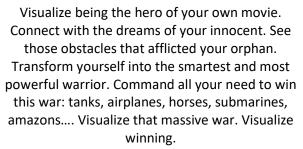# The Warrior

REGAIN SAFETY

The innocent dreams big dreams. The Orphan recognizes the impediments to those dreams. Without the warrior those dreams seldom come true

- Courageous
- Powerful
- Competent

- How much or how little is the Warrior 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 Warrior?

- Is there anything you wish were different about the expression of the Warrior in your life?

The coward
The masochist

Ruthlessness / Sadism
Fighting to win

Warrior

Fighting for self, for others and for ideas
Choosing own battles

Visualise

Visualize being the hero of your own movie. Connect with the dreams of your innocent. See those obstacles that afflicted your orphan. Transform yourself into the smartest and most powerful warrior. Command all your need to win this war: tanks, airplanes, horses, submarines, amazons…. Visualize that massive war. Visualize winning.
Afterwards journal about your experience. What gift is there for you? What qualities you discover that you previously ignored?

Visualize your life as a war. You're the highest authority in your army. All soldiers are waiting for you to decide how to use their might. We take inventory of all the challenges you could fight. List them all. Observe. Analyse. Dictate your orders to your generals. See how all is coordinated, executed and ultimately how the war is won.

Pretend

Pretend to be a hero in your own life. 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 dram off.

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 Warrior 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?

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