

## Addendum B

### Archetype Test

This is an excellent test for evaluating your progress on your Spiritual Journey. It will allow you to track how you have moved along your path. It is also a good tool for finding where you are stuck and what the issue is that blocks you from moving forward.

**Directions:**

Look over the next 7 pages, Instruction Example, Consciousness Level Evaluation & Life Issues by Archetype. Read the descriptions of the 5 levels under each archetype --- Shadow and levels 1 thru 4. Pick the level that best describes where you are at right now and put an X in the appropriate box on the form. Then write down the issue that keeps you from going to the next higher level. If you don't understand what the description means – that's a good indication that you are not there yet – so write down only those levels that make sense to you. Add all your scores and divide that number by 12 for your average score.

NAME:

DATE:

ARCHETYPE	CURRENT LEVEL (X)					ISSUES
	SHADOW 0	1	2	3	4	
INNOCENT						
ORPHAN						
SEEKER						
LOVER						
WARRIOR						
CAREGIVER						
DESTROYER						
CREATOR						
MAGICIAN						
RULER						
SAGE						
FOOL						
						AVERAGE SCORE:

# Archetype Test Example

## Innocent

### **INNOCENT**

**SHADOW:** Denial, repression, blaming, conformity, irrational optimism, and risk taking

**LEVEL 1:** Safe, secure environment; desire to be protected, to experience unconditional love and acceptance

**LEVEL 2:** Unquestioning acceptance of environment, authorities; belief that the world as it is being experienced is all there is; dependence

**LEVEL 3:** Experience of the “fall” - disillusionment, disappointment-but retention of faith and goodness in adversity

**LEVEL 4:** Return to Paradise, this time as a wise Innocent; trust and optimism without denial, naiveté or dependence

### Instructions:

Pick the level that best describes where you are at right now  
and put an X in the appropriate box on the form.

### My Current Status:

I may have been at Shadow, Level 1 and Level 2 in my past and I’m not there anymore.

**LEVEL 3:** Experience of the “fall” - disillusionment, disappointment - but retention of faith and goodness in adversity

I am definitely disappointed with the state of the environment and with the authorities who are supposed to be guiding it and us to a better world. Not too sure about my faith in anything and I’m determined to maintain my goodness and will keep plugging away. So Level 3 resonates most closely with where I am now.

**LEVEL 4:** Return to Paradise, this time as a wise Innocent; trust and optimism without denial, naiveté or dependence

I don’t feel anything like a return to paradise and I don’t trust much of anything right now, so I am not at Level 4. So, for this test, I am at Level 3, at this point in time. Then write down the issue that keeps you from going to the next higher level. If you don’t understand what the description means – that’s a good indication that you are not there yet – so write down only those levels that make sense to you.

My current issues:

I currently cannot see past my disappointment (anger?) at who and how the world is run right now. A return to Paradise sounds like someone's pipe dream.

My current issue might be that I'm not even open to the possibility of Paradise at least in my lifetime. I'm not even sure what that means.

As far as trust goes, I don't even trust that level 4 isn't something that was made up from some fairytale.

So my issue that keeps me from being at level 4 may be my lack of trust in anyone in authority and being closed to the possibility of an idealized future.

ARCHETYPE	CURRENT LEVEL (X)					ISSUES
	SHADOW 0	1	2	3	4	
INNOCENT				X		lack of trust in any authority and being closed to the possibility of an ideal future.
ORPHAN						

**Note:** the above analysis can be done in your head and doesn't require this written analysis. You may, however, want to capture this analysis in writing for your future reference.

## 12 ARCHETYPES CONSCIOUSNESS EVALUATION

### INNOCENT

- SHADOW: Denial, repression, blaming, conformity, irrational optimism, and risk taking
- LEVEL 1: Safe, secure environment; a desire to be protected, to experience unconditional love and acceptance
- LEVEL 2: Unquestioning acceptance of environment, authorities; belief that the world as it is being experienced is all there is; dependence
- LEVEL 3: Experience of the “fall” - disillusionment, disappointment-but retention of faith and goodness in Adversity
- LEVEL 4: Return to Paradise, this time as a wise Innocent; trust and optimism without denial, naiveté or dependence

### ORPHAN

- SHADOW: Cynicism, callousness, Masochism or sadism; using the victim role to manipulate the environment
- LEVEL 1: Abandonment, betrayal and self-betrayal, disillusionment, discrimination, victimization
- LEVEL 2: Learning to acknowledge the truth of one’s plight and feel pain, abandonment, victimization, powerlessness and loss of faith in people and institutions in authority
- LEVEL 3: Accepting the need for help; being willing to be rescued and aided by others
- LEVEL 4: Replacing dependence on authorities with interdependence with others who other and band together against authority; developing realistic expectations

### SEEKER

- SHADOW: Excessive ambition, perfectionism, pride, inability to commit, addictiveness in general.
- LEVEL 1: Alienation, dissatisfaction, emptiness, opportunity knocking
- LEVEL 2: Exploring, wandering, experimenting, studying, trying new things
- LEVEL 3: Ambition, climbing the ladder of success, becoming the best you can be
- LEVEL 4: Spiritual searching, transformation

### LOVER

- SHADOW: Jealousy, envy, obsessive fixation on a love object or relationship, sexual addiction, Don Juanism, promiscuity, obsession with sex or pornography, or (conversely) puritanism
- LEVEL 1: infatuation, seduction, yearning, falling in love (with a person, an idea, a cause, a work)
- LEVEL 2: Following your bliss, what you love
- LEVEL 3: Bonding with and making commitments to whom and what you love
- LEVEL 4: Radical self-acceptance giving birth to the Self and connecting the personal with the transpersonal, the individual with the collective

## **WARRIOR**

- SHADOW:** Ruthlessness, unprincipled and obsessive need to win, use of power for conquest, a view of all difference as a threat
- LEVEL 1:** Confrontation of a great challenge or obstacle
- LEVEL 2:** Fight for self or others to win or prevail (anything goes)
- LEVEL 3:** Principled fight for self or others; abiding by the rules of a fair fight or competition; altruistic intent
- LEVEL 4:** Fortright assertiveness; fighting or competition for what really matters (not simply personal gain); little or no need for violence; preference for win/win solutions; conflict honestly aired; increased communication, honesty

## **CAREGIVER**

- SHADOW:** Suffering martyr; devouring mother or father; “guilt-tripping” or guilt ridden behavior; enabling behaviors (which aid and abet other people’s addiction, irresponsibility, or narcissism)
- LEVEL 1:** Responsibilities that require care of others (like parenting, for example)~ recognition of another’s neediness or dependence (or your own)
- LEVEL 2:** Conflict between your own needs and those of others; tendency to sacrifice your own needs to what others need or want from you; rescuing
- LEVEL 3:** Learning to care for yourself so that caring for others is enriching not maiming; learning “*tough love*”; empowering-not doing for-others
- LEVEL 4:** Generativity; willingness to care and be responsible for people (and perhaps also for animals and the earth) beyond your own immediate family and friends; community building

## **DESTROYER**

- SHADOW:** Self-destructiveness (including drug and alcohol abuse, suicide) and/or destruction of others (including murder, rape, defamation of character)
- LEVEL 1:** Experience of pain, suffering, tragedy, loss
- LEVEL 2:** Confusion, grappling ‘with meaning of death, loss, pain
- LEVEL 3:** Acceptance of mortality, loss, and relative powerlessness
- LEVEL 4:** Ability to choose to let go of anything that no longer supports your values, life, and growth, or that of others

## **CREATOR**

- SHADOW:** Creation of negative circumstances, limited opportunities, obsessive creation, workaholism
- LEVEL 1:** Daydreams, fantasies, images, or flashes of inspiration
- LEVEL 2:** Opening to receive visions, images, hunches, inspiration
- LEVEL 3:** Allowing yourself to know what you really want to have, do, or create
- LEVEL 4:** Experiments with creating what you imagine-allowing yourself to let your dreams come true

## **MAGICIAN**

- SHADOW:** Evil sorcerer or wicked witch, synchronistic negative occurrences, calling negativity to oneself or turning positive into negative occurrences
- LEVEL 1:** Physical or emotional illness, or extrasensory or synchronistic experiences
- LEVEL 2:** Experiencing healing or choosing w notice extrasensory or synchronistic experiences
- LEVEL 3:** Grounding inspiration by acting on your visions and making them real; making your dreams come true
- LEVEL 4:** Consciously using the knowledge that everything is connected to every-thing else; developing mastery of the art of changing physical realities by first changing mental, emotional, and spiritual ones

## **RULER**

- SHADOW:** Controlling, rigid, tyrannical, and manipulative behaviors; the ogre tyrant
- LEVEL 1:** Lack of resources, harmony, support, or order in your life
- LEVEL 2:** Taking responsibility for the state of your life; seeking healing of wounds or areas of powerlessness that are reflected in scarcity in your outer life; concerned primarily with your own life or your own family
- LEVEL 3:** Developing skills and creating structures for manifesting your own dreams in the real world as it is; concerned with the good of whatever group or community you belong to
- LEVEL 4:** Fully utilizing all resources-internal as well as external; concerned with the good of society or the planet

## **SAGE**

- SHADOW:** Cut off, unfeeling, “Ivory tower”, “above it all”; critical, judging, or pompous behaviors and attitudes
- LEVEL 1:** Confusion, doubt, deep desire to find the truth
- LEVEL 2:** Search for “the Truth” and for objectivity
- LEVEL 3:** Skepticism, awareness of multiplicity and complexity of truth, all truth seen as relative; acceptance of subjectivity as part of the human condition
- LEVEL 4:** Experience of ultimate truth or truths; wisdom

## **FOOL**

- SHADOW:** Self-indulgence, sloth, gluttony, irresponsibility
- LEVEL 1:** Boredom, ennui, desire to have more enjoyment in life
- LEVEL 2:** Life is a game to be played for the fun of it (Fool)
- LEVEL 3:** Cleverness used to trick others, to get out of trouble, to find ways around obstacles, to tell the truth without impunity (Trickster)
- LEVEL 4:** Life is experienced fully in the moment; life is celebrated for its own sake and lived in the moment, one day at a time (Wise Fool or Jester)

# LIFE ISSUES by ARCHETYPE

## SECURITY

### **INNOCENT:**

The Innocent is the prefallen person who lives-or tries to live-in Eden. The Innocent's gift to the world is trust, optimism, and belief in things as they are. At the lowest level, belief is preserved by denial, at the highest level, by transcendence.

### **ORPHAN:**

The Orphan has the same wish as the Innocent-to live in a safe world-but the Orphan feels betrayed, abandoned, victimized. At the lowest level, the Orphan is a confirmed victim and cynic at a higher level, the Orphan simply reminds us of his or her vulnerability and interdependence

## IDENTITY

### **SEEKER:**

The Seeker explores internal and external realities and is willing to give up security, community, and intimacy for autonomy. Seekers find out who they are by differentiating themselves from others. At worst, they are just outsiders. At best, they find their unique identities and vocations.

### **LOVER:**

Lovers find out who they are by discovering who and what they love. At a lower level, the lover may love only a few people, activities, or things. At a higher level, Lovers expand that love to enjoy and respect all of life's diversity.

## RESPONSIBILITY

### **WARRIOR:**

The Warrior defeats the villain and rescues the victim. Warriors are courageous and disciplined, imposing high standards on themselves. At worst, they run roughshod over others. At best, they assert themselves appropriately to make the world a better place.

### **CAREGIVER:**

Caregivers take care of others even when doing so requires sacrifice. They give to make the world a better place for others. At worst, the Caregiver's sacrifice is maiming or manipulative. At best, the Caregiver's giving is compassionate, genuine, and of great help to others.

## AUTHENTICITY

### **DESTROYER:**

When the Destroyer is active within a person, what we see are the effects of tragedy and loss. At best, this initiatory loss leads to a greater receptivity to new Ideas, empathy and compassion for others, and a deeper knowledge of their own identity and strength. At worst, it simply disseminates a personality, and we see before us simply a ruin of what was.

### **CREATOR:**

When the Creator is active within a person, that person is in the process of discovering or creating a more adequate sense of Self. At best, this new identity is transformative and leads to a more fulfilling and effective life. At worst, it is simply an experiment, and the person retreats or goes back to the drawing board to start over.

## POWER

### **MAGICIAN:**

Magicians create new realities, transform old ones, serve as catalysts for change, and “name” and thereby create reality. At worst, their efforts can be “evil sorcery.” At best, they discover empowering, win/win solutions.

### **RULER:**

The Ruler in each of us understands that we are responsible for our inner and outer lives; the buck stops here. At worst, the Ruler is a despot, at best, the Ruler’s order is inclusive, creating inner wholeness and outer community.

## FREEDOM

### **SAGE:**

Sages find freedom through understanding the big picture (Global or cosmic) and a capacity for detachment. At the lowest level, the Sage may have little interest in the ordinary, mundane pleasures of life. At the highest level, however, the Sage combines detachment with love, wisdom, and joy in life.

### **FOOL:**

The Fool finds freedom through unconventionality and a capacity to enjoy every moment. The Fool lightens us up, finds clever, innovative, and fun ways around obstacles—intellectual or physical. At worst, Fools are irresponsible. At best, Fools live lives of joy because they live fully every moment.