

BY NINA NIEHUES



THE FOUR FEMININE ARCHETYPES

A brief introduction

What are archetypes?

An archetype is a pattern that connects the people of the world across time and culture. The idea of the archetype was conceived by Swiss psychoanalyst Carl Jung. It can also be understood as a very typical example of a person or thing.

The 4 female archetypes is a concept created by Miranda Grey, in which she correlates the four phases of the moon, the four phases of the menstrual cycle with 4 different energies that women embody throughout the month AND throughout life.

The four main feminine archetypes we will work with are: The Maiden, The Mother, The Wise Woman and the Crone.

Note that women are infinitely complex, and there are many other archetypes from different authors and therapists, but here we will explore these 4 in connection to the phases of the moon, personality types and phases of the cycle as Miranda Grey describes them.



The Maiden

Key words: freedom, initiative, impulse, personal space, action, excitement

Medicine: to heal through impulse and action

Out of balance: might lack the power of initiating, might do too much and feel exhausted, may get bored once they achieve what they were aiming for, may have too strong/loose boundaries

Essential oil: Mugwort

Phase of the cycle/life: pre ovulatory/teenage years

Moon phase: Waxing



The Mother

Key words: protection, nourishment, magnetism, beauty, openness, positive communication, capacity of leadership, maturity

Medicine: "to heal through care", "to heal through pleasure"

Out of balance: may get overbearing, controlling (trying to mother everyone), may be closed off to relationships, may lack maturity and self-responsibility, may find it hard to have healthy relationships,

Essential oil: lavender

Phase of the cycle/life:

ovulatory/womanhood

Moon phase: Full



The Wise Woman/Witch

Key words: sustenance, organization, ability to see what no longer serves, creativity, sensitivity, transmutation of energy, the tantric woman, dark feminine

Medicine: "to heal through organizing"

Out of balance: may have bursts of anger, may have difficulty keeping projects (many ideas, few materialized ideas), may be out of touch with her intuition, may suppress her feelings

Essential oil: red rose

Phase of the cycle/life: pre-menstruation/menopause

Moon phase: waning



The Crone

Key words: wisdom, being a sage (experiential knowledge), grounding, quietude, self-reflection, ability to let go of what no longer serves, the midwife, ability to deal with wounds

Medicine: “to heal through wisdom”

Out of balance: may have difficulty letting go of situations, people, etc (even when they are abusive), may have difficulty seeing the lesson behind life’s challenges, may be attached to the life ‘before’, may lack wisdom and end up making immature decisions

Essential oil: jasmin

Phase of the cycle/life:

menstruation/postmenopause

Moon phase: new



Journaling/Self Reflection Prompts

1. While all of us go through the different phases in our cycle, most women have one or two more predominant archetype, can you identify yours?
2. Which archetype is showing up in your life more, at the moment?
3. Which archetype(s) do you feel you need to develop further?

BALANCING THE 4 ENERGY POINTS SELF-MASSAGE

- Find a quiet space, let everyone in your household know you will be doing a meditation and cannot be disturbed
- Light up some candles, turn off the lights and play gentle, relaxing music
- Use some organic plant oil, like coconut or grapeseed oil

SET THE INTENTION

Take a few deep belly breaths, and begin to connect with the women in you: the maiden, mother, wise woman and crone

Let these parts of you know that now you will do a practice to harmonise them, so that the healthiest version of yourself can be expressed





Directions to the massage:

Start at point #1: The Maiden Energetic Point
(right inner groin)

#2: The Mother Energetic Point (left iliac crest)

#3: The Wise Woman Energetic Point (right iliac
crest)

#4 The Crone Energetic Point (left inner groin)

With circular movements begin to relax the area and to connect with the key words of each energy point. Spend as much time in each area you feel you need. End the session giving gratitude to all that you are.

Nina Niehues



HI, I'M NINA

I'm an international women's retreat facilitator, cacao ceremonialist, women's wisdom holder, yoga teacher, Reiki practitioner, sound healing facilitator, student of: QiGong, shamanism and feminine tantric taoism with over a decade of practice.

Beyond roles, I am just a woman learning as I go, making mistakes and surrendering to the great mystery that life is. I dedicate my purpose to bridging the gap between modern women and ancient healthier ways of relating to our feminine bodies, to each other and to mother earth. **I am committed to providing safe spaces in groups and private where women can heal themselves and claim the beauty and pleasure their bodies provide.**

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