

Overcoming Your Relationship Sabotage

Embodying & Claiming Back Your True Power



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Throughout this course you have learnt about how sabotage shows up in relationships & some important ways of starting to overcome this sabotage. Hopefully you now have a better understanding of how & why you might be keeping your partner at a distance, even though you may feel you are doing everything you can to improve things.

To reaffirm the truth about any issues you are experiencing in your romantic life. They are happening because you have a shadow or shadows in play & these shadows are telling you a lie about the truth of the situation. This doesn't mean that you deserve to be treated badly because you are doing things 'wrong'. It just means that you are buying into a very cunning & subtle lie that is stopping you from creating & experiencing a greater love & that cunning & subtle lie is very difficult to see. It is happening to the majority of people & if you want to move past your sabotage, it is crucial to be willing to look at your triggers rather than run away from them.

Here is an example of a lie that shadow often tells: many women feel like they should leave their relationship because they have a voice in their head that is telling them that their partner is not doing things that other men are doing or he is not stepping up in the way he should be, much like my own story that I have shared with you. Whilst there is truth that their partner could do with stepping up, the lie is usually that they need to leave. There is much work that can (& needs to) be done before someone needs to leave (unless it is an abusive relationship) it's just that many people are not willing to do it. They would rather not face themselves & stay in blame mentality than access their true power. The sad thing is they do not know that they are missing out on a love that will truly blow their mind compared to their current situation. Worse still they often jump ship, take their baggage with them & still end up feeling like something is missing.

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Many of my clients often come to me not sure about whether they should stay or leave their relationship but also wanting to ensure that if they do decide to leave at some point, they are clear about their decision & know that they are honouring themselves. They are committed & determined not to make the same mistakes again. This is a very wise thing to do because at least then you do not look back & think 'I made a mistake', instead you know you are doing the right thing by yourself.

I have had a small number of clients after doing this work, who have decided in the end that leaving was the best thing for them. These were women who realised that they had a big clash of values with their current partner that was not going to change. The good thing was that they felt far clearer than when they first started out & knew it was the right decision for them.

The great thing about this is that, only a few months down the line they met a new & wonderful partner who literally matched the qualities & characteristics they were looking for. They made all this possible because they took the brave decision to look deeper inside of themselves & become aware of how their shadow was sabotaging them in the first place. They cleaned up their energy & most importantly they decided to live in alignment with who they want to be, how they want to live & what is important to them.

So the best thing you can do to help you create & receive the love you have always wanted, is to look inward & do the work on yourself to remove as much shadow as possible. In doing so you will by default start to 'un-condition' or 'decondition' yourself & thus access your own true power. This in turn means that you will become a greater energetic match to what you want.

The misunderstanding of what being in our 'TRUE POWER' really means, is THE main issue that is getting in the way of the majority of people creating their dream relationship.

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This represents a CRISIS OF POWER. Essentially it is also a crisis of magic because when we are unable to access our true creational power this means that our inner genius or magician lies untapped & inactivated.

Where there is an absence of power in someone the 'Child' Shadow is in play. This goes for the majority of people, who whilst they are in an adult body, they are essentially still acting like a child in their relationships; waiting for permission to live & have their dream come true. Not realising that they have the innate power to transform the situation themselves.

This is a truth that can really sting. We don't want to think of ourselves as powerless or weak or even unwilling. However, I thought I was willing until I realised that even though I was doing lots of things to try to improve my marriage, none of them were helping. They were all reinforcing the fact that I was too scared to claim my true power, because my shadow was telling me that if I became more powerful, then my husband wouldn't be able to keep up with me, which couldn't have been further from the truth. As a result, my shadows were leading me & taking me further away from what I really wanted to create with my husband.

None of us are born being able to lead ourselves. We are very dependent on others for the first years of our lives. The trouble is that dependency is encouraged in all sorts of ways even when we are no longer children. We are brainwashed by the media & messages that we continually hear from friends, family & others, who give us lots of reasons to be fearful. We then fall into a default pattern of thinking & feeling, which only serves to support all these reasons why we should stay in our comfort zones & we thus continue to play it safe.

The biggest challenge we are faced with therefore, is the one of taking back our true power & realising that we really can be powerful creators in our love lives.

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Not only that, we also get to enjoy a relationship that is rooted in harmony, which as a result becomes a passionate adventure that is fun, deeply loving, intimate, supportive & able to weather the storms of life.

In this course you have learnt about the Power Archetypes, the Inner Mother & The Warrior in particular & how they play an important role in helping you create healthier inner boundaries.

I have also mentioned the Magician on a couple of occasions & these 3 archetypes all play an important role in helping you to access your true power.

In addition to these 3 power archetypes I would like to introduce you to the other few who make up the Love Alchemy Framework, which you can see in the diagram below. If you are listening to the audio (and reading this transcript) you will need to refer to the accompanying pdf.

The Love Alchemy Framework represents the New Paradigm you have been learning about in this course. Within this framework you can see on the top left that there are 4 Power Couples who represent different parts of your psyche. In addition to the 3 you have already met, these are The Muse & The Lover; The Queen & The King, & the Magician who works with the Wise Woman.

Your 4 Power Couples will help you to counteract the destructive effects of your shadow archetypes, which you can see in the bottom half of the diagram. These are known as the Prostitute - who does not value herself & her desires; the Child - who suffers from a lack of commitment; the Victim/bully, who are either masochistic or sadistic in her ways, either punishing herself or her partner; & the Saboteur, who falls foul of the overthinking, very limited mind. Each of these shadows has its own pattern of sabotage & whilst you will have a combination of all 4 patterns showing up in your life at any one time depending on the situation, you will also have one that tends to play out more strongly & which can keep coming up.

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Your Power Archetypes have totally different qualities than your shadow counterparts. For example: they are passionate, calm, present, strong, disciplined & committed; they tell the truth & are committed to telling the truth about shadow; they are confident; they alchemise raw emotions to create transformation; they create legacies; they are loving; able to receive; help you thrive in all areas of your life.

Each couple & each archetype has specific qualities & responsibilities & gifts all designed to help you live in absolute integrity with how you want to live, who you want to be & what you desire to create when it comes to love. These are the parts of you who are ultimately invested in you being your best self for yourself first & foremost. We must make this commitment to ourselves & have our own backs, so that we can show up & be who we want to be for our partner.

When it comes to really claiming back your personal power, it is your King & Queen power archetypes who need to be activated in order to help you to bring your vision into being. This powerful couple are willing & able to take full responsibility for your vision, your behaviour & your emotional well-being in a way that the child in you cannot.

In order to activate these two archetypes within you, it is essential that you are willing to take a stand for your desires, values & standards (for yourself & your romantic life). This is where your transformation actually must start. It involves a completely new relationship with your desire & your self worth & this is the domain of The Inner Muse archetype.

The truth is that unless your Prostitute (who represents the shadow energy of the Muse) is willing to change & allow the Muse to tap into her true desire then nothing will change for the better.

It has to start here because otherwise the dream & vision will not be handed over to your Inner Sovereigns (your King & Queen).

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In the same way as the Warrior works with the Inner Mother, & the King works with the Queen, the Muse (Feminine) works with your Inner Lover (masculine).

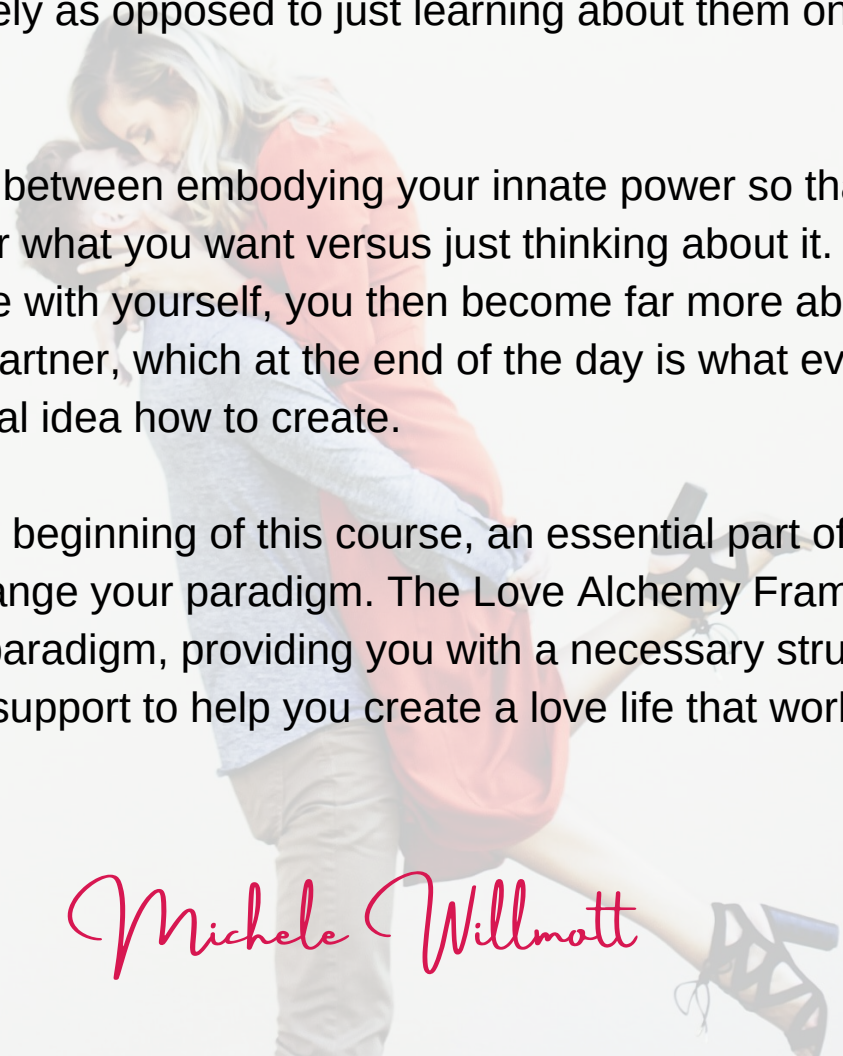
When all 3 of these archetypal power couples have been activated (i.e. you know how to bring them in to support you on both a mind & body level) you will by default put yourself in the wonderful position of being able to tap into the 4th archetypal couple; The Magician & The Wise Woman. It does not require much of an imagination to hazard a guess that it is these two archetypes who are responsible for creating alchemy & magic in your love life. When they work in harmony together they really can create amazing transformation in a short amount of time & in any given moment.

Remember these archetypes are already lying within you & you will have your own way of relating to them. They are like different parts of you that have been lying untapped & which are waiting for you to get to know them better. The Love Alchemy framework, which is the bedrock of my online course 'Deeply Loved' will help you feel into & experience their innate skills in such a way that you get to know them intimately as opposed to just learning about them on an intellectual level.

This is the difference between embodying your innate power so that you become the match for what you want versus just thinking about it. When you can get really intimate with yourself, you then become far more able to create true intimacy with a partner, which at the end of the day is what everyone is craving but has no real idea how to create.

As I mentioned at the beginning of this course, an essential part of transforming your love life is to change your paradigm. The Love Alchemy Framework represents this new paradigm, providing you with a necessary structure to provide you with the support to help you create a love life that works for you.

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It is designed to ultimately help you learn to trust yourself like never before. When I say 'trust yourself', I mean really know on a deep level that you can create what you want in your own unique way rather than having to follow rigid, dogmatic tips, relationship advice that does not create lasting change over time & that feels like a 'should do'.

You get to make the rules for yourself. You get to decide how things are going to be moving forwards. I don't mean you get to boss your partner around or be controlling. I mean that you get to decide what sort of person you are; how you are going to relate to your emotions & the mind that holds you back; the degree to which you take risks in alignment with your desires & what is important to you; & how you are going to relate to yourself when you make a 'mistake' & when I say mistake, the only mistake you can make is to give up on your HOW. How you want to do things & who you want to be?

What I would like for you is for you to go beyond your shadows & create a romantic life that is totally in line with your vision, your values & your desires. I don't know about you but for me life is far too short to settle & experience a love that is just ordinary & that is fraught with conflict & hurt or a sense of something being missing.

Yes, it takes work to create something that goes against your conditioning & sometimes that work can be uncomfortable. However, if you are not happy where you are right now, you are already experiencing a sense of discomfort at times even if you might be good at sweeping things under the carpet or numbing yourself & so it depends on which discomfort you would rather feel. The pain of staying where you are & knowing nothing will change if you don't take a leap or the discomfort of stepping out of your comfort zone?

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It really comes down to the question.....

How do you want to live your life?

Knowing that you went for your dreams or regretting a life half lived?

If you would like to go deeper into this work & call on your Power Archetypes to help you in such a way that dissolves the power of your shadow, then I have a number of options for you:

There is the [Deeply Loved Online Course](#), which some of you are about to embark on.

I also offer 1 to 1 Private Mentoring for Couples, Men & Women. Here I offer 30 minute calls where you can ask me any questions & we can see if we are a good match for each other. I ask all prospective clients to complete a form before we talk. You can find this [form via the link in the transcript](#) or by visiting [my website](#).

To bring this course to an end, I would like to leave you with another question to ponder on. This relates back to what I said regarding your Inner Muse. Nothing will change if you are unwilling to take a stand for what you really want to create & how you want to live your life.

On a scale of 1 to 10, 10 being the most, how willing are you to make that change?

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