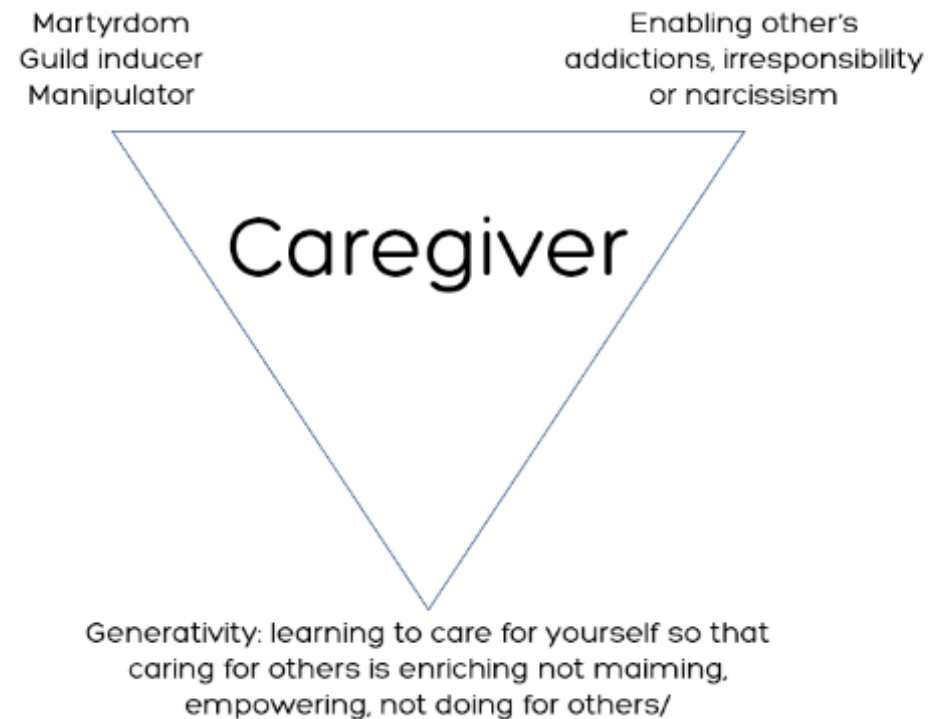


The Caregiver

COMPASSION / GENEROSITY / SERVICE

Love your neighbour as yourself

- Caring
 - Warm
 - Reassuring
 - Patient
 - Altruistic
 - Empathetic
 - Selfless
-
- How much or how little is the Caregiver expressed in your life? Has it been expressed more in the past or present? Do you see it emerging more in your future? Is it expressed more at work, at home with friends, in dreams or fantasies?
 - Who are some friends, relatives, co-workers and others who seem influenced by the archetype of the Caregiver?
 - Is there anything you wish were different about the expression of the Caregiver in your life?





Visualise

Visualize yourself having infinite resources. You're wealthier than Jeff Bezos. You go out and become the benefactor of whoever you want. Who would you help? What would you build? What would you sponsor?

Afterwards journal about your experience. What gift is there for you? What qualities you discover that you previously ignored?

Continue the previous visualization by setting limits. Who would you not help? What wouldn't you build? What wouldn't you sponsor? Who would you say no to?

Afterwards journal about your experience. What gift is there for you? What qualities you discover that you previously ignored?



Pretend

Pretend to be a massively wealthy and caring person, a great benefactor. How does she walk? What does she say? What does she like eating? Which shoes does she wear? Pretend being that invincible self you've always dreamt of.

Afterwards journal about your experience. What gift is there for you? What qualities you discover that you previously ignored?

Expand this exercise by being the most empowering person you know not doing for others but helping them realize that they can do it themselves. Who would you empower? How?

Afterwards journal about your experience. What gift is there for you? What qualities you discover that you previously ignored?



Create

Since each archetype expresses itself in many ways, take some time to describe or otherwise portray (e.g. draw, make a collage, use a picture or yourself in a particular costume or pose) the Caregiver as it is expressed or could be expressed in your life.

What does or would it look like?

How does or would it act?

In what setting does or would it feel most at home?