

The Spiral Symbol: Its Archetypal Meaning and It Relates to My Spirituality  
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Abstract

This heuristic study examined the spiral symbol's archetypal historical meaning and relationship to my spiritual growth. Caroline Myss', *Sacred Contracts*, was used to guide me through the spiritual journey as I identified my 12 personal archetypes which correspond to the 12 houses in astrology, then cast the archetypes on Myss' Archetypal Wheel. With this tool, an examination of the specific issues identified in each house where each of my archetypes came to reside, uncovered the significance of how the spiral related to my soul purpose in this lifetime. Research of the spiral symbol was integrated with my personal connection toward this symbol ultimately leading the creation of my Archetypal Trinity of the Damsel, Goddess, and Queen. Through the intervention of the Goddess, the Damsel evolves into the Queen as there is recognition of the ego and Self's interaction. From this process, I am able to ascertain my theory of art therapy practices and how I will use Jung's theories in my work with clients.