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## The Shadow Archetypes Versus the Power Archetypes

Here are the reasons shadow will be creating struggle in terms of you bringing your dreams forth into your love life thus far (we all have these patterns and they relate to all areas of life, this is not meant as a judgment on you personally):

- a) You have been giving your power to your Prostitute to manage your value and what you are willing to afford (i.e. he/she says 'I cannot afford to speak up / show up as my true authentic self because I might upset him/her; I might get rejected; or I might have to give up my addiction').
- b) You have been giving your power to your Child shadow, allowing yourself to say, "well no one has made this dream come true for me yet and that's why I am not living it." i.e. you have been waiting for permission.
- c) You have been giving your power to your Victim shadow in allowing yourself to feel that there are things/people stronger than you 'out there'.
- d) You have been listening to your own and others logical reasoning (the Saboteur) as to why something is not 'right' or not possible. You have also been buying in to society's 'should do's and shouldn't-do's as well as its dysfunctional ideas about feelings and thoughts, i.e the idea that you should or shouldn't be feeling/thinking certain things. This is distorting your energy to the point you are creating more of who you are being in general (this is not to say you have to be perfect or that you cannot create more of what you want just because you fall into shadow patterns at times...these are just an opportunity to get back on track and do right by yourself).

### The Prostitute's thinking patterns:

What will they/he/she think of me?

I do not know what I want.

I am being taken advantage of.

I am not enough; I do not have enough; there is never enough.

I need the (dopamine) hit.

I need to prioritise her/him/them before myself.

I might upset him/her and so I better hide parts of myself.

It is not safe to be the authentic me.

I am not worthy of love.

I need to objectify myself to receive love.

Love is outside of me.

If I make a lot of money / am successful, he/she won't approve of me.

### **The Lover (antidote to the Prostitute)**

I know what is important to me.

I acknowledge and embrace my desire in the moment (not my shadow desires that society tells me I should want).

I take a stand for my values (what is truly important to me).

I value my own needs and desires.

My soul, body, mind are not for sale.

I do not need recognition from outside of me to tell me how worthy I am.

I decide that I am worthy. I choose to be worthy (even though parts of me might not feel worthy).

No shadow, no thought, no person or thing has power over how I relate to myself and how I ultimately show up.

I will afford / value this because it is important to me.

My safety and security come from me.

I commit to loving, accepting and forgiving myself even when a part of me doesn't want to.

These are my standards for how I show up in my relationship.

My values and my standards are not for sale.

I do not need anything outside of me to feel good. I create happiness from within by working WITH my feelings and not managing them.

I am the source of my own happiness.

I do not need to get anywhere or have any 'thing' in order to feel fulfilled or happy.

I allow myself to feel even my most difficult emotions fully.

### **The Child Shadow**

He/she doesn't respect me.

I deserve to have / be treated in xyz way (entitlement without doing the work).

I should check and ask first.

I can't be bothered with all the details.

It's too hard.

There is something wrong with me.

Am I allowed to own my power? What will happen if I do – I might misread it or get it wrong!

I might become more powerful than my partner and this might ruin our relationship.

If I don't do what he/she says I won't get this right and I'll always be unhappy.

I'm frightened of my own power.

It's not fair!

I need to wait for him/her to change before I realise my dream.

## **The Sovereign (antidote to the Child)**

This is my vision and I commit to bringing this into reality as much as I possibly can.

It's going to be THIS way.

I commit to being a man/woman of my word.

I am my own source of power. What others think of me won't stop me committing to my vision.

I claim my true capacity to create what I want. My fear does not get to have the final say.

I commit to acting in full integrity with who I want to be. I am prepared to do the hard (right) thing by myself and others even when it feels uncomfortable.

I take full responsibility for my emotional, physical and mental well-being. I take full responsibility for the part I am playing in my relationship dynamics.

I commit fully to bringing my values into reality in my relationship. I commit to showing up in a way that meets my own standards.

It may not be 'fair' but who said life was ever fair? What's more important is the truth and the truth is that I have more power to change my circumstances than I have been led to believe. The 'now' is where I claim back my power.

No one else is responsible for my choices and the quality of my life.

I need no permission to create love in a way that feels right for me.

I get to decide and to choose. I decide to trust in my power to create transformation even if there is no evidence that it is okay to do so.

I commit to leading myself from a place of love and compassion.

I am the ultimate authority of my life. I never give up my freedom.

This is my legacy.

## **The Victim Shadow**

I give up, I can't do it. I don't have it in me. I'm too weak.

I have no willpower.

Why do I have to do everything alone?

Why do I always have to be the one to initiate?

When is it my turn? Where's my help?

Why me?

I never get what I want.

'If I do/don't do this then xyz will happen (catastrophic thinking).'

'I don't want to be a burden....to inconvenience you/them/us/myself'.

'I would but look what happened last time.'

I am weak and powerless to ignite change.

I am overwhelmed and so tired, everything is too much.

## **The Warrior Archetype (antidote to the Victim)**

Resources, money, love, connection, freedom, my energy all come from within me (my energy).

My feelings and thoughts do not have power over me (in regards to me creating more of what I want in my relationship).

I create the energetic space for my inner wisdom, intuition and body to lead me in a powerful way.

I refuse to buy into the need to make my shadow thoughts mean anything.

I have strong inner boundaries when it comes to my mind and its stories.

I pave the way and create space for my Magician to create transformation.

I am not available for.... (narcissism, bullying etc from myself or others).

I will protect and fight for my values and desire to do things in a way that feels right for me.

I will do what is necessary, even if it brings up fear or resistance.

I will deal with any shadow consequences of my behaviour, action, decisions.

I trust that I will take action depending on what the next moment reveals to me.

I am willing to fight, protect what I love and value.

Nothing, or no-one (or no shadow) has power over me.

I've got my back and yours!

I WILL handle success, problems, conflict no matter what. I have the strength, capabilities, and resources to do so.

I have the will! I do not need to find my willpower; it is within me.

Thoughts have no power over me or ability to hold me hostage.

I will always find a way.

This is what I stand for and this is what I'm doing.

I can hold the tension in my body and use it to create transformation.

I will deal with the consequences of my actions.

'What If disaster scenarios' do not have a place in my sphere.

I have the power to stop the thoughts that don't serve me.

## **Inner Mother (feminine version of the Warrior)**

I am present and centered.

I acknowledge my feelings with compassion. They are all valid in the moment.

So what if I feel sad, anxious, angry? I do not hide from any discomfort. I know that these feelings are an opportunity to create connection and intimacy with myself and with my partner. I know these feelings can help me become more magnetic to what I want.

I create the energetic space for my vision to be brought into being.

I allow myself to care but I am not attached to a specific outcome.

## **The Saboteur Shadow**

I am an all or nothing person.

If I could just work it out and find the answer, then it would be okay.

If only she/he could see this / understand me then everything would be different.

I don't have time.

I've already tried that and said that.

It happened before so it will happen again.

It's not a big deal.

I/he/she should be grateful.

He/she should get over it.

You can't do that. That makes no sense. You're being irresponsible.

This is what we are doing, that is final.

I cannot see the way forward.

I cannot imagine xyz.

He/she needs to step up.

This is the reason why I did that.....

## **The Magician (antidote to the Saboteur)**

I do not need to know right now.

I surrender into the space of not knowing and turn my fear into excitement/aliveness (through the alchemy process – Profound Permission Method).

I allow myself to rest deeply (e.g. depressed signifies need for a 'DEEP REST')

I nourish and nurture.

Time is within me it does not have power over me.

I rebirth. I am life, I am death. I am mystery.

I am the holder of wisdom in each and every moment.

I choose to trust myself fully (even when parts of me don't).

My emotions/feelings do not scare me. I work WITH them and find the gift/magic hidden within.

I say 'No' to hustle, forcing & 'should-do's.'

I can hold the excitement of the Divine child.

I don't need to defend, explain or work out the answer in my mind. **I don't even need to think right now** because I trust myself to know what to do in the moments I need to take action.

I don't have to see how it will all work out.

I don't need to know how right now.

Time is within me. I can create transformation NOW (in any given moment).

My mistakes are all learning opportunities. This is where I grow.

Just because it might have happened in the past doesn't mean it is going to happen again because I trust in my own innate power to create transformation (as a result of working WITH my shadow).

I might take a risk and end up looking like a fool, but trying something new or different is always going to help me discern the right course of action next time.

I am always open to infinite possibilities and multiple perspectives.

There is no limit to the power of my creations.

I decide how long it takes me.

I am always in the right place at the right time, saying the right thing.

I don't need to defend, explain, or validate it.

I don't have to see how it will all turn out.

I have the power to create my desired reality.

Life is fun. We have fun, magic is fun, it is exciting.

I create magic in No-time!

I consistently create magic in my life.

No thought, shadow, person has any power over how I relate to myself.

My magical powers remain a mystery and my mind may mock the idea of magic, but that does not matter....because I turn energy into form and what does matter to me!

I AM silly, ridiculous, weird, funny & I OWN IT ALL!

My inner knowing and my 'yes' and 'no' is always available to me in the moment. I don't have to see ahead.

I have the power to transmute any feeling in my body in a millisecond and as a result take my vibration onto another level.

I am magnetic and attractive to the relationship I want.