

# YOUR SPIRITUAL PERSONA TYPE GUIDE

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## INTRODUCTION

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Thank you for taking the **Spiritual Persona Quiz** – and congratulations for taking an important step toward spiritual clarity, growth, and wholeness.

Your results are in... and they're more than just a label – they're a mirror to your inner journey.

You are one of **four unique spiritual personas or archetypes**. Each persona reflects where you are on your path, what you're learning, and how you can grow through Awareness, Alignment, and Action.

This guide will help you:

- Understand your current spiritual orientation.
- Recognise the unique challenges and gifts of your archetype.
- Discover the next step to take in your spiritual growth.
- Begin aligning with **Awareness, Alignment, and Action**.

## THE 4 ARCHETYPES OF SPIRITUAL GROWTH OVERVIEW

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We all move through different spiritual phases in our journey. These archetypes or personas are not fixed labels, but mirrors to help you grow with insight and grace.

Each persona corresponds to a spiritual practice that “cultivates the garden of your mind”:

- Weed (Meditation)
- Feed (Imagination)
- Water (Contemplation)
- Sunshine (Praiseful Prayer)

### **The Pilgrim - The One Who Seeks the Path**

You yearn for truth, purpose, and direction – but often find yourself caught in loops of overthinking and self-doubt.

Your journey is about learning to *weed* the mind through **meditation**, to quiet the noise and reconnect with inner stillness.

✨ Your soul is ready to slow down and listen with intuition.

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### **The Seeker - The One Who Hungers for More**

You're drawn to wisdom, books, teachers, and truth – but may feel overwhelmed or lost in information.

Your journey is about learning to *feed* your mind through **imagination**, with affirmations and Truth about your Real Self.

✨ Your soul is ready to focus and be inspired.

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### **The Contemplator - The One Who Reflects Deeply**

You dwell in the world of thought, mystery, and inner knowing – but may struggle with over-isolating or drifting in analysis.

Your journey is to *water* your consciousness through **contemplation**, reflecting on the nature of Reality: Love, Oneness, Perfection, and Consciousness.

✨ Your soul is ready to integrate and find insight.

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### ● The Dark Knight - The One in the Midst of Spiritual Darkness

You may feel disconnected from Source, stuck, or spiritually dry – but this is a sacred phase of transformation.

Your journey is to *shine* the inner Light through **praiseful prayer** and **thanksgiving**, reactivating your connection with Higher Intelligence.

✨ Your soul is ready to remember the Light and be illuminated.

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You may like to purchase “The Winner’s Way”, a gratitude journal to celebrate your wins and unlock the power of positivity and spiritual growth.

[Read more >>](#)



## 1: THE PILGRIM – The One Who Seeks the Path

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**Keyword:** Seeker of Peace

**Spiritual Need:** Meditation

– *Weed the mind of doubt and fear*



✧ **You might feel:**

- Restless and unsure where you're heading.
- Overwhelmed by options or stuck in indecision.
- Aware there's "more" but unsure how to access it.

✧ **Your Challenge:**

- Mental clutter and over-identification with your thoughts.

✧ **Your Practice:** 🧘 Meditation

- Begin with 5-10 minutes a day of sitting quietly and observing your thoughts.
- Let go.
- Be still.
- This weeding clears space for clarity.

✧ **Spiritual Affirmation:**

- *"I am not my thoughts. I am the stillness between them."*

✧ **What You Need Now:**

- Simplicity and stillness.
- Trust in your inner compass.
- Support to ground your insights into action.

## 2: THE SEEKER – The One Who Hungers for More

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**Keyword:** Hunger for Truth

**Spiritual Need:** Imagination  
– *Feed the mind with Truth*

❖ **You might feel:**

- Inspired but spiritually scattered.
- Unsure who or what to trust.
- Eager to learn, yet hesitant to act.



❖ **Your Challenge:**

- Absorbing too much without integrating spiritual truths.

❖ **Your Practice:** 🌈 Imagination & Affirmation

- Write 3 daily affirmations that reflect who you *really* are:  
"I am whole."  
"I am love."  
"I am connected to Source."

❖ **Spiritual Affirmation:**

- *"The Truth I seek is already within me."*

❖ **What You Need Now:**

- Focus on embodiment, not more information.
- Trust in your inner knowing.
- Encouragement to apply what you've learned.

### 3: THE CONTEMPLATOR – The One Who Reflects Deeply

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**Keyword:** Still Waters Run Deep

**Spiritual Need:** Contemplation  
– *Water the soul with Truth*



✦ **You might feel:**

- Peaceful but distant from others.
- Deeply reflective but emotionally dry.
- Introspective, but unsure how to act on insight.

✦ **Your Challenge:**

- Over-intellectualising spiritual truths without full integration.

✦ **Your Practice:** 💧 **Contemplation**

- Choose a spiritual truth (e.g. Oneness, Love, Non-Duality) and sit with it.
- Reflect on how it lives in your experience.

✦ **Spiritual Affirmation:**

- *“Truth is not outside of me – it is the ground of my Being.”*

✦ **What You Need Now:**

- Emotional connection with others and Source.
- Embodied insight.
- A creative outlet for your deep inner work.

## 4: THE DARK KNIGHT – The One in the Midst of Spiritual Darkness

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**Keyword:** Crisis of Transformation

**Spiritual Need:** Praise & Gratitude  
– *Shine sunshine through prayer*



✦ **You might feel:**

- Spiritually numb or disconnected
- Doubtful that anything will change
- Tired of seeking but still yearning for Light.

✦ **Your Challenge:**

- Feeling spiritually abandoned or unworthy.

✦ **Your Practice:** 🌻 **Praiseful Prayer & Gratitude**

- Each day, name 3 things you're grateful for. Then speak a prayer of praise:
- "Thank You for Life."  
"Thank You for guiding me even in the dark."  
"Thank You that I am never alone."

✦ **Spiritual Affirmation:**

*"Even when I feel lost, the Light within me never goes out."*

✦ **What You Need Now:**

- Gentle reassurance.
- Spiritual companionship.
- Faith in the unseen Power working within you.

## YOUR NEXT STEP

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You've taken a powerful first step. But spiritual transformation doesn't happen alone.

That's why I invite you to take your journey further – with guidance, accountability, and tools to live an awakened life.

➔ [Book a Spiritual Discovery Session with me.](#)

In this 1:1 session, we'll identify:

- Where you are in your spiritual path.
- What's blocking your connection to Source.
- How to align your thoughts, desires, and actions to live from Truth.

 [Book Your Session Now →](#)



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 Remember...

- You are not broken
- You are not behind
- You are not alone

You are on a sacred path – and every step is part of the awakening.

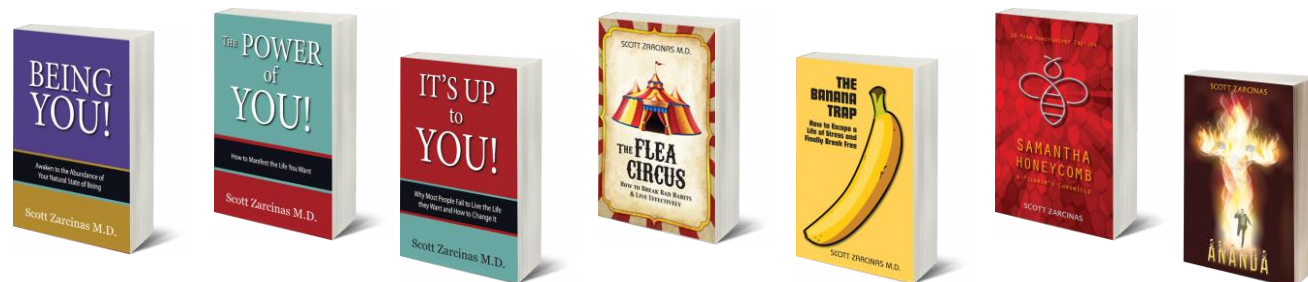
In Light,

**Dr. Scott Zarcinas**

Founder, 818: Unlocking Your Life

## BOOKS BY DR. SCOTT ZARCINAS

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