

# O’Ora Archetypal Essences

***Archetypal Essences help identify the behaviours and attitudes that keep the soul from its truest expression. These behaviours are then no longer habitual or compulsive and we gain conscious awareness and choice in how we wish to express these energies.***

## 1. Addict

**Opportunity:** To develop self-empowerment through the right use of will. To create a deeper meaning in life.

**Challenge:** To release the need for love substitutes. To release the sense of failure and self-condemnation.

**Affirmation:** I am loving and lovable just the way I am. I am fulfilled by the love of God within.

**Application:** For those who crave substances and experiences that leave them unfulfilled.

## 2. Artist

**Opportunity:** To develop self-expression, self-appreciation and self-love. To develop spontaneity and flow. To develop pride in expressing who one truly is – a co-creator with God.

**Challenge:** To release one’s vulnerability to the fear of judgement or rejection. To release the blockages of one’s inspiration and passion.

**Affirmation:** I am free to be me.

**Application:** For those who fear criticism and find it difficult to creatively express their true self.

## 3. Bachelor

**Opportunity:** To develop an ability to relax in any environment. To develop a freedom of communicating one’s true feelings.

**Challenge:** To release the need to totally control one’s environment. To release the fear, shame and guilt of one’s ‘hidden’ life. To release the fear of fully sharing oneself in relationships.

**Affirmation:** I am open, honest and free in all my relationships.

**Application:** For those set in their ways or needing to be in strict control of their environment and relationships.

## 4. Christ

**Opportunity:** To develop a recognition of one’s inner perfection. To develop an awareness of one’s latent ‘Christhood’. To develop an awareness of the ‘Christ’ within all others.

**Challenge:** To release the belief that one is a ‘sinner’ who can’t make the grade. To release self-judgement and self-condemnation. To release criticism and judgement of others.

**Affirmation:** I am one with all souls, and we are all one with God. God the Father and I are one.

**Application:** For those who feel unworthy or not good enough. For those who judge others on outer appearances.

## 5. Daughter

**Opportunity:** To develop self-assurance. To balance masculine/feminine. To gain independence from being ‘looked after’ (neediness).

**Challenge:** To release the need for approval by others. To release the worry over expectations and pleasing others. To overcome restrictions or dependency.

**Affirmation:** I am independent and comfortable in all my relationships.

**Application:** For those who don’t feel good enough or capable enough. For those who blame their parents or upbringing for life’s difficulties.

## 6. Explorer

**Opportunity:** To develop one’s full potential. To discover who one truly is. To have the courage to honour and speak up for oneself.

**Challenge:** To release the fear of one’s life journey. To use what is rightfully one’s own. To release unworthiness and regrets.

**Affirmation:** I am that I am.

**Application:** For those who find it difficult to speak up for themselves. For those who fear making (wrong) choices.

## 7. Feminine

**Opportunity:** To develop trust in one's intuition and inner wisdom. To recognise the strength in gentleness, love, kindness and compassion. To recognise the power in nurturing a positive relationship with the earth (Gaia).

**Challenge:** To overcome the imbalance between masculine/feminine. To overcome the suppression of the spirit. To release one's reliance on the opinions of others.

**Affirmation:** I allow myself to listen to my own inner source of wisdom and guidance.

**Application:** For those who feel disempowered and suppressed in expressing their intuition and inner wisdom.

## 8. Free Spirit

**Opportunity:** To develop self-knowledge and acceptance of responsibility. To focus on priorities and taking things to a completion. To feel comfortable in one's own company and environment.

**Challenge:** To release self-doubt, irresponsibility and self-indulgence. To release limiting belief systems and scattering of energies. To release unacceptable risk-taking.

**Affirmation:** The true freedom I desire is found within myself.

**Application:** For those who can never stay centred or in one place long enough to experience depth.

## 9. God

**Opportunity:** To recognise that God is within everything and everyone. To develop unconditional love and service.

**Challenge:** To release self-judgement, fear and unworthiness (not being good enough to be part of God). To release the need to control all aspects of one's own or others' lives.

**Affirmation:** Be still and know that I am God. Let go and let God.

**Application:** For those who feel unworthy to be part of God.

## 10. Goddess

**Opportunity:** To develop forgiveness, non-judgement and unconditional love. To understand the laws of healing. To recognise the true needs of others.

**Challenge:** To release responsibility for others. To release the need to set standards for others to live by. To allow others to make mistakes.

**Affirmation:** I allow grace and forgiveness to guide all my relationships.

**Application:** For those who fear the process of life and feel responsible for the end result.

## 11. Homosexual

**Opportunity:** To develop acceptance and tolerance of differences in sexual expression. To feel free to express love with a same sex partner.

**Challenge:** To release self-judgement, self-condemnation and guilt. To release the fear of homosexuality.

**Affirmation:** I accept that all souls are free to express God's love.

**Application:** For those who are judgemental or uncomfortable with their own or other's form of sexual expression.

## 12. Individual

**Opportunity:** To develop a greater awareness of one's choices. To develop one's own unique potential.

**Challenge:** To release the fear of making the wrong choices. To release the need to conform to other's expectations and wishes.

**Affirmation:** My self-expression always reflects who I truly am.

**Application:** For those who feel blocked, stifled, suppressed or lacking direction in life.

## 13. Judge

**Opportunity:** To develop the ability to witness and accept life's polarities. To allow self/others to experience the consequences of one's/their choices.

**Challenge:** To release the need to judge and criticise self and others. To release the need to condemn or compare self with others.

**Affirmation:** I honour and respect my soul's journey and the journey of others.

**Application:** For those who compulsively judge themselves and others.

## 14. Lover

**Opportunity:** To develop self-acceptance and a sense of security and joy within one's life. To develop a freedom to love and be loved. To confirm one's sexual identity.

**Challenge:** To release the need to control or be controlled by others through love and/or sexuality. To release the fear of rejection, abandonment, loss, shame, judgement or guilt.

**Affirmation:** I find all the security and love that I need within myself.

**Application:** For those who are affected by the misuse or abuse of, or who fear, intimacy and/or sexual love and expression.

## 15. Madam

**Opportunity:** To develop freedom to be and express one's true self. To find contentment with who and what one truly is. To develop an appreciation and enjoyment of life.

**Challenge:** To release the fear of participating deeply and honestly in life. To release envy and the need to find 'greener pastures'. To release the fear of judgement or ridicule by others.

**Affirmation:** I am perfect in who and what I am right now.

**Application:** For those who need to put on appearances.

## 16. Masculine

**Opportunity:** To develop a sense of balance between logic/reason and feelings/intuition. To develop a connection between one's inner and outer life.

**Challenge:** To release the identification with what one does in life. To release the need to compete and conquer. To release fear of failure, rejection, commitment, intimacy, vulnerability and impotence.

**Affirmation:** I am free to express my true feelings and inner nature.

**Application:** For those who feel burdened by the expectations of being male.

## 17. Miser

**Opportunity:** To develop a trust in the abundance within self. To be more relaxed about and with possessions. To develop an enjoyment of spending money on self/others.

**Challenge:** To release the fear of loss/losing. To release the focus on a sense of lack (fear of being destitute). To release the fear of responsibility for possessions.

**Affirmation:** I am free to distribute to others all that the universe provides through me.

**Application:** For those who block the flow of universal supply through a fear of lack.

## 18. Misfit

**Opportunity:** To develop a sense of equality with others. To develop a sense of the worth of one's uniqueness.

**Challenge:** To release the focus on one's differences. To release the need to be accepted by the group. To release the fear of being misunderstood or judged.

**Affirmation:** I am accepted and acceptable just the way I am.

**Application:** For those who feel they do not fit in, or who feel excluded.

## 19. Monk

**Opportunity:** To develop self-empowerment and self-responsibility. To allow enjoyment and pleasure into one's life. To develop a sense of the free flow of abundance.

**Challenge:** To release the need to belong to an exclusive group. To release 'poverty consciousness'. To release expectation of reward for service.

**Affirmation:** God is with me wherever I am and whatever I do. I am capable of providing for all my needs.

**Application:** For those who have given their will over to a higher 'authority' or 'system'. For those who are in self-denial.

## 20. Mystic

**Opportunity:** To develop an acceptance of the way things are. To make appropriate changes within self. To learn to appreciate the processes of life.

**Challenge:** To release the need to change the people and things around oneself. To relax the need for immediate results.

**Affirmation:** I flow in perfect harmony with the Universal Law.

**Application:** For those who feel a need to manipulate others and their environment.

## 21. Nomad

**Opportunity:** To develop a sense of groundedness, roots and stability. To find a loving, trusting relationship within oneself. To develop patience, commitment, responsibility, perseverance and persistence.

**Challenge:** To release the need for constant change. To release the fear of boredom and entrapment. To release the sense of non-acceptance and not belonging.

**Affirmation:** My home is where my heart is and I am comfortable everywhere.

**Application:** For those who don't feel comfortable in any job, place or relationship.

## 22. Parent

**Opportunity:** To share an enjoyment of life with a child. To give and receive unconditional love. To encourage discipline whilst allowing individuality. To sow or perpetuate the seeds of wisdom.

**Challenge:** To release the fear of responsibility for the lives of others. To allow a child to experience what it has come to learn. To release feelings of guilt. To release negative issues relating to one's own parents.

**Affirmation:** I allow the child's life to unfold as it should.

**Application:** For those who have issues relating to parenting or with their own parents.

## 23. Peacemaker

**Opportunity:** To develop a sense of peace within oneself. To bring peace and harmony between all opposing aspects of oneself. To maintain a sense of equanimity in all circumstances.

**Challenge:** To release the need to judge or referee the activities of others. To release the need to impose peace on others.

**Affirmation:** Peace within, peace without, peace all about.

**Application:** For those who feel responsible in keeping the peace.

## 24. Politician/Priest

**Opportunity:** To express one's unique talents and abilities within a group. To develop the freedom of choice.

**Challenge:** To release the fear of exclusion. To release the need for others to decide for oneself. To release the fear of being responsible for one's own choices. To release the need to follow an external system.

**Affirmation:** I am always free to express my true self within my group.

**Application:** For those whose individuality is suppressed within a group.

## 25. Procrastinator

**Opportunity:** To feel comfortable in being still and not having to be active. To accept that being judged by others does not make one wrong.

**Challenge:** To release self-judgement regarding a perceived lack of initiative or achievement. To release the fear of committing to a wrong course of action. To release the fear of facing an unpleasant situation.

**Affirmation:** I am able to engage my will to commit to right actions in right timing.

**Application:** For those who feel paralysed or dread committing to a course of action.

## 26. Prostitute

**Opportunity:** To develop a sense of ownership of self and self-esteem, self-worth and self-confidence. To develop one's own dreams and aspirations.

**Challenge:** To release the shame and unworthiness associated with one's sexuality and lovemaking. To release the need to sell oneself. To release the compulsion to feel loved and appreciated by others.

**Affirmation:** I am free to express my sexuality and give and receive love.

**Application:** For those who feel shame, guilt or unworthiness associated with their sexuality.

## 27. Prude

**Opportunity:** To open to the richness of life's experiences. To learn to witness other's life experiences without judgement.

**Challenge:** To release the fears and restrictions around sexuality. To release the need to block or repel loving relationships in one's life.

**Affirmation:** I allow myself and others to fully participate in life.

**Application:** For those who fear and restrict life's experiences.

## 28. Rebel

**Opportunity:** To regain a sense of attachment or bonding with others. To develop a sense of inner peace and self-acceptance. To develop a trust of other people and their motives.

**Challenge:** To release the feeling of social isolation. To release the need to alienate others. To release the suspicion of authorities and group conspiracies.

**Affirmation:** I am open and trusting in my relationships with others.

**Application:** For those who need to rebel against prevailing attitudes and conditions.

## 29. Saboteur

**Opportunity:** To develop the courage to allow oneself to experience personal growth and achievement. To develop strength and perseverance through one's setbacks.

**Challenge:** To release the need to block success. To release the fear of enlightenment or self-actualisation.

**Affirmation:** I am open to all the success and abundance that life has to offer.

**Application:** For those who keep sabotaging success and advancement in their life.

## 30. Son

**Opportunity:** To develop one's own direction in life. To develop a sense of self-reliance and trust in one's own choices.

**Challenge:** To release dependence on the inherited values of the father. To release the fear of making mistakes and of being a disappointment to the father.

**Affirmation:** I am free to shine in my own wholeness and perfection.

**Application:** For those who bear the responsibility of the masculine lineage.

## 31. Spinster

**Opportunity:** To develop a sense of wholeness within self. To develop a sense of balance and security within relationships.

**Challenge:** To release the fear of loneliness. To release concern about ageing and the 'biological clock'. To release the stress on needing children and a family.

**Affirmation:** I am fulfilled, perfect and whole at all times.

**Application:** For those who feel opportunities for relationships or family are passing them by.

## 32. Unloved Child

**Opportunity:** To develop a sense of belonging, love and worthiness within the family unit. To develop true self-appreciation.

**Challenge:** To release the focus on looking for negative feedback from parents and siblings. To release the need to 'perform' for parental love and approval (pleasing the parents).

**Affirmation:** I am loved and lovable just the way I am.

**Application:** For those (especially children) who feel unloved and unlovable.

## 33. Victim

**Opportunity:** To develop a sense of mastery of one's circumstances. To recognise that one's free will is used to make the choices that bring opportunities and positive change. To choose to take responsibility for one's actions and subsequent results.

**Challenge:** To release the idea that the world is unfair and biased against one. To release the need to blame others for one's own misfortune.

**Affirmation:** I am the master of my own destiny and I am free to choose the best.

**Application:** For those who feel powerless to change their circumstances.

## 34. Warrior

**Opportunity:** To develop true courage and to stand up for one's beliefs. To develop patience and understanding of others. To accept one's own and other's weaknesses and faults and to grow through them.

**Challenge:** To release the focus on conflict, achievement, competition and rivalry. To release the need to win at all costs. To release the image of power and might.

**Affirmation:** I am courageous in my submission, and strong in my vulnerability.

**Application:** For those who feel that life is a battle that needs to be won.

### 35.Wounded Child

**Opportunity:** To develop a sense of playfulness and fun – allowing the inner child positive expression.To develop an appreciation and sense of gratitude for the parental love and sacrifice overlooked in childhood.

**Challenge:** To release blame on the parents for present circumstances.To release the focus on ‘negative’ childhood experiences.

**Affirmation:** I allow my inner child to play and have fun.

**Application:** For those who feel they were ‘wounded’ and deprived in their childhood.

### 36. Youth (Hopeful)

**Opportunity:** To grow in appreciation of one’s uniqueness.To rekindle excitement and enthusiasm for the future.To dare to dream.

**Challenge:** To release the focus on failure, disappointment, uncertainty and missed opportunities .To give expression to one’s hidden talents and abilities.

**Affirmation:** I allow all my grandest dreams to manifest in my life.

**Application:** For those who feel their youthful dreams are unfulfilled.

**The energy is harmonised by using the I Am Essence in conjunction with the Archetypal Essence.**

### I Am Essence

I Am Essence holds the energy representative of the following seven principles (beings, gems and flower):

**Jesus** Unconditional Love

**Marija** Feminine Polarity

**Buddha** Non-Judgement

**Jamiel** Mental Purity and Understanding

**Pearl** Past Incarnations (lifetimes of ‘irritations’ transform a soul)

**Diamond** A Process of Perfection (able to hold and reflect all light and colour, beauty)

**Iris** Healing, Immortality, Feminine Principle

Each of these principles assists in harmonising the archetypal patterns observed and experienced through the use of archetypal essences.

I Am Essence can also be used by practitioners to help with their own understanding and non-judgement in sessions with their clients.

The O’Ora Archetypal Essences are presented as 36 x 25ml Stock bottles  
in a beautiful black wooden box.  
The 50ml I Am Essence bottle accompanies the set.

**Available from:**

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