

Session 2: Mythic Archetypes and the Collective Unconscious

Ancient patterns still move through our lives. The Hero, the Trickster, the Shadow, and the Great Mother — these are not merely characters of myth, but living shapes of experience. They echo in the stories we tell, the dreams we dream, and the roles we play without knowing. The collective unconscious carries them all, waiting not for belief, but for attention.

To live without myth is not to be free from illusion, but to be at its mercy. By seeing these archetypes clearly, by learning their language and tracing their movement, we reclaim agency. We stop being swept along and begin to sail with intent.

Reflection & Journaling

Where do you notice archetypal themes or characters showing up in your own life or imagination?

What stories (film, myth, memory) have shaped you? What archetypes are at work in them?

If a personal fear or struggle took symbolic form, what would it look like? What might it be asking of you?