Zeus Zeus was the supreme god among the Olympians. He S	Poseidon on of Cronus and Rhea and was swallowed at birth by his	Hades Son of Cronus and Rhea and swallowed at birth by his	Apollo Son of Zeus and Leto and the twin brother of Artemis.	Hermes Son of Zeus and Maia, a shy goddess who lived in a	Ares The only son of Hera and Zeus Giant twins called	Hephaestus Hera gave birth to Hephaestus without a father but he ha	Dionysus d Dionysus was the youngest god and the son of Zeus and	Artemis Artemis was Goddess of the Hunt. She was tall and	Athena Athena is the Goddess of Wisdom and Crafts. Dedicated	Hestia Hestia is the goddess of the fire burning in the round
ruled over the sky and the earth. He gave kings their authority and guardians their rights and powers. He maintained laws and punished transgressors. He also was a philanderer.	ather. Some versions have him escaping this fate, but most ave him swallowed with the rest of his siblings. He drew lots with Hades and Zeus and got the sea as his kingdom. But he reasn't happy with his. He rebelled against Zeus and plotted gainst him unsuccessfully. He also challenged for control of arious cities but lost to other Gods and then flooded great reas as a means of revenge.	father. Fought with other gods against Cronus. Then drew lots with Zeus and Posideon to divide the world. He got the underworld. He has very little mythology associated with him - perhaps because in other cultures his realm was originally associated with the feminine.	Leto was one of the Titans. When pregnant, she received no help because people feared Hera. She gave birth to Apollo on her seventh day of labor with the help of his twin Artemis, who was born first. She taught him archery and both oversaw youth on the verge of maturity and would mete out merciless punishment.	d mountain cave and was the daughter of Atlas, the Titan who carried the heavens on his back. He was always active and quick. On his first day of life he invented and played the lyre, stole Apollo's cattle and then got back to his crib to play innocent. When Apollo demanded the truth, he denied stealing them until Zeus made him give them back. He later trade the lyre to Apollo for cows and a cadaceus.	Aloadai captured him when he was a boy and put him in a sealed jar. He almost died of torment when Hermes freed him. His tutor was Priapus, the phallic ad god, who taught him first to be a dancer and then a warrior.	a club foot and she threw him from Mt. Olympus. He fell to earth and was and raised by nymphs who taught him his craft. Variation: Zeus threw him from Mt. Olympus fo siding with Hera in an argument.	Semele, daughter of the king of Thebes. Zeus appeared to her as a mortal, but jealous Hera tricked her into askin him to appear in his full splendor.	I roamed in the wilds with her nymphs and hunting dogs in the same an archer with unerring aim. As Goddess of the Moon she was also shown as a lightbearer with torches in her hand or the moon and stars around her head.	to chastity and celibacy, she is the beautiful warrior ne goddess. She presided over strategy in wartime and domestic arts in peacetime. She is protector of cities, patron of the military and goddess of artisans and craftsmen. Strategy, practicality, and tangible results are her particular wisdom. She is often associated with powerful men, such as Zeus and Odysseus. She stands for will and intellect over instinct and nature and seeks to tame and subdue the wilderness.	hearth. She was not represented in human form by artists. Her symbol was the circle. Both her hearths and temples were round. Neither home nor temple were sanctified until Hestia entered. She was a spiritually felt presence that provided illumination, warmth and heat for food.
saved Zeus by wrapping a stone in swaddling clothes. He was then hid in a cave on Crete and raised by either a nymph or a goat. When he grew into manhood, he persuaded Metis to give Cronus an emetic, causing him to vomit up his siblings. With the help of his siblings and the Cyclops and hundred-handed ones, he won a ten-year fight to overthrow the Titans. He then began his rule from Olympus.	le first wanted to marry Thetis, as did Zeus. Both abandoned er when Prometheus said that her son would be greater than its father (this was Achilles). He then pursued Amphitrite. He was repelled. He raped her. She ran away to the mountains. The religious persuaded her to come back and marry Poseidon. He was also a philanderer and his wife was jealous like Hera. Ithena turned Medusa into a monster after making love with roseidon in Athena's temple. He also pursued and raped remeter.	Persephone after gaining agreement from Zeus. Zeus sent Hermes to fetch her back at the behest of her mother, Demeter. Before leaving Hades gave her some pomegranate seeds to eat. Because she ate the seeds she had to spend part of the year in the underworld with him, becoming the queen of this realm	pursued her but her father the river turned her into a laurel tree. Cassandra promised to become his lover in exchange for the gift of prophecy but went back on her word. Coronis bore his child but cheated on him and he killed her. This child was Asclepius the god of healing and medicine.		Ares jumped into the Trojan war against the Greeks because one of his sons was killed. Athena ran circles around him with her battle strategies. In contrast to other gods, Ares took the war seriously.	Trapped Hera on a magic throne to find out his parentage. Ares tried to bring him back to Mt. Olympus by force, but was repelled. Dionysus got him drunk and brought him back on a mule.	e. He revealed himself, which killed her, but Zeus took the unborn child and sewed him into his thigh until he was ready to be born. Hermes was Zeus' midwife for the birth	· · · · ·	recognized him as her parent and seemed unaware she had a mother Metis. Metis was supposed to have a th brother who would come to rule the gods, but Zeus swallowed her and thwarted fate. She was the protector advisor, patron, and ally of heroic men. She helped Perseus, Jason, Achilles, Odysseus,	on Mt. Olympus, however, and took not part in the loaffairs and wars of the period. She is the least know but was greatly honored. She is the "venerable virg Aphrodite caused Apollo and Poseidon to fall in love with her, but she refused them and took a great oath remain a virgin. Instead of a wedding gift, Zeus gave her the privilege to sit in the center of the house and receive the best offerings of others.
•	, ,	•	es Apollo was the giver and interpreter of laws. Greek states attributed their constitutions to him. He was divine authority of law and order. People would seek advice from him.	Hermes was the messenger God; he fetched Persephone from Hades, rescued Ares from a bronze jar, helped Zeus give birth to Dionysus and escorted Aphrodite, Athena and Hera to Paris.	Ares and Aphrodite had the most committed affair of any of the gods and had many children. But both had many other lovers. Ares killed Adonis over Aphrodite.	Cuckolded by Aphrodite with Ares. Exposed the lovers with one of an invisible net but was laughed at by others	He was brought up Semele's sister and her husband, but Hera drove them mad. Zeus then changed him into a ram and hid him away with Nymphs in the mountains who raised him in a cave.	 She is the first-born twins sister of Apollo. Their mothe was a Leto, a nature deity and the daughter of two Titans. When she was ready to give birth, was unwelcome because people other feared the wrath of Hera. She found refuge on a barren island and gave birth to Artemis. 	In the trial of Orestes, she sided with the patriarchy abov maternal bonds. She defends the father. She drove Arachne to hang herself for displaying Zeus' promiscuity on a tapestry and then turned her into a spider. This was the only mortal woman to appear in a story with Athena.	she has very little mythology associated with her. When a couple was married, fire from the bride's mother's house was taken before the couple and the
•	ay him a fee for constructing the walls of the city. When he	of their living selves. Most inhabitated the dreary Plain	Apollo was the god of prophecy because he took over the oracle at Delphi that had a history as the temple of great	sons, each of which emphasized different aspects o	of strongly and took action on behalf of his children. He	Fell in love with Athena, but she rejected him. His seme fell to earth and fertilized Gaia and gave birth to	and the vine. He traveled through the Old World to India	. birth of Apollo. She is also the goddess of childbirth an	d	Colonists would take the fire from this hearth with the to start the new colony. In Rome, she was known a
ransformed and tried to seduce her, but she put him off duntil he promised to marry her. He did and they had a a 300-year honeymoon until Zeus started to fool around again, humiliating Hera and causing extreme jealously.	Ç	of Asphodel. A very select few dwelt in Elysium. And the wicked lived at the bottom of the underworld, in blac Tartartus. Hades was associated with the distant West and its entrance was on a distant sunless coast.	ck take over Delphi. Apollo's medium were women he communed with. He relied and controled the gift of		d whiner and braggard. He also had great heart and	Erichthonius, who Athena raised and who founded the royal house of Athens	Stories have him going mad and committing murders or people who rejected him (men and women) going mad and killing their loved ones.	•		Vesta and in her temple her fire was tended by Ves Virgins who were initiated as girls, made to dress a look alike and whatever was unique or individual at them was submerged. If they did not remain virgins they desecrated the goddess and were buried alive Her flame was snuffed out.
usually managed to save his progeny, but not the		, ,	Delphi was considered the center of the world. It was also the grave of Dionysus and Apollo turned the temple over to him for three months while he went off to the far north and Hyperboleans.		Ares was rejected and hated by Zeus for emotional d. nature and lack of rationality.		Upon his return, Rhea the pre-Olympian great goddess taught him her mysteries and rites of initiation so he became a priest of the great goddess.	Artemis loved Orion but was tricked into killing him by Apollo who challenged her to hit what to her appeared a speck on the ocean but was actually Orion. She placed him among the stars and gave him one of her hounds, Sirius, the Dog Star to accompany him. Her love was a victim to her competitive nature.	as	Hestia and Hermes were paired. He was the god o travel, a guide to travellers in the wider world; Hesti bonded people to home.
generous ad trusting toward many of his sons and odaughters. other in	· · · · · · · · · · · · · · · · · · ·	They entered through the gates guarded by Cerberus, the three-headed dog who let them in but didn't let them out.	•	Some say that Hermes invented alchemy. Hermes took on the characteristics of mercury and metaphorically was the uniter of opposites, of male and female elements. He was the guide on a spiritual journey			He married Ariadne, who was abandoned by Theseus on an island. Zeus then made her immortal. She was originally the Cretan Moon Gooddess and closely associated with Aphrodite.	·		
He could also be the dark, destructive father. With his daughter Persephone, he either practiced incest or allowed Hades to abduct or rape her. He also abused Hephaestus and detested Ares.		Some mortals were able to enter Hades and return alive having accomplished their mission or quest. Some though never returned and remained imprisioned there for eternity. Some other characteristics: he wore a cap of invisibility and so was an unseen presence. He rarely ventured out of the underworld and so didn't know what was happening in the world of mortals or on Mt. Olympus.					only god who rescues and restores women instead of dominating or raping them. The women of ancient Greece worshiped Dionysus in the wild where they whipped themselves into an orgiastic frenzy with wine and rhythmic music ending in eating raw flesh of sacrificial animals. The goal was complete communion with the god. Apollo turned his temple at Delphi over to Dionysus for half the year. In some stories he was killed and	Selene and Hecate. Together they make up the moon trinity.		
he ambition and ability to establish a realm over which one was chief god. The desire to preside over his own perritory, a kingdom, is a major drive. He wants a house used family (Camelot). The wife and kids are extensions of himself. If he inherits a position or kingdom he wants of extend his power and authority.	ut and is repressed. This is best represented by the calm, eaceful water with a raging, vengeful and violent god	9	Apollo embodies the masculine attitude that observes and acts from a distance. He wants clear definitions, is d drawn to master a skill, values order and harmony and prefers to look at the surface as opposed to what underlies appearances.		intensity and immediate action. His heart and instincts move him to act and react with his body, unmindful of		resurrected as an infant. Dionysus has powerful positive and negative potentialities, stirring up the most ethereal as well as basest feelings. This creates conflicts in society and the psyche	· · · · · · · · · · · · · · · · · · ·	er practical solutions. She is ruled by logic and follows her head instead of her heart. She keeps her head in the heat of an emotional situation and develops good tactics	her without being distracted by the needs of others
istance but then swoops in like an eagle to grab what a e wants. He is always scanning for something he	rchetype. Poseidon people can go deep down into the realm f emotion and feeling and gain access to what is there: soul, orrow, monsters, beauty, profoundness. This is the realm	,	9, ,	Hermes is the mobile messenger and typical careers for Hermes types are diplomacy, public media and commerce. They are the traders and communicators, carrying goods, information and culture from place to place.	s He is the embodiment of mindless agression controlled by instinct	Personifies the deep urge to create objects that are functional and beautiful; controlled, fiery genius	Archetype is associated with the divine child and a sense of specialness in childhood.	The archetype gives women the ability to concentrate intensely on what's important to her without getting distracted by other's needs or by competition. Competition usually heightens the excitement of the "chase" or pursuit of the goal.	Like the other virgin goddesses, she is motivated by her own priorities. She focuses on what matters to her rathe than on the needs of others. She differs from Artemis and Hestia in that she seeks the company of men. She enjoys being in the middle of male action and power. She can be a companion, colleague, or confidente without developing erotic feelings or emotional intimacy.	help us see the pattern in their actions. This can be clarity in the midst of details that confuse the five
mindedly with complete focus. If he loses what he wants, he also has the ability to change directions easily, cut his losses and move on. He will also punish p	nportant but lacks the strategic thinking and force of will to be uccessful in a sky god patriarchy. He often loses in his bid for ower and becomes enraged. Poseidon is not a good loser. If e's not successful, often home is the only place he reigns.	existence. This inner richness is often tied to creativity especially in the visual arts. Hades men can have waking dreams, inner dialogues, visions. Often Hades	33	about laws and morals are not a main concern. His only concerned if a strategy will work. He is typically	sexuality	Something inside becomes visible, drawn from the subjective depths and put forth in the world.	Dionysus was like Hermes, the eternal adolescent. He gets caught up in the moment and has a hard time working toward a long-term goal. He moves toward whatever intensifies his experience: drugs, alcohol, music	masperial remains and many spinions, semesting	Just as she was born fully formed, she has a realistic orientation to the world, a pragmatic attitude, and reconforms to adult standards. She lacks romanticism or idealism. She is the strategist. She typically thrives in business, academic, scientific, military, or political arenas. She cultivates key allies to get ahead and is expert at diplomacy.	With this archetype, housekeeping is a means to herself (and her house) in order. This is equivalent meditation. Completing housework gives her inner peace whereas Athena would feel accomplishment Artemis would be relieved it's finished so she can something else. She lives in the moment with the tasks and doesn't put herself on a schedule.
powerful men. He excels at "summit meetings," forging p		persona. He is often socially invisible and lacks capacit	, , ,, ,	Hermes is the trickster god, characterized by cleverness, cunning and the ability to change form. He can play Robin Hood, the unlikely hero, or be a con-man or unscrupulous saleman.	together. Known for his intensity and passion rather than technique. He is also typically rejected and	whole and beautiful; from this flows self-respect and self- esteem. The wound and his desire for wholeness paren	o ,	,, ,	Athena is known for making things that were both useful and esthetically pleasing. Her pattern, epitomized by her skill in weaving, is to plan something out carefully, to use foresight, and then carefully execute her plan.	cultivate silence and anonymity.
the woman he wants. Once he succeeds, his attention a most likely again focuses on his work realm. Marriage is mot a matter of the heart but a matter of consolidating a his power.	•	, , , , , , , , , , , , , , , , , , , ,	the will of his father. He usually never graduates from	use his wits and strategy to overcome the built-in physical and status advantages of his older brother,	to lick his wounds and move on. He doesn't carry	e Deeply attracted to the love and beauty that was denied him.	Dionysus was akin to the shaman in tribal societies - marked as different and in some ways androgynous. He is the mediator between visible and invisible world.	She also represents the back-to-nature side of some women who are comfortable being alone in nature. Fo many women this involves becoming more reflective and inner-focused with dreams. This is Artemis in her moon aspect.	She is typically the "father's daughter" who gravitates toward the "boss man." She is his ardent defender and will guard his perogatives. The model is one of the executive secretary. These women usually support the status quo, are politically conservative, and resist change. She has little sympathy for the unsuccessful, downtrodden, or rebellious.	As elder sister and aunt of the second generation of Olympians, she remained unaffected by events. So has very little attachment to outcomes, possession power. Her identity and ego are not important and doesn't become elated or devastated by what happed She is the "wise woman" and the excesses of the goddesses are ameliorated by her wise counsel, comforting presences, and spiritual insight.
him to unconsciously forget birth control. He will look Tafter his progeny and acknowledge paternity. He expects them to be obedient and carry out his will. His	onnected to nature and untamed by women that's been epressed. Bly seeks to recover the positive power of this	Hades is the shadow side of Zeus and in the same person this creates a Dr. Jekyll and Mt. Hyde situation. Zeus is the bright god of justice and Hades is his shadow, who has this shadow, dark world. In the myth, this led to the abduction and rape of Persephone.	to Dionysus, whose music was ecstatic and chaotic, Apollo valued the clear note, the pure harmony. His pure	is the god of significant passage and transition. He				need, who find themselves too dependent on men, can try to cultivate more independence. Sometimes after a		meaning. Her hearth was in many ways a mandala Her detachment allows her to connect in a deeper a more meaningful and spiritual way with the world
Zeus is also the dynastic father. He will try to influence Pithe actions of his children and arrange trusts and conheritances. He is generous but is tied to expectations in of control over their lives.	onception of justice is of an eye for an eye and doesn't take	The lure of the private inner world may lead deeply introverted people into imaginary "love affairs" or obsession with a person that they imagine a connection to.	This carried over into his upholding of law and order. He advocated moderation and structure for community life. He is uncomfortable with chaos and passionate intensity.	what is base in the psyche into gold. He seeks to	n		Dionysus was a persecuted wanderer. Wherever he wer he called women away from their social roles to follow him into nature for ecstatic revels. Hera the goddess of marriage was his deadly enemy.	nt		Hestia was the round hearth. At the door of Greek houses was the phallic herm. Hermes and Hestia paired like the yogni and lignan in India. But in the west these two were kept separate, not united.
In terms of decisions, he can be democratic and listen to others, but he always reserves the final decision for himself. "Okay, I've heard everyone, here's what we're going to do."		, , , , , , , , , , , , , , , , , , , ,	He keeps himself at a distance and emotionally and uninvolved. He values distant perspective on life, seeing things in rational or spiritual terms. He buys into the idea of a team effort. He is a corporate man who doesn't need to grab power. He can work with competent women and competes hard (in sports, politics work) without holding grudges. While Apollo's appearance gives him the veneer of a hero, he really preferred to stay on the sideline. He didn'	and vulnerable or divine or sacred by providing meaning for an otherwise terrible experience. He can also reach out and save the trusting, vulnerable and playful part of an adult. Hermes is spontaneous and is associated with serendipidy, synchronicity and coincidences that leads, somewhere or turn out to be meaningful.			Dismemberment (and resurrection) is a theme connected to the opposing forces within Dionysian nature. This causes a feeling of being split into many parts He was associated with nature's life-giving seminal aspect: the sap rising in trees, the blood flowing in veins, the power of flowing wine all the mysterious flows and tides of nature.	camps, travel to foreign places, Peace Corps can all cultivate Artemis.	Trauma can force a young girl to develop her own armor to keep herself safe. She becomes activated any time a victimized woman begins to plan a way to escape or survive.	•
<i>,,</i>	•	invisibility, death, riches, cornucopia, darkness, shadow abductor,	strength, the arts (especially music and lyre), laurel and swans. Archer, police officer, lawyer, astronaut, raven,	businessman, inventor, mediator, negotiator, thief,		I volcano, blacksmith, factory worker, cripple, earth, Adam and Eve thrown from the garden	grape vine, ivy, fig, pine tree, bull, goat, panther, fawn, dolphin, snake	The stag, doe, hare, and quail, the lioness, the boar, the bear, the wild horse, the torchbearer, the moon	e armor, spear, weaver, cities, goldsmith, potters, dressmakers, spindle	flame, hearth, circle
man (or woman) can be a Zeus-type in one aspect of his thif ife and let other archetypes reign in other areas.	irectly in touch with his feelings and instincts. He'll express	Hades is subjective, reclusive, deeply introverted with a rich imagination and few social skills. Non-verbal or emotive. Remains in his imagination.	crow and the snake and wolf. Apollo men find it easy to be in the world and has qualities that make gaining approval from others and achieving success likely. Still, difficulties and deficits may arise in his relationships and inner life.	Hermes man has a quick mind and is quick to act or his intuition. He has an always on the move, physical quality about him, he gracefully and seamlessly moves between people, topics, ideas, places, and contexts. Pinning him down is hard.	Assertive, active, intensely emotional and embodied person who doesn't think before reacting. Reactions of others have a great effect on his behavior.		to be comfortable with him. Disrupts mundane life for	They enjoy exploring and focusing on their personal interests. They are easy-going companions, but can al be emotionally distant, cool, and detached. There focu on their own interests can create large blind spots in	uncomplicated, unselfconscious, and confident. She get so things done without a fuss. She's well-scrubbed, "preppy	
	he Poseidon child feels strongly about everything that matters	An introverted child who often doesn't make a strong	An Apollo child is usually sunny in disposition,	The Hermes child is precocious. He walks early,	, , , , , , , , , , , , , , , , , , , ,	He has an intense energy and sensitivity, a coiled-spring		terms of relationships that can cause pain to others.	professional in a tailored suit or blouse.	Both Hestia and Persephone are "easy" children th
a strong will early. Diverting his interest once his mind to see set is not easy. He grasps something in his hand and exon't let it go. He is the poster child for the terrible exos. To temper his autocratic nature and develop his nnate gifts, he benefits from learning about justice and airness. He likes to have toys and objects he can manipulate and deploy. He will build worlds that he can g	whim. An extroverted child wants what he's attracted to and expresses his desire to have it, now! If he gets it, pleasure is expressed with his whole body. If he get it later, it doesn't eave the same effect that his emotions imbued it with. The bod of desire or emotions can be diverted, however. Unlike eus, Poseidon can lose sight of what's important to him and et caught up in something else. A child conditioned by his	impression. He may stand out because of his "peculiar" reactions to things. Reactions are cued to his subjective perceptions not what's outwardly visible. He prefers to hold back and take in experience rather than reaching out for it. This reticence is often judged negatively and his self-esteem suffers. Hades children enjoy spending	extroverted, curious and enjoys looking around. He is interested in his surroundings and wants to know the names of things. Never much of a dreamer, he doesn't indulge in fantasy. In school, he's one of the boys, brotherly. He usually doesn't get in trouble, thinks of	talks early and explores things early. He goes through unlatched gates and takes things apart. He gets along with most everybody and finds the world fascinating. He likes school and learning until he ha to sit quietly in his seat. He can get caught in making up stories or excuses or taking other people	Moods shifts are dramatic. He physically throws himself into things. Reaches instinctively for things the are attractive. This often gets him into trouble. He is impulsive. He needs his spontaneity to be appreciated	quietness that can erupt. This can turn into a seemingly at brooding child. He is a loner, observer and often plays b himself. He's more interested in things than people. He	music.Highly emotional child, who cries and laughs with intensity. If he's not able to express these emotions	objects and is active rather than passive. She seems thave an unusual power to concentrate on self-selected task and can be very stubborn. She will often explore of the concentrate of	Artemis, but adds a decidely intellectual bent. She might be a self-taught reader. She loves books. When she's not reading, she's following in her father's footsteps, asking her father "Why?" and "How does this work?" She't is curious and seeks information.	are not assertive or stubborn. Whereas Persephon will take direction from others and is eager to pleas. Hestia will go along, but if left on her own, happily p

Parents	A Zeus child may bully mothers without a strong will. Authoritarian fathers may decide to show him whose boss in an abusive way. Parents need to remember he's still just a kid, even if he acts like a king. Parents need to offer him concrete choices, instead of getting into power struggles with him. This allows him to thinl and act, which are innate qualities. An abusive father and passive mother is the worst combination. Abuse leads him to believe that might makes right. A distant successful father and nurturing mother, gives him a sense of being entitled. After an issue is settled he usually gets involved in what he's doing and has a positive disposition.	specific schedule. The opposite type of household is critical his emotionality and his messy room. He's told "Boys don't cry" or "Stop being silly." An ideal situation is one where he's valued for who he is, but his parents teach him to be more orderly and manage his time. Planning ahead doesn't come naturally to him. Worse case scenario is of an authoritarian parent, who takes his behavior as insubordination and tries to beat it out of him. His sense of entitlement just makes this	advice, similar to how you would raise a child with a handicap. Education can give him some objective and rational tools to balance out his subjective perceptions	he may not always win. This creates doubt. Does he need to win or achieve to get approval. If so, this create	the property and privacy of others and the difference between reality and imagination without judging hir harshly. If he's raised by a single mom, he'll often take it upon himself to make her life better and rais	m mothers get upset with him for being sensitive and vulnerable and not being a "little man." Good parents for him need to set limits, but be warm, loving and e. appreciative with physical contact.	If he is rejected by one or both parents, he internalizes the easily and broods. Ideally, his parents appreciate and nurture his creative instincts and help him become more at ease socially. He may feel that he really didn't belong in his own family.	is Parental approval is crucial because society will give Dionysian boys negative feedback. He need a strong, approving Zeus-like father who lets him express his masculinity in his own way. If he's rejected by his father he often overidentifies with his mother. They also need motherly mothers, not rational Athena-types.	her to compete and achieve success is important. Fathers can be like Zeus giving tangible or intangible gifts that allow her to achieve what she wants. Admire fathers who criticize her elicits an outward defiance bu inner wounding that causes competent women to doul their abilities. Mothers who expect a dependent, feminine daughter create a frustrating relationship. If he	for tendencies, confidence in her abilities is her birthright. She grows up secure and is bright and ambitious. As a adult she is comfortable exerting power, wielding authority, and demonstrating her capabilities. If her father doesn't pay attention to her or discourages her from asking questions and wants her to be more feminine, she will lack confidence in her abilities. If her father is not like Zeus, she will also feel handicapped ar undersell her own abilities. Mothers of Athena daughte who are not Athena-like themselves often feel unappreciated and have a hard time connecting with the	siblings. She has an inner certainty that she is different from those around her. She tries not to be noticed and cultivates solitude in the midst of others. With supportive parents, she might appear shy, but in other ways seems like other children. She does all the things other children do, but has a quality of independence, detachment, and emotional evenness that will shape her life.
Adolescence	Problems with authority is the main issue during this period. Still, he can usually see strategically that it's neworth getting in power struggles he can't win and he bides his time. His male peers recognize him as a natural leader. He dates popular girls and is usually sexually active. He's a pragmatist. He accepts the world as it is and wants his piece of it. He may be bright but isn't an intellectual, particularly introspective, does waste time dwelling on the past or other people's	He is an emotional and intense young man, very affected by not his changing hormones and in hot pursuit of sexually attractive women primarily to sleep with them, not to have a steady girlfriend. School doesn't interest him. He bases his decisio on how he feels rather than on intellect so school seems boring. The beauty of logic escapes him, he dislikes analytic ght or repetitious work and hates test taking. He may find his entit niche in athletics or in drama, things that let him tap and use his emotions. He can achieve academically, but it doesn't hofe. much meaning. If he does poorly. He doesn't have a sense	get into popularity contests. He is oblivious to these things. He may have tried out the social scene and decided he like being by himself or having just one or two friends. To get into a college or career, he needs to develop other archetypes, like Apollo or Hermes. But if he pushes himself to "fit the mold" with work, he will be unhappy.	of his goals. He'll get good grades, awards, scholarship etc. He has an affinity for Zeus father figures. He lacks anti-authoritarian tendencies or mystical, inward preoccupations. Problems occur in this period only whe handicaps or anxiety prevent him from succeeding. This	os, conventional rules of success. He tests limits. He doesn't work for grades or approval of others, but only because the work itself fascinates him and call forth his inventiveness. Often the problem he solve	Gaining recognition for his physical talents from peers is important. Sports, gangs, outdoor activities, car es racing, music are all possibilities. His in-the-moment may cause him to leave school or college early withou	, , ,	swings are more extreme than other teenagers. He has er greater questions about his sexual identity. Falls in love easily. Drugs are a risk. Outrageous dressing. Indifference to grades. It can be a time of experiential	The heroine of National Velvet personifies this adolescent identity. She is an explorer. She is less conforming than her peers. She enjoys the independence and openness of college. She might ru	irl. about the stock market, save, and invest. She will want to classify a bug and thinks girls who are afraid are silly dumb. She may like traditional crafts and this might be her point of connection with other girls. Practicality and an appreciation for quality might motivate her to make her own clothes. She is socially aware. She knows to to be popular but doesn't have to be. She isn't a proble daughter getting overly emotional. Athena girls plan	She usually takes no part in the drama of adolescence and seems to isolate herself by choice. She is on the periphery and a non-participant. She might have or friends who appreciate her steadiness, but get frustrated by her not taking sides in a controversey or wish she'd be more competitive. This might be a time of growing religious conviction and they might start to aim toward a religious life. Hestia women enjoy the anonymity of a large university and the opportunity to have a place of her own. She goes to college, however
Nork	things if he were in charge be it white collar, blue collar or illegal work contexts. He typically sees the bigger picture and adapts his thoughts to what is possible for him. Hard work, initiative and keeping an eye out for opportunities comes naturally. He likes capitalism because it gives him opportunities to get ahead and suits his psychology. He uses "old boy	work allows him to assess and act out of deep feeling. His apptitudes lie in working with nature or human nature where time is measured by cycles, tides and seasons. He learns to trust his instincts and enjoys working with plants, living creatures, currents, weather and other people (e.g. as a	orld The key piece that can connect his inner and outer worlds is to find an interest that grows out of his inner experience and develop it into an occupation. Without other archetypes, he'll likely end up doing unskilled wor ful for marginal pay or repetitive tasks that allow him to sta in his imagination. Whatever work he does he does ver seriously.	ability to focus on a task and practice until he masters something or sees the end product. He often goes into k fields that take many years of preparation. Medicine any law are typical. He's at ease in corporations and	narrow specialist He doesn't like to do anything "the book" and he's always looking for short cuts. d He's an inventive generalist with an entrepeneurial attitude. He's an innovator and an opportunist. He likes work that allows him to travel or calls on his powers of persuasion. Anything that provides freedom, physical and social and intellectual, is a good fit. He also is a good guide travel,	by and restless with paperwork and long-term goals. He likes working with others and enjoys fraternal loyalty. Often gets in trouble with authority. How things turn of often depend on luck. He doesn't follow long-term plans. He increases chances of success if he finds something he loves and practices. Possible	Work, usually hard, physical work, is what keeps him from exploding with anger. Typical roles are painter, architech sculptor. It's finding the creative solution to a project that out completely absorbs this person. He experiences the god within himself through his work It is an expression of his psyche made tangible. He must discover what he loves, develop the necessary skills and then find opportunities the do it. Unemployment or lack of significant work demoralizes Hephaestus men.	nt, priest or part of some other religious community. Often creative work, especially with music, that allows him to grapple with their contending natures is what works out best.	subjective value to her. She might pursue politics, art, sports, business, activist but the drive for her in thes fields is always personal, not to gain approval. If her work isn't valued she will likely be the "voice crying in wilderness". If her work interests are too unconvention	years are typically productive and domestically she runs an aesthitically pleasing and efficient household. She	want recognition, does not value power, and has no interest in strategies to help her get ahead. She is likely to have an invisible, oftentimes traditional, woman's role in the office. She excels at professions where stillness and patience are required (e.g. an artist's model). She might be a good photographer. Or a she bring a Hestian-quality to a profession that's provoked by another Archetype.
Relationships with Women	His "important man" aura draw some women to him. I doesn't go after a woman with his heart in his hand, but is a strategist and will present himself in whatever guis will seduce her. He expects women to love him for his money or power, not just for himself or his soul, which barely acknowledges himself. He's not interested in a equal relationship with a woman as a wife or friend. Howants her to do what he wants and not bother him otherwise. He's not interested or adept at discussing feelings. Men are the players in the game he cares about. Some	ne Although he's not picked on because he carries himself with	who can share his inner world. Or failing totally at sociability, he may lead a reclusive life with little or no contact with women. He doesn't care about "being one of the guys" and	archetypal two-career, urban professional couple. This relationship often has a competitive feel and they like doing things that involve some skill. There's usually a lack of passion and emotional depth and can end up more like a brother-sister relationship. Sometimes they' drawn to someone who's emotional, irrational, erratic an unimpressed with him. He is often frustrated and tries to control her. They get along with other men and look up to men in	encounter. He's helpful and friendly and makes charming conversation. He's traveled, has a sense of adventure and bad-boy sense. But he's elusive and can disappear quickly. His attitude is out-of-tre sight, out-of-mind. He wants a woman who can come and go, without his being responsible for her feelings. He often has friend-lover relationships. He can also be a manipulative, Don Juan. He was the friendliest of all gods and associates w	tempermentally in intensity and sensual nature. They often have lots of fights and make up and give each other acceptance and understanding. An emotionally wounded, angry Ares can be abusive. Athena womer and others who want stability, status or earning power scorn Ares men. Gravitates toward women he likes hang with and be spontaneous and physical in his actions and affections.	n If they do connect with a woman, even in an unrequited r way, the experience can live inside for years. He's often to ill at ease with women and flirtation. His frustrated efforts with women can fuel his creativity. He is repelled by superficial fraternal bonding. If he	sensuality and appreciation of beauty draws women to him both as friends and lovers. He usually has been ab to develop deep friendships with women from an early age. Women in a relationship with him often have to follow his extreme highs and lows. Usually out of step with other men. Too individual to be	other women. They have "best friends" that they share everything with. These sisterly relationships are very important for them. Older women might mentor young women. She is almost always supportive of women's rights. A lesbian Artemis might be attracted to a mirro image lover or a softer, nymph-like, more feminine personality.	with She often doesn't have close friendships with women. Her lack of empathy or competitive streak might kill a friendship. She doesn't feel like a sister with other women. either with traditional women or with feminists, who they might outwardly resemble. A woman who calls our powerful man for his behavior arouses anger in Athena women. She might blame the victim. She angers other women who see her taking advantage of gains women have made in society, but not helping or being supporting of other women. She gravitates toward successful men. She has a cannot be to support the supporting the su	en qualities in themselves and getting together with a Hestian woman provides a sanctuary where these can a come out. Her gift in relationships is to listen with a compassionate heart, stay centered in the midst of whatever turmoil a friend brings and provide a warm and supportive place "by her hearth." Ye Ye Hestia women attract men that want quiet, unassertive,
	are allies or competitors and he understands they can switch depending on the situation. Others he treats like pieces in a chess game that he controls. He will advance one and sacrafice another. He is a good negotiator because he's studied men and constantly assesses their needs and what they will settle for. He can be sensitive this way because it ultimately helps him. These people don't matter to him personally. When necessary, they are expendable. He considers emotional vulnerability a sign of stupidity or weakness He enjoys exclusive men's club activities: golf, hunting power lunches. Membership indicates he's made it to the top. It also provides a platform for the creation of more powerful alliances.	achievements and status. Sometimes long-lasting ties development a Poseidon man and one who is his opposite. Poseidon men have the capacity for loyalty and emotional depth. He won't leave people behind.	remains a loner. Other men let him be. Something about this solitude conveys strength and keeps him fror being picked on. His few friends will enter into his realn perhaps drawn into discussion about his perceptions.	, , ,	a gregarious and generous loner. He will share activities with male friends without sharing intimate	is sports or other bonding activities. He comes to their defense (in fights, gangs, etc.) and his agressiveness valued. He wants camraderie and so being shunned scapegoated is painful for him.	1 0 17	nonconformist to be "one of the guys." Still he may se develop close male friends, even with Apollo-men who	She is not attracted to domineering men or men that need taking care of. A second pattern is with men who can nurture them. He is the one she "comes home to. He teaches her to be sensitive and wants them to have child. Other more negative patterns pairs her with me	allies herself with a successful, older male mentor "power is the best aphrodisiac." She doesn't suffer fool ons lightly and is impatient with dreamers and is unsympathetic when men have too much compassion to act decisively. They do not like artists or eternal adolescents. "Tender-hearted," "nuerotic," "sensitive," or are words for "losers." Only heroes need apply. She usually chooses her man and uses subtle strategy and re a good timing to get him. Once she finds her man, she we look for ways to impress him and then once in range wi make herself indispensable to him which gives hersel	who he'll brand a "whore." Hermes and Hestia because their needs are complimentary. He travels out into the world; she's a homebody, but both are independent and happy in their own realm. She appreciates the likes being a hostess, though her preparation for the evening might go unappreciated.
Sexuality	to prove to himself and others he can have what he wants. This being said, he's usually not a good lover. He's emotionally distant, doesn't have an earthy natur doesn't try to please women and isn't passionate. He sexually agressive, can be seductive, however. Because his focus on achieving power, his capacity for	s psychologically to his partner. This can play out for homosexual Poseidon men as well.	the celibate life of a monk more easily than other types. But if a soulmate connection with a woman grows into a sexual relationship it may be a powerful initiatory event that is a powerful inner multisensory experience that ca release a Dionysian potential. Hades, though, may get carried away with a woman that he has a subjective	and is so single-minded that he's not easily distracted by attractive women. He doesn't have many erotic thought or fantasies and it's not a consciously developed part of him. If his desire combines with his goal-driven nature, he may pursue someone fiercely, like Daphne. Often the isn't connected to emotional intimacy. He usually stays his head and doesn't understand intimacy and physical touch and intimate conversation. He may "go away" and	sex. He's likely to have had a variety of sexual experiences, with a variety of people in different situations. It's all about exploration. As a child he probably "played doctor." With his intuition, sense is strategy, powers of persuasion and nice guy appear in he usually has his way with women. He also isn't threatened by bisexual tendencies in himself or	on his childhood. If it's good, he will love to make love love women's bodies and prefer a woman who enjoys sex. He makes love with exuberance and joy, not with a goal of a mystical experiences or for conquest. If he la, has an affair, he usually gets caught because he's	e, monogamous and faithful and expects the same. He car get overinvolved with his work and go long periods witho h sex. Work can become his mistress. He often has	trait and is a forefront concern. His erotic nature is easilut evoked. He can have ecstatic sexual experiences without being in deep relationship, often enhanced by intoxicant This Dionysian experience can feel impersonal for his partner. Experience is the focus of sex not conquest.	y she has likely acquired sexual experience as part of hout desire to try new things. Relationships for her are so secondary. Involvement in career, a creative project, cause is primary. Sex becomes a recreational sport of physical experience. It is not a physical expression of emotional intimacy and commitment (more like Hera) of an instinct that expresses her own sensual nature	An Athena woman who lives in her mind is often out of touch with her body. Her body is often a utilitarian part herself. Typically she is not sensual, flirtatious, or romantic. Without Aphrodite or Hera, sexuality is part of the agreement. If she makes up her mind to be sexual, she usually learns how to be quite skillful. She can stay or celibate for long periods of time while she focuses on her	of important to her, even when she's orgasmic. Aphrodite's erotic sexuality is accessible during flovemaking but otherwise is absent. The non-orgasmic Hestia woman view sexuality as a "nice, warm experience" that she likely enjoys providing for her partner. For a partner, sex with her feels like "coming home" or a "sanctuary." Typically, it is the other partner d who must initiate sexual activity, otherwise it will never
Marriage	status and one that can advance his interests e.g. the boss' daughter. He usually marries young as he's establishing himself. If he marries a woman he falls in	The story of the God's marriage is telling. He will try to force himself on the woman he falls in love with and try to dominat her. She will flee. He then feels remorse and has the opportunity to grow. He persuades her to return by convincing her that he can be sensitive and caring and they can communicate on a deep level. In this case, marriages are emotionally rich and can work out well. Often, however, this isn't the case. Issues of power, lack of emotional control, the feeling that marital sex is an entitlement create many bad Poseidon marriages that are abusive.	stability and order. This can keep him from being a recluse. His wife mediates between her introverted husband and other people. Often she interprets him to their children as well.	(Demeter) or Athena women who have a similar pattern.	Possesiveness or dependecy put him to flight. A mature Hermes can make a commitment but still is essentially a loner who wants to come and go and have his wife keep the home fires burning (a Hestian type). Aphrodite can work as well since she is similar.	doesn't think long-term or assess potential partners. Marriage is probably her idea or her family's and may follow pregnancy. Ares men may marry right out of a-high school in blue-collar communities. Marriage ilar depends largely on the couple's physical chemistry. If	well-being in the outer-world. Without marriage he can become emotionally isolated. Relates well to Aphrodite-women who appreciate beauty and have here-and-now intensity. He makes her feel like a goddess, but is able to withdraw and carry her image with him, which she cannot do, while he goes away and works. This often leads to affairs. Hephaestus men admire Athena women He also can project an image onto a woman which he fall in love with. Given his intensity, monogamy, yearning for	typically not monogamous and marriage was probably hidea. Problems arise when she expects him to be someone he isn't and fill the husband role. He can at some point honor a marriage and deeply love another who he feels connected to empathetically.	er usually attractive and popular and has played the field going out with several people. She might decide to liv with someone instead of getting married. If she does marry, her mate is often a fellow classmate, colleague	companionable partnership rather than a passionate union. She enjoys helping him get ahead. If the husba is established, she will be his social asset. She will run an efficient household and raise children as part of the package. They can talk about events well, but talk about feelings might be non-existent, because either he doesn't alk about feelings or knows that she doesn't understan	him. There is no temptation to be unfaithful as long as she isn't tempted by Aphrodite. She might appear like a dependent wife, but maintains an inner autonomy. Without a partner, her life would not lose meaning or purpose. Hestia's role in a marriage rather than being wife (Hera), a mother (Demeter), a housewife (Athena) is a a "homemaker."
Children	Once the honeymoon is over, the marriage and his wi is not important to him. He may fool around or focus of work. If she has an affair, he will do whatever he can destroy his rival. Children for him are a vehicle to found a family or establish a dynasty. He can help his children get ahea and will provide opportunities for them. But he is emotionally distant, but remains the authority. Zeus fathers try to mold the lives of his children. His judgments of his children are particularly powerful. His approval is usually valued.	As a father, his accessible feelings can either work for or against him. If he was accepted as a child, has developed other archetypes and has a comfortable place in the world, he can be a wonderful father. He is emotionally responsive and physically demonstrative. He's the model of a strong man will be a strong man will b	ne patriarchal figure who expects orderliness and duty and isn't emotionally expressive and fails as a mentor.	They are good or neutral fathers. They are consistent and even-handed. He is typically distant from his children, unless his wife forces him to participate in parenting. He's often unaware of his children's inner feelings and doesn't really understand his children. He does keep track of them, however.	Hermes aren't psychologically suited to being good fathers unless other archetypes are present or they've had good role models. They have a hard time setting limits and holding to them. He lets the get away with stuff and often have a blurred sense right and wrong. They learn these lessons later in hard way.	his children's lives. He shows them physical affection teaches them sports and likes having them around. He has a generous personality	intimacy and acceptance, his mistaken assumption that she feels the same may make her into a Pandora, with sex appeal, shamelessness and cunning. Of Often would rather not have children (repeat an unhappy past). He needs to bond with the child as an infant. If he bonds, he forms a deep, visceral attachment.	other people's children. He can be wonderfully exciting	nursing doesn't fulfill her. She doesn't feel an instinctupull to be a mother, but likes children, and is usually a	sheds an ex-husband without remorse or too much grie It's very similar to firing someone for not doing the job. She just moves on and can maintain a relationship with her ex. She can't wait for kids to grow up and she can talk with them, do projects, and take them to see things. She is the opposite of Demeter and often uses surrogates, such as nannies, for the more mundane tasks of motherhood She does well with competitive, extraverted, intellectual curious sons. She will reinforce stereotypical male behavior with "strong men don't cry" language.	She can be an excellent mother, especially if she has a Demeter personality. She can be a little too detached h when she goes inward and too impersonal. She doesn have great ambitions for her children and lets them be
	How a child does with a Zeus father depnds on their dominant archetypes the strength of their ego.	In less ideal circumstances, his rage turns into abuse of his children. They cower before his rage and are traumatized ar will likely act similarly when they have the upper hand. Poseidon's daughters usually become unnoteworthy persons Their childhood makes them candidates for further bullying. Because they tune themselves into their father's pain, they may cast themselves as rescuers.	 loving and his children tend to pick this up intuitively. H may encourage his child's imagination through stories of picture books. He usually connects with his children on on-one. With introverted children they spend time silen time together. Extroverted children do the talking to a receptive Hades father. 	or ne- t	with their children, takes them on adventures and stimulates their imagination. He teaches them to look at life as a series of adventures. He's also often away or absent and the overall tendency is to leave childrearing to the mother.	station can cause conflicts. A rejected, angry Ares maken can be abusive. Ares men often father children out of wedlock and so may be absent fathers, especially if he's "in-the-moment" with another family situation. He can make his children feel emotionally secure.	communication is rarely direct and explicit. Children an realize his reactions are subjective and balk at his f authority. Often controlling of children and can keep pliable children under his thumb. Doesn't like change. Most children miss having a father. He's too introverted and individualistic to be of much help to his children. If he's not angry he can have a very special relationship with his children, showing them how to make things in his workshop and nurturing their own creativity.		mothering energy into helping other young women. Sign plays the big sister role of the youthful aunt. Artemis mothers look forward to when their children are more independent and she can accompany them on explorations. Trouble brews when she has a passive, needy child who feels doesn't live up to her standards independence.	the and become role models for them. She might be tolera of a more empathetic or less assertive daughter, but the daughter will likely feel emotional distance. Children whare emotional or dreamy frustrate her. An Athena moth expects her children to do what is expected of them and of be "good soldiers."	through. Hestia women, however, are not good in helping her children deal with social nuances or er competitive situation. She also doesn't help much with ambitions or career development.
ator Voers	has achieved his goal may feel this is a time to pause and enjoy the view. Others may stop to assess their climb and have some flickering doubts about whether it's all worth it. Other Zeus men may have some crisi heart attack, broken marriage, bankrupt company the destroy his world. He then either becomes embittered or starts to find other ways to be. Mid-life can lead to more peaceful transition to other archetypes and a deppening of this person's relationships. This is often brought about by the prospect of loss of a loved one the causes growth.	hat	life. Without a family he may become a recluse who lives in a cheap motel room, a mental patient or a monk IF he has the support of a family or profession, he'll become a stable patriarch. Intellectually he'll develop into an academic. Expressive ability will lead to highly subjective artwork. If he's developed other archetypes, he ends up being more fully integrated.	no longer the prince and depression is possible. His distance may cause his children to reject him. His marriage may fall apart as either he or his wife have an affair. Typically, he will threaten to make drastic change but won't because he values order too much and what other people think. He'll fight to keep things together an stay unfulfilled and chronically depressed.	e's before. He may start exploring his inner life as wel with the same adventurous attitude. If he's still the adolescent, flitting from place to place and job to jo this can indicate a lack of substance and be depressing. If he's a negative, criminal Hermes he may be successful and unreformed or a disgrace and in jail.	because he usually doesn't have success in business by midlife. Success is individualistic and hard won. Ares men typically do better in working-class communities than upwardly-mobile families.	If he's successful at establishing a family and finding fulfilling work, he can have an advantage because he's learned to balance the inner and outer worlds. If not, the he may feel inadequate and isolated.	failures. This can last for years. He needs to stick with meaningful work and work through issues of intimacy ar commitment so he can integrate his intensity and ecstat moments into his life.	ripe for a mid-life crisis. She is very compatible for good oriented young women. But at this point there are few uncharted wildernesses to explore. She's either discreeded in achieving her goals, reached a plateau, confailed. Menopause can lead women to turn more toward Artemis' moon goddess identity so they become more reflective, spiritual, and psychological. They begin to explore their inner world as they did the outer.	or assess the trajectory of things and start making plans for the next phase. Menopause or aging are not a big deal because she never defined herself as a mother or with her beauty. On the contrary, because she has likely accumulated some power, she can more easily find fulfillment. A mid-life crisis in her partner, however, might shake her, especially if other goddesses are activated.	homemaker she's content in this role. If she didn't marry, she's a spinster or old maid who doesn't mind her single status and isn't out to catch a man. If she's working in an office or living in a convent she's known as a "fixture." Midlife might be when she enters a convent or devotes herself to a spiritual path
ater Years	his company, his assets and his life. Unless he's developed other archetypes that give him perspective on the situation. He will fight to hold onto control. He may have undermined his sons to such a degree that	of There are three patterns for later life. An integrated, mature Poseidon man will have been able to stay true to his emotional, primitive nature while developing other skills that the ego ride the stallion or bull. This person is very powerful be because they are able to draw upon their personal emotiona power and make it human and understandable and useful. Often as an artist. In the other patterns, this nature is remair repressed and dies, creating an empty, alienated life. Or is untamed and causes havoc and destruction and pain? Emotional depth, in the moment, emotional presence, warm,	years. Death is usually unfeared because of an innate let familiarity with dreams, the collective unconscious and a detachment from the outer world all	,	adolescent than he could end up a homeless in wanderer who gets by through wits and conversation	die prematurely because of their profession. Working on class Ares may enjoy retirement that give them more recreational time. Other Ares men who have worked out a life based on their own choices can be highly individuated.	If his life turned out well, he continues work at his forge, his skill honed by experience. Can also end up as a socially isolated derelict. Creative. Imaginative. Skillful at a craft. Hard worker.	There are typically three patterns depending on how he resolves his midlife crisis. One is that he doesn't resolve it and it worsens and leads to premature death. If he's wealthy he'll stay an eternal youth and playboy and becomes jaded. A hard-won third pattern is integration the Dionysian personality into a life with continuity and commitment and an embrace of death as the next experience. In-the-moment, appreciates the sensual and erotic.	e into old age. These women don't settle down. They a often on the move. She has an ability to think young and is often traveling or working on new projects.	energetic and practical who pitches in both at home and in the community. She is backbone of traditional volunteer charities and churches. She does not mourn the empty nest but enjoys time for more projects. She	gracefully. She can seem the "spinster aunt." Empty nest and widowhood don't disrupt her life. What does is becoming a "displaced homemaker" through divorce or widowhood. They can be ill-prepared to deal with the outside world and might join the ranks of the genteel
lenges	without getting too emotionally involved. Self-confidence. Ability to organize and direct others. Abil to negotiate and read people. Focus, discipline, strate thinking and stong will. Can be too much in his head and be disconnected fro	loyal, strong, fully enjoys things.	•	Moderation and perspective on situations. Team player He is emotionally distant. When there is conflict, he withdraws, "It's not worth fighting over." He is not good	 thinker, diverse interests, creative, immaginative, inventive, rescues children, friendly, playful, spontaneous, curious He is impulsive and doesn't understand limits or consequences to himself or others. This can still b 	Protector. Loyal. Friendly. Camraderie. Non-judgmental. Spontaneous. Exuberant. Identification with the God of War and getting into physical confrontations with people who push his	Recognizes and appreciates beauty. Peacemaker. Deep feelings toward others. Loyalty. Appreciates independent women. Class-conscious. Egalitarian Emotional crippling through rejection - His susceptibility to rejection means that his subjective feeling of this determines the degree of pain, not what objectively how bad it was. Leads to mistrust and anxiety.	Enjoys intense experience. Gets along with women.	autonomy, friendship with women If an Artemis woman doesn't find work that is personal fulfilling or that challenges her she will likely feel frustrated and depressed, which often leads to actions	strategize. She forms strong alliances with men and is good at maintaining balance Ily A woman who identifies fully with Athena cuts herself of from the full range of human emotion. She has trouble empathizing, being moved by art or music, or having anything resembling a mystical or spiritual experience. She also doesn't completely feel her body or the streng	f Because Hestia women don't have strong personas and are in the background, they are often taken for granted and her feelings aren't taken into consideration. She often lacks assertiveness and doesn't speak up if she heels devalued. A Hestia's hearthkeeping efforts can feel burnt out if others comes and mess things up right
	· · · · · · · · · · · · · · · · · · ·	He is prone to emotional upheavals, the equivalents of storm floods and earthquakes that wipe out rationality and logic. Often there are warning signs, small tremors of emotion in a situation that can signal a bigger reaction is on the way if the situation persists. It's important for Poseidon men to recognithese warning signs so they can take appropriate action.	connections and understanding of the emotions of othe is not natural to Hades. This can lead to chronic, low-level depression and a general pessimism.		The state of the s	his own feelings of terror and helplessness and so had a hard time putting himself in the victim's place. He	led Introverted emotions can distort reality. It's his inner reaction to the outer world that's retained. Can distort "what really happened." Carries things with him (both good and bad) that others have forgotten or let go.	Giving in to the temptation to stay the eternal youth can create problems later in life as he doesn't learn the skills and satisfaction that comes with continuity and commitment.	some element of pursuit. If he moves closer emotions or becomes dependent on her, the excitement of the hunt is over and she might feel contempt for his vulnerability and be cruel to him, treating him like an	rational, and critical, analytical nature, she can turn an interaction or a person to stone with her lack of empath. An Athena women is often unaware she is having this own intimidating effect on others. Athena women need to	This woman expresses her love through thoughtful acts but has a hard time directly expressing her feelings. This means people not be aware how much she cares and leave her alone, which makes her feel lonely. People who love Hestia women might feel insecure because she's too detached. Hestia women need to learn how to express herself so others know how she feels.

,	They disregard context and extenuating circumstances and	Because he is so subjective, his perception of reality car be distorted. The key is if and how he acts in relation to these perceptions.	He can be narcissistic and arrogant. He can have an inflated sense of himself and believe he can accomplish anything only to be crushed by reality	He can never grow up and continually think the "grass is greener". He doesn't stick with things. "Jack of all trades, master of none" applies to him. He's always pursuing new options and possibilities and may not realize he's running out of time.	He often winds up as the scapegoat because he wear his emotions on his sleeve and gets provoked.	s Lack of success in the world creates bitterness	He struggles with opposites, with finding ways for contending natures to co-exist inside.	She can feel intense, destructive rage symbolized as the Calydon Boar that is usually directed at men. This rage can only be stopped when she confronts it herself as part of her and recognizes with humility that she is a flawed, human woman. This is difficult because she can't be righteous and powerful. An Athena woman with an objective is often only concerned with getting something done and can be craand unscrupulous in achieving her goals or defeating her rivals. She's not concerned with fairness or morality on with results. She subscribes to the ends justifying the means.	by achievers, do-gooders, and social arbiters and this
They often fear that someone is trying to take their power and possession. This creates paranoia and agression toward others.	He may have low self-esteem because he's criticized for being too emotional from an early age. If he adapts and suppresses his emotions, his life will feel meaningless and he'll feel like a fake, which also hurts his self-esteem.	disorders because they are so connected to the dream	his emotions that he usually represses coming out in a		. Has difficulty going by the book and following rules an often has trouble at work. He may speak the truth when its not diplomatic and get in trouble.	d Social ineptness makes him the object of ridicule and laughter. He can play the buffoon to soften the criticism. Can also pursue a strategy of "affability" and being the "nice guy" to hide his anger or depression.	Dionysus was known to be mad and drive his followers to madness. Typical are feelings of ecstasy followed by depressed melancholy at their loss since they are by definition transitory.	· · · · · · · · · · · · · · · · · · ·	In social situations she can feel "naked" and "awkward" since she doesn't have a social persona. Sometimes in these situations she reveals too much or is too honest.
They can easily have an inflated sense of themselves, their abilities and expertise. They just have a massive ego and aren't open to hearing other opinions or "truth power" statements.		He can be difficult for others because his psychic energy is directed inward and he's non-communicative.	In relating to women, he can get caught in the superficial aspects of relationship as opposed to feeling true emotions. If he has an affair that touches him deeply, he'll likely still return to his wife because he values form and order and stability too strongly.	fathers. His children are often mistrustful and resentful of him. This can especially affect his	Alcohol often liberates Ares in both a positive and negative way.	Depression. Holding rage, grief, rejection inside leads to depression.	lead to psychosomatic symptoms.	She can be merciless and judge people in a black and white way. Compassion can grow as they too suffer, fail at something, or are misjudged. If she can forgive herself and others for making mistakes then she can become more merciful.	
			Some women mimic Apollo and become less expressive and emotional; others become more so, hoping to provoke a reaction, which doesn't work. Either way it's not healthy		Often Ares doesn't meet expectations of society as a stable person with a stable job. This can take a toll or his self-esteem. Can happen in marriages when he's not appreciated for who he is.	Hephaestus men to numb their pain and lessen their	Substance abuse is a real possibility and often comes from seeking to fill a spiritual void. Often finding a substitute spiritual experience helps deal with addiction.	The choice for Artemis women often boils down to whether she will rescue the young, trusting, vulnerable part of her that holds capacity for intimacy and dependency or kill it off to be as focused, hard, and clear as possible.	
					He can be unfaithful and fidelity is challenging and must grow from love and loyalty. He can also suffer if his partner gets jealous easily because he doesn't kee track of time and has unfaithful leanings.	Paying a price for peacemaking. To diffuse tension he may not express his anger and be concilliatory or appeasing. This causes him to lose touch with what he really feels and not tolerate anger in others.	Dionysus often disrupts the lives of the people he relates to, especially women. He often enters a women's life during a period of transition and opens her up to new experiences and worlds of feeling. This creates the same issues for her as for him of integrating this aspect into a meaningful, sustainable life. Persephone-like women are particularly endangered because they don't have a strong ego and end up becoming a devotee of a highly erratic and possibly psychotic and criminal individual.		
					Out-of-wedlock childrren are a problem. He will not think about birth control.	Commuicating about his feelings. He fits the stereotype of the strong, silent man. People don't know what's going on inside him. Abusive relationships. Alcohol can cause the lid on the emotions to finally come off and lead to abuse. Role reversal with women. Women often need to be the breadwinner and leader in a relationship. This can cause			
when he feels humility and vulnerability, usually in an	emotions through work, relationships or creativity. He needs to at develop abilities to observe, reflect and think objectively.	He needs to craft a sutiable persona so he becomes visible and approachable in the world	He needs to grow beyond his rational mind, to get in touch with his feelings and his body. He needs to make room for Dionysus in his psyche. He has to find times to live in the moment, be absorbed in sensation, inner imagery, emotions and outer experiences.	·	Learn self-control and grow beyond a purely reactive person. He needs to resist provocation.	resentment by both the man and woman Know thyself. Needs to recognize that there's nothing wrong with him, but that he was treated badly, unjustly. Needs to find competence and meaning in his own way o being. If he's been abused, he needs the empathy and perspective of another person to help him, typically through therapy.		To grow beyond the archetype a woman must develop her receptive, relationship-oriented potential. She needs to become vulnerable and learn to love and care deeply about another person. Often this can happen only after she has achieved or failed at her goals and the thrill of the chase is gone. When work gets all consuming, she might find her penchant for crafts helps her get her mind off business. Weaving, sewing, and ceramics are typical forms of "therapy" that help her restore balance.	She needs to develop a socially adaptable persona. This is difficult, but something she has to force herself to do. She needs to prepare for this carefully and once she's practiced enough this can feel natural.
A loss can be one trigger to bring him off his "mountain so he becomes more human. He can grow from this or	1 3 3	He needs to find a receptive woman who can mediate the outer world for him.	Apollo also can grow with Dionysus through sex. Rather than sex being a goal-oriented, skill mastered performance. He has to stop being self-conscious and lego. If he thinks about and critiques how he makes love, he's not letting go.	that help him to focus and stay committed to et finishing things in order to get ahead. Apollo can	e Hermes' ability to think on his feet can help Ares get of destructive situations. Apollo can help develop discipline, emotional distance and long-range thinking	but Know others through dialogue. He needs to distinguish between what he subjectively feels and how the other person experienced something. This only happens through dialogue.	An observing and accepting ego is key that can accept whatever thoughts, images, passions, emotions come to mind without judgment or shame or having to act on them. Psychotherapy can help by strengthening the ego	Bolen offers the myth of Atalanta as an example for ways to grow. In the race with Hippomenes, he dropped three golden apples which diverted Atalanta and allowed him to win the race. The first represented an awareness of time passing. The second represented an awareness of the importance of love. The goddess Athena was born an adult and this can cut her off from the subjectively that is so much a part of childhood. She might need to rediscover her inner child that can be confused or delighted by something new. She needs to stop holding back and be fully in the moment. She needs to laugh, cry, play, and be supported and hugged by others.	or Athena. As a girl she might have done this through
He may also fall in love, which is great for his constricted heart, but may be too much of rush from the unconscious and cause him to flip. Exactly how this plays out depends on the circumstance.	He needs to give up the need to dominate and focus more on affiliation with others. He has the capacity to use his broad emotional base to develop empathy and rapport with others.	Hermes is important because he allows Hades men to communicate about and share their inner world.	He needs to get more in touch with his emotions and feelings his feminine side. This often comes through really loving the women in his life, who teach him about emotional closeness and empathy.		and be more rational.	Develop other archetypes that can help him negotiate his way in the outer world and find ways to do the creative work that fulfills him. He also needs to recognize the value in leaving his work and developing other parts of himself so he doesn't become isolated.	He needs to develop certain archetypes as allies. Zeus in the accepting and supportive father figure. Hermes allows him to recognize his mood swings are temporary and don't have to emotionally trap him. He also with communicating intense feelings. Apollo, usually developed through a good education, helps him learn discipline.	either through having a child or through personal expression. This urge, which hits in the late-thirties, her to value her own maternal sensibilities and capacitic	She will need to defend her intuitive sense of self and her own truth from the logical, rational, scientific es. scrutiny. If she gives in to this Apollo-like worldview in a relationship, it can violate her sense of intactness and meaning. Alternatively, she can feel her fire gets put out by a wave of emotional feelings from a situation or from her unconscious. This is Poseidon. The answer for both situations is solitude.
Zeus men typically suffer heart attacks, which is apropos because it's his lack of heart that's killing him.	developing the Hermes archetype. The Hephaestus archetype	parts of themselves and consciously work on putting	through making a big mistake and being forgiven or	and needs to connect with his emotional and sensualife). He can do this by falling in love with a woman who becomes his Aphrodite. Typically, this is someone who's a challenge, someone he yearns for but can't immediately have. This is someone who moves him deeper into his emotions by making him aware of his vulnerability to her and into the	al can be healing and instructive and prevent Ares from becoming abusive.	· · · · · · · · · · · · · · · · · · ·	Dionysus needs to confront the abyss of irrationality and emerge with a stronger ego. This means leaving behind the divine child and eternal youth aspect and becoming the hero. In the myth this involved rescuing his own mother from the underworld.		
the Grail King. To be healed, he must recognize what's	Developing the more objective archetypes, such as Apollo, s Athena and Zeus help Poseidon think about consequences, become objective and achieve some distance from the moment.		Apollo needs to make decisions based on love rather than logic. He needs to give up seeking approval and really think about what he enjoys doing and who he love being with. This frees him to take risks with the knowledge he is fallible and vulnerable. His intellect the help him distinguish and evaluate and become an ally to his heart. Follow his heart.	es underworld of his soul. This is important for him to have a productive second half of life.	He can grow into a protector figure who will be involve with and fight for his children and his community.	Reparenting. He needs to find "earth parents" that will show him how to do tangible things that require skill and physical effort. People who affirm and value his gifts. He also needs to develop these "parenting" attitudes within himself that support and validate what he is doing. The promise is with support and honing his skill he will overcome adversity.	ecstatic that leads him and his partner to feel they are close. But this experience can be impersonal until he	n-	
		archetype, someone has to take their imaginative world	Apollo traits are already cultivate vigorously by society., but to cultivate the archetype requires working on time management, budgeting of money, or organization of work. Education and practice are the key. Apollo people seek experts to teach them.	venture into new territory with an attitude of exploration and openness, for example through	A person has to become aware of how his emotions feel in his body and find ways to express them with physical activity or physical contact with others.		The Dionysian focus in on the moment. You need to be no open to what happens between people or inside oneself response to events. Dancing and lovemaking are two activities in which a Dionysian "in the moment" feelings can be expressed. Being aware of time or being in one's head is counter to Dionysus. Getting out to nature and losing track of time allows for connecting with Dionysus.	in focusing on things and people that are truly important to her. She needs to recognize her tendency to get distracted with men or other things and chose to focus. Wilderness experiences can cultivate the Artemis	Women can cultivate Hestia by giving themselves enough time to complete tasks, allow herself to be absorbed in the task, and set her own standards. Meditation can strengthen Hestia's archetype. Often the solitude that forces out the Hestia archetype is thrust upon one by circumstance of loss or grief. Hestia can help during these times.

Cultivating the Archetype

Homer as a jealous and vindictive shrew. which she clasped to her breast. Then he shed his search. disguise and tried to force himself on her, but she got him to promise to marry. The honeymoon lasted 300 years. After this he went began cheating on her, invoking her wrath on other women, their children, and innocent bystanders. left Mt. Olympus to be alone. separation from Zeus.

rejected by his mother. Zeus and Hera conceived Ares into a stallion and raped her. and two daughters - Heba, an adolescent cupbearer and Eileithyria, goddess of childbirth, a role she shared with Artemis. Instead of rage, sometimes Hera withdrew and

and in winter the ritual emphasized a dispute and

the Olympian pantheon. Hence her connection to the cow Demeter and Persephone is told in Homer's Hymn to had two aspects in Hellenistic beliefs. She was revered as Ancient Greece. The practice was ended in 500 A.D. by the life after death through Persephone's annual return from the Uranus' genitals and cast them into the ocean. White foam form the powerful goddess of marriage, but also denigrated by destruction of the sanctuary at Eleusus by the Goths. underworld.

The child of Rhea and Cronos, she was swallowed by her Demeter was the second daughter of Rhea and Cronos and She was the only daughter of Zeus and Demeter. There is Aphrodite was said to have come ashore either on the island of father and emerged as a young maiden. She was placed the fourth consort of Zeus. When she heard the cries of no information about her conception. Persephone was a Cythera or on Cyprus and escorted by Eros (Love) and Hemios in the care of two nature deities as foster parents. She Persephone she searched for nine days and nights over the carefree girl who played with her friends. Then, Hades attracted Zeus who changed into a young shivering bird, land and sea and didn't eat, sleep, or bathe in her frantic suddenley appeared out of a vent in the earth with his chariot of them. Many gods vied to marry her. She chose Hephaestus, underworld. After Demeter refused to produce food in protest, Zeus sent Hermes to fetch the disconsolate bride. Before she left, Hades gave her some pomegranate seeds, which she ate.

In retaliation for Zeus giving birth to Athena without her, In her search, she was pursued as Poseidon. To escape she When she returned Demeter asked her if she had eaten She had an affair with Ares, with whom she had three children: she conceived Hephaestus, but he was imperfect and was changed herself into a mare, but Poseidon changed herself anything, knowing if she ate something in the underworld, Harmonia (Harmony), Deimos (Terror), and Phobos (Fear). She

In ritual she was revered in three forms. She was She then found Hecate who took her to Helios who told them Later, Persephone became Queen of the Underworld. worshipped as Hera the Maiden, in the spring. Hera, the that Hades had abducted Persephone to be her bride and that Whenever heroes or heroines descended to the underworld. She gave Hippomnes three golden apples before his race with Fulfilled One in summer and autum, and Hera the widow this was sanctioned by Zeus. Enraged, she left Mr. Olympus went to the lower realms, she received them and was their Atalanta. She gave the king Pygmalion his wish for a wiife as in the winter. The symbol for springtime worship was a disguised herself as an old woman. She came to Eleusis and guide. bath to restore her virginity; in summer it was a wedding, sought work as a nursemaid. She became the nursemaid for an infant named Demophoon. She fed him ambrosia and

> held him in the fire to make him immortal, but his mother, Metanira, walked in and screamed. Zeus and the other gods implored her, but she demanded that and refused to give him back. Persephone be returned to her. Finally, Zeus sent Hermes to get Persephone.

year with Hades in the underworld. After this she restored Aphrodite, and third of the year by himself. fertility to the earth

She then gave humans the Eleusian Mysteries, which were After she returned to the world, Hecate, Goddess of the Dark die without fearing death.

She ended up having to spend 1/3 of the year in Hades and names of both parents. Eros was said by some to be the 2/3 of the year with Demeter. fatherless son of Aphrodite, who eventually became Cupid. Others say Eros was a primal force in the creation of the universe.

Persephone

Hades offered her pomegranate seeds, which she ate. The question was brought before Zeus who decided that he She also served to help women grow. Psyche was compared to

sacred and secret rituals that allowed people to live in joy and Moon and the Crossroads, became her constant companion. She ruled over the uncanny realms of ghosts, demons, sorcery, and magic.

Hera is the feminine form of hero. She is the Goddess of Demeter is the Goddess of Grain and presided over the Persephone was known as Proserpina or Cora by the Aphrodite or Venus was the most beautiful of all goddesses. She Marriage and was stately, regal, and beautiful. She has bountiful harvest. The Romans knew her as Ceres. She was worshiped in two forms: as Kore, the was a lover of laughter, full of charm. "Golden" was the adjective beautiful eyes to symbolize her watchfulness. Hera is portrayed as a beautiful woman with golden hair and a blue maiden or as Queen of the Underworld. She was not one of most used to describe her. Honey, speech, and semen are all closely associated with the Great Goddess, which predates robe, usually as a seated, matronly figure. The myth of the Olympians but played a central role in the Eleusinian linked to "gold" linguistically and symbolizing Aphrodite's deeper Mysteries which provided the core of Greek religion prior to values of procreation and verbal creation. There are two versions and Milky Way - which comes from her breast milk, which Demeter. They are the basis for the Eleusinian Mysteries, Christianity. She was a slender and beautiful young goddess of her birth. In Homer's version she is the daughter of Zeus and when it fell to earth and formed the self-fertilizing lily. She which are the most sacred and important religious rituals of associated with fertility. The Greeks experienced renewal of the sea nymph Dione. For Hesiod, Cronos cut off his father

was born, emerging as a fully grown goddess.

(Desire) to the assembly of gods where she was accepted as one and carried the screaming maiden by force down to the but cheated on him often. Though they had no children, this union might represent the merger of beauty and craft giving birth to art.

around them as semen mixed with seawater. From this Aphrodite

she'd have to return there for at least part of the year. She also had an affair with Hermes with whom she had the bisexual lied and said that Hades had violently forced her to eat them. god Hermaphroditus, who inherited the beauty, sexual organs, and

> Aphrodite helped mortal men who prayed to her for assistance. beautiful as his ivory statue. She also had an affair with Anchises and gave birth to their son Aeneas, who founded Rome. She had a love affair with Adonis, a hunter who was torn to shreds by a wild board but allowed to return from the underworld to Aphrodite. She

shared his time with Persephone. Demeter then revealed herself and berated Metanira and She also contended against Aphrodite for the love of Adonis. Aphrodite also had a powerful effect on women, inducing them to commanded them to build her a temple where she lived in Adonis hid him in a chest and sent it to Persephone for safe fall desperately in love with men, often leading to their death. She grief. Nothing would grow and famine threatened humans. keeping. She opened the chest, was charmed by his beauty, took revenge on Myrrha for not honoring her by causing her to fall in love with her father. She took revenge on Hippolytus by causing Phaedra, his stepmother to fall in love with him.

Because she ate the seeds, she had to spend a third of the should spend a third of the year with Persephone, a third with Aphrodite, which offended her. She gave Psyhce four impossible tasks, which allowed her to grow beyond her vulnerable goddess tendencies. She also helped Atalanta grow beyond her Artemislike tendencies by giving her golden apples or life lessons.

without a partner. This is often experienced as grief, similar to not having a child for some women. A committed relationship can help, but archetype often finds a big church wedding as preferable to elopement. important role in her life.

Perfected Woman.

powerful instead of rejected.

Hera women experience fulfillment through their partner. Demeter's relationship with her daughter was the most Kore, the maiden, represents the young girl who does not In cultures where sexuality is degraded, the Aphrodite women is And the belief that a woman's main job in life is to marry a significant relationship. She was the most nurturing of the know who she is and is unaware of her desires and strengths. considered a temptress or a whore. But when two people fall in man gets reinforced by the culture. The Hear archetype goddesses, providing food and spiritual sustenance, through Most women go through this phase before they marry or love they seemingly see each other in a special, golden light. A provides great capacity for commitment, for enduring the Eleusinian Mysteries. The archetype motivates women to decide on a career. Other women remain this way for most state of enchantment or infatuation results that feels like magic.

or being a godmother or foster parent.

example.

make others feel defensive, guilty, angry or helpless.

A depressed Demeter woman will typically withhold nourishment in all its forms. She literally stops functioning. underground places. Often these women have been She can neglect children or, more typically, she can withhold psychiatric patients who have gotten better and are able to her support and approval from children who are growing more acts as guides for others. Although you can live this pattern independent. This can damage their self-esteem.

The Hera archetype mostly strongly represents a woman's Demeter is the maternal archetype. She represents the The archetype of Persephone is of one compliant in action Aphrodite is the archetype that governs a womans enjoyment of desire to be a wife. She feels fundamentally incomplete maternal instinct fulfilled through pregnancy and by providing and passive in attitude. Persephone the maiden also allows love and beauty, sexuality, and sensuality. Approximately incomplete maternal instinct fulfilled through pregnancy and by providing and passive in attitude. physical, psychological, and spiritual nourishment to others. a woman to seem eternally youthful. The archetype has two powerful pull on a woman. The archetypes power is instinctual, This archetype can affect others in positive ways, but aspects -- that of Kore the maiden and that of Queen of the similar to Hera and Aphrodite. She impels a woman to fulfill both predispose her to depression if her need to nurture is rejected Underworld. A woman can be influenced by either of the two creative and procreative functions. Every woman who falls in love demands the prestige, honor, and respect of marriage, and or thwarted. For these women, being a mother is the most aspects, can grow through one to the other or can have both with someone who is in love with her is a personification of the present in their psyches.

trials, and staying together through "better or worse." be generous and giving and to find satisfaction as caretakers of their lives. They are uncommitted to a relationship, to An energy field charged with emotion is generated that creates seem "for real."

from anything that carries risk.

Vindictiveness is a sleight of hand that makes her feel guests. Women who move to the country to grow their own closeness to her daughter. Society also fosters passive desire for physical intimacy. food, bak bread, and can fruits are expressing this aspect of femininity and so this young women is susceptible to these

> Demeter is also the persisten mother. She is the woman who The Persephone archetype will mold herself to others,
>
> Aphrodite represents the drive for procreation, which is different what others expect.

She is the generous mother. Some give food and physical As a maiden, she is a child-woman, unaware of her sexual Aphrodite is a force for change and creativity. The pattern, awakened and she is likely non-orgasmic. The ideal Japanese woman is the Kore maiden, always in the background, serving others, and accepting her fate.

Demeter women can also grieve deeply when their children Persephone can also be Queen of the Underworld. This die or leave home. They lose a sense of meaning and archetype is usually the result of experience and growth. The purpose in their life. They become deeply depressed and can underworld is the place of the personal and collective unconscious. And as the guide for others, this woman is able to move back and forth between the "real" world and the reality of the psyche. For these women this often comes out in dreams of

> without having been held "captive" by psychosis. Persephone as the maiden represents spring and a woman can re-connect with this pattern after a loss and depression. It can make them receptive to new influences and change. It

represents youthfulness, vitality, and potential for growth. It can help a woman to feel young throughout the course of

spring, narcissus, the pomegranate, grain, corn

The cow, the Milky Way, the lily, and the irridescent eyes grain, harvest, food, Madonna and child on the peacock feathers.

comes first.

In early childhood, a Hera girl often enjoys playing house Young Demeters have small baby dolls and like holding Later she emerges when young boys and girls "go steady." ten.

The Hera woman is easily recognizable as the radiant She is maternal. She is generous and supportive, helpful and The Persephone woman has a youthful quality. She might Sometimes an Aphrodite woman is beautiful but it is really her bride or the jealous, vindictive shrew. She identifies as giving. Her persona is bountiful. A Demeter woman often look younger than her age or have something "girlish" in her attractiveness or magnetism that distinguishes her. They have a the so-and-so's wife and puts his needs first. They are has an aura of an Earth Mother. She is solid and dependable, personality. She has something "willowy" about her that natural, unselfconscious sensuality. These "plain Janes" seem to matronly and often check with their partner before making She does what's called for with practicality and warmth. She suggests her ability to bend according to which way the wind always have men in their lives while prettier girls might sit home plans. Even her children understand that the husband is usually generous, outer-directed, altruistic, and loyal to blows. She will typically bounce back up and remain alone. individuals and principles. This can seem stubborn.

that changes her life. and preparing a meal for when the pretend husband babies. By contrast, young Hera's like Ken and Barbie dolls. little girl" who is often dolled up in pink, frilly dresses. She is responding to men and taking an interest in them that make adults comes home for dinner, which is the highlight of her day. Young Demeter like to babysit by the time they are nine or compliant and wants to please. She is often cautious and say she'll be a heartbraker when she grows up. She likes being

unaffected by experience unless she makes a commitment

and learn to be passive. Given time and support she can comes from men's response to their teasing flirtations. learn to trust her inward way of knowing and find an answer that's right for her, though she can't explain why in logical terms because it's so deeply subjective.

Aphrodite archetype. She feels attractive and sensual. When Aphrodite is a dominant archetype she falls in love easily and often. She has sex appeal, a magnetism that draws others toward her and makes both feel attractive and vibrant.

Without Hera, women who are married can feel something and providers. This can be expressed through any type of work, or an educational goal, even though they might be in a mutual attraction. Sensory awareness in such a state is enhanced. is missing, that they'd be just as happy living on their own. helping profession, such as teaching, counseling, or nursing relationship, have a job, or be in school. Everything doesn't When love is unrequited or rebuffed, the person's emotional pain Hera women feel an inner need to be a mate and an outer If this urge is unconscious, a woman might find herself They can remain the eternal adolescent and indecisive about Just as there are two versions of Aphrodite's birth, the archetype need for recognition, but they can also experience the "accidentally pregnant." If Demeter is not strong and an what they want to be when they "grow up." can enter consciousness in two ways. The first, as in Hesiod's archetype through a mystical or spiritual sense of union abortion is the most sensible, she will able to go through with They are waiting for someone to transform their version, is full-blown and awesome from the waters of a woman's

with their partner. In this case, the marriage ceremony it. If Demeter is strong, she might decide to have the child, lives. Typically, this is generated by a daughter that's too unconscious. This is sexual desire disassociated or cut-off from often has a sacred or numinous quality. The ceremony is altering the entire course of her life. If she does have an close to her mother to develop an independent sense of emotional closeness. When they feel this, some women are in many ways a re-enactment of ancient Hera rituals and abortion she will feel grief and turmoil, rather than relief. herself. She wants to please her mother and so tries to be drawn repeatedly toward having orgasmic sex that submerges allows a woman to feel like Hera, the Fulfilled and Once thwarted, the desire to become pregnant will become the "good girl" -- obedient, compliant, cautious, and protected their individuality in a transpersonal experience. Others are frightened by the feelings and work to avoid the temptation.

The downside is that the archetype makes the woman The archetype is also the provider of food. Through this The father can be the parent that fosters dependence as well. The second way the archetype is activated is in the context of a emotionally dependent on her partner. Infidelity causes archetype, a woman can find nursing her child immensely by being domineering. Though they seem strong, the relationship where trust and love develop and a gradual reduction anger toward others and activity, rather than depression. satisfying. She likes providing ample meals for family and parent(s) in this situation often have an emotional-need for of inhibition results for the first time in orgasmic sex and a new

> fought for special education classes for her children. She is especially men's expectations of her. She tries to fit his than motherhood. An Aphrodite woman can become pregnant if the women who refuses to acknowledge that her children has projection of her in order to fit her own desire to please. She she doesn't practice birth control. The archetype suggests to a passed away if they end up missing and will use patience, is not aware enough of herself to have a subjective life and is woman that to use birth control would take away from the passion perserverance, and stubborness to see to the needs of her inarticulate and unanalytical about her wishes and desires. of the moment and make intercourse premeditated, which goes She just is. Her pattern is to be chameleonlike and try on against Aphrodite's nature. Some women report that they feel Aphrodite most strongly 14 days before ovulation, when a woman is most likely to become pregnant. This is when they are most sexually responsive and miss having sex the most.

> care. Some give emotional and psychological support. attractiveness and her beauty. This combination of sexuality whether physical or metaphorical is attraction, union, fertlization, Others provide spiritual nourishment. Mother Teresa is an and innocence is highly desired in western society. A woman incubation, and new creation. This attraction can be to a physical doesn't need to be young or sexually inexperienced to fulfill "other" or an abstract "other" like an idea or an art form. Just as a this role. She likes men to like her, but her passion is not Aphrodite can involve a woman in a series of love affairs, it can also involve her in a series of intense creative projects one after another. If both aspects are present, the woman follows whatever and whoever interests them, leading to an unconventional life.

> > Gold, honey, roses, speech, doves, cooing lovebirds, swans, flowers, sweet fragrances and fruits, especially golden apples, and the pomegranate which she shares with Persephone.

The typical little Persephone is a quiet, unassuming, "good A young Aphrodite might be a little flirt. She might have a way of holds back to learn the rules or watch others rather than the center of attention, wearing pretty clothes, and being fussed diving in and learning by experience. She needs to imagine over. She is usually not a shy child, and might like to perform for herself doing something before she tries it. Often her parents others. By eight or nine, Aphrodite girls are in a hurry to grow up. mistake her introversion for timidness and push her to make They want to wear make-up and have teeny-bopper crushes on up her mind. She will then make a decision to please others sexy male singers or rock groups. They might enjoy the power that In a dysfunctional home where marriage is modelled Demeter's mother was Rhea, who gave birth to the first A Persephone daughter is "mommy's little girl" and often gets Some parents might encourage their daughters to be Aphrodites. poorly, a Hera girl will often still hold to an idealized view generation of Olympians. Her grandmother was Gaia, who locked into a Demeter-Persephone pattern. Athena mothers For example, they might enter them in child beauty contests. But of marriage and use the negative example of her parents gave birth to the sky god Uranus and was the original Earth can get frustrated with her indecisiveness. Artemis mothers when puberty hits, many parents sense danger. Father's can as motivation to find something different. In a happier Mother. Demeter continues the lineage of goddesses can get frustrated with her lack of will. Both can help their respond to his daughter's growing sexuality in a variety of ways. home, she'll use the positive example of her parents as a concerned with fertility. Other similarities include the fact that daughters develop these qualities, or they can make them He might create conflict in order to generate emotional distance. positive model that she wants to reproduce. her siblings. If the father is supportive she will seek to follow of experiences, but don't push her into them. his model and have positive expectations of men. Her propensity to feel like a victim won't be activated. An adolescent Hera girl is one who goes steady with a boy At puberty, a Demeter woman might start to yearn for a child. Her adolescence is usually a continuation of her childhood. If These are crucial years for an Aphrodite woman. She might the and practices writing her name as Mrs. So-and-So. She If she becomes pregnant as a teenager, she might welcome she's a Demeter mother, she might try to live vicariously pull toward sexual experience but might suffer social stigma as a wears his ring and daydreams about her big wedding. the baby. Most Demeter women, without Hera's drive to through her daughter and devour details of dates and other result. "Good girls" might avoid her and boys will see her only as a Often she seeks to hook up with a partner that has high couple up or Aphrodite's passion, are not motivated to have experiences that should belong solely to her daughter. If this sex object and not value her other attributes. Unwanted status. She will then organize double-dates and parties early sexual experiences. If she goes to college, she will is the care, her mother's anxieties, opinions, and values pregnancy and STDs are a risk. Sexual activity is a serious choice where she looks down on those who aren't paired up. The prepare for a helping profession. Demeter women are influence her perceptions. She usually goes to college with serious consequences, but girls get little help with the choice. ending of a serious relationship in high school is her first typically not ambitious, intellectual, or competitive for grades, because it is expected, but it is usually a pasttime rather than If Hera is present, expressing sexual feelings in the context of a real wound. College is usually the time she seeks out a even though she might be very bright. Status is not important a vocation. She has hard time getting things finished, either steady relationship is possible, but this might result in an early mate. Education is part of the expected social background as it is for Hera. Her friends usually cut across social and because she lacks confidence or is easily diverted. She will marriage. If Artemis or Athena is present she might think carefully and not valued in its own right. people, or social misfits to fit in.

As with educaiton, work is of secondary importance and Demeter women are drawn toward helping professions such She tends to have a series of jobs rather than a career and Work that doesn't involve Aphrodite emotionally holds no interest not central to her identity. Even if women are successful at as teaching, social work, or nursing. Helping people to grow will gravitate to where her friends and family are located. She for her. She likes variety and intensity. Repetitive tasks, such as work will not consider it significant. If she does get up or get well is a strong motivation. Some Demeter women will move from job to hob hoping one will really interest her or lab work, clerical work, or housework bore her. Only when she can married she will often put her own career on hold in order are founding mothers of their own organizations. But this is she might get fired because she isn't able to consistently be totally engrossed creatively does she do well. She does well to fulfill her wifely duties. For her, the marriage is her taxing because it can require so much energy and she doesn't meet deadlines. She does well with a boss who she wants to with the visual or performing arts or when she can work closely this can create resentment.

goddesses are responsible. She will pair up with women women's movement. Demeter women make friends with maternal responses in peers and older women who do favors. When Hera women get angry with her, she's shocked because she when single, but once with a partner she will drop them in other Demeter women, relationships that go back to their time for her. Her best friend is often someone with a stronger doesn't get shocked or jealous herself. She usually has a wide favor of doing stuff with him. After marriage, she deals as young mothers. These groups have a matriarchal air. personality. If she is pretty, she might attract friends who range of women friends, who often share some of her qualities. with women as part of a couple and looks at single women. They often will turn to these women before her husand to project their own undeveloped femininity onto them and. None of these are Hera women, however. Friends need to accept as a threat or simply as a woman without a man. fulfill the mothering role when she can't. In lesbian Widowed or divorced women are often dropped since they relationships, a Demeter figure might mother a Persephoneare no longer part of a couple. like lover, who is more inexperienced. Hera women are attracted to competent, successful men. A true-to-type Demeter women does not choose a man. Three categories of men are drawn to Persephone women: An Aphrodite woman gravitates toward men that are not Sensitive poets, genius scholars, and starving artists are Rather, she responds to a man who needs her and might be men who are as young and inexperienced as she is; "tough necessarily good for them or to them. She prefers creative, not for her. She doesn't empathize with men who suffer with a man because she feels sorry for him. Many women men" who are drawn to her innocence and fragility, and men complex, moody, or emotional men like Ares, Hephaestus, and for their art or for their political principles. Often she will feel that men are "just little boys" and don't have very high who are uncomfortable with "grownup" women. The first is Hermes. Hephaestus is attractive to her because of his intensity.

be attracted to a man who is outwardly powerful, but expectations of them. Often she will mother a self-absorbed an exploration or young love. The second is a case of He's ill at ease with both women and men, but her ability to focus emotionally immature with a little boy side that is rarely man who feels that he is special in some way. He is the opposites attracting. The third can be a case of an older man complete attention on him draws him out. His emotional intensity apparent to those in the outside world. Hera women have archetypal son-lover. She overlooks his immaturity. His and younger woman and can reproduce a patriarchal is appealing as well as his artistic ability. If he's primarily angry, a blind spot for juding the character of men and recognizing patterns of behavior. When assessing character, she often can't see past people's surface presentation. She doesn't do a good job at seeing possible problems or positive potential.

A Hera woman associates sexuality and marriage and so Demeter women doesn't have a very strong sex drive. She is As Persephone the maiden, these women are like Sleeping make remain a virgin until marriage. She depends on her typically a warm, affectionate, and feminine person who Beauty or Snow White, asleep or unconscious of their husband to arouse her sexually. If he doesn't, she'll have would just as soon cuddle as make love. Many Demeter sexuality, waiting for someone to awaken their passion. This sex as part of her role as a wife. Dutiful sex probably women have a puritanical attitude toward sex and should be eventually does happen and they discover that they are originated with Hera. Often Hera women are inorgasmic, for procreation rather than pleasure. Often for these women, orgasmic women who are passionate. This can have a especially at the start of a marriage.

racial classes. She often will help foreign students, disabled often try on several majors and will end up with one by and strategize ways to express her sexual feelings. She is usually

have time for her personal life, which is very important. Her please who gives her specific assignments that need to get with someone who is close to her such as a teacher, therapist or nurturing nature also can create expectations among her done right away. She isn't good with work that requires editor. She either hates work and is doing a mediocre job or loves employees that she will look after them and when she doesn't, persistence, initiative, or supervisory skill. On longer it and thinks nothing of putting in the extra time. She might

She generally doesn't place importance on friendships with Demeter women are not competitive with other women for She often gets along well with women that are like herself. Approached women are often mistrusted by other women, especially other women and doesn't have a best friend. If she does men or achievement. Envy and jealousy involve children or She tries out new situations with other girls, rather than on Hera women. The less conscious or responsible she is about her have a close friendship with another women, other grandchildren. She feels mixed about feminism and the her own. She is often a sorority sister. She often evokes effect on men, the more disruptive her presence can become. treats them as special.

> mother. The final potential mate is the "family man" who person and then reconcile with her mother later. shares her dream of children and a family and can help look out for her. The other types reject children and might pressure to have an abortion that creates a crisis for her.

the most sensual act is breastfeeding their children.

the mother and feels unconnected to the father. She might wants an exclusive relationship or because they are feel like a victim or she might reverse roles with dysfunctional traditional men. Persephone daughters need parents who intrusive and seek to live vicariously through their daughter's

minute with a stay-up-all-night effort. If she moves into a out to achieve it. Queen of the Underworld position, she might become an artist, psychic or therapist. This work can then become deeply personal and important, which she works on in unorthodox wavs.

positive effect on their self-esteem.

all three biological fathers had a lack of paternal feelings. In feel inadequate. Many such daughters do not have close Others clamp down and are controlling. Still others are seductive. this situation, a young Demeter grows up closely allied with relationships with their fathers, either because the mother Mothers can also develop a "jailer mentality" and impose a dress code that de-emphasizes her attractiveness. Other mother's are parents and mother them or become a surrogate parent for will trust her inward ways of knowing. They give her a variety sexual and romantic experiences. Others get competitive, try to undermine their daughter's self-confidence and sense of attractiveness, and might flirt with her boyfriends. The best parents don't overvalue their daugther's attractiveness and don't treat them as pretty objects. They value it as one of several aspects of their daughter, provide guidance, and set appropriate limits instead of blaming the daughter for men's interest.

> not focused on long-range academic or career goals. She gravitates toward creative fields. She can get immersed in projects and subjects, but fulfilling prerequisities is an anathema.

assignments, she procrastinates and will often do things last achieve success in a field, but unlike Artemis or Athena doesn't set

that she might not follow through on plans or commitments. Aphrodite women who are lesbians exhibit the same patterns as with men in relationships.

selfishness angers her, but if he tells how much he relationship. Often when she gets together with a man, her he might be threatened by her attractiveness to others and his appreciates her, he is forgiven. A similar dynamic can evolve mother perceives him as a threat and will try to separate jealousy hard to contain. If he's not primarily angry, his intensity with a sociopath, which has no ability for appreciation. She them. The man might force her to make a choice between can hold her and his commitment to her can stablize her life. Ares can also get connected with a man who wants someone to him and her intrusive mother. If she can make the break with men create a volatile combination of love and war, since both are mother him, someone who wants someone like his own her mother she might be on her way to becoming her own impulsive and reactive rather than reflective. Relationships with Hermes men occur because both are here-and-now people who don't need commitment. The need for commitment from one of them can create a painful situation.

She does well with routines and a husband who expects her to do her job as a wife well. Corporate life, with frequent relocations where she follows her husband, can work well as well. Her well-being depends on her husband's devotion to her, the importance he places on the marriage, and his appreciation of her as a wife.

Hera women are drawn, however, toward successful men that are that way because they are wedded to work and so she can be happy even if her husband isn't unfaithful. If the marriage is more form than substance for the husband, she might be deeply hurt. She often tries to cover this with a frenzy of social activity that presents the image of a perfect couple. She will endure bad treatment. Divorce is inconceivable. And she will often feel that she is the "legitimate" wife after divorce. A Hera woman will have children as part of her role of wife, but will not feel a maternal connection or enjoy

as emotional abandonment. away her child.

spending time with kids, unless other archetypes are

In battles between children and the father, the Hera This can create dependence among the children that keeps A daughter who is a Persephone herself can create a They typically will swoop in and make the child seem like the most mother will choose her husband. She will often not defend them in a mother-child relationship. They never grow up and situation of mutual dependence and the two end up seeming important person in the world to her. Then she will leave and the children or provide any kind of buffer between an even if they get married, they are always responsive to their like sisters. Strong sons can run over their mothers. She create feelings of worthlessness and depression. With a son, the abusive father and the children. them feel guilty.

limits, and be exploited by their children.

become angry and grieving.

Her middle years depend on whether or not a Hera woman For childless Demeter women, this is the time where is married and who she is married to. If her husband is pregnancy and motherhood becomes extremely important. might bring home that all the possibilities she dreamed about attractiveness has been her chief source of gratification. She successful and appreciates her, this is the best time in her They might consult fertility specialists or consider adoption. If might be beyond her reach. She might stress over every might not be aware that it wasn't her looks that drew people to her. life. When she is widowed, divorced, or not married she is she does have children, every day her children grow older wrinkle. This can initiate a mid-life depression. She might become unhappy with her choice of partners and miserable. During mid-life marriages suffer stress and a tests her ability to let go and let them be independent. She dress and act younger than is appropriate. She might have a recognize her penchant for choosing unreliable men. She might Hera woman often makes matters worse with her possessiveness and jealousy. If there is infidelity by her women who found an organization that grows, might feel like depression is never far from the surface. Depression can do well. She now has more experience to apply to her artistic husband she will become suprisingly vindictive.

Transitioning to Hera, the widow, is often the hardest part. On the positive side, some Demeter women end up active. If a Persephone woman moves from Kore to Queen, she will. Some Aphrodite women retain the capacity to see the beauty in of her life. She loses her sense of identity and can feel women appreciated for her down-to-earth wisdom and have a regal presence of a person who knows the mysteries and be a little bit in love with whatever they focus on. They grow

insignificant. Because she was so focused on her generosity. She has learned not try to bind people to her or to that make life and death meaningful. She might have had old with grace and vitality. Their interest in others and their husband she now doesn't have other resources to draw allow them to take advantage. They have learned to foster mystical or psychic experiences or tapped a deep spiritual creative work remains the most important thing in their lives. upon. She often isn't close to her children and doesn't independent and respect. She is loved and respected by well that dispels her fears about growing older and dying. If Typically young at heart, they have friends of all ages. have many close friendships. Her relationships were children and grandchildren for her gifts. Demeter women who she has matured and retained the Kore pattern she retains a based on being part of a couple and she might find herself remain disappointed and who feel like a victim just become youthful aspect. If she hasn't matured, she will remain being dropped by other women as she once did to others. more bitter with time.

Her fulfillment is much greater than the other archetypes Ability to be maternal and nurtuting of others, generosity. when fulfilled, but her destructiveness and depression is much more acute than the other archetypes as well. She is able to make a lifetime commitment and remain loyal to

When a Hera woman gets married her interests will often Her need to give and nurture can lead to burnout because Because she was the most indistinct of the goddesses, she An Aphrodite woman is usually an extraverted woman with a lust beyond her role as a wife.

a partner.

her husband.

A Hera woman will often expect that marriage will might feel that he deceived her or promised something no concern for the realities. that he didn't deliver on. In this case, she can become critical and angry and urge him to change. This doesn't always happen. She can have a more accurate view of

headaches, menstrual cramps, etc.

start to leave her behind. Her maternal instinct might cause her to be careless about The main commitment is around marriage. She needs to Her warm and attentive nature also might be misread by men who transform the couple and unconsciously expects her her birth control and get pregnant. She needs to carefully resist her predisposal to see marriage as an abduction or assume she's especially attracted to or interested in them. Then husband to become a Zeus-type man who fulfills her. She choose who to have a child with because her archetype has death, to be fought or resented.

A Hera woman's wedding day is the most important day of Most Demeter women want to get married in order to have Marriage is often something that "happens to" a Persephone If Aphrodite is one of several archetypes her presence vitalizes a her life. Hera women often thrive in Middle America. She children, but in itself marriage isn't terribly important. It might woman and can feel like an abduction. Men often choose marriage with sexuality and passion. A monogamous marriage, spends vacations and her weekends with her husband. be seen as the best situation to provide for the children. them and convince them to get married. They go along however, is difficult for an Aphrodite woman to maintain. Unless because this is their pattern and what society "expects" them other archetypes are present or it is a particularly good match, to do. Persephone women who are unwilling brides and feel she's likely to have several husbands or relationships abducted only make a partial commitment and might spend time fantasizing about other men. Marriage might, on the other hand, activate other archetypes such as Hera, Demeter, or Aphrodite.

Demeter uniformly perceive themselves as good mothers. Unless a Persephone woman has a Demeter archetype within Aphrodite women like children and vice versa. She can draw out a They either are very good mothers or are all-consuming her she won't feel like an authentic mother. She might feel children's feelings in such a way that they feel beautiful and mothers who smothers her children. If her children push her that her mother is the real mother and an intrusive accepted. She can get into the spirit of play and make believe present. Her children will often feel this lack of closeness away, she can feel hurt and confused. She has a blind spot grandmother can undermine her confidence. Her children very easily and can bestow a sense of specialness that help here and can only see her positive intentions, not their can react if a variety of ways. A strong-willed daughter might children develop self-confidence. She charms them into behaving negative effects. This might arise from a feared "abduction" end up switching roles with her mother and become parental well and inspires them with enthusiasm for whatever interests her that's similar to the myth. She fears that something will take at a very young age. Aphrodite women without Demeter qualities can leave their children feeling abandoned when they shift their attention..

> mother, much to the chagrin of their spouse. Some children doesn't use power in any relationships and so often doesn't effect can be more devastating because he feels a sense of might push these mother's away, who in turn try to make put him in his place. Sons and daughters can thrive with non- competition with the new man or new fascination in her life. He intrusive mothers who love and admire their independent feels inadequate, powerless, and angry. He longs to re-establish spirit. She can also nurture their imagination and creativity the type of special connection he felt with his mother but has a

by sharing this part of themselve. Other Demeter women will spoil their children, fail to set

She can also show them the value of their inner world.

Though she continues to feel youthful, realities of aging

Aging can be devastating for an Aphrodite women, if might find the need to have a late-in-life baby. Demeter facelift to maintain her youthfulness. With these women, want to settle down. If she's involved with creative work she might ambitious managers are trying to "abduct" her "child" and either create a permanent feeling of being defeated by life or endeavors and gain a greater sense of satisfaction from her work. can be the beginning of a newfound maturity.

> depressed and locked in her own underworld. Some women leave the maiden behind completely as other archetypes are

activated.

Ability to be receptive, to appreciate imagination and dreams; Ability to enjoy pleasure and beauty; to be sensual and creative

constrict as Hera takes hold and she focuses on life as a she'll always give people her ear or sacrafice her time, offers the most potential routes for growth. To live as Kore for life and a fiery element in her personality. Her attentiveness is couple. She will become less independent and often the money, and resources for others. She must resist the means to be the eternal girl and not make any commitments seductive and makes a man feel special and sexy. This attention couple's sex life suffers. This depends on how strong the instinctive "yes" and learn to pick who and what she will give because it eliminates other possibilities. This woman feels invites a reciprocal response that creates an erotic attraction and a archetype is, how developed other parts of her personality herself to. She has to learn to say "no." A Demeter woman she has all the time in the world and wants to always play at desire for sexual intimacy. This can have consequences including are, and how much her husband encourages her to grow who is burned out might suffer physical symptoms such as life. She must learn to make commitments and live up to social condemnation, a series of shallow relationships, or them. She must stick with choices when they stop being fun. exploitation of men who are only interested in sex. This creates

> when she rebuffs them, she might be thought of as a heartbreaker, a tease, or of leading men on. Such men might feel tricked and become resentful, hostile, or angry. When the object of unwanted infatuation or angry rejection she can feel hurt and become angry herself and mystified about how her own bahavior contributed to the situation.

hard time trusting the women in his life. By thirty or forty, she will feel something is wrong as friends low self-esteem. She needs to learn how to contain her Aphrodite nature in some situations and act on it in others.

around a relationship and develop a "fatal attraction" backed it up with action did she get her needs met.

complex.

workload. It often helps to realize that fostering independence is in the best interests of the child.

Hera women can judgemental of others, especially other When a Demeter women becomes overburdened she can Narcissism is another pitfall. They become so focused on Aphrodite women tend to live in the immediate present and take women, and often put them down. They are the social feel apathetic and depressed or resentful and angry. She themselves they lose their ability to connect. They might life in as if it were nothing more than sensory experience. In the arbiters. They especially don't like single, sexually-active often has a hard time expressing this directly and asserting spend hours on their experience. People only exist to give grip of the moment she might respond as if there are no future women who might pose a threat. But they are also less her needs. She ends up being passive-aggressive. She will them feedback and are reflective surfaces in which they see consequences or loyalties that might conflict. This goes beyond sympathetic to welfare mothers and rape victims. When assert her independence with non-compliant behavior. themselves. combined with Aphrodite she can become obsessive Similar to the myth, where Demeter was direct with Zeus and

> Demeter women are susceptible to depression when she feels Many Persephone women go through a period of creates an apathy, underlain by hostility and anger.

other aspects of her personality.

negative effects of her behavior. They focus on their good intentions and good acts and are often defensive when confronted with the negative effects of her patterns. Acknowledging these negative impacts is often the most difficult thing; changing her behavior is often easier.

the beauty in nature or being touched by another person.

Demeter women have a blind spot in terms of seeing the

Cultural or religious expectations can conspire with the Demeter can foster dependency. She needs people to need Deviousness, lying, and manipulation are potential character. In restrictive cultures, a woman might deny her Aphrodite feelings. archetype to keep a Hera woman in an unhappy marriage. her and tries to be indispensable or controlling. This can stifle flaws for Persephone women. They feel powerless and

This makes her anxious and depressed. If she does to good a job originality or self-confidence in her "child" and add to her dependent on others and so they learn to get what they want at stifling her Aphrodite nature she might lose her source of vitality indirectly. They usually avoid anger and don't want people to and spontaneity. get angry at them. They usually court the good favor of those with power over them.

their negative feelings inside. This is a "fade-into-the-practice considering the consequences of her actions and can woodwork" depression. Her emotions become inaccessible. eventually get better and resist the tyranny of the here and now. She might retreat into a very personal inner or imagined But emotional priorities will continue to outweigh practical world that starts as a refuge but can become a prison.

trapped in psychosis when reality is too painful.

Some women might feel the curse of love. This can occur when a woman becomes infatuated with a man that treats her badly. In this case, the relationship has an addictive hold on her and she'll feel extremely ambivalent about changing the situation. The other situation can develop into a obsessive, unrequited love that can

Recognizing Hera in one's personalities and the dangers of A Demeter women needs to learn to mother herself instead of A Persephone needs to make commitments and keep them. Knowledge about her archetypal pattern can help an Aphrodite her archetype can be the way to grow. Resisting the urge always focusing on others. She can ask herself, "Do you She needs to become independent. Only when she lacks woman accept and deal with her feelings without guilt at being who to get married until she really knows the man is wise for a really want to do this know?" Or to tell herself that "I deserve someone to do things for them and cannot blame someone they are. At the same time, they must look out for their own best Hera women because her happiness will be directly tied to better than that" and push herself to tell others of her needs. else when things don't go well, will she grow beyond the interest because the goddess does not. Making the conscious her husbands appreciation of her and commitment to the marriage.

A Hera woman must conscious and repeatedly align

She needs to practice expanding beyond Demeter so that she Once she does this she can grow in many different herself with other archetypes to develop other aspects of develops other aspects of her personality. She can make directions. One is becoming a passionate and sexual her personalities. If she can be encouraged by her time for exercise or take time alone with her husband away woman. In marriage she can get over the feeling of being Psyche wished to be reunited with her husband Eros, who was husband in these endeavors, it can make a huge from her husband.

where he is. She must constantly who to trust -- the suspicious Hera inside her or her husband.

rejected son Hephaetus, sublimating her frustration and wisdom and understanding of the seasonal changes in the anger into creative activities. Reflection and choice is human life. important

A Hera woman needs to know that when a man leaves her she will have a hard time accepting it. She will believe, contrary to evidence, that they will reconcile. Hera needs to accept that things aren't going to work out, mourn, and move on. This only worked out for Hera and Zeus when she abandoned him and even let go of her rage and

families and becoming disenchanted with men who are not interested in commitment.

Cultivating Hera can happen if women consciously chose Women invite the archetype into their lives when they to stay committed to a man who needs or requires her actively consider whether to have a child. This test of the Artemis or Athena women who are in the habit of knowing invites Aphrodite. Sex therapists, for example, teach couples how fidelity. Just making this choice can help cultivate the maternal instinct can evoke the archetype if it is easily archetype. This might require reassessing men who have evoked. Care or a relationship with a particular child can also should do is uncertain, they need to be okay with waiting for judgmental attitudes often need to be overcome. A woman might more traditional values of getting married and having evoke Demeter traits and cause it to grow.

happens when they get divorced. The myth of Psyche and Eros provides a suggested

abducted, but this can only happen when she sees her passion. These two were linked in mythology. find a new beginning. Often this process is mysterious and about this aspect of her personality. something triggers her toward a re-birth. It can be realizing

She can learn to channel her rage and anger into different This feels very similar to the return of spring. Such a If she has had intense underworld experiences, she can grow The second task is acquiring some golden fleece guarded by large activities. In this way, she is following the example of her Demeter woman then can emerge from this period with more to become a guide for others as a therapist.

maiden. Necessity becomes the teacher. Often this only decision to modify her pattern so the people she loves aren't hurt can cause a major shift. What's needed is developing other latent archetypes to offset Aphrodite's power.

developmental path for her. The myth says that a pregnant Aphrodite's son. She presented herself to an angry Aphrodite who husband not as a powerful abducter, but as a vulnerable, gave her four impossible tasks to achieve. Each task represents a imperfect, and decent man who loves her. He can transform capability that a woman needs to develop. This applies to all for her from Hades the captor to Dionysus, the evoker of woman who place emotions and relationships first, but is especially true for Aphrodite women. Hera women are prone to jealousy. Her accusations can The myth offers a couple of options for helping a Demeter They can become spiritual women with ecstatic, numinous The first task is sorting the seeds, which represents looking within be a self-fulfilling prophecy which her husband resents. women overcome her grief and depression. She can risk priestess qualities. They can be intoxicated by ritual and feel oneself when facing a decision. An Aphrodite woman must sort But if her husband can respond with compassion then this another relationship as she did with Metanira's son. This can possessed by a god or goddess. This goes along with their through her feelings, values, and motives and sort out what's truly can build trust. He can accommodate her need to know help her heal. The other way is a reunion with her "daughter." association with Hecate and Dionysus. She can develop important to her from what's insignificant. She needs to stick with a This will often require her to go through the suffering and then psychic ability as well if she is open and non-judgemental confusing situation until she finds clarity, either through an intuitive process or through logical analysis.

rams that could trample Psyche. The fleece represents power and

wait until the rams retire and pick some off the bushes. Keeping one's compassion while learning to be more assertive is the second task for more vulnerable women like Psyche. The third task is filling a crystal flask from a forbidden stream. Here she is helped by an eagle, which represents the ability to see a situation from distance and then swoop in and grasp what is

need to attain it without losing one's compassion. If Psyche went

straight toward the fleece, she would be killed. But she learns to

important. This is not the usual perceptive mode for such a woman who usually cannot see the forest for the trees. If she can step back she can see patterns, pick out significant details, and apply this understanding to future choices. The fourth task is to fill a box with ointment from Persephone. Along the way she has to say "no" three times to people who will implore her for help. She has to harden her heart and stay on her path. This represents a woman's need to exercise choice. Often women are imposed upon or diverted from their path by helping others and never get around to doing what's best for them. Until a woman can say "no" to the impulses she's susceptible to, she cannot determine her own life course. By fulfilling these tasks, Psyche grows as her courage and determination are tested.

The receptivity of the archetype is especially important for

Cultivating a here-and-now presence and keenness of perception in one's life Learning to be receptive to one's dreams can Aphrodite can occur.

what they want and acting decisively. When what they to focus on the moment rather than on a goal. Guilt and the situation to change or for their feelings to become get or giive a massage, take a dance class, take a vacation with clearer. The key is learning to value receptivity and to listen her partner away from the kids. Cultivating an interest in art, to other points of view. You can also cultivate receptivity poetry, dance, etc. serves a similar pupose in the aesthetic toward oneself so that you are less critical of inactive periods sphere. Once one is engrossed an interaction that cultivates

an impulsive affair. It can apply to buying things she can't afford or standing people up.

Experience is the best teacher. She learn people get hurt or angry something that she has mothered has been taken away. This psychological illness. They become depressed by holding all when she treats them as "out of sight, out of mind." She needs to considerations because ultimately she will follow her heart.

She needs to do four things to avoid this or lessen its affect: This retreating from the world can slip into psychosis. By Men can feel like casualities when an Aphrodite woman loves she needs to learn how to express her anger instead of becoming temporarily psychotic they can gain access to a them and leaves them. She falls in love easily and each time is bottling it up, she needs to learn to say no, she needs to learn wider range of feeling and a deeper awareness of themselves sincerely convinced she's found the perfect man only to drop him to let what she loves grown, and she needs to develop the and the symbolic meanings of events. But she can remain and replace him with someone else. Usually only experience can bring the necessary disillusionment with facile infatuations and stay in a relationship long enough to accept the flaws in her partner and experience the human dimension of love.

grow psychotic.

