

# Spirit Animal Report Using Jung's Archetypes

## Carl Jung

The founder of analytical psychology was Carl Gustav Jung. He was born on July 26<sup>th</sup>, 1875, and died on June 6<sup>th</sup>, 1961. Jung was born into an educated family. His father was a minister, and his mother was the youngest child of a Basel churchman and academic. Although Jung's father was a minister, Jung's father's faith in religion faded over time. Jung and his father disagreed on some religious constructs, but Jung was very passionate about his faith and intended on becoming a minister. After studying philosophy coupled with his disappointments about religion from childhood, Jung decided to study psychology. He was offered a staff position at Burgholzi Asylum of the University of Zurich under the direction of Eugen Bleuler who was credited with conducting many classical studies on mental illness.

Jung's studies with association tests were successful and supported the theories of Sigmund Freud, another psychoanalyst credited with being the father of psychology. Jung became a student of Freud, but his publication of the book Psychology of the Unconscious highlighted the disagreements on the cause of behavior on several constructs between the two. In particular, Jung did not feel sex drives and early childhood experiences were all that shaped personality. The publication led to a split between Freud and Jung. This split caused a crisis for Jung, so he began studying his dreams and fantasies. As he studied, he began to develop his theories on personality. To flesh out his theory, he studied all religions, different cultures, spiritual traditions, and mythologies. He also accepted new positions as a professor of psychology at Federal Polytechnical University in Zurich from 1933 to 1941 and a professor of medical psychology at the University of Basel in 1943.

He resigned shortly after he began due to a heart attack. However, Jung continued his research into archetypes and regularly published books and articles until the end of his life. He died after a short illness due to circulatory disease.

## Jung's Theory

Jung believed there was an unconscious mind and a conscious mind. He called the unconscious mind the Collective Unconscious. The Collective Unconscious is shared by every person. It contains the information collected by people over all the time humans have existed. The Collective Unconscious puts information into archetypes. Archetypes are character patterns that exist from culture to culture. The archetype characters have patterns, themes, or symbols that people experience. Some archetypes may be more prominent for a person, but every person has each archetype in their personality. There are countless archetypes. Five are considered the main archetypes and twelve additional archetypes have been singled out as the most prominent. For this report, there are nineteen archetypes we will examine.

Jung emphasized that we should strive to balance and achieve harmony with these archetypes. He called this process "Individuation." A person needs to understand how their personal struggles relate to the shared experience of the Collective Unconscious. In other words, our conscious mind and unconscious mind must become integrated for a person to achieve an understanding of their personality and the world in order to experience personal growth.

There are many ways to reach Individuation. Jung developed the concept of synchronicity. This means that a person will notice patterns and symbols in their life that they should study to understand what their unconscious mind is trying to reveal. Although they can show up anywhere, Jung emphasized exploring dreams and fantasies. In particular, Jung felt alchemists had greatly assisted with compiling a listing of symbols often found in dreams. Clues to the unconscious can also be found in writing, art, myths, culture, and religion. Jung, who almost became a minister, studied the psychology of religion. He found all religions highlight mystical journeys of transformation to find both God or a higher power and oneself. This belief allowed Jung to inspect both science and spirituality equally, making both essential to his theory. Lastly, Threshold Moments, or major events, in one's life lead to transformation as they open new experiences to a person. For example, a person cannot understand being a mother or father until they have that moment in their life (maybe having children, caring deeply for a pet, or being a teacher with a group of kids can reveal the archetype to a person).

Individuation is a life-long process. We must continually examine ourselves as we go through life to balance our unconscious and conscious minds. Continuing to examine these archetypes and our personal experience means we will continue to grow and improve ourselves.

## **Meet The Characters**

The best way to think of the archetypes is a character with features exaggerated like a caricature. They are very specific about a few behaviors. This is because no one is the embodiment of just one archetype. We are a mix of all of them, with some being more noticeable than others. You may not be able to identify much with some of these archetypes, or you may identify a lot with a few of these archetypes. It is important to spend some time meditating on all the archetypes, not just the ones you feel are the most prominent for you. They all have something to teach us.

## **The Five Major Archetypes**

### **The Self**

The Self is the entirety of a person, both the conscious mind and unconscious mind. It includes all the archetypes. The Self is created through the process of Individuation. As a person works toward integrating all the information from their experiences, the environment, and the Collective Unconscious, they create themselves. Jung referred to the archetype of the Self as the “God within us” because it unifies the universe and all that exists. The symbol for the Self is usually a circle or mandala. The more a person works on themselves they become more aware of who they are. They get to know their Self.

### **Key Points**

- All a person is-unconscious and conscious minds

- We create the Self
- Result of Individuation
- Who we are

## **The Persona**

The word persona comes from Latin meaning a mask worn by an actor. The Persona is all about how a person wants other people to see them. Our mask looks like us but is idealized and hides the things a person does not want others to see. Weaknesses and insecurities are hidden. The Persona adapts to social and environmental demands, so a person easily fits into a group. The group may be based on any number of constructs: gender, social status, developmental phase, religious beliefs, or socioeconomical status. In order to fit into a group, a person may have to compromise parts of themselves to meet the beliefs and behaviors of the group. They may also want to hide embarrassing situations that may exclude them from the group. If a person takes on the Persona too much, they lose their individuality. This makes the person feel small and limits their experiences. The more a person works on Individuation, the more the Persona disappears.

## **Key Points**

- How we want people to see us
- Hides weakness and insecurities
- Helps us fit into groups
- Compromise parts of ourselves

## **The Shadow**

The Shadow is the part of ourselves that we repress. These are the dark parts of our personality that define a person. These parts are things that are socially unacceptable, considered violent or evil, arise from primal instinct, or are harmful to a person or others. This is most like a villain. Often, these are things that a person criticizes in others but do themselves. Many times, these negative things the Shadow tries to hide come from trauma that has not been healed yet.

The Shadow tries to hide these things even from itself. If this part of a person is not balanced, the Shadow makes a person feel overwhelmed with what they are trying to hide causing great mental anguish. By embracing the Shadow, trauma from the past can be healed and a way can be made to find peace or express the things that a person may fear will not be accepted by society.

### **Key Points**

- Things that are hidden or pushed down from ourselves and other people
- Dark, socially unacceptable parts of ourselves
- Can be caused from trauma that needs healed
- Can make us feel overwhelmed or anguished
- Embracing the shadow helps with healing

### **The Animus and The Anima**

The Animus is the masculine traits of the unconscious. These are traits like leadership, logic, assertiveness, and ambition. Women typically experience this archetype and project it onto men, especially ones in which they are romantically interested. The Anima is the feminine traits of the unconscious. These are traits like sensitivity, nurturing, emotional intelligence, and intuition. Men typically experience this archetype and project it onto women they are romantically interested in. These archetypes can also be experienced in dreams or fantasies. Remember that a person has access to both archetypes. These archetypes tell us what a woman is supposed to act like or what a man is supposed to act like. By being able to accept both sets of traits, a person can achieve a more integrated personality. Accessing both sets of traits allows a person to decide if a trait is being dismissed or kept from them due to their sex or if a trait is being forced on them due to their sex. Progressing with Individuation allows a person to see traits on a scale and balance them. When these archetypes are not integrated, a person can struggle with creativity, moodiness, manipulation, relationship trouble, and arrogance.

## **Key Points**

- Masculine traits are the Animus
- Feminine traits are the Anima
- Images of how men and women are supposed to act based on a history of how men and women have been perceived
- Individuation helps us understand each person has all traits on a scale

## **Other Archetypes**

### **The Everyperson**

The Everyperson is the most average person. This is the status quo archetype. Approachable, relatable, and quiet are all traits of Everyperson. Although Everyperson is very ordinary, their greatest fear is that there will be nothing of significance in their life or that they will fail. Even though Everyperson is just trying to survive, they desire to find meaning and grow as well as belong to a community. A challenge to these ambitions is that they avoid conflict and confrontation; they want a quiet life. They are adamant about balancing and adapting even sacrificing their own happiness for peace. Everyperson has dreams but they are so busy trying to get by or scared of them that they do not take the chance.

## **Key Points**

- Average, relatable, quiet
- Fear insignificance and failure
- Avoid conflict, even giving up own happiness to avoid it
- Wants to find meaning, purpose, and growth

### **The Creator**

The Creator has a dream they need to see fulfilled. They are always thinking, imagining, questioning, and (of course) creating. Creating tends to connote some form of arts and crafts activity, but what is created can be anything. Due to their intelligence, drive, and skill, they tend to gain a lot of enemies. Ahead of their time, the Creator is innovating and pushes the boundaries. Emotionally, the Creator is excitable and rather impulsive. They may have the negative traits of being harsh and insensitive, although they may not realize they are coming off that way. More concerning, they may decide what is best without consulting anyone or do questionable things for the end result because they fear failure or being average. The Creator may abandon morals to accomplish their goal. Normally, the Creator is authentic and tends to gain rivals easily due to their intelligence, drive, and skills. The Creator is perfectionistic and fears failure. However, they may start many projects without completing them.

### **Key Points**

- Needs to fulfill dreams, creative
- Thinking, imagining, questioning, authentic
- Pushes boundaries
- Excitable and impulsive
- Easily gains rivals due to intelligence and drive
- Starts projects, but does not complete them
- May not include others or abandon morals due to fear of failure

### **The Destroyer**

The Destroyer is a revolutionary who changes what needs to be changed. They are not afraid to dismantle old beliefs, structures, and systems that need replaced. This is a purifying act that creates transformation through destruction. The Destroyer is always critiquing everything and may be stubborn about their opinion. They can be judgmental or oppositional on issues. However, Destroyers can identify unhealthy attitudes and habits that they let go of once identified. They see trauma as an opportunity to grow themselves. They face their fear of loss by letting go and changing what needs to be changed. Because the Destroyer

challenges the status quo, they may come across as reckless. They create unconventional ideas, products, and services. Destroyers break down barriers by acknowledging repressed emotions and impulses from their unconscious in order to integrate them with their conscious mind. They are resilient and achieve personal growth. The Destroyer may take on a bad boy/girl attitude, however. This can cause them to have troubles with the law.

### **Key Points**

- Not afraid of change through destruction
- Always critiquing and stubborn with opinion
- Let go of unhealthy attitudes and habits
- May seem reckless
- Challenges authority
- Unconventional thinking, products, and services
- Integrate repressed emotions and impulses into personality
- Resilient- trauma is an opportunity for growth

### **The Caregiver**

The Caregiver is generally thought of as a mother figure. This archetype represents nurturing, femininity, compassion, and protection. The Caregiver is associated with fertility, so creating is important to them. It does not have to be giving birth to another person, although it can be. It can also mean giving birth to an idea or project. There is a strong sense of responsibility to take care of and empower others for the Caregiver. They are full of compassion and empathy for the people or animals they care for. Caregivers want to share or collaborate in order to find solutions to problems. They often care so much about helping others with their problems that they neglect themselves. Although many people associate the role of the Caregiver as a mother figure, this can be any relationship such as a dynamic with a spouse, friend, or pet. A negative trait of the Caregiver includes possessiveness to the point of enmeshment. It is hard to tell where the Caregiver ends and the person they are caring for begins. Individuation is difficult because the focus is always on the other person. Additionally, if a person had a



bad experience with a maternal figure, they may go to either polar opposite of the spectrum for this archetype. They may be overly maternal and suffocating or they may show no maternal instincts.

### **Key Points**

- Caregivers care for another person: child, spouse, friend, or pet
- Nurturing, protecting, compassionate, responsible
- Help solve problems with empathy
- Creative
- May be possessive or enmeshed
- May have no maternal instincts

### **The Ruler**

The Ruler is the masculine energy of innocence, purity, and maturity. Rules are the masculine version of the Caregiver Archetype. They prioritize others' needs, acting as a supportive teacher and leader. The Ruler begins life as a divine child or savior, believing that the world is there to serve them. As the Ruler matures, the idea of being special does not change, but there is a realization that the universe does not serve them. For the healthy Ruler, power is exercised responsibly and fairly. They have empathy for others. They are a leader and enjoy teaching others. The Ruler's negative traits include demanding obedience without the fairness and empathy that is usually shown. Additionally, they may ask people to blindly trust them. This could turn them into villains. In their lust for power, they may be whiny and throw tantrums. On the other end of the spectrum, the Ruler may be afraid of their power and shrink back.

### **Key Points**

- Innocence, purity, maturity
- Supportive teacher and leader
- Power exercised responsibly, fair

- Empathy and humility
- May demand blind obedience or not show concern for others in judgements, harsh
- May be afraid to rule

## **The Innocent**

The Innocent has on rose-colored glasses and desires happiness above everything else. They truly do desire peace for everyone, even their enemies. Innocents inspire people and acts as a cheerleader. The belief that everything will work out for the best, even in the face of the worst, is the motto for the Innocent. Sincerity, truthfulness, optimism, and peace are central traits of the Innocent. They desire a simple life. Although the Innocent has a sense of wonder, they are often naïve, oblivious, and tend to be sheltered. They have a habit of ignoring reality. A negative trait of innocents is that they may be dependent due to their nativity, and it may be difficult to reason with them because they are stubborn.

## **Key Points**

- Happiness with rose-colored glasses
- Cheerleader
- Sincere, truthful, simple
- Naïve and oblivious, sheltered
- Ignore reality
- Dependent and stubborn

## **The Victim**

Everyone likes to root for the underdog and that perfectly describes the Victim. There are a lot of negative traits for the Victim, but that means there is great room for transformation. The Victim believes their identify, hopes and dreams will not survive. There is a villain behind every Victim. It may have been an abuser, a status, a demographic, a disability, or a difficulty. Whatever the villain was, the Victim had their threshold for coping maxed out. Victims feel entitled,

but they cannot see it. While wanting to be safe is not entitled, Victims do not process and heal the trauma, so they use it as an excuse for the way they behave. It is typical for a Victim to find an enabler or become abusers themselves. They are commonly revictimized over and over, but they are never at fault and may be in constant impossible situations. Victims routinely cannot meet expectations and obligations, and they often engage in self-sabotage. They often feel something is wrong with them and have low self-esteem. It is possible they spend a lot of time distracting themselves and withdrawing or being passive. Victims fear change but may also be impulsive or have addictions. They can learn to use boundaries and become mindful. Victims can learn to build relationships; finding they are compassionate and supportive. With time, they will find they can have real power spiritually and within themselves.

### **Key Points**

- Underdog
- Fear for survival after being victimized
- Feel entitled, even if justified- use as an excuse
- Find enablers and may be abusive
- Re-victimized, cannot meet expectations, self-sabotage
- Low self-esteem, passive, withdrawn
- Fear change, but impulsive.
- Addictions
- Need to learn boundaries, mindfulness, and build relationships

### **The Hero**

The Hero begins as an ordinary person that experiences a call to adventure. Over the course of the adventure, they experience trials and challenges that lead to personal growth. They are brave and self-sacrificing throughout the course of their transformation. This transformation can be physical, mental, or spiritual, but involves some kind of self-actualization. Even though the Hero returns to their normal life, they are forever changed. Heroes are inspirational to others, and their knowledge or solution benefits society in some way. During their journey, they

find allies but also make enemies. The Hero is unrelenting on their mission. After their first adventure, they are always ready for another challenge and to achieve mastery in multiple areas. They may use this to flaunt themselves to the point of being seen as arrogant. Heroes may be prone to self-sacrifice. They are afraid of being seen as vulnerable and showing their limitations, so the Hero will work hard to keep these from showing. Although they are average, the Hero has the potential for greatness. This greatness will be found when they reframe their challenge, find community, and discover their purpose.

### **Key Points**

- Ordinary until they get a call to adventure
- Experience challenges, find allies, make enemies
- Go through transformation that changes themselves and benefits society
- Brave, but self-sacrificing
- Inspirational
- May seem controlling or arrogant
- Fear being vulnerable
- Find community and purpose

### **The Warrior**

The Warrior is a masculine energy full of courage. In general, Warriors carry out orders given by leaders. They are very self-disciplined and controlled. Not only do they have strength and skill, but they are also very loyal to something bigger than themselves or another person. It may be God, a higher power, or a cause. The Warrior values this higher purpose to the point of being harmed or dying for it. When thinking of this archetype, people tend to think of physical strength, but it may also be intellectual or spiritual strength. They act decisively without feelings impacting their decisions. More importantly, Warriors are honest in their assessment to do the most good. Warriors are aware of mortality, so they make the most of life. Unfortunately, Warriors tend to see everything as a win or loss which can impede their empathy. Naturally, they fear failure. It is possible for them to be ruthless and dominant in order to win.

## **Key Points**

- Courage, strength, skill
- Strength can be physical, intellectual, or spiritual
- Loyal to power outside themselves
- Decisive without emotions
- Willing to die for their cause
- See things as a win or loss
- May be ruthless or dominant

## **The Explorer**

The Explorer loves to travel and learn while they meet new people and experience new cultures. They are very ambitious and individualistic. Explorers are very resourceful and can adapt to their environment but are misfits because they are not able to form a close circle due to traveling. They tend to push away people who want to get close because they do not like to conform to social circles. While Explorers lead more authentic lives, they fear being trapped or having to conform. Yet, they are very curious and enjoy learning new things as well as telling their experiences to others, usually one on one. They generally communicate very well. They may be so interested in things that they go down a rabbit hole looking for information. Explorers are supportive and patient, seeking out ways to help and finding unique solutions. Also, Explorers are perfectionistic and methodical with lofty goals. When they do not reach them, their self-esteem can take a blow. Explorers have a tendency to be thrill seekers, so they must be careful not to cross a line with how dangerous something is.

## **Key Points**

- Love to travel, meet new people, experience different cultures
- Resourceful, adaptable
- Curious, may be a thrill seeker
- Enjoy communicating one on one

- Misfits because no close social connections
- Fear being trapped or conforming
- Supportive, helpful
- Perfectionistic and prone to low self-esteem

## **The Lover**

The Lover has the desire to form deep, passionate relationships; however, the relationship may be platonic. These relationships are based solely on desire and not to fulfill a need. In fact, it may be called divine love. Lovers have a strong sense of belonging and community orientation. They have high emotional intelligence, show appreciation and gratitude, and wear their heart on their sleeve. Their type of love is inspiring, harmonic, and enthusiastic. Relationships are always the highest priority for the Lover. A negative trait of the Lover is the fear of abandonment. In fact, they may lose their identity and conform to what another person wants them to be just to keep them. There is a high emotional state in the Lover, so there is a tendency to be intense and dramatic. Also, they may be so addicted to love that they would rather destroy everyone rather than lose them.

## **Key Points**

- Desire to form passionate relationship: romantic and platonic
- Love not based on needs
- Strong sense of belonging
- High emotional intelligence and gratitude
- Heart on sleeve
- Highly emotional/dramatic
- Fears abandonment
- Can be vengeful

## **The Jester**

The Jester is all about pursuing fun and all life has to offer. In many ways, they are frivolous and lack impulse control. Jesters lighten up the situation by not taking things seriously. In fact, their biggest fear is being bored and boring others. Jesters only think about the present, not the past or the future. They are at peace with paradoxes, and they enjoy playing devil's advocate. Jesters enjoy questioning authority, hypocrisy, and conventional thinking. They use humor to accomplish this. Although some may think that they are mindless, they use humor to accomplish their goals. A possible negative trait of jesters is to be self-deprecating. Additionally, they may appear insensitive when a situation does not call for humor. Jesters may also use humor to hide trauma rather than deal with it but may also use humor to reveal and heal the trauma. Lastly, they have a personality that could lead to addiction.

### **Key Points**

- Pursue fun. Afraid of being bored or boring
- Live in the present moment
- Question authority, hypocrisy, and convention- devil's advocate
- Humor to accomplish goals
- May be self-deprecating or appear insensitive
- Prone to addiction
- Humor can hide or heal trauma

### **The Magician**

The Magician loves to learn. They are deeply intellectual and find empowerment in learning. Their pursuit of knowledge is endless, and they enjoy obscure and complex topics. More than just learning about topics, Magicians learn how to learn so they can discover anything. They have a sense of wonder while exploring and experimenting. Magicians have practical knowledge. They love teaching people about what they know. Additionally, Magicians enjoy understanding people's behaviors, intentions, and motivations. They often act as a psychotherapist. It is important to understand and transform themselves and others. They are understanding and thoughtful. A negative trait of the Magician is

that they can be manipulative and withhold information. They may be afraid of their power, or they can become arrogant.

### **Key Points**

- Loves to learn, sense of wonder
- Knowledge used practically
- Understand behaviors and intentions, acts as a psychotherapist
- Understanding and thoughtful
- May be manipulative
- May be afraid of or arrogant with their power

### **The Sage**

The Sage is close to the Magician in that they both enjoy learning, have a lot of knowledge, and provide guidance to others. The Sage is intuitive and tends to be very spiritual. They bridge the gap between the unconscious and the conscious, rather like a philosopher. In this way, Sages help establish our view of reality. While the Sage provides guidance to those on a journey, they do not attempt to interfere with that journey. Sages may give a person a talisman to help them succeed or help them have a significant revelation. However, the Sage needs to be wary that their knowledge does not overpower their faith in God or a higher power. If that happens, they may become a false prophet, become delusional, or form a cult. Generally, the Sage seeks out the truth and fears being misled. It is not uncommon for the Sage to have psychic abilities and the gift of discernment. They are close to the supernatural. Sages are moral and help others free their mind. They are one with the flow of all life.

### **Key Points**

- Knowledge, intuitive, spiritual, philosopher
- Provides guidance and teaches
- Help with talisman or revelations



- May become disillusioned and act like they are God
- May be false prophet or leader
- Psychic abilities, supernatural
- Connect to all life forms

## **The Report And Meditation Suggestions**

You will get a report on nineteen Jungian archetypes combined with a spirit animal.

Spirit animals are a Native American Indigenous tribe tradition. Indigenous tribes believe that in order to heal or balance ourselves, discover the solution to problems, or to make important decisions medicine must be applied. Medicine for the Native Americans is anything that invokes one's connection to God or a higher power. Medicine also connects people to all life (animal, plant, and human) and the great mysteries of the journey through life. Studying the patterns of animals can teach a person lessons they need to heal themselves, heal their relationships, treat the environment, and connect to God. Whenever a person goes through any dis-ease, has choices to make, or blockages in their path using spirit animals can help them resolve these issues by giving them insight into the situation. The elders in Native American tribes did not offer answer to the subject of their ceremonies. They offered advice or wisdom about the animals that were chosen. Then the subject of the ceremony went off so they could meditate and learn from the animals to integrate the medicine into their life. For more information, read my full article under the Medicine Wheel tab on my website.

The report will not tell you the future or tell you exactly what to do to fix your problems. The report will help you reflect on your situation to gain insights, inspiration, and divine guidance for how to heal by teaching you the medicine for the animal you are assigned for each archetype so you can relate it to your life.

I recommend doing a meditation (the time is up to you) on just one archetype with the spirit animal at a time. That will give you a total of 19 meditation times. Here are some suggestions for your meditation:

- Meditate in a quiet space either indoors or especially out in nature for this report.
- Use incense during your meditation. You can use any kind. For these meditations I recommend frankincense and myrrh, sandalwood, Nag Champa, sage-especially black sage, or a common herb used by Indigenous tribes such as sweetgrass, tobacco, or cedar.
- Use oils on you or on candles. You can find most of the same oils that you would find of incense.
- Burn candles. I recommend a white or black candle for grounding and protection. Brown is usually the color associated with spirit animals. You may also use green as it reminds us of the environment where animals live overall. Purple or dark blue are colors associated with your third eye and crown chakra that are utilized in meditation.
- Hearing the sounds of the animal you are working with, a guided meditation, frequency tones, meditation music, or singing bowls is helpful.
- Try some breath work to calm yourself down. A good breath pattern for meditation is breathing in for four counts, holding your breath for seven counts, and exhaling for eight counts.
- Say a prayer.
- Journal.
- Hold a crystal or gemstone. Ones that are usually connected to spirit animals are dalmatian jasper, serpentine, and chrysoprase.
- Answer the questions and reflect on the characteristics of the archetype and animal together that came in your report. These are great stepping stones to aid in meditation.
- Observe the animal either through a video or in nature. Think of any interactions you have had with that animal.
- Look at pictures of the animal during the meditation or use a stuffed animal.
- Color a picture of the animal.
- Reflect on times in your life that you have felt connected to the archetype you are focusing on.
- Evaluate the characteristics of the archetype to you.

- Review your dreams to see if they relate to the archetype. Also evaluate any synchronicities and symbols that appear in your life repeatedly.

## Resources

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