

Art, Archetype & Ancient Wisdom

An Marshall

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Inspirational Quote

“Generally speaking, an archetype is a metaphorical image or narrative, as found in myths, culture, and history that conveys a recognizable set of experiences that transcend time and place.” Kim Schneiderman, L.C.S.W.

Archetype Conversation "The Caregiver"



The Caregiver may be known by many names – Healer, Saint, Helper, Nurse, Therapist, Analyst, Rescuer, Companion, Samaritan, Guardian, even Parent. A defining trait is that of compassion. She is known to provide comfort along with gentle reassurance. She knows intuitively how to meet needs even before they arise. She is steadfast and generous with her time. She is a doer, a person of action, not just words. A perfect example of Caregiver is Beth March, in *Little Women*. She tirelessly met the needs of others and was always giving to others. Her desire was to serve her parents in later years. She ultimately succumbed to the effects of scarlet fever having nursed others from the same disease.

On the shadow side of the light spectrum, The Caregiver may be overbearing and feel she is the only one who can provide the necessary care. She may also neglect her own needs and not attend to her self-care. She may ultimately disregard the need to put her own oxygen mask on first before applying oxygen to others. She can be prone to martyrdom, enabling and bitterness. An example is Cinderella’s stepmother.

We can easily spot the Caregiver in the healing arts and medical industries. But she may be the girl next door who devotes her attention to a special needs child or elderly parent or fosters animals. She may exist in your gentle actions of giving a coin to the homeless, chicken soup to a loved one or volunteering with a charity. Some archetype practitioners state that we all have a Healer in us. Look in your own life to see where you exhibit some of the *Mary Poppins* Caregiving traits. Or Mother Teresa. Love leads the Caretaker to provide continuous warmth and security. Caretakers of the world unite to lift the world up now to provide resilience, empathy, selflessness and unconditional love.

Art in Process

I have been searching for a “template” that can be used to easily access archetypes in a format that is smaller, simpler than larger wall hangings. To date, I have arrived at this outcome.

Each one is not very time consuming and is either inspired by fabric and texture or a transferred photo.

Spotlight

Pattern, Art & Archetype with

An Marshall

Awareness of patterns in the world, in our behavior, and in our personal artwork.

[Watch video here to learn more](#)



Upcoming Events/Opportunities

Join our next Art, Archetype & Ancient Wisdom Community in Action Zoom meet-up on Saturday, November 19th. 1:00pm-2:30pm EST. Here we discuss our artwork and the impact it has on us, our archetypes and the world. In preparation, for next meeting remember your dreams as we'll talk about dream influence and symbolism in art and self. [Click here for Zoom link notification.](#)

Save the date: January 25th, 3:00 – 4:00 EST with Nancy Nix-Rice www.nancynixrice.com
I am a admitted color snob and Nancy does the best job of addressing the concepts of hue, contrast, value, and saturation into what we wear to make us look our best. [Click Here](#) to be notified of the specifics and zoom link.

A great opportunity is The Great Big SoulCollage® Archetype Adventure of 2023 [Click Here](#)

The Joy Fabric Collage Greeting Card Class is now available online and on demand. Just in time for the holiday season, this class provides instruction on how to make greeting cards using fabric and photos. This might make a fun gift that you provide to a creative friend of yours. Only \$39.
[Class sign up here](#)

Archetypal Consultation Services. Price special through the end of year. [Click here for more info](#)

From My Readers

" In reply to whether using an image printed on your work - I do not think it is cheating. We should work with anything that inspires us." Elisa N.

" I enjoyed your newsletter and the interview with Catherine Anderson. Her discussion about meditation, play and creativity resonates with me. Some of my favorite pieces have emerged from play and exploration. The piece below was inspired by a small section of an exploration/play with making marks during the class Perfectly Imperfect: Discovering You Visual Language with Lorna Crane." Becky S.



Progress on the Big Audacious Vision

It has been suggested that I keep a SYNCHRONICITY JOURNAL regarding the vision of curating a large-scale Global Archetype Textile Exhibition. It has been fun to identify what needs to be included. Dreams, a-ha's, and coincidental happenings all get notated. The ideas and opportunities don't just occur by happenstance – they arrive with intention trying to get attention. I find myself now sharpening my antenna so that when they enter my field, I recognize and respond with a resounding “YES”!

The Hunter Archetype showed up on the most recent Art, Archetype and Ancient Wisdom Community in Action Zoom Meet-up. “When you activate the Hunter Archetype, you are aligning your energy with the great creatures of the world – the Lion, the Wolf, The Tiger, The shark. Do so with care.” (Kim Krans, The Wild Unknown Archetypes Guidebook). Also, great appreciation to Kathryn for being on the call and displaying incredible zentangles that took my breath away, were way beyond any that I have seen, and have left a lasting impression on me!

About Me

I first discovered how transformative making art can be with the LifeQuilt process that I developed in 1995. I provided instruction, context and structure for people to make a fabric rendition of their life's journey including the not-yet-lived final life phase. Over the decades, I dedicated spare time to textile and mixed media art.

I became a SoulCollage <https://community.soulcollage.com/> Facilitator in 2022 where I came to own the power of images. As a graduate of Caroline Myss's Sacred Contracts Education (CMED Institute), I am a Certified Archetypal Consultant and currently providing Archetype Readings. <https://www.myss.com/>. One of my archetypes, The Guide, serves me as real estate consultant to help people transition from one home to the next <https://www.homesforsalestaugustine.com/>.

If you or someone you care about are in search of a new space to create the archetype of home, please feel comfortable connecting with me.





What's next?

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