



INTUITIVE COACH
Archetype Report

DEMETER



Hi, I'm Heather!

It's lovely to meet you!

I'm honored and thrilled to share the Intuitive Coach Archetype Framework with you! When I started out as an Intuitive Coach, I had very little training and support to guide me. I created this framework because I want you to feel empowered and fully understand your intuitive abilities in a way that's informative and above all, fun.

In this report, you'll immerse yourself in the soulful story of your archetype, bring to light your unique coaching style, and learn about your intuitive strengths. We will also dive deep into your opportunities for growth. At the end, I'll share with you some next steps that will help you keep the ball rolling in claiming your power as an intuitive coach.

Enjoy!

THE STORY BEHIND *Your Archetype*

Demeter, Great Mother Earth, is the ruler of nature, cycles, and seasons. She is the guardian of the young and defenseless.

In Greek myth, Demeter was responsible for ripening grain and growing all living things. She set the cadence of earth's cycles, seasons, and harvests. She taught mankind how to sow for future success and how to properly give thanks when they reaped their rewards. Demeter is a Matriarchal goddess, who needed no spiritual validation from Zeus, king of the Gods, to bestow approval upon her power.

In this manner, Demeter is a self-sustaining figure; in loving and validating herself she is able to love and validate the entire world.

Demeter reflects the human need for mothering and connection beyond ourselves.

She concretely connects us with the material world. She helps us recognize the body as divine, and in its own right, something sacred and spiritual. She draws to our attention the simple, sensual pleasures of daily life. She values human emotion and experience. By virtue of the fact that we exist, she offers us the feeling of being safe, loved, respected, nurtured, and valued.

Through Demeter, all things are manifested into the physical world.

It is her power and spirit within each of us that allows things to come into existence; be it an idea, a project, a new relationship, or a business. She is the creative force of life itself, in all its varying forms.

Without Demeter, we would be trapped in a disconnected world of steel-like intellect, with no way to ground into and appreciate our actual reality.

YOUR UNIQUE *Coaching Style*

More than any other coaching style, you have the ability to help others heal every aspect of Self through embracing self-love and acceptance.

You are a warm, good natured person who is very comfortable in her own skin! You embrace your birthright of abundance, beauty, and creativity, and give others permission to do so as well!

You have a quiet and subtle way of helping others navigate out of dysfunctional situations that no longer serve them. Your gentle touch commands willing acquiescence of problems, concerns, and worries that weight their heart down. You know how to hold space in a way that empowers others, but still allows them to feel vulnerable at the same time.

What makes your archetype unique is that you effortlessly connect the realms of imagination with the physical world, not through masculine effort and “hard work” but through grace, ease, and the divine flow of time.

You help your clients see that they can and will accomplish their goals, but that they will do so through learning that caring for themselves first must be an integral part of their process.

You have a very skillful way of helping others see their intrinsic value. Through your example, they learn they are worthy of love.

You are at your best when you allow you are grounded, well nourished with healthy food, and allow your instinct and intuition to guide you. You know how to honor your body and embrace the fine things in life.



YOUR INTUITIVE STRENGTHS

You are compassionate, loving, and life-giving. Connected to the physical world, sensual in all the best ways. You love and embrace luxury. You heal and honor the body. You understand that life comes in cycles and allow divine time and flow to dictate your creative process. You're a fierce protector of the defenseless.

YOUR GROWTH OPPORTUNITIES

Your opportunities for growth are learning how to create and maintain proper emotional boundaries. You have a huge heart, and you may tend to put others needs above your own. This can lead to becoming emotionally clingy or distant. Also, watching people to “sit in” their pain is a struggle for you. So developing discernment about when it help is key.

The deepest experience of the creator is feminine, for it is experience of receiving and bearing. - Rainer Maria Rilke

DO THESE TWO *Things Next*

Whether you're a seasoned or aspiring coach, you need a community of incredible like-minded healers to give and receive support! Click below to be a part of our Facebook Group, *The Atmana Intuitive Coach Collective!*

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Create a Signature Program that Sells & Serves.*

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