

# ARCHETYPAL WELLNESS & MENTAL IMAGERY: OPENING CONSCIOUSNESS



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*Archetypal Imagery and the Spiritual  
Self, (2014) Singing Dragon*

*A special thanks to Dr. Chuk-Yim Stephen Chiang and his gift  
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Purpose: To find out how participants described a shift in consciousness after an Archetypal Wellness workshop.

Theoretical/Research Home:

- Mental imagery evokes an affective response, reduces anxiety and depression (Zaleskiewicz et al, 2023, Steel et al, 2024).

Archetypal imagery animates a loop between the conscious (ego) and unconscious (Self) awareness (Edinger, 2017).

Active imagination including a somatic response “creates a new symbolic narrative” (Fleisher, 2023, pg. 395).



# SOME DEFINITIONS

Imagery, thinking in internal sensations, like a visualization, but includes other internal sensations like auditory, olfactory, kinesthetic, tactile, for example.

Archetype, a symbol or a representation that conveys a certain quality, characteristic, like Hercules is strength, or Gaia is generativity. It can be in the form of a person, deity, a family member, a family member that has passed, an animal, a mythic animal, feature of nature, a symbol. For purposes here it is called an entity.



# PARTICIPANTS

Purposive recruitment through social media and Fielding Graduate University announcements.

21 Participants

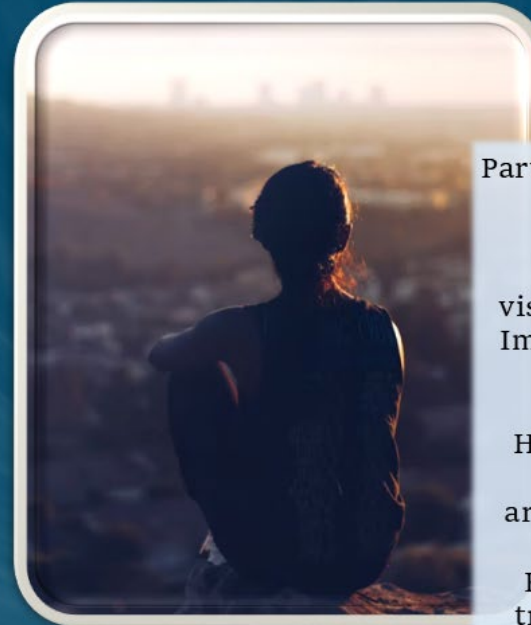
Age ranged from 30 to 65, most were between 50-65

Most had master's degree, with some having PhDs and BAs

They were equally distributed between having none, some, moderate or extensive experience with imagery

## Archetypal Wellness: Emotions & Spirit *Participate in an academic research project*

Participants are offered a chance to win a \$50 Amazon gift certificate!



Participate in an Archetypal Wellness: Emotions & Spirit Workshop

Imagery exercises designed to visualize a psychological archetype. Imagine bringing it into your life to solve a stressful situation.

Help us understand your personal experiences, what does your archetype do for your inner world?

Participate in a fun and possibly transformative experience. At the same time, you will be helping further research on how archetypes transform consciousness!

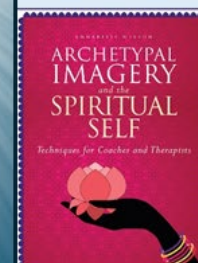
To qualify, you must be 30 years or older, open to imagery techniques, and willing to visualize scenes from your life and emotions in your body.

The workshop will consist of:

- An on-line Wellness Assessment survey
- A virtual 60-75 min Archetypal Wellness session
- An on-line Archetypal Assessment survey
- One month follow-up on-line Wellness Assessment

Please email [anelson@fielding.edu](mailto:anelson@fielding.edu) to participate. Thanks so much for your consideration.

Dr. Annabelle Nelson is a professor at Fielding Graduate University and a leader in the field of Archetypal Imagery



# ARCHETYPAL WELLNESS WORKSHOP

70- minute zoom meeting: dyad work  
multisensory imagery activities, accompanied by  
meditation music.

-Dyad, think back to your childhood favorite  
character, book, TV show, movie, person

-Imagery, a favorite outside spot, you are feeling  
okay, an entity comes to you, let the scene  
move, debrief first with drawing, then sharing

-Imagery, a recent scene that engendered a  
feeling that you didn't like, that didn't feel good,  
see it in present time like a movie, find a spot in  
the body where you feel the most, visualize the  
feeling

-Imagery, bring your archetype into the scene, let  
the scene move, debrief first with drawing then  
sharing



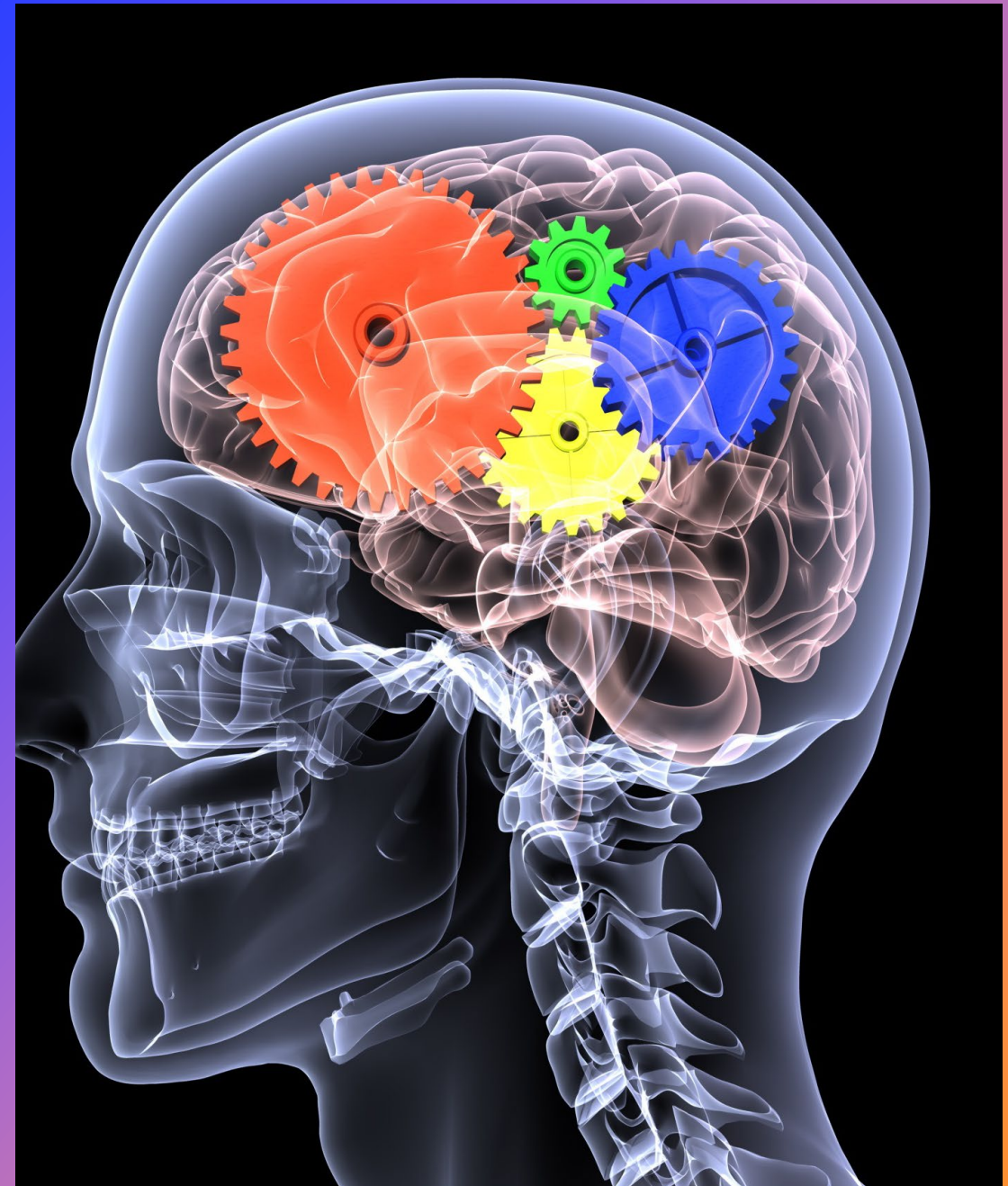


# DATA COLLECTION (QUALTRICS)

Pre: adapted Personal Assessment:  
Dimensions of Wellness, University of  
Colorado, Likert and short answers.  
Example" I feel good about myself and  
believe others like me for who I am.."

Post: Qualitative answers by the  
participants on the workshop experience  
and interaction with archetypes.

Follow-up: Qualitative answers on use of  
archetypes. & Personal Assessment:  
Dimensions of Wellness





# OPEN CODING WITH DEDOOSE, PRINTING EXPERTS BY CODE, CREATING THEMES

## A SNAPSHOT OF THE SCREEN

The screenshot displays the Dedoose software interface for a project titled "Archetypal Wellness". The interface is divided into several panels:

- Project: Archetypal Wellness:** Shows project statistics with progress bars: Users (2), Media (21), Descriptors (21), Excerpts (217), Codes (16), and Code Application (225). It includes buttons for "Import Data" (Spreadsheets, Documents, Audio, Video, Projects, etc.) and "Export Data" (Excerpts, Media, Codes, Descriptors, Project, etc.).
- Media:** A table listing media files. All files are Narrative.docx documents added on 02/22/2022 by user annabellenelson.
- Codes x Descriptor:** A panel for analyzing codes. It shows "Set: Default" and "Field: Age". A horizontal bar chart displays the distribution of the "archetype" code across age groups: 0-35 (29.1%), 35-50 (32.0%), 50-65 (27.2%), and 65 and above (11.7%).
- Codes:** A list of codes with search and filter icons. Visible codes include "archetype", "archetype did not use after workshop", "archetype future application", "archetype future use difficult when emo...", and "archetype setting".
- Excerpts: 217:** A list of excerpts. Two excerpts are shown, both from resource "964 Narrative.docx" added on 02/27/2025 with 1 code. The first excerpt is "When I saw the Native American/Indian I felt peace/calminess." The second is "He walked to one of my favorite areas across the stream from a large granite rock face, where I was crouching. He stopped some 15' away from me. He did not look at me or acknowledge me. I did the same. ..."
- Descriptor Ratios Multi Chart:** A pie chart showing the distribution of the "archetype" code across age groups: 0-35 (32.0%), 35-50 (29.1%), 50-65 (27.2%), and 65 and above (11.7%).

I feel somewhat satisfied with my own wellness across all categories, it's important for me to have balance and harmony. I definitely would like consistent 8 hours of sleep, and improve relationships work life balance physical health, nutrition, sense of fulfilment

Yes, visualizing my archetypes felt like an inner knowing, validating Yes, the emotion was a fluid burnt orange color in my sacral chakra. Yes, my archetype, a tall and lean jungle beach tree, which represents one of my Elders, placed himself in the burnt orange fluid color in my sacral chakra. My Elder transmuted the painful emotion to one of well-being, and the color changed back to a vibrant orange color. I have increased awareness of my own well-being and forces that support my well-being I will more likely work with my Elder to support my well-being in situations where I might experience lack or fear. 1,2,4,6,7,10,11,13,14,15,16 interconnectedness, entanglement, non-linear, validating

"Before the workshop, I felt both repelled and drawn to the term justice. I struggled with it, associating it with rigidity, religious dogma, black-and-white thinking, and stagnation. My own history added to this tensionâ€”my name, which translates from Hebrew as "judge of God," and my upbringing in a hypercritical environment fostered a pattern of perpetual self-criticism and judgment of others.

However, during the past five years of pursuing my doctorate, I developed an interest in socio-ecological justice. What began as a superficial curiosity deepened into a more comprehensive understanding, though I still resisted the idea of justice on a personal level.

Follow up

Since the workshop, Iâ€™ve come to view justice in a new light, especially through the lens of the archetype I resonate withâ€”Wonder Woman. Justice no longer feels polarizing to me; instead, I see it as balance and harmony. Embracing this perspective is helping me heal and support others on their journeys as well." During a recent event, I caught myself criticizing both myself and others, particularly when one

- emotion image
- archetype did not use after workshop
- archetype future application
- archetype future use difficult when emotional
- archetype setting
- archetype story interaction
- archetype tried to change but came back
- archetype used since workshop
- archetype
- emotion uncomfortable event
- outcome
- perspective changes
- quote cool
- wellness assessment
- words to describe state
- workshop reaction

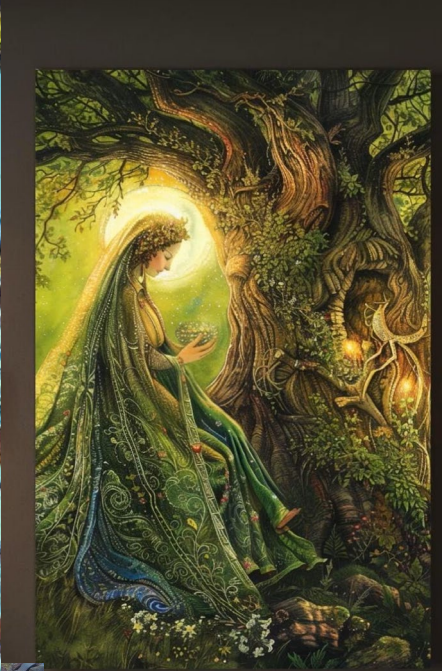
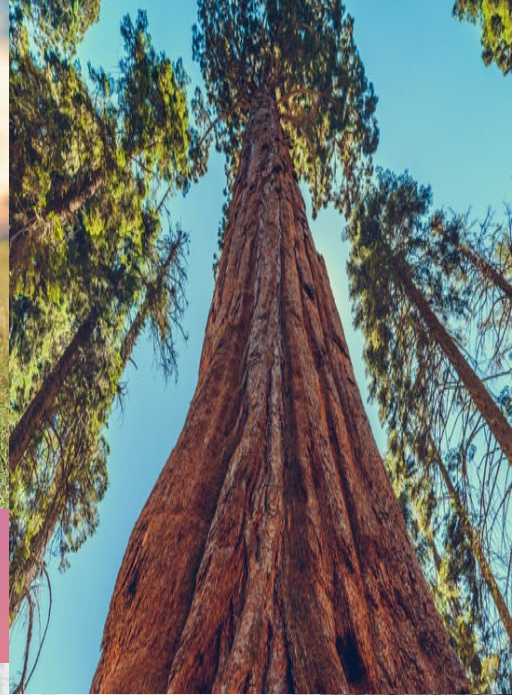
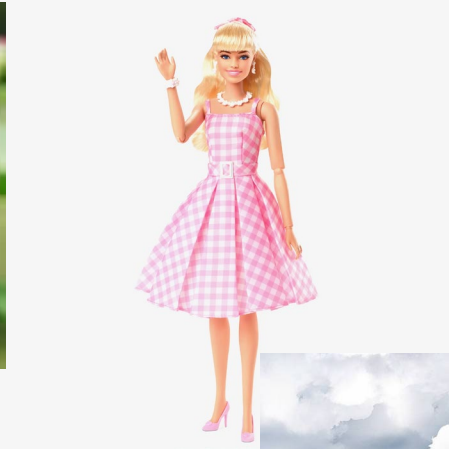
**CODING ON THE GO, HIGHLIGHT QUOTE, SPACE BAR, ADD A CODE, POPULATE YOUR CODES, CREATE A REPORT OF EXCERPTS BY CODE TO CREATE THEME**





# THEME: PARTICIPANTS READILY CREATED AN IMAGE OF AN ARCHETYPE.

REPRESENTATION OF ARCHETYPES CREATED BY PARTICIPANTS





# THEME: PARTICIPANTS READILY CREATED AN IMAGE OF AN ARCHETYPE.

- The gentle, loving, nurturing and engaging man in heart and soul that my father was, lives in me. (521)
- which was Muir Woods (170).
- Yes, the first one I saw was Goofy. He was kind and loving. He takes care of his friends. When I saw Goofy I felt love/cared for. The second one I saw was a Native American/American Indian walking downstream in the waters of the East Fork of the Bitterroot River in Montana (964)
- the archetype I saw was a floating being of white light shining light (266).
- Small dog, then purple cloud-like shapes in mind's eye (247)
- yes, it was a form, like a human body but more abstract and was sparkles like the sparkly reflection of light when sunshine hits a body of water at a certain angle, or light in the trees (646).

# THEME: PARTICIPANTS WERE ABLE TO VISUALIZE EMOTIONS IN THEIR BODIES THAT THEIR SCENE EVOKED.



- the emotions was a swelling in my brain. Was topped with a pressing heavy grey cloud that had red flames of blood piercing down into my body. fear of mutilated death was the emotion if I needs a label (266)
- yes, the emotion of the situation that didn't feel good was a thick grey metallic plate in back of my head mostly on the left side. if felt dense and a cool temperature (646).
  - An emotion was in my shoulders, like shoulder blades, where my wings (imaginary) connect with my body (860).

# THEME: BRINGING THE ARCHETYPE INTO THE SCENE SHIFTED THE IMAGERY OF THE SCENE.

- -archetype enveloped me and bled blue light into the yellow ball, turning it sage green sage green ball merged with my heart center increased awareness of what was causing stress (poor communication = blue), and adding it alleviated my tension (423)
- -The sea turtle chewed up the chains Changed - the visual of the chains being eaten by the archetype was comical to me. as if it casted the spell from Harry Potter. My awareness was heightened (893).
- -Loves, passion, gratitude, around chest, also something coming out in my throat voice, expanding beauty and healing yes but I don't remember what the issue was about, what stayed with me is self confidence, connecting to a great space within, acceptance, love, faith, power (240).
- -My Elder transmuted the painful emotion to one of well-being, and the color changed back to a vibrant orange color. I have increased awareness of my own well-being and forces that support my well-being I will more likely work with my Elder to support my well-being in situations where I might experience lack or fear (229).
- -The Native man went inside my brain with me as I watched him. He showed me a V-shaped object that had a spring near the point of the V like a chip clip, Then he adjusted the tension of the spring as I saw how the object "pointed" toward my reptilian brain/brainstem. I could breathe easier and "knew" to practice loosening the tension in the chip clip while these shortness-of-breath challenges slow me down (860).



# THEME: PARTICIPANTS CREATED A SYMBOLIC NARRATIVE OF TRANSFORMATION



-I was in a dark room with the walls closing in. Then, a heavy hammer appeared that was pounding on my heart; this is when I noticed my breathing getting very shallow and the walls closing in. Yes, I was inviting the butterfly into this dark room. The butterfly fluttered through the room and would briefly touch the hammer. There was a light beam coming from the butterfly that started to light up the room. As the butterfly touched the hammer, it got a little smaller, and the pounding on my heart became less intense (455).

-The imagery of the forest, and stream remind me that the memory of the trauma will never go, but neither will the memory of the peace and deeper understanding of the mysteries of life in the "portal" experienced from my youth. The waters from the stream were taken in and the rock dissolved. The awareness was that I can call on the archetype(s) to dispel and fill my life with the joy of people and experiences, or I can wallow in grief (521).



- -I have a deeper awareness of the influence that I can bring to the outcomes of my feelings and emotions (179).
- -When I saw the Native American/Indian I felt peace/calmness. I have begun to ask myself what the systemic cause(s) of the illness are. ""What do I need to see or experience? What am I avoiding?"" The answer I have received is that I need to find peace within. My guide is a quiet, peaceful presence. I am more at peace when I am present with him and his energy. I am more confident. I am more grounded. I am less attached and less needy, and I suffer less. (964)
- -The archetype was coaching me and reassuring of the situation. I felt empowered but also guilty. Definitely like I can pull her out in the future. She is available to be now. The inspire and guide (937).

**THEME: PARTICIPANTS REPORTED A DEEPER AWARENESS, PEACE & CALM**

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# **THEME: MOST PARTICIPANTS INTERACTED WITH THEIR ARCHETYPE 40 DAYS AFTER THE WORKSHOP. A FEW SAID THEY NEEDED MORE SUPPORT TO CONTINUE WORK WITH THE ARCHETYPE.**

- -Once again, the most challenging scene where my archetype showed up was during the recent fires in Southern California. My archetype showed up gradually, as though it was careful not to be alarming. It felt like a cloaking device for my entire body while my energy aligned with the energy of the earth, a grand feeling of being protected. Oh, what a feeling!!! (179)
- -It would be helpful to learn and/or experiment with using the archetype before stressful encounters or experiences, such as the one with my sister (964).
- -I can harness this image of embodying the archetype and expanded beyond the fear next time I am in a triggered state (266).
- -I can use it consciously and invite it to tense situations and also as a regular meditative practice and sit together. I can also notice the sparkles in nature and daily situations and acknowledge "her" (646)
- -Changes in awareness regarding intentionality of choosing an archetype that fits the situation, which is overall empowering, and in particular, helpful in applying the features of that archetype to move through the difficulty (423).
- -I used the archetype when I was feeling overwhelmed by the demands of the holidays and how much I was expecting of myself (785).



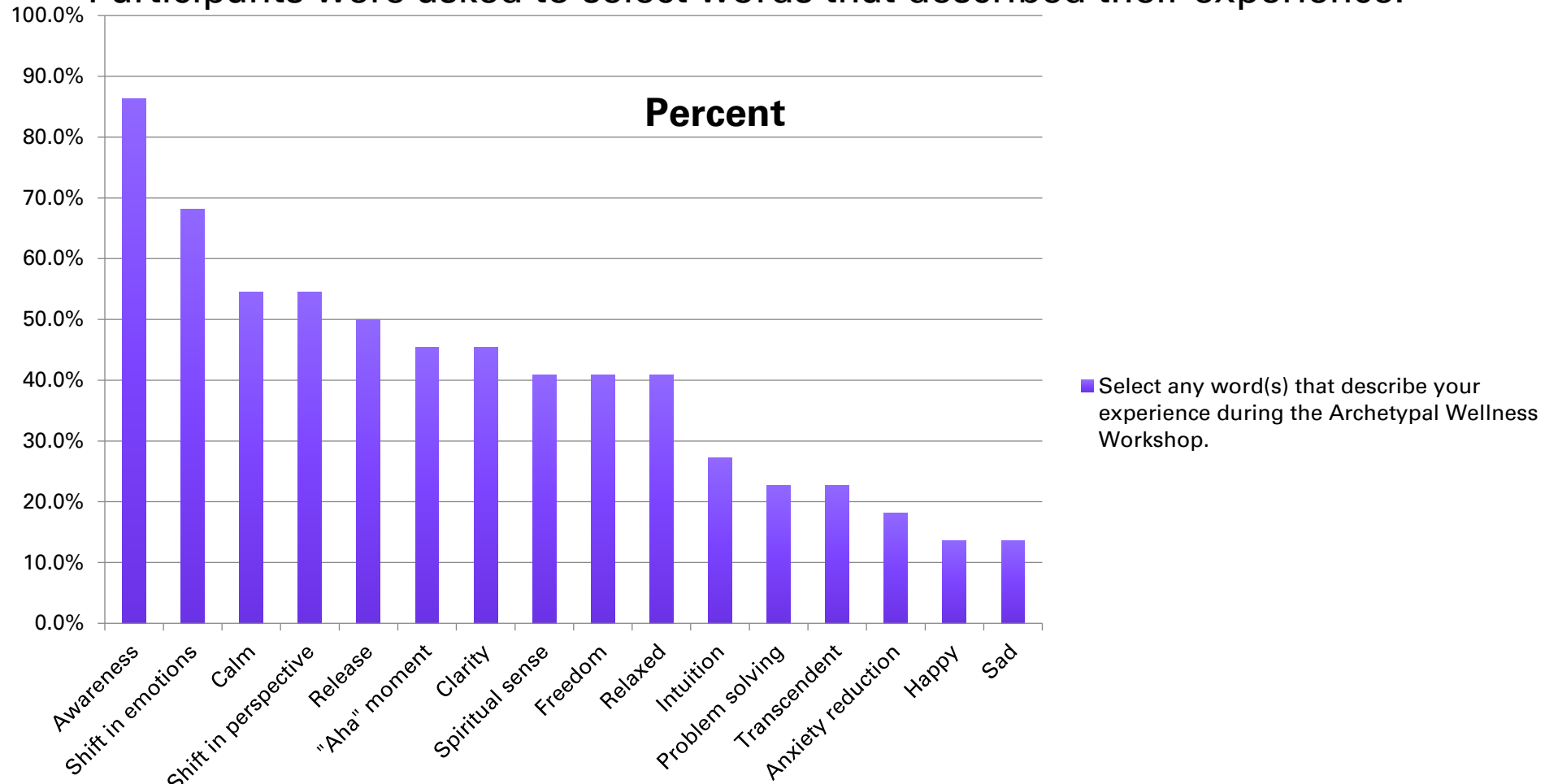
# FOR THOSE WHO LIKE NUMBERS



**Interacting with archetype post workshop** 83% of participants evoked their archetype within the 6 weeks after the workshop.

## Words to describe their experience

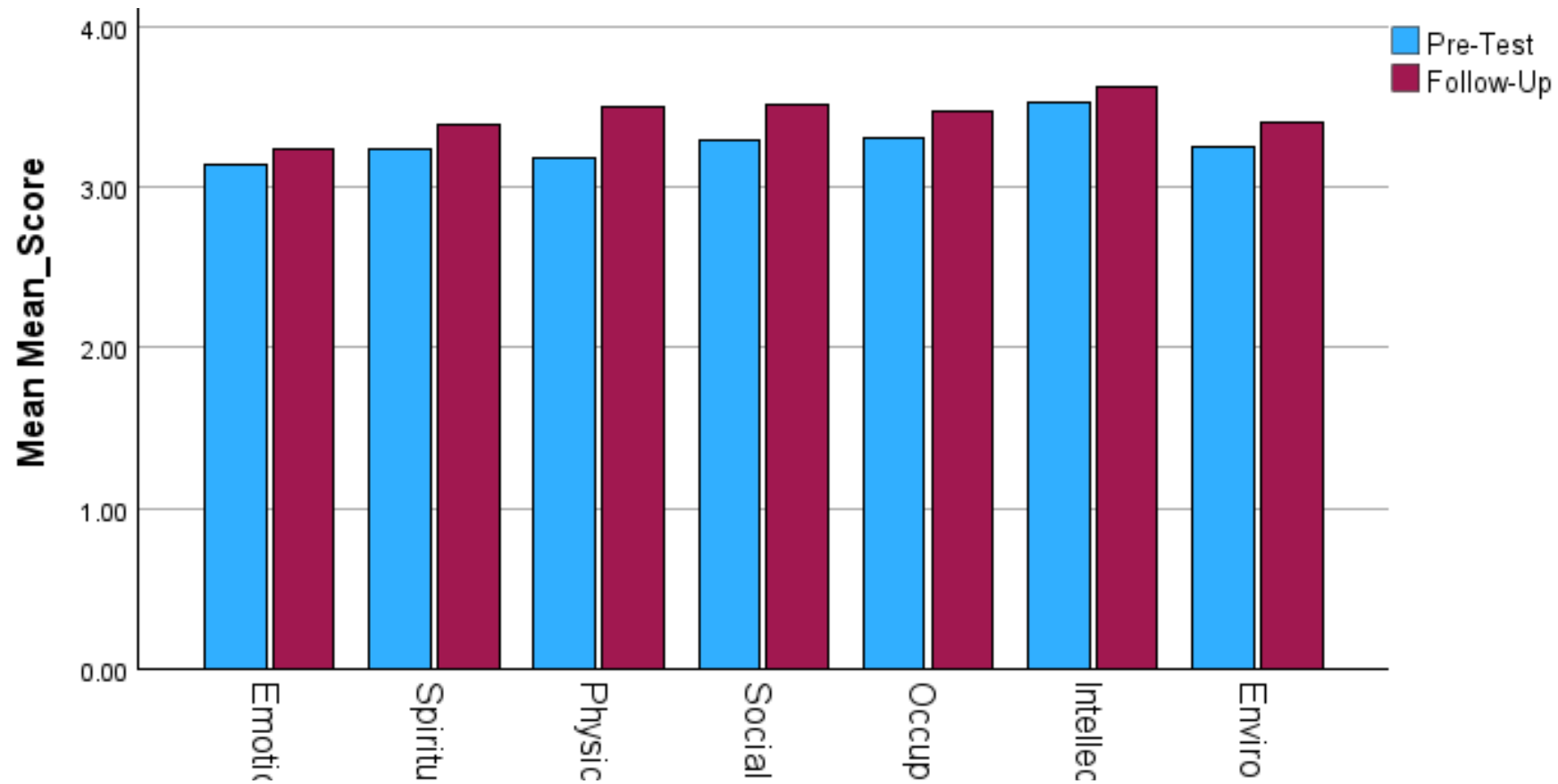
Participants were asked to select words that described their experience.



# MORE NUMBERS

PRE/POST WELLNESS PRE MEAN =3.71 FOLLOW-UP MEAN=3.87

DIMENSIONS: EMOTION, SPIRITUAL, PHYSICAL, SOCIAL, OCCUPATIONAL, INTELLECTUAL & ENVIRONMENTAL



# SUPRISES & MUSINGS

- Peace as an outcome of the workshop was a surprise—increasing awareness in consciousness wasn't an altered state but calmness. It's the emotions, stupid.
- Participants could readily evoke and archetype and visualize emotions in the body
- Question? What was the agent? Imagery? There are data that it is relaxing. Visualization of emotions in the body? Data that this may promote physiological changes. The archetype? Case studies report that archetypal identification opens consciousness. "My Elder transmuted the painful emotion to one of well-being, and the color changed back to a vibrant orange color."





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THANK YOU

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# SOME BASIC CONCEPTS

Archetypes reside in the collective unconscious.

As a young child, a person unconsciously aligns with an archetype to organize their personality. But to consciously aligning with one creates clarity to open the wisdom in the unconscious.

Every archetype contains every other one. So it doesn't matter which one you choose.

An archetype is like a prism that hold the unconscious open safely so that insights from the wisdom in the collective unconscious can pop into awareness.

Visualizing an emotion in the body from a recent situation, and then changing that image releases emotional densities and can increase space and awareness in the mind. This creates movement towards the Self, the whole of the inner being.