



# *Crafting Grace*

Invoking the Feminine Archetypes



By Lynn Trotta

What makes this course different from previous ways of looking at the archetypes? I've taken the concepts from these wise folks, and viewed them through the lens of nature and practical usage. Distilling the teachings down to their fundamental elements like the sun's direction, times of day, and seasons, I've overlaid them on a directional compass or medicine wheel with the Queen in the north, the Maiden in the east, the Warrior in the south, and the Wise Woman in the west. Doing this creates a clarity for me that I've found nowhere else. When I can see with my eyes and feel in my body how the archetypes are expressed like natural cycles, it helps me to integrate the teachings better than words ever could.

I've also included tangible and experiential ways to connect with your archetypes as you build relationship with them. It's important to know the essential qualities of the archetypes, how they show up in your life, and how to invoke a specific archetype or group of them at a moment's notice. This can be done by assuming their posture, voicing their mantra, smelling their scent, or listening to their song. Some people find certain methods to be more effective than others. Everyone is different and no one way is the "right" way. I encourage you to explore all the invocation styles and find the ones that work best for you.



Halt! Stop! Cease!

Before you go any further, please listen to  
An Introduction to the Feminine Archetypes



## *Intention Setting*

Knowing your intention and motivation for why you want something is vital to the process. Here's why...

In her lectures on the neurobiology of change, Dr. Kelly McGonigal of Stanford University talks about how there is an endless competition going on in our brains; a battle between 'now' and 'future'. Inside the big coconut atop our shoulders is the midbrain. This older part of the brain is responsible for immediate survival as well as pleasure and instant gratification, and is super skilled at avoiding discomfort of any kind. I like to think this is where the Maiden or East Archetype hangs out. She's impulsive and pleasure driven, and she sure is fun to hang out with!

The only problem is long-term goals aren't really her thing. The Queen is the one responsible for the big vision, change, and seeing what you truly want for yourself. She has the ability to look at long-term goals. She can make choices that may not feel pleasurable in the moment, but ultimately support the greater vision. All this long term thinking happens in the prefrontal cortex.

Having one archetype without the other is not what we're looking for, right? That's neither fun nor productive! We want balance! Huzzah homeostasis! We just need to know that for making a real and lasting change, we need to engage the Queen and her ability to choose for long term success.

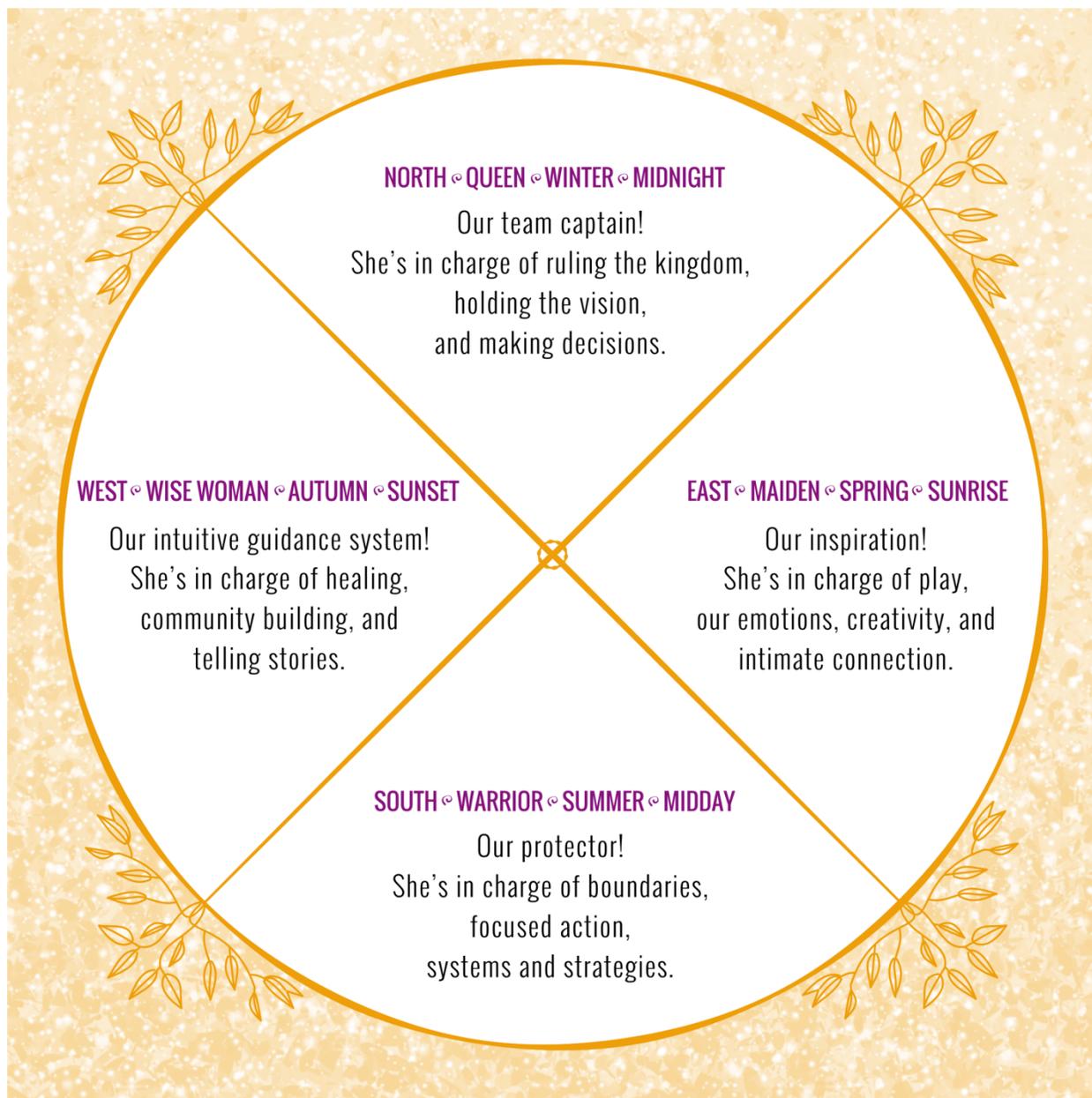
Take a moment and write down three intentions. What do you hope to get out of this course? Maybe it's to learn how to play more? Maybe it's to learn how to deal with your unenlightened boss? Maybe it's to finally gain control of your relationship with food?

Whatever you hope to gain, write them down in the first space provided at the top of pages 11, 12, and 13. One page per intention.

Go ahead and do that now. No really; I'll wait.



## *Orienting the Archetypes*



## *How to Use the Tracking Worksheets*

Below are thorough explanations of how to use the tracking sheets for your archetypes. If you'd like to see an example of a completed Tracking Worksheet, you can find one at the back of the course.

You'll notice throughout this course, I refer to all of the archetypes using feminine pronouns. This is for the sake of simplicity. In addition, it's to give a big F-U to the patriarchy of my childhood in which every school book used masculine pronouns as if girls weren't important enough to make an appearance in education. Stepping off my soap box now.

As you explore the visualizations, your archetypal representations may show up as female or male. They may be androgynous humans or animals. They may be shapes, shadows, or sparks of light. They may look like you in different outfits or at different times of your life. They also may be the same throughout the course or change each time you see them. I can't stress enough that no matter where your imagination takes you, go with it! Notice with openness and curiosity. Let it all be okay.

### **Name**

Sometimes when you meet an archetype in a visualization, she'll tell you how to address her. For some, it's a generalized term like "Your Grace" for the Queen or "Grandmother" for the Wise Woman. She may also have an actual name she would like to be called. She may appear as someone you know or once knew, in which case, feel free to use their given name. On the other hand, some women never feel the need to name an archetypal representation.

### **Description/Image**

When you see an archetype in the visualizations or in your mind's eye, what does she look like? What is she wearing? If you never get a clear image of an archetype, think about her gold qualities and go on a wander through books or images on the internet until you find one that feels like a good representation.

