

WAYS TO DISCERN THE GOAL IN THE CENTER OF YOUR GENIUS STAR

Note: In my presentation, I used the term “goal” and “value” both to discuss what’s at the center of your star. By goal, I mean what is it that you are constantly seeking to achieve (for Oliver, attention; for Orr, connection). I think your goal *is* your value, is an indication of what you value, what you hold most dear.

1. In my experience, most of the time our archetypal goal is connected to our deepest wound, in an inverse relationship, meaning we were wounded by not having that goal or need met. Oliver didn’t get the attention she needed from her mother to stop the abuse; Orr experienced isolation and a severing of connection after he killed his brother. Look at your deepest sources of wounding and see if the goal you are seeking now, what you value the most, is the inverse of your experience then.
2. This also applies to now. When you think about what wounds you the most now, what makes you the craziest or the most unhappy or depressed or filled with ennui, is it the opposite of your archetypal goal? For instance, I can imagine that Orr suffers the most when he doesn’t feel connected now—that the way to wound him in intimate relationships is to disconnect from him.
3. The goal at the center of your star would reflect your giftedness. In looking over the list of goals, where are you most gifted? If this is hard for you, think of others in your life who know you well—where would they say you have been gifted or blessed? What would they say is your superpower?
4. The goal will also reflect your own sense of joy. When that goal is being met, when that value is being expressed, you will feel lit up from within, full of light, the very center of the sunshine that is your soul. Thinking back over your most joyous moments in life, what goal was being met or what value was being expressed?
5. The goal typically is unchanging in your life—you can track it back to childhood, certainly to your time of woundedness but often before then as well. When you were a kid, what were you often striving for? What felt essential to your soul now that has been unchanging?

In my experience working with hundreds of people on discerning their archetypal goals, it can take some time and contemplation. Some people get it right away, and others take some time to discern it. Some can’t narrow it down to one goal. Others come up with multiple words, like “healing through the power of love” instead of “healing” or “loving.” It’s all good. Hang in there. It’s brilliant when you get it and it’s

brilliant when you share it with intimate others because it's something so powerful and so essential to you.