



Archetypal Self Inquiry for Awakening to the Sacred Feminine

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One does not become enlightened by imagining figures of light, but by making the darkness conscious.

~ Carl Jung

This inquiry offers you an opportunity to see which of the four core feminine archetypal energies are familiar and working well for you and which ones are in shadow—unknown, unseen, and yet to be loved, healed, and integrated. By going through this inquiry, you can notice which ones are inviting more awareness, healing, and further development, and which ones evoke even a subtle resistance. This self-inquiry is not for self-judgment or tallying deficiencies. Please use this as an opportunity to see what is blooming, where the jewels are hidden in your garden, and where healing is needed and untapped sources of creative energy are calling or waiting to be released by the unfamiliar or unloved archetypes still in shadow. Simply check off what applies to you. We all have some of the bright and shadow of each one in us. Usually one, maybe two archetypes are more dominant and natural to us, and the others are more in shadow and yet to be revealed, healed, welcomed, and their creative energies integrated and celebrated. You will notice that shadow falls into both active and passive forms of expression. Know that all shadow is pointing us toward a wound and turning toward that wound is the portal to the Great Heart which offers healing and awakening. The Queen will be addressed at a later time because she emerges as we spiral around the Sacred Feminine wheel of initiation many times.

Doing this Temple work is radically life-changing and awakening in the most wonderful and unimaginable ways. So, I invite you to invoke your Amazon within for courage, and dive in!



Bright Mother

- is embodied and grounded in the earth
- embraces flesh, blood & humanness as sacred
- conceives, births, and sustains life – she nurtures
- ultimately releases whom or what she births into its own life and/or death
- is called and willing to give death when necessary
- encourages and empowers creativity and discovery
- is emotionally and physically attuned to her child's needs
- takes good care and nourishes her inner children
- can release and separate from her children and her creations with grace and without abandoning them
- is a conscious care giver rather than a care-taker
- gives without attachment, manipulation, or expectations
- encourages independence and individuation
- will sacrifice her own needs when necessary for the life of her child
- is not a martyr – does not sacrifice herself in unhealthy ways
- treats her significant other as a full partner and co-parent, not as another child

- is attuned in her body-being to the cycles and seasons of birth, life, & death
- gives children space and support to be who they are and who they are becoming
- doesn't impose her expectations, ideas, images, dreams, or 'shoulds' upon her kids, creations or other people
- cultivates awareness and healing of her own mother wound
- becomes increasingly aware of how the template of her primal wounding from birth and infancy, with her birth mother and/or other mother figures, plays out in all of her relationships
- invites awareness and healing to the ways she is repeating her mother's unhealthy patterns
- seeks to understand, forgive, and feel compassion for her mother and heal her relationship with her, even if her mother is no longer living



Shadow Mother

- does not tend to the healing of her own mother-wound
- neglects, punishes, denies, or even hates her own inner child
- feeds on anger, bitterness, and hatred of her mother's failure as a mother to her
- sometimes acts out or repeats her mother wound with her own children
- has not individuated or separated from her own mother
- is merged with her mother's negativity or toxicity
- does not know how to bond emotionally with her kids or anyone else due to unhealed attachment wounds
- does not allow her child to have his/her own experience, dreams, or life
- is clinging, controlling, devouring, or manipulative with her kids or others in her care
- feeds on her child's light, life, and energy
- lives life through her children rather than developing her own life
- lays her expectations on others
- denies her own life and acts like a martyr, blames her deficiencies/problems on others
- is threatened by her child's individuality and independence
- doesn't know how to separate in a healthy way with love and encouragement
- separates from her children by cutting them off emotionally or being mean, hostile, abusive
- is self-centered, narcissistic, sees child as extension of herself
- is invested in her image of what her child 'should' be
- punishes the inner or outer child for not fulfilling her expectations
- cannot accept her inner or outer child's limitations or imperfections
- destroys life out of unconsciousness
- clings to what is dying or decaying, cannot let go
- cannot nurture life in general due to her own wounds
- inflicts some of these unhealthy behaviors on partners, friends, or others
- may shame herself and/or others because she feels shame herself



Bright Amazon

- is devoted to something greater than her ego's needs

- serves truth, compassion, justice, fidelity, the sacred
- faces her fears directly and embraces her shadow
- protects and advocates for her inner child and younger, more vulnerable selves
- is committed to doing her inner work and growth
- faces other people's shadow and negativity with courage, compassion, and skillful means
- knows her limits and establishes and maintains boundaries
- can say "No" and "Yes" appropriately & clearly
- knows that anything less than a fully-embodied YES! is a NO!
- keeps agreements and commitments with self and others
- stands up for and protects her inner child or others who are vulnerable
- can plan, strategize, make decisions & take right action that serves highest Truth not ego
- willing to surrender her egoic will to Divine Will
- knows when to take action, when to be still and do nothing – she moves when she is moved
- knows how to go out and accomplish things in the world, make money, keep accounts, etc.
- is not a victim, takes responsibility for herself and her actions
- advocates for those who cannot advocate for themselves
- recognizes and fiercely protects us from our own inner self-destructive voices



Shadow Amazon

- lives and acts from fear
- abandons herself
- is unconscious of her wounds and acts them out and/or projects them on to others
- serves egoic ideas, ideals, destruction, aggression
- invades, dishonors, denies, or doesn't know how to set or sustain appropriate boundaries
- is unfaithful, disloyal, and serves chaos rather than peace
- can be overly controlled, controlling, rigid, defensive, abusive
- victimizes others and/or herself
- sees and feels herself as a victim
- cannot stand up for her own inner child or her own needs
- can be sadistic or mean or self-destructive
- can be masochistic and self-effacing
- cannot defend herself or even sense danger
- can be passive and non-assertive in particular areas of her life or certain situations
- can be aggressive, abusive, pushy, and disrespectful with others
- is unable to make a plan, a decision, or carry an action through to completion
- gives up or collapses in the face of fear or challenge
- avoids confrontation
- cultivates confrontation, is provocative
- is run by unconscious conditioning and patriarchal values that denigrate the feminine
- addicted to various substances, behaviors, outer things
- can't manage money, get bills paid on time, take care of business



Bright Lover

- loves to love, merge, connect, relate - seeks relatedness, inter-dependence, real contact
- spontaneous, playful, childlike, vulnerable
- is able to be present, live in the present moment
- enjoys being in her body and cares for her body with food, exercise, healthy habits
- sensual, sexual, erotic, embodied, shame-less, ecstatic
- allows her heart to break open, sheds tears, feels deeply
- finds beauty in many things and creates beauty, dance, art, music, poetry, gardens
- can embrace what is as it is
- seeks communion with all of life and with the Mystery
- high bliss tolerance – often is an ecstatic by nature
- enjoys animals, nature, cares about the earth and all creatures
- can be either introverted or extroverted
- able to both give & receive
- devotional, reverent, romantic, loves loving and deep contact such as eye contact
- deep longing for the divine Beloved, mystical experience & ecstasy
- heartful, forgiving, empathetic, caring, compassionate, relational
- has a style, has fun adorning herself and/or her home or work space
- blesses others, blesses herself, blesses all beings
- cares enough to do the inner work of her relationships with self and others
- can hold others in her heart and be an emanation of Love into the world



Shadow Lover

- not embodied, doesn't care for body/health
- may have been sexually abused and/or in abusive relationships
- unhealthy boundaries with people, food, substances
- addictions – compulsive behaviors (shopping, eating, smoking, gambling, exercising, etc.)
- feels a lot of shame, guilt, self-hate
- fearful and perhaps cut off sexually, sensually
- promiscuous, sexually kinky – uses sex to replace love or fill emptiness
- unable to love or be vulnerable – cold or hostile
- dependent and/or co-dependent – counter-dependent
- denies needs, wants, feelings, intimacy, contact
- idealizes others & denigrates self, feels unworthy
- fears abandonment, loss of love
- self-sacrificing, self-depriving, self-denying
- shut down or cut off emotionally or physically, numb
- poor boundaries, cannot filter experiences, overwhelmed by others' emotions
- low bliss tolerance – doesn't have much fun or play
- finds giving or receiving are difficult if not impossible
- full of negative emotions – feels like a victim of life
- asks for little in relationships, abandons herself
- feels affirmed when others are like her, is threatened when the 'other' is different
- unfaithful or unable to commit to self and/or to others

- creativity may be blocked or denied



Bright Medial

- is grounded, embodied, earth-connected
- knows that there is no separation between the human and the divine
- knows that creation is non-dual, that separation between earth and heaven is an illusion
- is intuitive, visionary, creative, open to many dimensions
- lives in the present moment
- can be utterly present to self and others
- knows the inner realms, contemplation, silence, spaciousness
- understands the difference between the thinking mind and pure awareness
- loves the Unknown and is willing to not know anything about anything
- is devotional in her own unique ways
- engages spiritual practices, prayer, rituals, healing work, shamanic work,
- loves silence, loves to be quiet inside and listen for guidance
- is willing to follow the guidance, even when she doesn't understand it or it seems odd to her mind
- midwives ideas, images, poetry, dreams, art, information from other dimensions
- loves knowledge, learning, and investigating the inner and outer realms of knowledge
- is highly intuitive and sensitive to the nuances of energies in her field
- may live on the border of society and is able to travel between worlds/dimensions
- serves as priestess, healer, ritual maker, shamaness, teacher, poet, dreamer, artist, crone, scientist, alchemist, witch, psychotherapist, techno-queen
- seeks and values knowledge and education of all kinds
- may love technology, computers and gadgets
- loves to investigate things, is very curious
- is wise, takes action from stillness with wisdom and compassion
- has realized her own internal spiritual authority
- is an alchemist, transformer, transmuter, midwife, vessel of the magical and the sacred
- lives in service and surrender to the Sacred, the Mystery
- knows spiritual power comes *through* her, isn't hers, and uses it with great awareness and integrity
- knows how to surrender and make sacrifice (make sacred)
- is spiritually strong, has done/is doing the inner work, and is grounded enough to hold sacred space for others
- seeks power, healing and knowledge for the good of others, not for self-aggrandizement
- lives from her heart, serves Love, serves the Sacred



Shadow Medial/Mystic

- lives and acts from fear rather than heart
- denies or doesn't trust her own intuition
- doesn't listen to the still small voice within, or trust the guidance that comes to her
- misuses spiritual power, lacks integrity, serves power & ego rather than community or the highest good
- is unconscious of her shadow and causes harm to others, rather than healing, with her medial skills
- fears or refuses to answer the call to serve or use spiritual gifts to serve others
- was wounded as a child because her medial gifts of seeing or knowing threatened others
- lives up in the ethers, denies body & embodiment
- is ungrounded, spacey, chaotic, delusional
- is detached, cold, uncaring, calculating, seeking power for her ego
- intuits and reads people for self-serving purposes
- invades the boundaries of others with her psychic abilities – doesn't ask permission
- intrusive and dispenses toxic energy
- is not scrupulous about doing her own inner work, or does none at all
- denies or feels no connection to any spiritual life or higher presence
- acts like she 'knows' others better than they know themselves
- is attached to thinking she knows more than she really does
- evokes or instills fear and chaos in others or in situations
- cannot hold space for others