

As adults we need to integrate each of these archetypes...

Magician – I will.

- What is magic.
- How do you find focus?
- Do you know what you want?
- Who are you?
- What is your soul purpose? Why did you choose to be born to this life?

High Priestess – I am.

- Can you hear the whisper of your soul?
- Do you remember, or have dreams of the womb or being connected to source?
- As a child were you allowed to slip into fantasy or dream worlds?
- How do you feel the bliss of total connection now?
- What does your Inner Priestess want to say to you?

Empress- I create.

- Are you creating the life you desire?
- Were you well mothered as a child?
- Reflect on your relationship with your mother.
- Do you allow yourself to receive nurturing?
- Do you care for yourself well?
- What does your Inner Mother want to say to you?

Emperor – I organise

- Are you aware of who is in control?
- Reflect on your relationship with your father.
- What was the discipline like for you in childhood?
- How are you with authority and rules?
- Are you self-disciplined?
- What does your Inner Father want to say to you?

The Hierophant- Voice of the divine.

- What is your bridge to the divine?
- Reflect on your relationship with teachers.
- What was your education like growing up?
- What most inspired or influenced you growing up?
- How do you find your wisdom now?
- What does your Inner teacher want to say to you?

The Lovers- I chose.

- Are you aware every moment is a choice?
- Reflect on early friendships and relationships.
- How have early relationships (not parental) defined who you are now?
- Do you have good supportive, equal relationships in your life now?
- Are you able to make conscious choices, are you reacting to past hurt?
- What does your Inner anima/animus want to say to you? (Choose a gender that is different to the one you currently identify with).

The Chariot- I succeed.

- Do you know where you are going?
- Reflect on the time you first left home, or forged an independent life as an adult.
- How did it feel to be yourself, and different to your family?
- Are you comfortable with praise, gratitude, and success?
- Can you put your needs first?
- What does your ego want to say to you? (and having an ego is important!)

None of us reach adult hood without having wounds in one of these archetypes.

1. Were you allowed to be yourself?
2. Were you allowed to dream, and enter your inner world?
3. Were you well mothered?
4. Was discipline fair?
5. Did education inspire you?
6. Did you form loving and equal relationships?
7. Was leaving home, and becoming an independent adult supported and celebrated by your family?

By carefully reflecting on these seven archetypes, you will find emotional wounds.

You can then work with that card to better understand the missing part of you, or the emotional wound, and start to heal and feel complete.

A brief personal reflection:

Were you allowed to be yourself?

This has never been a problem for me, perhaps having parents that didn't really notice who I was helped!

Were you allowed to dream, and enter your inner world?

Absolutely. For my childhood books, dreams, "imaginary" friends were a key part of my life. (As an adult I now realise these were my spirit guides)

Were you well mothered?

No. This is my biggest wound. A friend of my Mum has admitted that my Mum would allow me to cry for hours in my cot. Shutting the door and putting on loud music.

I still struggle to self care sadly, though I do enjoy mothering my children.

Was discipline fair?

No. It was brutal and unfair. I seem to have integrated this as a perfectionist workaholic.

Did education inspire you?

Yes! I was lucky to receive an exceptional state education. My education was my saving grace, perhaps why I became a teacher myself.

Did you form loving and equal relationships?

Somewhat. I did have a "best friend" through my school days who was a true and loving friend. My romantic relationships have been less successful though!

Was leaving home, and becoming an independent adult supported and celebrated by your family?

No. It was an escape to university. As my parents ran a farm they expected me back when ever possible to work on the farm. It was a struggle to step free from this obligation.

My earliest and biggest wound remains my mother. I have mothered my children well as part of this healing process, and am now learning a little better how to mother myself.

Without doubt my education was my gift- and this is why I value education as a healing tool. As a teacher, home education, and contently learning student.

Based on this (very, very quick) run through. The Empress is the card for me to work with.