

JOURNAL QUESTIONS

Genius Star—Archetypal Roles and Goals



Goal

- Can you identify one or two archetypal goals that have threaded through your entire life?
- Imagine your biography in light of that archetypal goal. Trace its appearance through your childhood and forward. Can you identify when it first appeared as something you wanted or needed deeply? When has it showed up the strongest? Have you ever been burned by its energy? It's "toomuchness"?
- The goal at the center of our star is usually closely aligned with our deepest wounding. What is the opposite of your archetypal goal? Is that the source of your early wounding? Is your goal the medicine you most needed to heal that wound?
- Who in your life taught you about the value of the goal?
- If you think of the goal as your gift, as your medicine, who in your life has most needed that medicine? Who most needs it now?
- When have you lived most closely in alliance with that gift? What feelings are most associated with it?

Roles

- After identifying your archetypal roles, imagine your biography as the expression of each role. Trace the appearance of each one from your childhood forward.
- If we imagine each role as archetypal, meaning they can be expressed in any number of forms, how have you expressed each of your roles? What differing ways have you found to express them?
- Which roles are major, and which roles are minor?
- How might the roles have been in conflict with each other? When there is conflict, is there a role that usually wins out?
- How might the roles be in conflict with your familial, cultural, gender, or other expectations?
- What roles might be in your shadow, whose light you have dimmed out of perceived necessity?
- What roles have you accepted, or denied, as part of your persona?
- Create an archetypal star for your current work in the world. What goal are you asked to achieve in that work? What roles do you need to inhabit? Compare your two stars, and note any congruencies and incongruencies. How might you bring the two stars more in alignment? How might you infuse your current work with more of the energy from your star?
- Create an archetypal star for those people in your life to whom you are the closest. Then compare your star to their star. Does it help to explain any connections and any conflicts?

In this time of your life

- What roles would you like to emphasize more?
- Are there roles thrust upon you that you are ready, willing, hungry even, to divest yourself from?
- What new ways might you find to express the archetypal roles that are particularly meaningful to you? For example, if one of your roles is a healer, where else might you express that role? Where else might you take your healing energy? What new places can your light shine?