met Lily, she explained to me, after I introduced a breathing technique to her, that she had been using her breath to control pain since the onset of her cancer more than a year ago. Her pain was so great that she could only stay awake a few hours at a time. She had undergone brain surgery, numerous rounds of chemotherapy, and was scheduled for more surgery. Lily loved to laugh and play and I could see how concerned she was for others. Lily asked her mother to write an article for her... that she would dictate to her as she did not know how to write yet. She wanted to reach out to other children living with cancer offering strategies, positive reinforcement, and ideas of goodies to bring to the hospital making one's stay more enjoyable. Her article was published and reached many children.

Lily always kept a note on her hospital door for the nurses with her requests and schedule. She preferred they not awaken her too often as she wanted to show the nurses kindness knowing she was "grumpy" upon waking dealing with her pain. One yoga lesson Lily commented on my high heel shoes, saying she adored high heel shoes. She told me when we wear beautiful "dressy" clothes, we make people happy as they appreciate seeing that beauty.

At four years old, I saw she was an old, old soul... truly living a life of service. She was constantly aware of others desiring to help in every way. I saw her not to be an infirmed child, more a great messenger of compassion and service. The archetype of the Server in Lily was contagious with a rippling effect. It matters not what we have or what situation we may be in, as long as we exist, service is at hand. Service is the dancer of love in the great cosmic dance.

## The Server

Tenderly, I now touch all  
things,  
knowing one day we will  
part.

by St. John of the Cross (1542- 1591)  
translated by Daniel Ladinsky

## VII. **The Saint** ... one who wears the greatness of truth as an ordinary gown.

This archetype embodies unity in various lights bringing advanced qualities of Source through action. It is a great soul who acts through their source, yet in the polar world are sometimes misunderstood or unaccepted. Saints are often martyrs or rebels suffering for the good of others. These beings are willing to save others before themselves, to lose a worldly battle in the name of unity, to play a victim while the spark inside is liberated.

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I worked with a sixteen year old boy named Lionel on the pediatric floor of the hospital. He had a rough life, parents struggling with substance abuse and peers that were taking up gang violence ways. Amazing enough, Lionel dealing with a cancerous tumor, did see the big picture. He knew how his role of cancer patient could bring peace to his family and friends and chose to take advantage of the situation. He was very ill and basically living in the hospital for many months. Lionel used his time well educating himself in the philosophy of martial arts, yoga, meditation, and his religion. His peers faced their own physical mortality when they came to visit, touching upon their compassion and shaking their views of street violence. His devoted sixteen year old girlfriend was his soul mate as other family and friends visited rarely with the pain and guilt being too great. Lionel realized and forgave his family for their abuse and inability to visit often. He became thin as a rail and paralyzed on one side. He wondered how his girlfriend could hang around such a disfigured human being, yet she knew the true meaning of love and that he was worthy of it.

Lionel took it upon himself to be the big brother on the floor as most patients were younger children. He would play toddler games, video games, and wheel children to their rooms. Lionel was my teacher, too. He always wanted to reciprocate after a yoga class. He taught me dance steps, many jokes, and how it was to be a rebel with a cause. Once in the children's playroom I saw some volunteers, perhaps somewhat fearful of a teenager, show him prejudice. He immediately addressed the women saying he was a kind, compassionate human being and nothing to fear.

After a long journey Lionel began to die. The last week of his life he was resting between worlds in a no response state. I went to his room to find a devoted nurse practitioner holding his hand. She made sure that she or someone else would be with him holding his hand until he passed on. I truly felt that Lionel had seen ahead his entire journey. He knew his journey into death would bring a greater life for others. As the Saint archetype he wanted to create as much healing as possible for all his relations in this world. Lionel is loved and made a big difference. Moving into unity at every degree is valuable. Each stride benefits all.

## The Saint

Can true humility and compassion exist in our words and eyes  
unless we know we too are capable of  
any act?

by St. Francis of Assisi (1182-1226)  
translated by Daniel Ladinsky

**IX. The Child ...** one who is innocent, playful, and therefore wise.

This archetype may be gentle but has great power. Often great works of art are produced by this pure soul. The child is also one who is eternally young at heart. Those who embody the child are bringing unconditional love and its many solutions to this planet.

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An extraordinary woman named April came into my life as a yoga client. Upon hearing her diagnosis of cancer she decided to make a documentary film of her healing process in order to help others with similar challenges. April had no clue as to what would transpire, she simply chose a road of channeling her energies creatively. As she began chemotherapy treatments, she also plunged into Reiki energy healing, meditation, prayers, yoga, and more. As April was leaving one of her Reiki sessions her eyes caught a little pair of angel wings hanging on the wall. At that moment her intuition spoke to her. She knew in her heart with childlike humility that she was an angel or one could say a vehicle for this loving energy to come through. Brimming with joy, she proceeded to design life size angel wings, a flowing gown, and all the adornments of a human angel. Carrying a basket full of roses and cards with inspirational sayings she had designed, April, a beautiful, tall, modelesque type woman, bald as a baby from chemotherapy, was off and running in full play.

April would pass out roses, kindness cards, and mostly her love while at public places, parks, and roads most traveled. She often went dressed as an angel to the cancer hospital giving a rose and a smile that silently said, "You are so special and loved", to patients in waiting rooms . She knew firsthand how an act of kindness could turn a day filled with fear of death into an auspicious sign and joy of living. From the onset of her cancer, April felt the child in her wanted to come out to play. So amidst her illness and reactions to chemotherapy, she devoted herself to creating a documentary film exposing her archetypal journey of regaining the inner child, its creative expression in a marriage, and freeing one's divinity to play the game of life. On days when it seemed all too much to handle, April's higher self would say, "it is time for an Angel Walk", and she would be off.

The child knows the cosmic secret holding the universe together... Love & Service.... and in a blink of an eye the child can create a whole new world. April is completely well now and door after door continues to open for her next step as she plays life.

## The Child

Last night I caught the happy virus  
singing beneath the stars  
It is remarkably contagious.  
So, Kiss me!

by Shams-ud-din Muhammad Hafiz ©.1320-1389)  
translated by Andrew Harvey

**X. The Fool ...** one who plays in the paradox, the unknown yet known ways.

This archetype is a risk taker, firebird, and wild one. The clown portrays the fool using humor and unexpected ways. Fools have the ability to release the mind, revealing new territory and passage to the truth.

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I attended a retreat weekend called Opening the Heart led by one of my beloved teachers. He began the workshop saying not everyone would “get it” or be able to communicate truly from their heart to another heart, so expect nothing, simply enjoy the ride. We were blindfolded most of the weekend while the teacher led us through dancing exercises, music listening, and personal stories. He would start one thing and then change his mind beginning another. By the end of the weekend my two best friends and I were not sure if we had “gotten it”. Yet each of us had experienced a profound shift in our relations with one another. I even met an incredible new friend at the retreat. I recognized the person from a dream I had a few months prior. I was amazed to see this person in waking reality.

As I looked back into the weekend I realized the teacher had played the fool. He muddled things up so we would lose our minds and find our hearts. It even took a while to “get it” as I thought it was something different. When in reality it was so sweet and simple. The fool was necessary to aid in bypassing the rational mind in order to touch the nectar of the universe, the heart... it is an ongoing foolish practice. Thank you dear teacher. Fools can be so wise!

## The Fool

With one silent laugh  
You've tilted the night  
and the garden ran with stars

by Jalaludin Rumi (1207-1273)  
a sufi master poet  
translated by Andrew Harvey

**XI. The Magician...** one who is able to paint every canvas anew.

The magician is the one who is able to transform things. It is the Shaman, Alchemist, and Siddha whose quest for truth has brought manifestations powers. This is the one who can see unity amidst polarity and change the day.

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There was a woman named Josephine in an eight week workshop I co-facilitated for those diagnosed as high risk for breast cancer. Josephine told the group she performed a self breast examination every evening while watching the news. She said her fear of getting breast cancer had become a constant dread. We went through the weeks practicing aspects of yoga, in western terms known as, self hypnosis, self observation, journaling, physical exercise, nutrition, herbs, and meditation.

At the end of the eight weeks Josephine announced to the group she was no longer at high risk of cancer. She had decided her diagnosis was simply knowledge that she could turn into power. She realized she could create her life and began by acknowledging her fears that were acting as magnets for what she did not want. As we unveil our subconscious resistance, we identify our hidden polarities. From there we can replace the unconscious opposing patterns with powerful conscious creations. Josephine became her magician tapping the well of her magical powers. Deep inside we all have the ability to paint as we choose. Some will say this is wearing rose colored glasses living in delusion, yet the magician knows the power of the One Heart Mind over matter.

## The Magician

I was once spiritually ill - we all pass through that-

but one day the intelligence  
in my soul  
cured  
me.

by Meister Eckhart (1260-1328)  
a German Catholic monk  
translated by Daniel Ladinsky

**XII. The Yogini & Yogi... one who lives as the all encompassing truth.**

The guru is the light that illuminates the dark. We all have this inner guru leading us to live as Yoginis and Yogis, beings of light magnetizing and radiating truth to and from all worlds.

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A man named Clifford who had end stage cancer came to me as a yoga client presenting me with a great opportunity to grow. I began our sessions outlining various techniques and philosophy beneficial for his condition and overall journey. After a few sessions he told me he did not believe any of this and wanted nothing to do with it. Respectful of his position, I suggested he continue with physical therapy and breath work. To my surprise he said he would like to continue our sessions, simply refrain from any talk of yoga philosophy. I agreed whole heartedly. Clifford had presented me with a perfect situation depicting the diversity of unity.

Yoga is not a belief system that you will enjoy with likeminded friends while being removed and separated from un like minds. True yoga is the art of constantly moving beyond beliefs into the all knowing heart of understanding. It is the process of working together harmoniously with all parts of oneself and others. As Clifford practiced asanas (physical postures), pranayama (breath work), and ended his sessions with dhyana (quiet contemplation), my personal practice was to live yoga rather than preach yoga.

We found connections through conversing about ordinary current events and the sharing of our lives. The yoga philosophy occurred in silence, through kindness and caring, an unseen and unheard exchange. We both were learning the art of Yoga, respecting each other's unique ways.

## The Yogini & Yogi

lotus heart  
dearest compassion

shine in all  
till there is no other

## Archetypal Asanas

### I. Goddess & God

Tadasana (standing tall mountain pose)

I Am the marriage of heaven and earth.

### II. Destroyer

Miracle Bend (standing back bend) & Uttanasana (hanging forward bend)

I now release what no longer serves.

### III. Warrior

Virabhadrasana I, II, & III (standing lunge warrior, side lunge warrior, balancing T pose warrior)

I Am strong, steadfast, and true to love.

### IV. Seeker

Ardha Chandrasana (balancing half moon)

I see into the potential.

### V. Queen & King

Goddess Pose (wide squat) & Utkatasana (parallel squat chair pose)

I Am in equanimity with all life.

## **VI. Lover**

Garudasana (eagle, vining & perching chair pose)

I Am in love with life.

## **VII. Server**

Ustrasana (camel pose, kneeling backbend) & Balasana (child pose)

I give to everyone as the One.

## **VIII. Saint**

Pigeon Pose (flat folding lunge)

My purpose is for the benefit of all.

## **IX. Child**

Laughing baby (lying down squat) & supine floating lotus (lying down wide split)

I play life with joy.

## **X. Fool**

Inversions Sarvangasana (shoulderstand) or Handstand or Headstand

I play the unseen.

## **XI. Magician**

Matsayasana (fish pose)

I create as I choose.

## XII. Yogini & Yogi

Padmasana (seated lotus) or Sukhasana (cross legged easy seat)

I Am harmoniously all colors, paths, and ways. I Am that I Am.



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Includes a flowing series of each archetypal posture with narration.  
The second section is a slower series holding each archetypal posture  
embodying the corresponding affirmation.

**Hari Om Tat Sat**

Praise to the greatness we truly are!