

Love Alchemy Framework

Power Couples / Archetypes

Lover
King
Warrior
Magician

Grounded in Divine Consciousness / (religious or non-religious)

All Loving, Presiding,
Providing and Supporting Force.

Divine Child
is held, seen & loved

Divine / Empowered Masculine and Feminine Energy

Passionate, Calm, Present, Strong,
Disciplined, Compassionate,
Committed, Powerful, Truth Telling,
Mindful, Confident, Manifesting,
Alchemising, Legacy Making, Loving,
Receiving, Transformational, Thriving.

Versus

Sabotaging Behaviours

Objectification / Manipulation /
Manipulated / Abusive / Abused /
Abandoned / Rejecting /
Emasculating / Critical / Addictive
/ Martyrdom / Rescuing / Needy
/ Co-dependent / Perfectionistic /
In-Authentic / In-decisive

Unconscious Shadow

SHADOW ARCHETYPES

The Prostitute (Low Self Worth)
The Child (Lack of Commitment)
The Victim/Bully (Masochism/Sadism)
The Saboteur (Overthinking)

The Divine Child is berated and ignored

Sabotaging Behaviours

Passive / Weak / Avoidant / Repressed /
Tyrannical / Bullying / Controlling /
Domineering / Apathetic / Aggressive /
Defensive / Self-righteous / Narcissistic
/ Deceitful / Dismissive / Lazy /
Irresponsible / Unreliable /
Untrustworthy

The Love Alchemy Journey..... in a nutshell



The Prostitute Shadow decides that he/she is **not worthy** of living a life that is aligned with her desires, values and standards. She believes it is far too 'unsafe' for her and that she will be 'cast out'. She is not willing to give up her old life, societal conditioning and fear-based, addictive behaviours in exchange for living her dream and vision.

He/she is continually looking for the dopamine hit and is searching for love outside of her/himself. He objectifies himself and is willing to sell his soul rather than becoming the subject of his own desire.

The result? He/she never feels 'chosen' by life or a partner.

If he/she is not willing to change nothing will change.

The Love Alchemy Journey..... in a nutshell



The knock-on effect of this is that the Divine Child in us does not get to live out his/her dream. He/she never gets permission to be herself or do things in her own unique way!

Instead, the Shadow Child is constantly waiting for permission from the outside to live the dream. This is frustrating and as a result he/she starts to act out, believing that he/she is entitled to the dream without having to commit to bringing it into being. He compares his relationship to other people's and fears he is missing out. He then starts acting in manipulating ways to try and get what he wants.

Ultimately, he/she does not understand that he has to claim and own his power to create the love life he truly wants.

The Love Alchemy Journey..... in a nutshell



The weight of not being 'allowed' to go for what he/she wants creates a life of victim-hood and bullying (on the outside and in). This is acted out by the Victim/Bully Shadow who carry the burden and resentment.

They act this out by being reactive and angry in an attempt to feel powerful and gain justice; all the while not realising they are rendering themselves powerless because that anger is not being channelled in a healthy way.

This all happens due to the internalised voice of the status quo within us i.e. The Saboteur. This voice instils a fear of rejection and failure.

The Love Alchemy Journey..... in a nutshell



As a result, the Prostitute is too scared to go against society's 'should' and 'shouldn't do's'. She does not trust that she can do things in a way that feels right for her. She is unable to value herself enough to start the ball rolling in the RIGHT direction to make the child's dream come true.

This is our biggest hurdle to creating what we want in love.

Please know that you have far more power than you realise to create transformation in your love life; and **the decision to commit to creating what you truly value, is what will start to initiate this transformation.**

The Love Alchemy Journey..... in a nutshell



What needs to happen:

When the Prostitute has a change of heart and decides to give up her old life, societal conditioning and fear-based behaviour/thinking, this activates our Inner Lover who is a Master of being present in the body.

Our Lover says 'YES' to himself/herself and the desire to live life according to our standards, desires and values. He decides that he is worthy of living a life that is aligned with who we want to be, how we would like to create things, and what we have a taste for in each moment (sometimes we think we want things / experiences but we are not bothered when it comes down to it – these are shadow desires).

The Love Alchemy Journey..... in a nutshell



Once the Lover has made the decision that he/she is worthy the Sovereign is then able to take the dream of the Divine child and turn it into a vision. The Sovereign is a Master of Integrity and is willing to claim back his power from a society that does its best to make him feel powerless.

He/she is fully committed to taking total responsibility for bringing the vision into reality. He acts as a conduit with the Divine.

His energy **COMMANDS** your dream into being!

The Sovereign makes the rules and acts with integrity for himself and others.

When you are in your Sovereign you are a man or woman of your word.

Your Sovereign takes full responsibility for your well-being:
physically, mentally, emotionally and spiritually.

He/she shows up in a way that aligns with the person he/she wants to be.

The Love Alchemy Journey..... in a nutshell



He/she is not concerned that he does not know how to create what he wants yet.

He is simply willing to commit to trusting in his own power to bring the desired vision into being.

The Sovereign instructs the Warrior to take the necessary action, which will bring your desired relationship into being.

The Warrior is the action taker.
He/she is a master of creating the energetic space for the Magician to see and 'know' what needs to be done in order to create the 'magic' and bring the dream into reality.

The Love Alchemy Journey..... in a nutshell



The Warrior has strong inner boundaries when it comes to the mind and its dysfunctional thinking. He/she is disciplined and able to stop thoughts from triggering him/her. He is consistently able to come back to a non-thinking mind even though this isn't always easy. He can channel his anger, hold the tension in the body and not take his anger out on others. He is always willing to take precise and aligned action according to the Magician's guidance.

The Warrior is also willing to be unconditionally loving. He/she does not allow room for indulging in victim-hood but is compassionate to self and others. Fear and feelings are validated and honoured but do not get to have the final say. He/she is able to be adaptable and flexible in his/her responses.

The Love Alchemy Journey..... in a nutshell



The Magician is a Master of Time.

He/she is prepared to go in blind into the space that has been created by the Warrior. He/she knows she does not need to know how he/she is going to create what she wants. He/she knows his/her own innate power to be the creator of more life and this is enough.

The Magician receives the wisdom he needs as a result of going into the unknown.

From the 'not-knowing' comes his 'knowing'.

He is the voice of your genius and comes through in the form of intuition and the 'gut' sensation of a yes or no in the moment.

The Love Alchemy Journey..... in a nutshell



The Magician knows and trusts that he WILL know what to do and when to do it.
He is prepared to look a 'fool' to others and get things 'wrong'
because he knows there will always be learning.
The Magician is the Sovereign's most trusted advisor.

His innate wisdom and intuition are revered because he is able to
create transformation in the quickest amount of time.

Your Magician is the antidote to your Saboteur.

The biggest difference between the two is that your Magician can get excited
about being in the unknown. He holds the awe and wonder of the Divine Child.

The Love Alchemy Journey..... in a nutshell



The Saboteur on the other hand does not like the unknown because he detests feeling uncomfortable and needs to be and feel in control.

The biggest mistake the Saboteur makes is that he does not realise his feelings are a portal into a new reality.

Your Magician knows how to work with your feelings.
He/she knows that despite often being uncomfortable they contain a gift.
He/she works with these feelings, through the process of alchemy,
rather than managing them. This creates a state of magnetism in the body.

This is a highly attractive state energetically and helps to bring your partner towards you.