



OWL

PERSONA
ARCHETYPE

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Introduction

Owls are clever and strongly interested in learning. They are endlessly curious and love finding out new information about a broad range of topics.

Those with the Owl Archetype are naturally intelligent and have the innate ability to understand complex information quickly. They are continually 'mind-mapping' information as they receive it connecting dots effortlessly.

They often love to read, listen to podcasts, debate, learn and educate. They are also great believers in justice, this matters so much to them. Owls are humanitarians with great strategic, analytical and visionary gifts.

There is a really interesting contradiction within this Archetype and that is Owls are very clever and intelligent but often do not believe they are. Of all the Archetypes, Owls suffer from 'imposter syndrome' the most.

The Child Owl's journey is to travel from condescending superiority and aloof unavailability to emotional openness and self-awareness.

The Power of Words

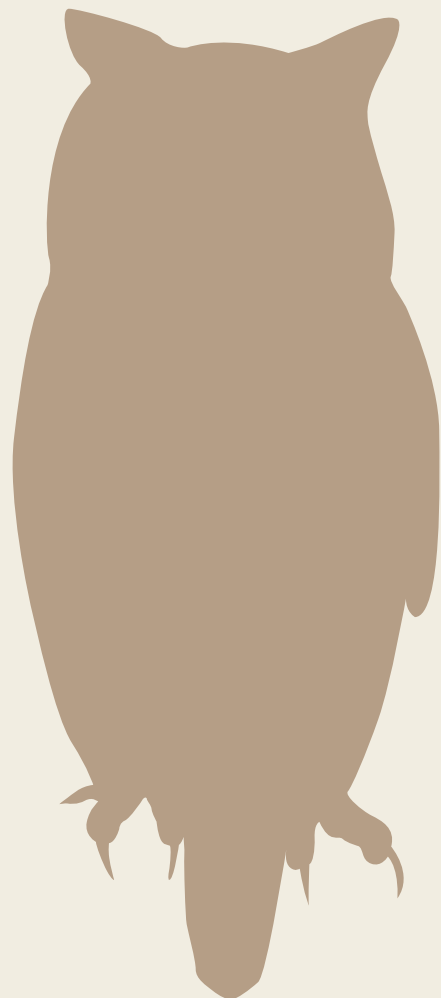
Words are sacred to Owls either in verbal or written form. Owls believe that words should be used to their full potential and displayed as accurately as possible. They can spend hours writing and re-writing a text. Owls do however need to resist the urge to point out and correct other Archetype's spelling, grammar and pronunciation. Owls need to be mindful not to become overbearing or pedantic, as their tendency to notice other people's language errors might not always be appreciated or appropriate.

"The difference between the almost right word and the right word is really a large matter. 'Tis the difference between the lightning bug and the lightning." - Mark Twain

The Power of Observation

Think of an Owl perched on the treetop, observing all that is going on. Those with the Owl Archetype notice everything. They are continually collecting intel often by being physically present but emotionally absent from situations. This allows them to notice things that others may not notice but it also leaves them disconnected from others.

Owls can come across as cool and aloof. Forever analysing and thinking twenty steps ahead can also keep Owls from being present at the moment.



QUOTE
The highest result of education is tolerance (Helen Keller)

Owls in History

Owls in history were often nuns and monks. Life was difficult for many in mediaeval times and it was often a choice between having many children in poor conditions or joining a monastery. That life included a vow of chastity, devoting themselves to prayer, study and a simple life in service to God.

Days were spent reading, writing, illustrating and learning. This life of devotion meant that Owls never focused on themselves, their needs and their desires. Mirrors were not commonplace items within monasteries and even today, Owls prefer a more natural approach to physical appearance.

The vow of chastity and virginal purity ideals often meant that Owls never experienced physical and emotional intimacy in their lives. It was, after all, considered a sin. Owls can struggle with this now in relationships. They can feel out of their depth or inexperienced when it comes to intimacy.

The other path Owls may have taken in history was an academic one. The Age of Enlightenment also known as Great Age of Reason, was a truly historic time for Owls. During this time, Owls questioned authority and generated numerous books, scientific discoveries, laws and revolutions. They believed that humanity could be improved through reason and evidence-based change.

Some Owls became advocates for humanitarian causes. But today, the world of academia remains institutionalised with hierarchical structures. Advancement within this hierarchy requires Owls to show extensive evidence of academic time, merit, publications and funding. Forever the novice, it was a long time before Owls graduated.

QUOTE
There is a new and rapidly growing science that focuses on how life experiences influence the function of genes. It's called epigenetics (Gabor Maté)

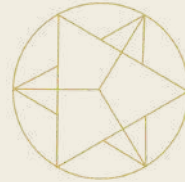
Light



Intelligence

Owls learn easily and quickly understand concepts and theories. This information can be complex and dense.

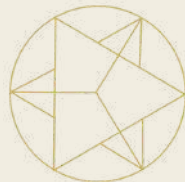
Due to their depth of understanding, Owls can then explain it to others in a way they can learn.



Vision

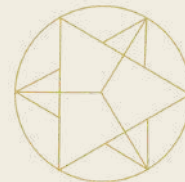
Those with the Owl Archetype have the gift of foresight. Owls think about the future with imagination and wisdom.

They often have creative, futuristic, original ideas that can solve complex problems.



Analysis

The Owl Archetype is very intellectual and Owls approach all parts of life from a logical perspective. Owls are driven by a curiosity to understand something and then solve the problem or find an answer.



Humanitarians

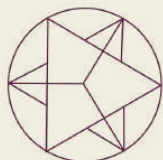
Justice is deeply important for Owls.

The most ethically minded of the Archetypes, Owls want all people to be treated with fairness and respect.

They believe in truth, factual evidence, proof and evidence. Owls can be advocates for truth, even when it is not a popular opinion.

QUOTE
The measure of intelligence is the ability to change (Albert Einstein)

Shadow



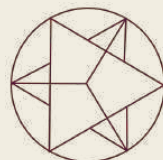
Socially Detached

Owls are an introverted Archetype and content being by themselves for long periods of time. When Owls do engage, they can be oblivious to normal social behaviours. This could include not greeting people, being cool and aloof, and not sharing themselves personally. Seeming disconnected and private can push Owls to become even more 'stuck in their heads' instead of connecting to their heart and engaging with others authentically.



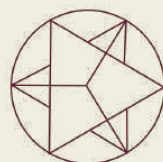
Judgemental

Owls can be very patronising and judge other Archetypes as if they are the superior Archetype. 'Resting Owl Face' is something Owls do and are often unaware of it. But it is clear to the other Archetypes when Owls are judging and deeming the person/situation to not be of the standard they expect. When struggling, Owls can become intellectually arrogant and use a language other Archetypes may not understand to intimidate them.



Cynical

When Owls are struggling, cynicism can be a natural default setting. Owls can be deeply distrustful of others and their motivations. The Owl Archetype believes in learning from history and when lessons are not learned and injustice prevails, Owls can become critical, pessimistic and bleak. This is very difficult for other Archetypes and may isolate Owls more.



Perfectionistic

Owls set ridiculous standards for themselves and often for others. The constant internal drive for everything to be perfect and the strong belief that they are only as good as their last grade or achievement undermines Owls continually. Owls need to learn that making mistakes and showing human vulnerabilities are part of life and Owls can really learn from these situations.

QUOTE
Everyone is a genius. But if you judge a fish on its ability to climb a tree, it will live its whole life believing it is stupid. (Albert Einstein)

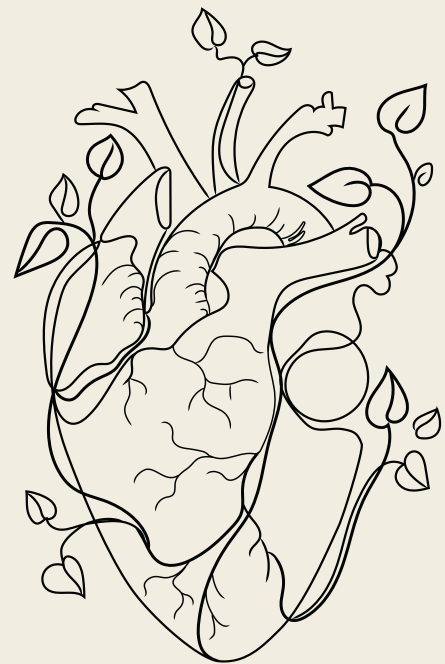
Relationships

Those with the Owl Archetype need plenty of solitary, quiet time. Owls feel rejuvenated after they have retreated from the world for a while. Owls can be very encouraging in relationships, unlocking keys and realising the potential in others. They love the wit and discussing topics endlessly. They also have a real sensitivity to noise which can be challenging in relationships as Owls can want to control the volume on everything and everyone.

Dissociation

Owls can use dissociation as a coping mechanism around conflict and strong feelings. Detaching emotionally but going through the motions of every day life. Owls may not even be aware that they are escaping from their emotions, honestly they feel quite comfortable here. But there will be a coolness and a lack of authentic connection. This emotionally avoidant state can have a devastating impact on relationships.

Owls, similar to other Archetypes need to ground themselves daily to be living in the present. Movement, connection, breath work and opening your hearts with vulnerability and compassion will bring Owls into the now.



QUOTE
Educating the mind without educating the heart, is no education at all (Aristotle)

Mind and Heart

It's critical for Owls, who cherish logic and reason, to bring heart into their relationships. When we open ourselves up to truly understand the feelings of those around us, it helps us form deeper, more loving connections with our partners, friends, and family.

Adding emotional intelligence, Owls will be able to care for their own emotional needs and create an environment where those they care about feel seen and loved. A common complaint from Owl partners!

Going out in the world

Owls are here to teach people how to think and encourage others to question information rather than just blindly accepting it.

Owls believe that everyone can learn, and educational systems should adapt to individuals rather than just being created for efficiency and standardisation.

Owls passionately believe in equal opportunity and justice for all. They have a longing to reform systems that support these beliefs. Those with the Owl Archetype adopt a neutral approach to situations in life.

Pausing, listening, thinking and strategising are Owl's strengths that make a difference in our world. Owls need to be brave, not feel like a continual novice and be the voice of new possibilities.

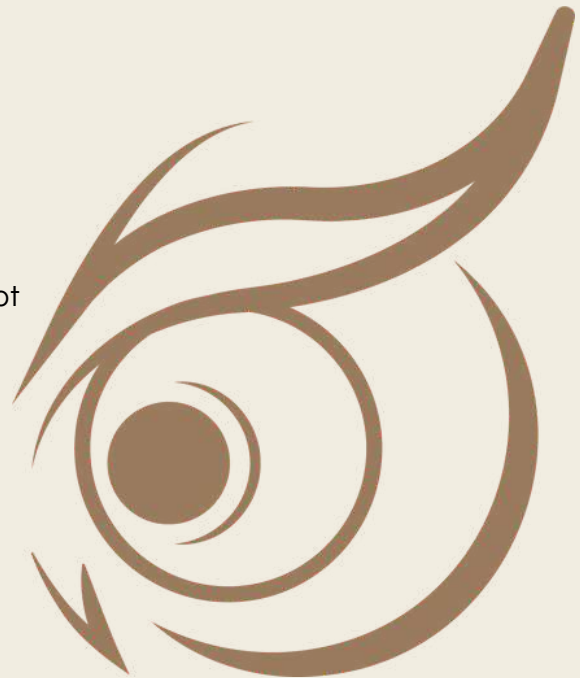
QUOTE
'Will we respond to the enormous disruption of schools by rethinking education or will we double down on an outdated industrial age system created to prepare kids for the last century.' (Bobby Jindal & Joe Ricketts)

Conclusion

We hope you found this brief introduction helpful. Did you see yourself in this Persona Archetype? Or a loved one?

Know you are not just one thing, this work is not about labelling or oversimplifying the complexities of the human Soul Psyche.

These Personas, created by Katie Eden Todd, are Archetypal Energies that exist in every human on planet Earth. You can see them in history, media, politics and in your own home.



As you discover the Persona Archetypes, know that this work is all about growing self-awareness and developing clarity around hidden pain and potential. This is an invitation to Soul Work. To tap into the unconscious Self that protects us from unresolved wounds and the pain that surrounds them - this is what Shadow is.

Embarking on a journey of self-discovery to uncover our authentic selves and shed our misconceptions, is the key to navigating life with self-awareness and resilience. This transformative work is not 'lightweight'; it is an act of self-compassion that paves the way for healing, fostering connections, personal growth, and purpose.

The Quiz is merely a starting point and a clue to what Persona is steering your life today. Now is when the real work starts... Are you ready to follow in the footsteps of countless individuals who have found profound transformation and fulfilment through deep Soul-Psyche Self-exploration?

Welcome to the User Guide to Humans.

Next Steps

SOUL MAPPING SIGNATURE COURSE 8 Week Coaching Program

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