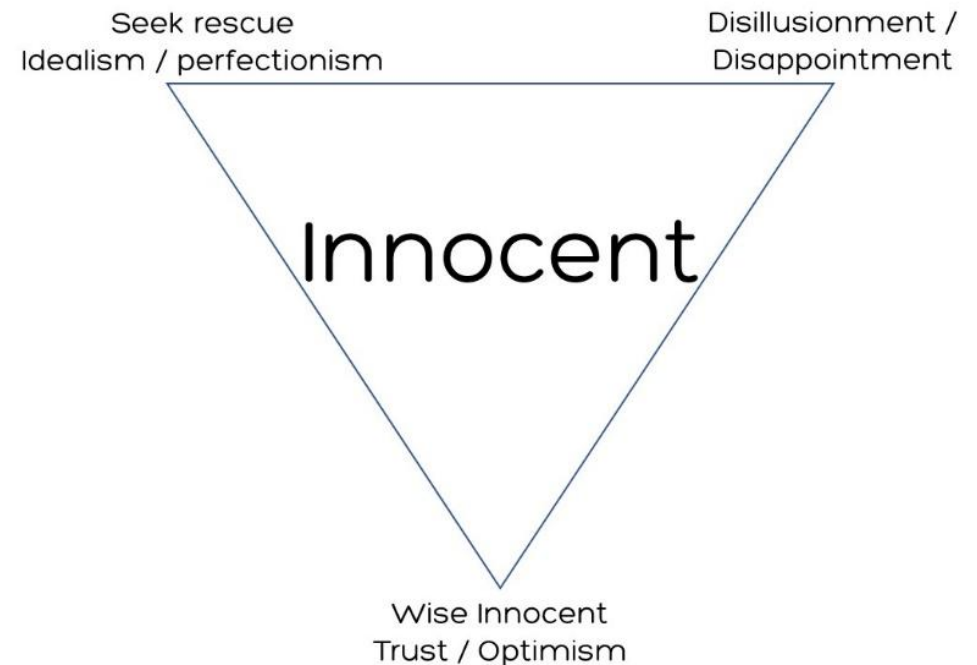


The Innocent

SAFETY

Life is simple, and simplicity is elegant

- Optimistic
- Honest
- Humble
- How much or how little is the Innocent 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 Innocent?
- Is there anything you wish were different about the expression of the innocent in your life?





Visualise

Allow yourself to experience a perfect childhood, one in which you have everything you need: love, possessions, security, stimulation, encouragement to your growth in every possible way. Allow yourself some time to process your feelings.

No matter how your childhood was, you can come back to this visualization whenever you need it.

Allow yourself to indulge in fantasies of rescue. See the prince on the white horse, the perfect therapist, the perfect business mentor, the ideal political leader who will solve all problems.

Imagine how faithfully you waited and how deserving you are. Allow yourself to experience being rescued and cared.

Then imagine yourself becoming the rescuer. How are you now? How does that feel?



Pretend

Allow yourself to do those things that your young self was not allowed to do.

Play!

Do it just for the joy of it. Lose yourself into it. Afterwards take some time to reflect. What did you learn? What would you like to add in your life as a habit.

Allow yourself to rescue yourself. Solve one of your problems for who you would normally ask for help.

Journal about it. What made that possible? 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 Innocent 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?

You may also represent your rescuer. You may describe or portray yourself as your rescuer or an imaginary saviour. What does or would it look like? How does or would it act? In what setting does or would it feel most at home?