

The 4 Archetypes in the 5 Elements

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Why should I be part of the audience?

Maybe you have a 14 year old daughter, who pushes you to your limits. Maybe you have parents, who you still don't understand, even though you're an adult now. You work with clients and sometimes miss the point. Perhaps you're a teacher and have to deal with different types of students. Or you wish to make peace with the annoying neighbour. There are an endless number of questions in life, when it comes to getting on with other people. Here you will see some old attitudes in a new light and new aspects in old patterns.

Let's go!

How do the four Archetypes fit in the five elements? To do this we need to look at the earlier diagram of the five Elements.



Originally the Earth was in the centre and the four other elements were positioned around it: Wood in the East, Metal in the West, Fire in the South and Water in the North.

The orientation of Earth is in the centre – always “The place where I am right now” – from here I can move in any of the four directions. The centre is the most important direction in Chinese cosmology, so the word China is pronounced “Zhong Guo”, where “Zhong” stands for “Middle” and “Guo” stands for “Nation”.

Here lies the mystery of understanding the people we come in contact with. We all carry earth in our

centre and if we are connected with it, we can recognize the four Archetypes around us.

Only through this awareness does it become clear, why we can empathize with others. We can mirror all the Archetypes, recognize and name them. If we do so we can easily discover that we can't handle some of them and would prefer to avoid dealing with them. But can we avoid our partner, our kids, our students or our clients, just because their current Archetype doesn't suit our mood today? Or would we prefer to understand more about their constitution and thus find access to them?

Definition of the term Archetype:

The four Archetypes: Melancholic, Choleric, Sanguinic and Phlegmatic were defined by Socrates. They demonstrate the basic types, which appears in different proportions in each of us.

A rough description of each of Archetypes:

The Melancholic (Ki/Bl)



The Melancholic Type is defined by his feelings. He feels a lot and very precisely. He is especially receptive to the painful feelings. He uses this to develop his suffering capabilities. He sees life as being difficult, but still worthwhile.

He finds his energy in his family, this is important to him. He only needs a small circle of people around him.

As his power of suffering is internalised, it becomes the source of his thinking. From the outside we

notice little activity, but on the inside there is a lot happening.

The Choleric (Li/Gb)



A Choleric has a lot of power to start things moving. He can pull people with him, motivated and can expand himself. He has a lot of ideas and projects. His spirit is racing and he never actually slows down.

He loves to be the centre of attraction and everything must be big, loud, harsh or at the very least dramatic. He needs people around him who work for him and do what he tells them to.

He has no problems; well if he had any he would tackle them immediately and change the situation. Eternally and internally he is very active.

The Sanguinic (He/Si)



A sanguinic type doesn't rate loyalty very highly. Today you're my friend, tomorrow not. He does this in such a nice way, that we can't really be upset with him. He would love to dance simultaneously at every wedding.

He gets excited about things quickly and enjoys an active life. He lives for the moment and doesn't contemplate much, he just does it.

Externally he is very active, but internally not, deep contemplation it not his "thing". He doesn't have a good overview, but still master's life with a light heart.

The Phlegmatic (Lu/Li)



The phlegmatic type concerns himself mainly with the subject of letting go. He is not exact and not concrete. He has the tendency to water everything down and through this he can absorb a lot of damage. The phlegmatic type is a specialist in the art of suppression. There is little excitement internally or externally, that's why not much happens.

The Earth (St/Sp)



Here we meet the hard worker. There is always too little time for this person. They would like to push their time into time units. **ACHIEVEMENT IS WORK PER TIME UNIT.** They can't stand being unproductive. You will also find this quality in the Choleric type. You have a goal in life and to reach this goal you will work like a horse. You stick to your goal, like a Phlegmatic. Nothing much can disturb you. You have a good overview, see the sense of your work; basically you are satisfied, as long as you have your goal in sight. Nothing can stop you working towards it, you are also capable of being flexible, as long as it serves your goal, a quality of the Sanguinic type. Your perseverance and

your expanding knowledge are qualities of the Melancholic type.

These short descriptions give an insight into the Archetypes. It quickly becomes clear, that we carry every part of the individual type in us. Depending on the situation or type, one or the other Archetype will come to the surface.

If we recognise these tendencies, then we can achieve, not a compartmentalisation but an insight, which supports our move to the next step. It is not a definition like „Ohhh, you're a Choleric type, now I know how to behave with you for the next twenty years!“ As said at the beginning we want to reach the client and continue with him and not stay stuck at the meeting point. None of us stays at the meeting point with their date, we are all going somewhere.

The presentation will go into the many faces of the Archetypes. There we look at children at school, our own children, the work we “should” choose and ask “Is the path of least resistance always the best?” We will examine the typical clients, who visit our Praxis and get closer to their pattern of suffering or pain. With this we will get closer to ourselves and expand our horizon.

Everyone who works with people has the need to pick them up where they stand.

But where do I pick my clients up?
Where are they standing?
And how do I find the way?

Have you ever had the feeling at the end of a session that you have missed the point?

I have to admit that this is a provocative question, as we are using muscle test techniques to orientate ourselves. We define priorities, look for the optimal balance and give out best. Still! Sometimes it may happen that, even though we intensively test and question, we still don't find the bearing of the client.

How can that happen?

Actually, there are many possibilities to miss the target and this doesn't only happen to the newbie's but also to the experts. We can have a bad day or be misguided by an idea, which is exposed later as being totally meaningless. The client can also emerge to be a tough nut to crack. There are people

who arrive at our office with such a presence that they make us feel very small and insecure. Or the other type, who forget, why they bothered to come. Sometimes we have to deal with people who hardly say a word and only nod their heads or whisper to confirm or repudiate our questions. Or the ones who don't stop talking. They tell you everything, important and unimportant, about work, the family, early childhood experiences, planned car purchases and their sisters' neighbour (or neighbours sister)!! I will demonstrate a little technique how to identify the archetype of a related subject. It is very simple and easy to do.

You will find wonders and miracles in simplicity.

Notes: