



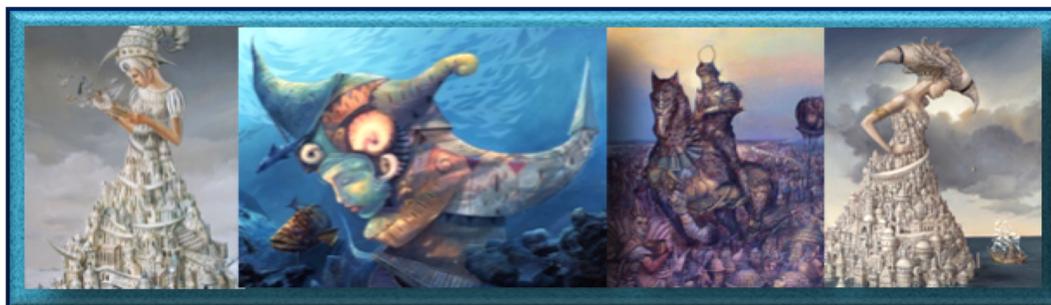
the journey of the ego

Through the Archetypal Landscape Part 1

Preparation for the Journey

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The Journey of the Ego consist of the first four archetypes: *The Innocent, The Orphan, The Warrior, and the Caregiver*, which help us prepare for the journey. From these four guides, we learn to survive in the world as it is, to develop Ego strength and beyond that, to be productive citizens and good people with high moral character.



The Innocent
Helps us know what we want.

The Orphan
Provides a wounding that often defines the shape of our growth.

The Warrior
Struggles to create an identity we have chosen.

The Caregiver
Refines that identity through sacrifice.

The first stages of our journey prepare us to connect to that in which we are about to embark. Joseph Campbell gives us a structure called *The Hero's Journey*. There is a universal theme that resonates throughout cultures, passed down from the beginning of time through oral tradition. It was striking to Campbell how although the stories were unique to their culture or ethnicity, they bore a common theme. This became known as the *monomyth*. In his first book *The Hero with a Thousand Faces*, Campbell explores his theory of the *monomyth*. He discovered how meaningful surviving myths share a fundamental structure in birthing the Hero's Journey.

The pattern of the heroic journey maintains a resilient consistency. Our interior journey of soul will invariably go through expected stages in one form or another. The call to the journey almost always provides a "wound" through some encounter and is followed by the trial

and testing of our resoluteness. Our classic literature and cinematic expressions are structured around this theme. George Lucas himself gives credit to Campbell's theory of the monomyth in the making of the *Star Wars* movies. Lucas publically admitted that Campbell's work impacted his approach to storytelling and film-making. Without it he stated, "I would probably still be writing *Star Wars*."

"Life if we are honest about it, is made up of many failings and fallings," wrote Richard Rohr in his book *Falling Upward*. He goes on to say, "Most of us are never told that we can set out from the known and familiar to take on a further journey." There is a longing deep within beckoning us, and if we disconnect from that longing it is a prescription for anxiety and depression. In archetypal and psychological terms this is why we need to personally embark on our heroic journey.

My goal in resurrecting the hero's journey through artistic imagery is to create a touchpoint for each of the twelve archetypes. The twelve archetypes represent various parts of our psyche in balance. The visual imagery aids in understanding the symbolism and mystery of the balance.

This edition of *INSightOUT* will cover the first four archetypes associated with the development of Ego. These archetypes develop the Ego container which holds our soul and spirit. Each archetype offers a gift and a shadow. The gift brings forth life in us and the shadow brings forth stagnation. The gift tends to be more conscious while the shadow tends to be more unconscious. Keep these important distinctions in mind as you evaluate their roles in your journey.

The following descriptions are excerpts from: *Awakening the Heroes Within. Twelve Archetypes to Help us Find Ourselves and Transform our World.*

The Innocent is the part of us that trusts life, ourselves, and other people. It is the part that holds hope and allows us to trust others to guide us, making it the essential portal to the basic skills of life and work. The Innocent helps us know what we want.

Goal	Remain in Safety
Fear	Abandonment
Gift/Virtue	Optimism, trust, hope, faith, simplicity

The *Shadow Innocent* has the capacity for denial so they do not have to show up in the world to face reality. A *Shadow Innocent* may be hurting themselves or others but represses awareness of it.

The Orphan is a metaphorical child deprived of parental nurturing who lacks skill and is too undeveloped to care for themselves. The Orphan provides a wounding that often defines the shape of our growth.

Goal	Regain Safety
Fear	Exploitation
Gift/Virtue	Interdependence, realism, resilience, empathy

The *Shadow Orphan* plays the victim who blames his or her incompetence, irresponsibility, or even predatory behavior on others and expects special treatment and exemption from life because they have been so victimized.

The Warrior within us conjures courage, strength, and integrity; the ability to fight, when necessary, for ourselves and others. The well-developed internal Warrior is necessary, above all, to protect our boundaries. The Warrior sets goals and priorities and fights for them. To the Warrior, the enemy is always, "out there."

Goal	Win
Fear	Weakness
Gift/Virtue	Courage, discipline, determination, skill

The *Shadow Warrior* is a villain who uses Warrior Skills for personal gain without thought of morality, ethics, or the well-being of a group. Winning is everything.

The Caregiver is the most sublime of all archetypes associated with Ego development and provides the critical transition from the Ego's concerns to those of Soul. The Caregiver in us wants to take care of everything, to be responsible and dutiful, and be there every time we are needed. The Caregiver refines identity through sacrifice.

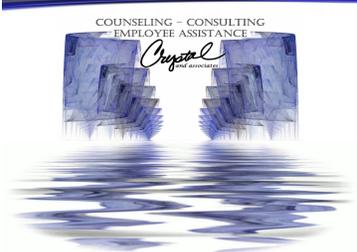
Goal	Help others
Fear	Selfishness
Gift/Virtue	Compassion, generosity, nurturance, community

The *Shadow Caregiver* is the suffering martyr who controls others by making them feel guilty. They can develop manipulative and devouring behaviors to control or smother. The *Shadow Caregiver* can have a compulsive need to take care of or rescue others.

The Innocent, the Orphan, the Warrior, and the Caregiver all help us to establish ourselves in the first half of life. *The Innocent* helps us know what we want. *The Orphan* provides a wounding that often defines the shape of our growth. *The Warrior* sets goals and priorities and fights for them, and *The Caregiver* refines our identity through sacrifice.

Next quarter we will continue with the Journey of the Soul examining: theSeeker, theDestroyer, theLover and theCreator.

If you would like to discover your archetypes with a professional counselor, please call us to set up a confidential appointment.



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