

# Individuation

Working with archetypal activity in the fluid evolution of our identities

1

## The “inner cast of characters”

- The formation of our current identities and our core complexes is shaped by our early life.
- Parents, religion and cultural scripts regarding values, “norms” and roles, imprints born of personal experiences, group affiliations
- Adult EGO ID – habituated remnants of early formation, definitions of “who I am” - traits, goals, achievements, values, beliefs, spiritual and sexual orientation, health, group affiliations.

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## Activities of the Unconscious – Under the surface of our awareness – appearing in our dreams

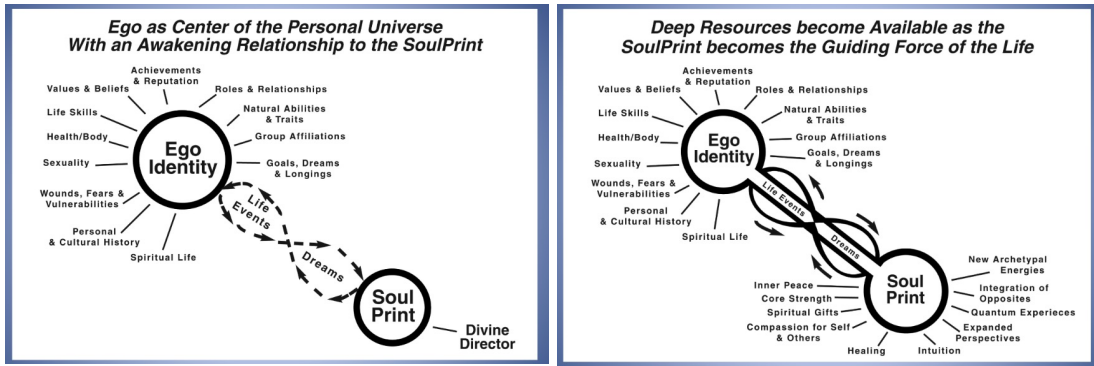
- Complexes – highly invested clusters of emotion, memory and script that drive attitudes, reactions, and behaviors – felt as a “state” in the body with a narrative/justification attached.
- Wounds, longings, unmet childhood needs – always seeking healing, wholeness, fulfillment
- “Inner Children” – innocents and orphans – fears of abandonment, rejection, and mistreatment/betrayal. Not belonging - feeling “other.”

3

- Projections – the lens thru which we view our experiences originating from within sent out onto others and life.
  - Projection is a “short- hand” of the brain, a normal part of human life
  - It becomes dangerous when it is believed as Truth.
- Shadow – rejected aspects of self - both positive and negative
  - “Bright shadow” – idealizations of others – potentials residing in the seedbed of the individual psyche
  - Negative Shadow – aspects of the psyche’s potential that have been rejected, judged, framed by our formation.

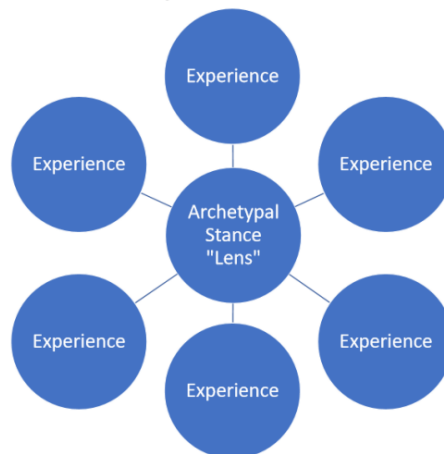
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# Process of Spiritual Individuation



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**“STORY CONSTRUCTION”**  
 We view our histories thru the lens of archetypal stances, sourced in our underlying complexes.  
**IDENTIFY THE COMPLEX. SHIFT THE ARCHETYPAL STANCE**  
**CHANGE THE PROJECTION LENS – REWRITE THE STORY**



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**EXAMPLES OF HOW EXPERIENCES CHANGES WHEN WE CHANGE OUR ARCHETYPAL STANCE.**

- Take one experience in your life and look at it thru differing lenses.
- What do you see from here? How does your felt experience change?
- How do your conclusions about the experience change?



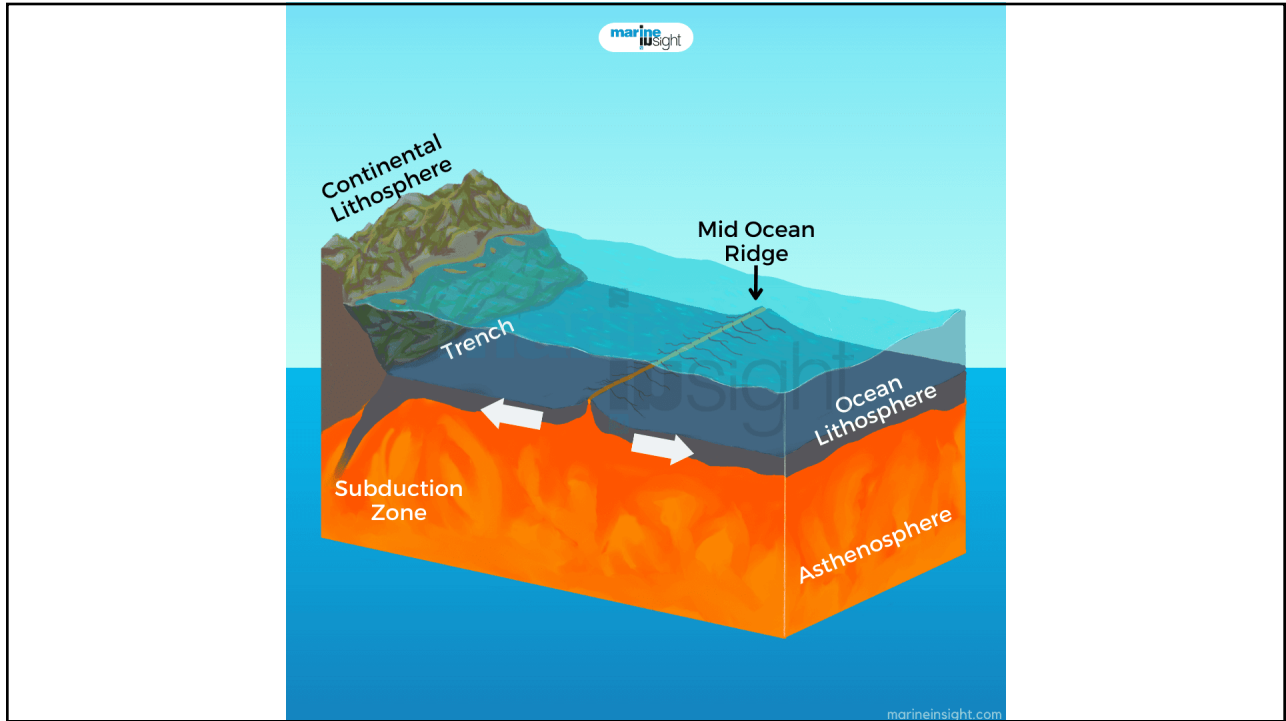
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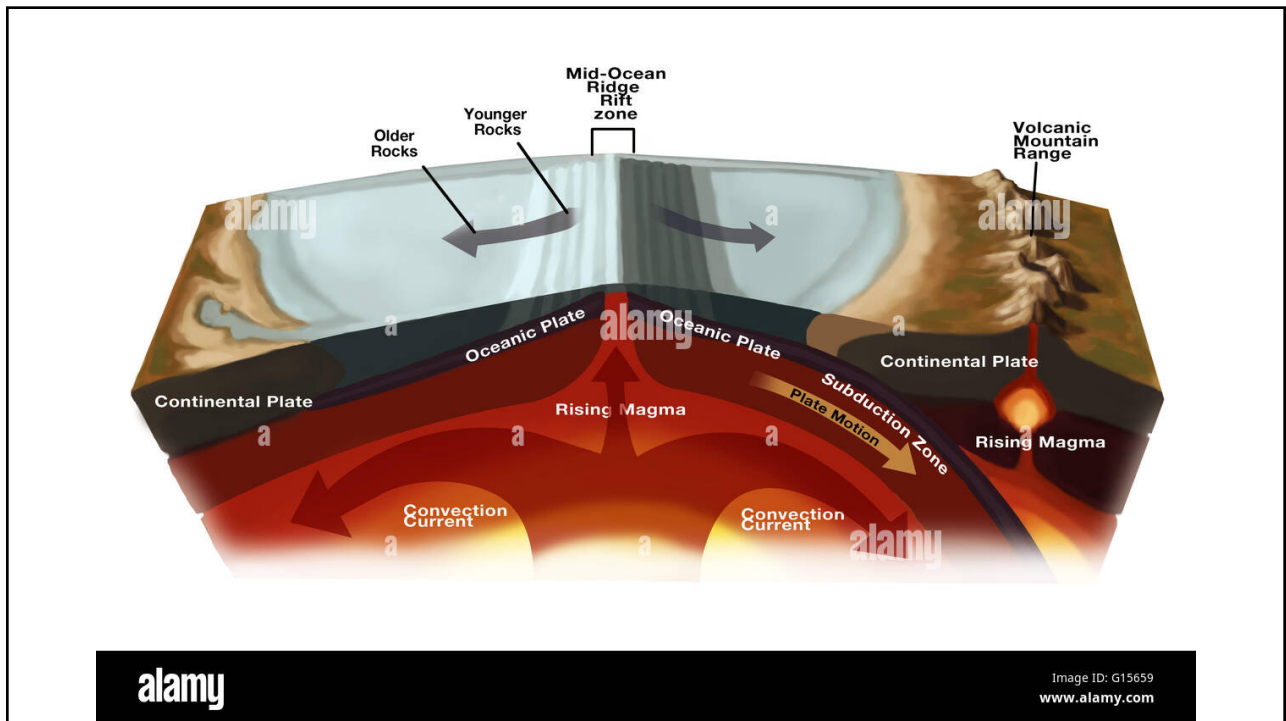
## Emergence and integration of the deep Self

- Tectonic activity
- Ego as continental shelf
- Self as Magma emerging from the ocean floor
- Gradual emergence – experienced as invitation, awakening, attunement to dreams and synchronicities
- Volcanic activity – our Ego ID is shaken to the core

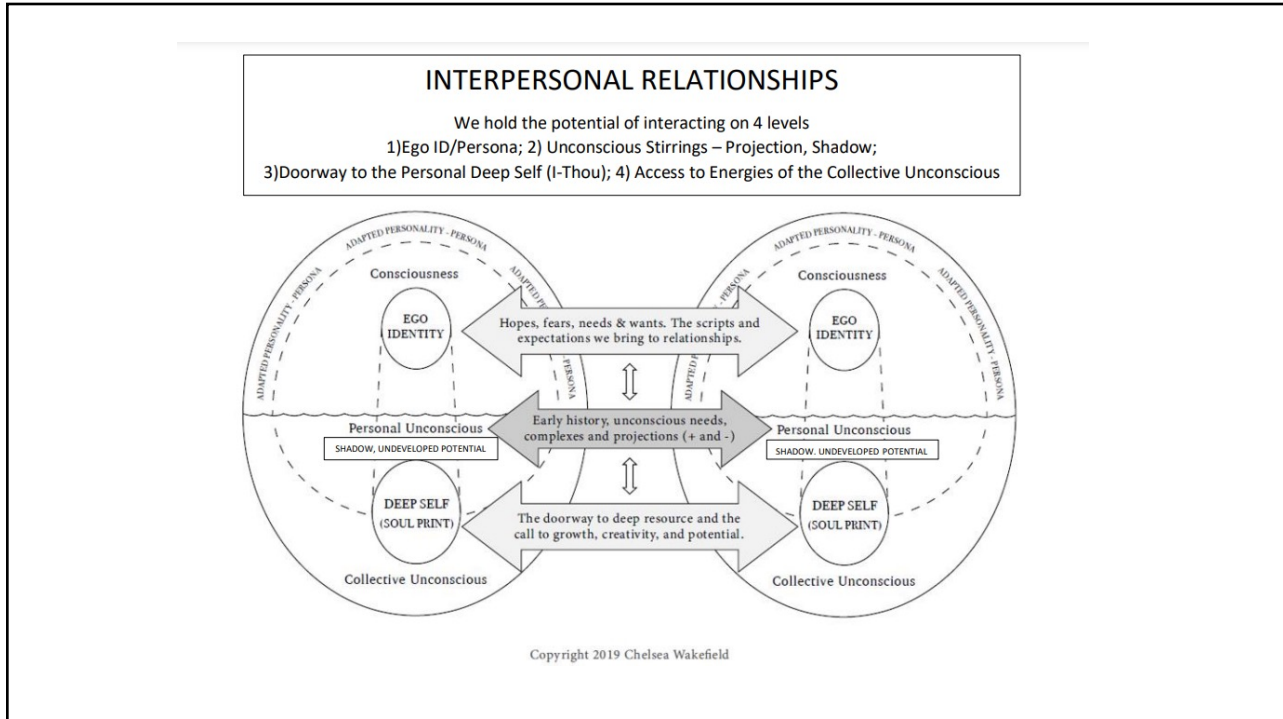
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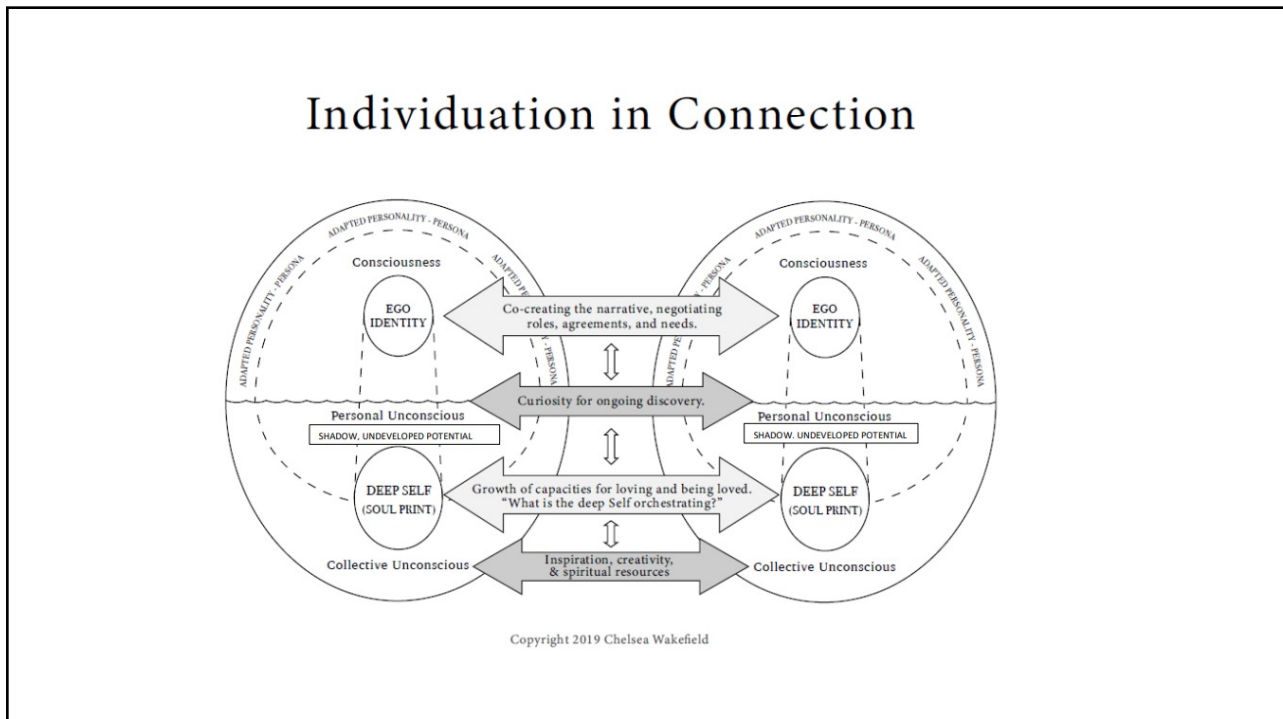
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