

HOW TO CREATE A DYNAMIC ENSEMBLE FOR YOUR STORIES

ALL CHARACTERS ARE YOU

Identify all your inner conflicts and you'll see that the characters you create in your story are the personification of your inner conflicts.

The **Protagonist** is your naive self who has denied your trauma and pain and suffering who is ready to look at the past and is forced to have to decide to if they are going to continue to deny it or do something about it. (Represents the present.) The protagonist is you having to decide to make a choice to live in the present or react to the past.

The Foil is the part of you that doubts your self worth and you abilities to create the life you want and the power to manifest your dreams, the good qualities in you that you take for granted and don't appreciate

The **Mentor** is your HIGHER SELF who has the wisdom as to the lesson you have taken on and who guides you past the fear to love and possibility and the light. They already know your destiny. (Represents your future.)

The **Antagonist/Villain** is the part of yourself that will test you to see if you love yourself enough to forgive yourself and accept the parts of yourself you have rejected in yourself. Oftentimes the Antagonist is the biggest aspect of ourselves we have denied - the "orphaned" part of ourselves. (Represents your past.)

The **Henchmen** is the part of you that sabotages you by triggering you to your past and then you "give your power away." (Returns you to the past.)

BELOW THE SURFACE - the unconscious mind creates these other characters:

YOUR ARCHETYPES - stories you wished to experience that are the software in the unconscious mind - you're an avatar in a story you wrote so you chose at least 12 stories to experience. (Universal/Eternal Story.)

YOUR ALLIES/ANGELS - the angels and souls you made soul contracts with before incarnating to support you on your journey. They are teachers, counselors, friends

THE GOLDEN CHILD OR MAGICAL CHILD - is the aspect of you that is connected to your authentic self because its your connection to the divine - your true purpose on earth - your soul's mission. (Transcendence.)

YOUR FOOLS/CLOWNS - this represents our arrogance and pride - our refusal to ask for help - also a part of the Ego. They will distract and dissuade and deny in an amusing way. (This character can be a protagonist or the side kick of the protagonist in a comedy.)

YOUR FOILS -

YOUR SHADOWS - the desires and needs you deny in yourself in order to exist in society and be approved by your family and friends. Most of our needs and desires are perfectly healthy, but it's our society that is sick because it makes us believe that if we were perfect we would not suffer. The illusion of perfection is what keeps us from being our authentic selves.

YOUR SECRETS - the bad choices you made that showed you where you were not being true to yourself. Most of our secrets reveal that what we have not accepted in ourselves that was usually squashed at childhood before the age of 7.

YOUR DEMONS - the instigators of growth that get called in if you refuse to move forward on your journey. They can be predators, bosses, pimps, or anyone who infringes on your free will because you are ashamed of yourself because of your secrets, shadows, and for not owning your choices or have exercised free will and sovereignty over your life. Their desire is to create chaos and confusion and create enslavement in any sort of way. They will enlist you in enslaving others too. (Stuck in the past.)