

# Center for Spiritual Awakening

Global Healing Ministry Presents

## Creating Your Own Life

- **March 2nd: The archetype of Initiation and the Server.** In order to make changes, we must learn how to serve ourselves first. This first class will focus on techniques to identify what is the highest service you can give yourself, then using that archetype, we will practice visioning techniques that will draw out what is right for YOU in your life.
- **March 9th: The archetype of Creativity and the Artisan.** The second class will focus on learning how to draw out your own inner creativity. In this class, we will practice visioning techniques that teach how to access your inner creativity to create the life you want.
- **March 16th: The archetype of Planning and the Warrior.** The third class will focus on how to organize and plan for the changes you want to make in your life. In this class, we will practice on visioning techniques directed toward planning and organizing what is needed in preparation for making changes on your life.
- **March 23rd: The archetype of Knowledge and the Scholar.** The fourth class will focus on gathering the knowledge we need to make changes. In this class, we will learn how to integrate what we've learned so far and bring it together before taking the next step in moving from an internal focus of change to an external focus.
- **March 30th: The archetype of Expression on a larger scale and the Sage.** In the fifth class, we will focus on taking the big step of starting to who seek to keep you where you are, implement the changes you seek to make. We will practice visioning techniques directed toward the expansion of moving from thinking about and planning for a change to taking the change out into our outer world. We will also focus on having fun while making the changes.
- **April 6th: The archetype of Inspiration and the Priest/Priestess.** In the sixth class, we will focus on how to keep yourself inspired and energized about the changes you desire in your life. In this class, we will also learn how to overcome opposition from others internal resistance to the change you seek and how see beyond to the greater vision of your own life.
- **April 13th: The archetype of Mastery and the King/Queen.** In the seventh class, we will focus on solidifying the change and staying committed to the changes you seek to make. We will learn how to deeply embed all that we've learned so far into your habits and daily routine so that the change is long-lasting and permanent.

We are healers and teachers within CSA manifesting Oneness through many modalities of healing. CSA is a magnet for many world class healers and teachers. What we share is an understanding of spiritual principals found in the Science Of Mind and a desire to share what we know with you. This co-taught class is devoted to learning how to vision and how to make changes in your own life through the use of archetypes. If you have wanted to make changes in your life and weren't sure where to begin, this series is for you. The techniques learned can be used for any type of change: personal, professional, a project or organizational changes. The steps work in any type of change and provide a roadmap to successful changes.

7-9 pm \* \$10 per class \* Attend one or all of the classes \* To register call: 459-5026

Classes are held at :  
HeartPath Center  
2716B Pacific Ave SE Olympia, WA 98501

For more information about CSA: [www.csaolympia.com](http://www.csaolympia.com)

## **Creating Your Own Life**

A 7-week series devoted to learning how to vision and how to make changes in your own life through the use of archetypes.

Each archetype represents a part of us. We can draw on these multi-dimensional aspects within ourselves to become more of who we want to be and use that knowledge to create (or re-create) our own lives in whatever way we seek.

Format will be an overview of the focus topic, questions and answers, then a visioning session lead by someone whose energy is strong in the archetype.

At the first class, each person will chose their own individual area of their lie to focus on for the 7 weeks. If they choose, they can also participate in creating a new vision for our community. If someone joins after the first class, they can choose their focus area at that time.

1. March 2: Focus on Initiation and the Server archetype. In order to make changes, we must learn how to serve ourselves first. This first class will focus on techniques to identify what is the highest service you can give yourself, then using that archetype, we will practice visioning techniques that will draw out what is right for YOU at this time in your life. **Visioning lead by: Susan Einhorn**
2. March 9: Focus on Creativity and the Artisan archetype. The second class will focus on learning how to draw out your own inner creativity. In this class, we will practice visioning techniques that teach how to access your inner creativity to create the life you want. **Visioning lead by: Cathy Pfeil**
3. March 16: Focus on Planning / Organizing and the Warrior archetype. The third class will focus on how to organize and plan for the changes you want to make in your life. In this class, we will practice on visioning techniques directed toward planning and organizing what is needed in preparation for making changes on your life. **Visioning lead by: Barbara Taylor**
4. March 23: Focus on Knowledge and the Scholar archetype. The fourth class will focus on gathering the knowledge you need to make changes. In this class, we will learn how to integrate what we've learned so far and bring it together before taking the next step in moving from an internal focus of change to an external focus. **Visioning lead by: Abby Leach**
5. March 30: Focus on Expression on a larger scale and the Sage archetype. In the fifth class, we will focus on taking the big step of starting to implement the changes you seek to make. We will practice visioning techniques directed toward the expansion of moving from thinking about and planning for a change to taking the change out into our outer world. We will also focus on having fun while making the changes. **Visioning lead by: Robbie Firestone**
6. April 6: Focus on Inspiration and the Priest/Priestess archetype. In the sixth class, we will focus on how to keep yourself inspired and energized about the changes you desire in your life. In this class, we will also learn how to overcome opposition from others who seek to keep you where you are, internal resistance to the change you seek and how to see beyond to the greater vision of your own life. **Visioning lead by: Barbara Taylor**
7. April 13: Focus on Mastery and the King/Queen archetype. In the seventh class, we will focus on solidifying the change and staying committed to the changes you seek. We will learn how to deeply embed all that we've learned so far into your habits and daily routine so that the change is long-lasting and permanent. **Visioning lead by: Steve Duggan**

Will you join us in this powerful series? If you have ever wanted to make changes in your life and weren't sure where to begin, this series is for you. The techniques can be used for any type of change: personal, professional, a project or major organizational changes. The steps work in any type of change and provide a roadmap to making successful changes.

## **March/April Healer Series 2007 – “Creating Your Own Life”**

### **Sponsored by the Center for Spiritual Awakening, Olympia - Healers Group**

For this series, we will describe a 7-step visioning process that can be used for many different areas: a new vision for personal goals, an organization (company, government agency, business, non-profit, community group or a unit of a larger organization), or a new project of any kind.

For each step, we describe the step and why it is important, then give some examples of how the visioning might occur. You can then adjust for your own needs and interests.

Visioning is often done by executives when they do their strategic planning sessions. In executive visioning, the management team usually decides what will be done and then tells the employees. In a community organization or an entrepreneurial company, there may be active involvement with many people who help to define the vision.

Visioning is also done by sports teams to help everyone be clear about the team's goals. In this type of visioning, the team is trying to visualize their team winning and help the players be clear about their role in the team's success.

Visioning is also a process done by people interested in personal growth and development. Sometimes, they know what they want and the visioning process helps them get clear about how to achieve their goals. Other times, a person is not sure what they should be setting as goals and uses the visioning process to become clearer about what they want and how to get there.

There are many different ways and methods that can be used for visioning. The method presented in this article is simply our method. There is no absolute “right” method. In the descriptions, we use the archetypes and description consistent with our Personality Game archetypes ([www.itstime.com/game.htm](http://www.itstime.com/game.htm)).

Some general questions that can be asked during a visioning process:

1. What is the Highest Vision for (project, individual)?
2. What must I/we become to empower the vision? (Where do I need to grow or develop . . . ?)
3. What must be released? (What must go away or be let go of?)
4. What must be embraced to achieve this vision? (What must be accepted, held or possessed?)
5. What stands in the way of achieving this Vision?
6. What can be done to resolve (remove, dissolve, eliminate) the barriers in the way?
7. Is there any other information that is needed in this moment?

### **Getting Started with Visioning**

In planning for a group or organizational visioning session or visioning series, each person and/or the group should be clear about what they are trying to achieve. For individuals doing visioning for themselves, they can choose their own goals.

Before starting, ask questions like:

1. What are we trying to achieve by entering into a visioning process?
2. How much time and energy are we willing to devote to the process?
3. Who needs to be involved?
4. Do we need an outside facilitator or can we do it ourselves?
5. What do we want as the result of our visioning? (e.g., a strategic plan, a budget, a project plan, a personal life goal, etc.)
6. Are we open to possibilities other than those we have seen or done before?
7. Are we willing to listen to others who may have different ideas than our own?

## Using a Guided Visioning Technique

Our process describes a 7-step series devoted to learning how to vision and how to make changes using archetypes. Each archetype represents a part of us — sometimes a strong part of us, sometimes a less prominent part. We can draw on these multi-dimensional aspects within ourselves to become more of who we want to be and use that knowledge to create the future we seek. Since the future has not yet happened, we can make it whatever we want it to be.

In the structure we are describing, the visioning could take place in 7 sessions, held maybe a week apart. Each session could last 1 – 2 hours. If visioning is done over a long day or a multi-day session, there should be time for breaks after each session when people can get up, take a walk, stretch and clear their minds. If there is a large group participating, the visioning might need to be longer to allow for active discussions and sharing. If the visioning is a single person, the sessions might be shorter and more compressed, perhaps an hour at a time, spread over several days or weeks.

The timing can be compressed or expanded to meet the needs of the individual or a group. If the visioning sessions are too short, there might not be enough time to do the work needed. If they are too long or spread over a long period of time, people will lose interest and the results will be less successful.

At the first session, the group will review the “getting started” questions and answers. If there is any disagreement about what the goal is, it can be resolved first or the first visioning session can focus on getting clear about the purpose.

### Conducting a visioning session:

Someone should facilitate the visioning session. People participating should have paper and pen/pencils ready. You might also want to have crayons and sheets of unlined white paper for coloring.

Soft music is optional. The room should be as quiet as possible with a minimum of distractions. Chairs should be as comfortable as possible. If people can be dressed casually, that is recommended for maximum comfort.

Cell phones, pagers and all other electronic “gadgets” that could interrupt the session should be turned off completely during the visioning.

People should get center themselves, take a few deep breaths and relax. Let go of any thoughts or concerns other than being fully present in the moment.

The facilitator will ask the questions one at a time. After each question, the participants will take time to quietly reflect on their own answers to the question (usually with their eyes closed), then write their answers or draw their ideas.

When everyone seems to be complete with a question, the facilitator will go on to the next question.

When everyone has answered all the questions, the facilitator should again ask each questions — one at a time — and each person shares their responses. There should be no judgment, arguments, debate, questioning or second-guessing about a person’s response — each person simply shares their responses in their own way.

***If working in an organizational or business setting***, usually the responses from everyone present should be collected and compiled by the facilitator (or another designated person). There should be no plans created or actions taken on the responses until all 7 visioning steps have been completed.

***For personal visioning***, the participants will keep their own responses and do whatever they wish with them.

Note: For each weekly session, a person with that week’s personality role talked about how they are, how they live their life, etc. to let the group feel their energy, see how they are & hear a description of that role archetype.
---

## Week 1: Focus on Initiation and the Server archetype.

In order to help others, we must learn how to serve ourselves first. *The Server archetype has Service as its focus: How do we serve ourselves and how do we (or how should we) serve others?*

**Business/project visioning examples:** An organization decides to do an assessment of their operations with a goal of improving what they do and how they do it.

In this example, the group could choose to look at how they serve themselves, what gets them excited, what gives them pleasure, what products or services they provide that make the most money or have been the most successful, and what products or services provide the most positive responses from customers.

The visioning group also could look at their purpose now, what they do and how they do it, who their customers are and how they serve them now. The visioning techniques will draw out what is right for the group at this time.

**Personal visioning example:** The first session will focus on identifying what is the highest Service you can give yourself, then with the Server archetype, look at how you serve yourself, what gets you excited, what gives you pleasure, when have you been most successful in your life, what aspects of yourself provide you the most positive relationships with others. The visioning techniques will draw out what is right for you at this time.

### **Some attributes of the Server archetype:**

- Helping others is their main focus in life
- Nurturing others, especially children, like a “port in a storm.”
- Constantly offering assistance without being asked
- Very helpful — like your favorite grandmother
- Go about their tasks with a minimum of attention drawn to themselves, like a good waiter or waitress
- Nice to strangers, offering to help new people in a group, providing for the comforts of life without being asked, offering coffee, tea or snacks, blankets, suppliers or whatever is needed
- Very hard working and little complaining
- Very much enjoy the supportive role
- Usually unassuming and quiet, they like to be behind the scenes like an executive secretary to a prominent leader
- Like to guide from behind, often maneuvering people where the server wants them to go
- Famous People: Mother Teresa, Nelson Mandella, Jimmy Carter, Rosalyn Carter, Tipper Gore, Emily Post, Benjamin Spock, Eleanor Roosevelt, Garrison Keillor (Lake Wobegon), Thich Nhat Hanh, Hans Christian Anderson, Ram Dass, John Denver, Phil Donahue, Queen Elizabeth II, Toby Maguire, Grandma Moses, Fred Rogers (“Mr. Roberts” TV show), Monica Lewinsky, Mia Farrow, Princess Sarah Ferguson, Ammachi.

## Week 1 focusing on Service and the Server archetype:

1. What is the Highest Vision for myself related to Service? (What does being of “Service” mean to me?)
2. What is it that I do now that provides Service to myself? What is it that we do now that provides Service to ourselves as a group?
3. Where do I need to grow or develop to be of more Service to myself? Where do I need to grow or develop to be of more Service to others?
4. What must be released to provide room for greater Service in my life? (What must I let go of?)
5. What must I become to empower the best possible Service to myself and to others?
6. What values must be embraced related to Service to myself or others?
7. Is there any other information available to me right now related to Service?

## Week 2: Focus on Creativity and the Artisan archetype.

The second session of visioning focuses on learning how to draw out your own inner **Creativity**.

In this session, we will practice visioning techniques that teach how to access your inner creativity to create the life you want. *The Artisan archetype represents the part of each of us that wants to create something new and to express ourselves in new ways. It also represents the part of us that needs to destroy something old in order to transform it in new ways.*

### Some attributes of the Artisan archetype:

- Colorful personality; May change their hair style or way of dressing often
- May dress in colorful, odd or unusual ways — like to use hats, scarves, accessories, jewelry, tattoos on their body, interesting shows
- Like to decorate their space – their office, their home, or where ever they are; Like to change things in their life often — change plans, change partners, change jobs
- May appear chaotic, flighty, unsettled or always “in the middle” of projects
- Can operate on many different channels at once and can often successfully manage many different things at one time
- Love interesting “stuff,” love to visit antique stores, flea markets, yard sales and often collect interesting things to have around for making their own creative projects
- May dash off a creation on a moment’s notice
- Can be very sensitive to the moods of others
- Excellent at creating “moods” with the use of color, furniture, accessories in a home
- Can create something from their imagination without even the semblance of a formal “plan”
- See the world as a place that can be molded, changed, adapted and re-built
- Find new ways of building, constructing, cooking, sewing, crafts, composing anything, etc.
- Often don’t follow a recipe – just jump in and create something different
- Famous People: Michaelangelo, Marie Antoinette, Elvis Presley, Tammy Fae Bakker, Drew Barrymore, Warren Beatty, Burt Bacharach, Cher, Garth Brooks, Nicholas Cage, Sandra Bullock, Julia Child, Nat King Cole, Tom Cruise, e.e. cummings, Leonardo DaVinci, Leonardo DiCaprio, Neil Diamond, Marlene Dietrich, Walt Disney, Albert Einstein, Lady Godiva, Ed Harris, Alfred Hitchcock, Thomas Jefferson, Princess Grace Kelly, Ralph Lauren, Franx Liszt, George Lucas, Claude Monet, Marilyn Monroe, Wolfgang Amadeus Mozart, Gregory Peck, Sean Penn, Joaquin Phoenix, River Phoenix, Brad Pitt, Edgar Allen Poe, Christopher Reeve, Keanu Reeves, Britney Spears, Steven Spielberg, Bruce Springsteen, Elizabeth Taylor, Vincent Van Gogh, Robin Williams, Frank Lloyd Wright, Renee Zelleweger, Catherine Zeta Jones and many more actors, actresses, musicians and musical composers.

## Week 2 focusing on Creativity and the Artisan archetype:

1. What is the Highest Vision for me related to Creativity? (What does creativity mean to me?)
2. What is it that I do now that expresses Creativity for myself and my life?
3. What stands in the way of achieving my Highest Vision for Creativity?
4. What must be released to provide room for greater Creativity in my life? (What must I let go of?)
5. What must I become to express more Creativity for myself and others? (What other “materials” do I need to express more Creativity in my life?)
6. How can I use Creativity to release, change or transform myself or my life?
7. Is there any other information available to me right now related to Creativity?

### Week 3: Focus on Planning, Organizing & Teamwork and the Warrior archetype.

The third session will focus on how to **Plan and Organize** for the changes you want to make in your life. In this session, we will practice on visioning techniques directed toward planning what is needed in preparation for making changes on your life. ***The Warrior archetype is about partnership, teamwork and organizing activities.*** It is action oriented, likes to things to get done, likes results and measures accomplishments.

As in the first session, the session should be facilitated, the room should be quiet, people should not have distractions as described above.

For the 3<sup>rd</sup> session, it helps if people are dressed casually, and feel relaxed and well rested.

The facilitator will ask the questions one at a time. After each question, the participants will take time to quietly reflect on their own answers to the question (usually with their eyes closed), then write their answers or draw their ideas.

When everyone seems to be complete with that question, the facilitator will go on to the next question.

#### Some attributes of the Warrior archetype:

- Strong body, voice and mannerisms
- Direct communication sometimes being blunt
- Organized and efficient; Tend toward conservative dress, clothing and furnishings
- Good at strategy and executing strategic plans; they tend to organize things around them, often unconsciously
- Feel stable, grounded, solid; give a feeling of safety and security to others
- They will defend you to the death if they are your friend; can be fiercely loyal and demand loyalty from others
- Can be like big teddy bears, providing a sense of safety & security, and very protective if danger is present
- Competent in an emergency and take care of others who need help
- Like to persuade, argue and debate; Like to 'hang out' with other Warriors, with a "team" orientation
- Action-oriented and physically-oriented; love sports, physical exercise, battles and physical challenges
- Many like careers like fire fighters, police officers, lawyers, where their skills are natural fits.
- Make excellent supervisors, managers, sergeants and instructions because they can be clear, logical and dispassionate
- Famous People: Clint Eastwood, John Wayne, General Patton, Madelyn Albright, Demi Moore, Attila the Hun, Barbara Boxer, Hilary Clinton, James Brolin, Joan Crawford, Bette Davis, Judi Dench, Jane Fonda, Betty Ford, Harrison Ford, Ulysses S. Grant, Charlton Heston, Saddam Hussein, Carl Icanh, Ivan the Terrible, Calamity Jane, Lyndon Baines Johnson, Robert Kennedy, Genghis Khan, Ayatollah Khomeini, Larry King, Don Juan Matus, Martina Navratilova, Paul Newman, Colin Powell, Janet Reno, Theodore Roosevelt, Donald Rumsfeld, Babe Ruth, Anwar Sadat, Arnold Schwarzenegger, Norman Schwarzkopf, Oliver Stone, Sharon Stone, George Wallace, Mae West, Oprah Winfrey,

### Week 3 focusing on Planning, Organization & Teamwork and the Warrior archetype:

1. What is the Highest Vision for myself related to planning, organization & teamwork? (What does good planning, organization and teamwork mean to me?)
2. What is it that I do now that demonstrates planning, organization & teamwork for myself?
3. What stands in the way of planning, organization and teamwork for making changes in my life?
4. What must be released to provide room for better planning, organization & teamwork in my life? (What must I let go of?)
5. What must I become to demonstrate better planning, organization & teamwork for myself and to others?
6. What values must be embraced related to planning, organization & teamwork for myself or others in order to make changes in my life?
7. Is there any other information available to me right now related to planning, organization & teamwork?

## Week 4: Focus on Knowledge and the Scholar archetype.

The fourth session will focus on gathering the **Knowledge** you need to make changes. In this session, we will learn how to integrate what we've learned so far and bring it together before taking the next step in moving from an internal focus of change to an external focus. ***The Scholar archetype is about knowledge, learning and integrating a great deal of information from many sources.***

As in the first session, the session should be facilitated, the room should be quiet, people should not have distractions as described above.

For the 4<sup>th</sup> session, it helps if people are dressed casually, and feel relaxed and well rested. There should be plenty of paper and other writing materials.

The facilitator will ask the questions one at a time. After each question, the participants will take time to quietly reflect on their own answers to the question (usually with their eyes closed), then write their answers or draw their ideas.

When everyone seems to be complete with that question, the facilitator will go on to the next question.

### Some attributes of the Scholar archetype:

- Scholars tend to be neutral in many ways, wearing neutral colors: grey, brown, navy blue, tan.
- Can appear to be “dull” to others
- Can get along with many other types easily because of their neutrality; usually don't like confrontation or unpleasantness
- Make good mediators, teachers, philosophers and researchers.
- Like to take notes at meetings or lectures; love to study and learn
- Often know facts about many subjects and can tell you “how to build a watch” if asked the time.
- May seem to fade into the background and not be noticed or noticeable. May seem “wooden” or “stiff”
- Prefer a scientific approach to solving problems and can be very intellectual.
- May be eccentric and very focused on a particular area of study (the “nutty professor”)
- Have a natural curiosity about things and willing to research a subject in depth
- Very comfortable with a great deal of information; love to ask questions
- Famous People: Al Gore, Jane Austen, Johann Sebastian Bach, Ludwig van Beethoven, Tony Blair, David Brinkley, Confucious, Joseph Campbell, Carlos Castaneda, Michael Crichton, Robert Dole, Emily Dickenson, Jodie Foster, Morgan Freeman, Robert Frost, Galileo Galilei, George Gallup, Alan Greenspan, Anthony Hopkins, Howard Hughes, Helen Hunt, Steven Jobs, Immanuel Kant, Teddy Kennedy, Rudyard Kipling, Henry Kissinger, Margaret mead, Willie Nelson, Richard Nixon, Michel Nostradamus, Faith Popcorn, Dan Rather, Carl Sagan, Hilary Swank, Margaret Thatcher, George Washington,

## Week 4 focusing on Knowledge & Information and the Scholar archetype:

1. What is the Highest Vision for myself related to Knowledge & Information? (What does having good knowledge & information mean to me?)
2. What information or knowledge do I need to know now for myself?
3. What stands in the way of gaining the Knowledge and Information I need to transform or change for myself or others?
4. What must be released to provide room for more information & knowledge in my life? (What must I let go of?)
5. What must I become in order to assimilate the knowledge & information I need for myself and to others?
6. What values, knowledge or information must be assimilated to make changes in my life?
7. Is there any other information available to me right now in order to assimilate & integrate the information I have so far about changing my life?

## Week 5: Focus on Expression on a larger scale and the Sage archetype.

In the fifth session, we focus on taking the big step of starting to implement the changes you seek to make. We practice visioning techniques directed toward the expansion of moving from thinking about and planning for a change to taking the change out into the outer world. ***The Sage archetype is about Communication, telling the truth and Having Fun.***

As in the first session, the session should be facilitated, the room should be quiet during the visioning, people should not have distractions as described above. Ideally, there should be toys and other “fun” things available in the room.

For the 5<sup>th</sup> session, it helps if people are dressed casually, and feel relaxed and well rested. Ideally, the attendees should bring toys and other “fun” things that can be shared with others in the room.

The facilitator will ask the questions one at a time. After each question, the participants will take time to quietly reflect on their own answers to the question (usually with their eyes closed), then write their answers or draw their ideas. They might want to “play” with the “toys” that have been brought to help release the fun side of their personality before or during the visioning (within reason).

When everyone seems to be complete with that question, the facilitator will go on to the next question.

### Some attributes of the Sage archetype:

- They like to be the center of the stage, no matter where they are; they love to entertain people
- They tend to appear larger than they are, with often deep, rich voices that carry; it’s hard to miss a sage in the area; they may dress in colorful clothes to attract attention
- They can be quite dramatic, like a actress/actor that attract people to their presence
- They are usually very verbal and always talking; they are usually very good with words and quite witty; they can argue for a long time about the use of a particular word (the meaning of “is”)
- They can be very good story-tellers; are usually very good communicators; love to hear all the latest gossip
- They can be very goofy and silly, often laughing at themselves
- They love jokes and play of almost any kind; usually good actors and can play different parts
- They can be very childlike at times; People tend to like them and they attract children like the Pied Piper
- Tend to have a “twinkle” in their eyes most of the time
- Famous people: Maya Angelou, Yasser Arafat, Louis Armstrong, Tom Arnold, Ed Asner, Fred Astaire, Dan Aykroyd, Lucille Ball, Jack Benny, Milton Berle, Humphrey Bogart, Mel Brooks, James Brown, Jim Carey, George Carlin, Stockard Channing, Ray Charles, Chevy Chase, Dick Clark, Cleopatra, Bill Clinton, George Clooney, Natalie Cole, Bill Cosby, Katie Couric, Walter Cronkite, Bing Crosby, Billy Crystal, Roger Dangerfield, Danny DeVito, Cameron Diaz, Charles Dickens, Phyllis Diller, Michael Douglas, Wayne Dyer, Roger Ebert, Betty Friedan, Robert Fulghum (“what I learned in kindergarten”), Clark Gable, James Garner, Cary Grant, Tom Hanks, Bob Hope, Holly Hunter, Mick Jagger, Jesse James, Allison Janney (West Wing), Peter Jennings, Dalai Lama, Ann Landers, Angela Lansbury, Dave Letterman, Dean Martin, Bette Midler, Reba McIntire, Eddie Murphy, Jack Nicholson, Dolly Parton, Ronald Reagan, Franklin Roosevelt, Adam Sandler, William Shakespeare, Socrates, Barbra Streisand, Emma Thompson, Lily Tomlin, Linda Tripp, Mark Twain, Tina Turner, Mike Wallace, Barbara Walters.

## Week 5 focusing on Communication & Fun and the Sage archetype:

1. What is the Highest Vision for myself related to Communication and Fun? (What does good communication and fun mean to me?)
2. What is it that I want to communicate authentically about myself and the changes I want to make in my life? What do I need to do or change to have more fun in my life?
3. What keeps me from seeing, hearing and telling the truth? What keeps me from having fun?
4. What must be released to provide room for better Communication and more Fun in my life? (What must I let go of?)
5. What must I become to communicate more authentically about myself and others? What must I become to have more fun in my life?
6. What values must be embraced in order to achieve my Highest Vision for better communication and having fun?
7. What other information do I need in this moment related to communication and having fun?

## Week 6: Focus on Inspiration and the Priest/Priestess archetype.

In the sixth session, we will focus on how to keep yourself inspired and energized about the changes you desire in your life. In this session, we want to uncover how to overcome opposition from others who seek to keep you where you are, internal resistance to the change you seek and how to see beyond to the greater vision. ***The Priest/Priestess archetype is about Inspiration and Compassion.***

As in the first session, the session should be facilitated, the room should be quiet during the visioning, people should not have distractions as described above. It helps if people are dressed casually, and feel relaxed and well rested. Ideally, the attendees could bring their own things that are inspiring to them or wear clothes that they find inspiring.

The facilitator will ask the questions one at a time. After each question, the participants will take time to quietly reflect on their own answers to the question (usually with their eyes closed), then write their answers or draw their ideas.

When everyone seems to be complete with that question, the facilitator will go on to the next question.

### **Some attributes of the Priest/Priestess archetype:**

- They inspire people to be all they can be; Can appear to be radiant or ethereal, with often piercing eyes; They are often noticed in a crowd and people may feel drawn to them in some way
- They can be very compassionate and often seem like counselors from an early age; people want to tell them their troubles in order to receive their blessings and their compassion; When with a Priest/Priestess, some people feel “healed” simply by being close to their energy; they make excellent “healers” of all kinds.
- They can be very passionate about social issues, and appear to “preach” at times
- They unconsciously dress in “robes” or robe-like clothing that inspire people
- They can have a great influence over groups of people and can get them motivated on a project
- People tend to like them or dislike them – not very neutral feelings toward priests/priestesses
- Priest like serving people on a grand scale – by creating a church, running a business organization or changing social mores (Ralph Nader)
- They are often pulled in many ways by demands placed on themselves and others; will often overwork and not take care of themselves
- They tend to watch over people and want to know how everyone in their “flock” is doing
- Famous people: Princess Diana of England, Joan of Arc, Joan Baez, Jim Bakker, Henry Belafonte, Rose Bird, Buddha, Julius Caesar, John Calvin, Edgar Cayce, Cesar Chavez, Frederic Chopin, Arthur C. Clarke, Emperor Constantine, Kevin Costner, Courtney Cox, Oliver Cromwell, Madame Marie Curie, Saint Dominic, Count Dracula, Bob Dylan, John Edwards, Eminem, Linda Evans, Jerry Falwell, Louis Farrakhan, Sigmund Freud, Mahatma Gandhi, Siddhartha Gautama, Marvin Gaye, Rudy Giuliani, John Glenn, Steven Hawking, Adolph Hitler, Jack the Ripper, Jesse Jackson, John Paul II, John the Baptist, Chief Josef, Carl Jung, Helen Keller, Jack Keivorkian, Coretta Scott King, Martin Luther King Jr., Elizabeth Kubler-Ross, Martin Luther, Edward R. Murrow, Caroline Myss, Ralph Nader, Bonaparte Napoleon, Barack Obama, Haley Joel Osment, Rosa Parks, Nancy Pelosi, Tom Peters, Priscilla Presley, Elizabeth Claire Prophet, Pharoah Ramses II, Ayn Rand, Nancy Reagan, Carl Rogers, Jane Roberts, Rod Serling, Oral Roberts, Martin Sheen, St Francis of Assisi, Henry David Thoreau, Leo Tolstoy, Denzel Washington, Terry Cole Whittaker, Marianne Williamson, Stevie Wonder, Malcolm X, Frank Zappa, Zarathustra.

## Week 6 focusing on Inspiration & Compassion:

1. What is the Highest Vision for myself related to Inspiration and Compassion? (What does Inspiration and Compassion mean to me?)
2. What is it that inspires me about life? What inspires me when I feel uninspired?
3. What stands in the way of keeping me inspired?
4. What must be released to provide room for greater Inspiration and Compassion in my life? (What must I let go of?)
5. What must I become to inspire myself during the change process? How can I stay focused on the larger picture of the changes I seek without getting bogged down in day-to-day issues?
6. What values must I embrace to keep me inspired for the long term and beyond the coming changes?
7. What other information is available in this moment related to inspiration & compassion?

## Week 7: Focus on Mastery and the King/Queen archetype.

In the seventh session, we will focus on solidifying the change and staying committed to the changes you seek. We will learn how to deeply embed all that we've learned so far into your habits and daily routine so that the change is long-lasting and permanent. ***The King/Queen archetype is about Mastery and external visible Leadership.***

As in the first session, the session should be facilitated, the room should be quiet during the visioning, people should not have distractions as described above.

For the 7<sup>th</sup> session, it helps if people are dressed casually, and feel relaxed and well rested. Ideally, attendees would bring examples of things they have completed that demonstrate mastery or personal accomplishment.

The facilitator will ask the questions one at a time. After each question, the participants will take time to quietly reflect on their own answers to the question (usually with their eyes closed), then write their answers or draw their ideas.

When everyone seems to be complete with that question, the facilitator will go on to the next question.

### Some attributes of the King/Queen archetype:

- They are Warriors on a grand scale, with a broader focus on taking care of their “kingdom”
- People tend to follow them naturally and notice them in a crowd; they can get away with much more than an average person
- They have a look of majesty, and may seem to be “holding court” with others
- They give the impression of being extremely competent and they usually are
- They take on huge projects and responsibilities, and tend to be successful
- They are magnanimous and generous; they will do anything for their friends
- They can be very demanding, expecting competence and do not accept second-best
- They assume their position of dominance and like to delegate
- They often don't seek consensus, rather, like to make unilateral decisions and give orders.
- They like to be courted, pampered and served. They usually have a crowd of people around them to do their bidding.
- Famous People: Joan Allen, Mark Anthony, Diahann Carroll, Catherine the Great, Charlmayne, Jesus of Nazareth (Christ), Deepak Chopra, Sean Connery, Elizabeth Dole, John Forsythe, Vicente Fox, John Kenneth Galbraith, John Paul Getty, Katherine Hepburn, Raisa Gorbachev, William Randolph Hearst, Tommy Lee Jones, Rose Kennedy, John F. Kennedy, Jacqueline Kennedy Onassis, Hugh Hefner, Kublai Khan, Dennis Kucinich, Mark McGuire, Niccolo Machiavelli, Madonna, Sandra Day O'Connor, Aristotle Onassis, Norman Vincent Peale, Ross Perot, Peter the Great, Otto Preminger, Lisa Marie Presley, Condoleeza Rice, Patrick Stewart (Jean-Luc Picard), Donald Trump, Ted Turner, Peter Ueberroth, Gianni Versace, Orson Welles.

## Week 7 focusing on Mastery and Leadership:

1. What is the Highest Vision for me related to Mastery and Leadership? (What does leadership or master mean to me?)
2. What feels like mastery and leadership for me? When do I feel fully in command of my own life?
3. What stands in the way of achieving my Highest Vision related to mastery and leadership?
4. What must be released to provide room for greater mastery and leadership in my life? (What must I let go of?)
5. What must I become to demonstrate mastery and leadership myself during the change process?
6. What do I need to release or let go of to feel more mastery and leadership over my life for the long term and beyond the coming changes?
7. What other information is available to me related to demonstrating mastery and leadership?

## Putting It Altogether

At the end of the 7-step process, you or your group will have all the information you need to start planning the changes you seek. You will have a much clearer sense of how to prepare for the change, what changes are needed, what planning you need to do to make them happen, how to communicate the changes, how to inspire yourself and others along the way, and how to demonstrate leadership through the changes.

In many organizations, someone gets an idea for a change and then implements it before they have had a chance to fully work through all the processes needed to succeed. Often, such ideas fail.

With a fully completed visioning process as presented here, your chances of successful change are much more solid and you are better prepared for the potential pitfalls along the way.

The visioning process takes time, energy and commitment. However, it is time well spent if your plan for changes rolls out smoothly and successfully.

Best wishes for creating your own vision! The future is in your hands.

## Internet Resources

- Community Visioning & Implementation <http://www.sustainable.org/creating/vision.html> (Many links and resources. Scroll to the bottom for Case Studies)
- Top 7 Tips for Creating an Inspiring Vision <http://top7business.com/?Top-7-Tips-for-Creating-an-Inspiring-Vision&id=573> (lots of links to related articles)
- Action Planning: A Process for Successful Projects <http://www.performance-vision.com/action-planning/art-action-planning.htm>

## Books

- *The Personality Puzzle: Solving the Mystery of Who You Are*. José Stevens, JP Van Hulle. Pivotal Resources; (December 1990) [ISBN-13: 978-0942663068](#)
- *7 Personality Types: Discover Your True Role in Achieving Success and Happiness*. Elizabeth Puttick. Hay House, 2009. USA version: [ISBN-10: 1401924565](#) [ISBN-13: 978-1401924560](#) UK version: [ISBN-10: 1848500467](#) [ISBN-13: 978-1848500464](#). Web: [www.7personalitytypes.com](http://www.7personalitytypes.com) (uses an updated version of the personality quiz)
- *The Leadership Challenge (3rd edition)*. James Kouzes and Barry Posner Jossey-Bass, 2003. (paperback). [ISBN: 0787968331](#). *The Leadership Challenge Workbook*. James Kouzes and Barry Posner Jossey-Bass, 2003. (paperback). [ISBN: 0787968218](#)
- *Crisp: Organizational Vision, Values, and Mission: Building the Organization of Tomorrow (A Fifty-Minute Series Book)* Crisp Learning; 1993. [ISBN: 1560522100](#). From the Crisp Publications Course Catalog: [http://www.courseilt.com/ilt\\_detail.cfm?series=crisp&product=fifty&isbn=1-56052-210-0](http://www.courseilt.com/ilt_detail.cfm?series=crisp&product=fifty&isbn=1-56052-210-0)
- *Community Building: What Makes It Work: A Review of Factors Influencing Successful Community Building*, Paul Mattessich and Barbara Monsey, Amherst H. Wilder Foundation, St. Paul Minnesota, 1997. [ISBN: 0940069121](#). Identifies twenty-eight factors that influence the success of community building. These factors are divided into three categories: characteristics of the community; characteristics of the community building process and characteristics of community building organizers. Evaluation questions for each factor are provided.
- *If it ain't broke . . . BREAK IT! and other Unconventional Wisdom for a Changing Business World*. Robert Kriegel and Louis Patler, Warner Books 1992 [ISBN: 0446393592](#)
- *Illusions: The Adventures of a Reluctant Messiah*. Richard Bach, Dell Publishing, 1997 [ISBN: 0440204887](#)
- *Journey of Awakening: A Meditator's Guidebook*. Ram Dass, Bantam Books; Reissue edition (July 1990) [ISBN: 0553285726](#)
- *Running From Safety: An Adventure of the Spirit*. Richard Bach, William Delta; (December 1995) [ISBN: 0385315287](#)

## Articles

### Newsletter articles:

February 2007 - Visioning for the Future <http://www.itstime.com/feb2007.htm>

April 1998: Vision: Expanding Your Thinking <http://www.itstime.com/apr98.htm>

August 2006: Leadership Vision <http://www.itstime.com/aug2006.htm>

- Step by Step for Visioning (Dept of Health, State of Florida):  
[http://www.doh.state.fl.us/planning\\_eval/chai/Resources/FieldGuide/3Visioning/Visioningstepbystep.htm](http://www.doh.state.fl.us/planning_eval/chai/Resources/FieldGuide/3Visioning/Visioningstepbystep.htm)
- Visioning Tips [http://www.vnsny.org/advantage/tools/4\\_Visioning\\_Basics.pdf](http://www.vnsny.org/advantage/tools/4_Visioning_Basics.pdf)
- Building Shared Vision <http://www.vista.uk.com/library/pdfs/A3telsel.pdf>
- Leadership Tips <http://www.manning.com/documents/January%202006%20Newsletter.pdf>
- Visioning Tips <http://www.freeworldacademy.com/newbizzadviser/fw2.htm>
- City Visioning process <http://www.ci.golden-valley.mn.us/citygovernment/CityNews/2001/CityNews-SepOct01.pdf>
- Proclaiming Your Dream: Developing Vision and Mission Statements  
[http://ctb.ku.edu/tools/en/sub\\_section\\_main\\_1086.htm](http://ctb.ku.edu/tools/en/sub_section_main_1086.htm)
- Developing a Community Vision: Conducting a Visioning Process  
<http://seagrant.gso.uri.edu/scc/tools/VisionProcess.PDF>
- Forward-Thinking, Shared Vision <http://www.ncrel.org/engage/framework/vis/vishrub.htm>
- Community Wide Visioning <http://www.cedworks.com/files/pdf/free/P203PRA02.pdf>
- "I Don't Have Time For Vision!" Six Principles For Implementing a Useful Organizational Vision  
[http://www.leadingonedge.com/Articles/Project\\_Management\\_Vision\\_Shmission.htm](http://www.leadingonedge.com/Articles/Project_Management_Vision_Shmission.htm)

### Multi-Media Products

*The Secret* movie <http://www.theseecret.tv/> and <http://whatistheseecret.tv/revealed/>. This movie/DVD describes how the power of your mind contributes to your ability to create what you want using the Law of Attraction.