

A golden statue of a man, likely a classical figure, holding a long staff or spear. The statue is positioned on the right side of the frame, with its right arm raised and holding the staff. The background is a soft, light blue gradient.

**Deeply Loved**

**The Muse & The Lover Power  
Archetypes**

*with*

*Michele Willmott*

# The Muse & The Lover Power Archetypes

## **The Shadow Aspect of the Lovers: The Prostitute**

**Biggest Fear: Being cast out or rejected by her group  
(Family, friends, work colleagues, partner, society)**

**Greatest Need: To feel safe**

The Prostitute archetype was discussed in Relationship Sabotage Pattern Number 1, Low Self Worth. Before I move on to the Lover Archetypes it is worth reminding ourselves of the main issues that come up in relation to the Prostitute.

This shadow holds so much power because it is all to do with wanting to feel safe & avoiding being rejected. The Prostitute in us fears being cast out of one's family, community, relationships & what she deems to be 'normal' society. ALL our problems begin here, because if the Prostitute in us says 'that dream of yours is going to cost too much' the Divine Child will never dream again & our Sovereign (King & Queen) will not take responsibility for our dream.

The Prostitute therefore always needs to have a change of heart for you to take a stand for your values, desires & standards. If she is not willing to take this stand NOTHING will change!

The Prostitute does not see her own value & believes that love comes from outside of herself, which is why she often feels rejected or hurt, which is why she often feels rejected or hurt when her partner is not available or does not show her love in the way she wants it.

She has a strong female pain body & can get stuck in feeling a lot of hurt because she feels that she is being rejected on some level. She carries much shame about her body, looks, personality, achievements & so forth, 'buying-in' to the stories that her mind tells her about herself.

She can be addicted to the feeling of love & to getting her hits or vices (drugs, alcohol, food, shopping, sex, attention, fame, recognition). This is also known as the Addicted Lover.

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She is co-dependent (conditional relationships) & willing to be inauthentic for the sake of receiving approval & affection. She is a big people pleaser. She wants evidence before she commits to seeing the value of taking action, for example, speaking up or investing in her desires. She uses sexual energy for approval & attempts to seduce others, therefore she can be very manipulative.

She can be needy or withdrawing when she does not get what she feels she needs. This leaves her powerless & feeling rejected or abandoned. This in turn can leave her feeling depressed, lonely & bored, cut off from friends, family & co-workers. Suicidal thoughts can be the domain of the Prostitute due to the high level of shame she can feel.

Here, the problem is that her desires are being neglected & thus she becomes an 'impotent' Lover, unable to deliver upon those desires & unable to connect with her true feelings. When an individual steps into the energy of the Impotent Lover, the flame of passion & sexual desire often dwindles for his/her partner. It is usually the case that repressed & hidden emotions that have nothing to do with sex itself are causing the withdrawal.

On the other hand, she can also resort to looking elsewhere for attention & connection & thus may be prone to stray from a relationship & enter into affairs in order to feel something.

One of her main problems is her dysfunctional relationship with desire. She finds it difficult to even acknowledge her desires & this can make her very anxious & prone to always putting others first. She embodies the societal objectification of women & therefore relates to herself as an object, needing to seek her self-worth outside of herself.

She does not give herself permission to feel her desires because she does not want to carry the burden of the desire. This is because she then feels that she is putting herself in a visible & vulnerable position where she may be at risk of being rejected or abandoned.

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Her main archetypal statement is 'I can't afford it'. For example: I can't afford to speak up; for people to see the real me; to be vulnerable with my emotions; to invest in my development; to be vulnerable; to be visible (because then I might get rejected & cast out from my 'tribe'); to feel that emotion, do that or want that; to take the time to create real intimacy.

The Prostitute is preoccupied with thoughts such as:

What will they/he/she think of me?

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

It really comes down to the following questions:

How do I want to live this one short life of mine?

What is truly important to me in relation to my love life?

Who do I want to be in a romantic relationship?

What do I want in my romantic life?

What would be my deathbed regrets?

When you know the answers to these questions & you are willing to do whatever it takes you then step out of your Prostitute & start to ignite your inner Lovers, who are always willing to take a stand for what they want. When you are not connected or embodying the empowered energy of your Inner Lovers you are thus prone to fall into the fear-based feeling, thinking & behaviour of your Prostitute Shadow.

However, when the energy of the Inner Prostitute dissipates, your shame will dissipate hugely & your self-worth will rocket. This is when your desires according to your values & standards will start to become much more than just a pipe dream.

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# The Muse & The Lover Power Archetypes

## Your Inner Muse (Feminine Aspect of the Lovers)

Your Feminine Lover or Muse is the opposing Feminine Power Archetype to the Prostitute.

She is fully in touch with her desire(s) on a feeling level. She allows herself to acknowledge her desires because she understands the true nature of desire. She knows that is a natural, normal thing for human beings to experience. She knows that her desire is her lifeblood & aliveness. It is her birth-right!

## Redefining The Muse

I feel that here a new definition of the word Muse is in order, for this course anyway.

Historically, a Muse is generally a woman who has such an influence on a man that she becomes the focus & inspiration for his creative work. For example, famous artists such Pablo Picasso & Salvador Dali had several women who they were in love with & who became the subject of their work. In many cases the Muse was often an artist or creative herself.

Unfortunately, many of these women were cast aside by their lover when no longer needed. Many died at a young age, often from a drug overdose or suicide.

## The Journey from being the object of desire to the subject of your own desire

The above example of how certain women played the role of their lover's muse in recent history is a poignant example of how women in patriarchal society have been very much depicted or related to as an object (despite being the subject of an artist's creation).

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Being objectified is part of a woman's conditioning without her even realising & as a result she ends up with often a warped, unhealthy relationship with her own desire. Women have historically taken on the role of someone who looks after others & therefore puts her needs & desires on hold for the sake of her family or partner. Even though these stereotypes are being challenged more & more, our conditioning as a woman runs deep.

It is therefore your challenge to make the transition from being the object of desire to being the subject of your own desire. In order to activate your Inner Muse or Feminine Lover you must ensure that you connect with your desire on a feeling level as well as acknowledging your values & standards. This is crucial in order to receive what you want in love & life. This is the essential first step in leading a life that is aligned with who you are & one that is ultimately more fulfilling, satisfying & joyful.

## More about Your Inner Muse

As mentioned before the Muse understands the true nature of desire i.e. that it is normal & natural for humans to feel an innate sense of desire. She can process her own disappointment & remain unattached to how, when & in what form her desires might materialize. She is also willing to hold out for those things & people that meet her values, standards & desires. She can express her emotions from a place of full responsibility & is willing & able to show up with full vulnerability in her relationship because she understands that it is her feminine radiance that inspires a man.

She has a deep love & acceptance of herself as a feeling human being & does not dwell in victimhood, or anxiety about what others think of her. She does not base her worth on external things (i.e. material items & success). She DECIDES that she is worthy.

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## The Muse & The Lover Power Archetypes

The Muse honours her body sensually as well as its need for rest & relaxation. She is willing to create space & time for intimacy in her relationship & to explore her desire on a sensual level. She is open to receive without holding her partner to ransom & subjecting him to unattainable standards of perfection. She is open to receiving him in his own unique way. She knows that because she remains open, she becomes magnetic & alluring naturally without having to default into manipulative & needy behaviours. The Muse knows that her pain is calling her forth into expansion & can feel the full range of her emotions. She sees everything as an opportunity & is willing to take a stand for what she holds as important & what she has a taste for in life, even in the face of shadow-based fear.

She stands strongly by her values & standards. She holds herself in high esteem & knows her value as a woman, in terms of what she does & who she is. She has high self-worth & is willing to take a stand for her desired life so that she may be provided for in a way that does not involve her selling out. She is not willing to compromise on her values for the sake of staying 'safe'. In terms of love, she is not willing to stay in a relationship if it consistently does not align with her values. Although she is always willing to look deeply at herself & do the work that is necessary.

The Muse is vibrantly alive, passionate & can have a romantic side to her or at least enjoys the idea of romanticism. She has an urge to create & connect with others & the earth. She can be playful, warm & engaging and knows what it is to be in her full feminine softness. She is often spontaneous, creative and loves to be in touch with her body on a sensual, sexual level. She inspires herself in relation to her desires to explore her own sensuality, physical intimacy with a partner, movement & her own unique creativity. She is alluring to the masculine energy because she doesn't have a masculine shell & doesn't try to compete with him. This means that she does not repel the masculine but instead is able to create a magnetic dance between her & her own masculine Lover within.

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## The Muse & The Lover Power Archetypes

The Muse opens up & allows herself to feel her desires in her body. She embraces & enjoys being in the present moment & is not attached to how or when things come to her. She loves to embrace the experience & ever unfolding journey rather than the 'having' or 'getting' itself. In this way she is fully able to receive & loves the concept of abundance in all its shapes & forms.

### **The Inner Muse says:**

I will afford or value this no matter what.  
My safety & security come from me.  
I will not modulate my self-expression.  
I love, accept & forgive myself right now no matter what.  
I acknowledge & embrace my desire.  
I will not settle for less than my values.  
My self-worth comes from me.  
I hold myself in high esteem.  
My soul, body, mind is 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.  
No shadow, no thought, no person or thing has power over me.

### **How Your Inner Muse relates to Your Inner Masculine Lover**

Your Inner Muse is able to receive your Masculine Lover within on an energetic level. She does this by saying 'Yes' to her own desire & in doing so knows that she is saying yes to being provided for. She serves as an inspiration to him & he delights in meeting her in her desires, in providing them for her.

Her 'Yes' attracts his 'Yes!' (most women are saying NO to their masculine providing energy, hence why they struggle in their romantic life – it is a mirror).

She trusts your inner Lover.

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# The Muse & The Lover Power Archetypes

Her vulnerable emotional expression also serves as an inspiration to your Inner Masculine Lover. He loves that she is willing to show herself to him & more importantly to show her heart. It is this full expression that enables him to access his own heart, emotions & to feel alive.

The Muse also knows that by being in touch with her desire she says yes to the Immortal Divine Masculine (God) & feels connected to his all providing & protecting power.

She guides God & her Inner Lover (& all things masculine) by being in touch with her desire & they then step up to let her know that they are choosing her: that they will meet her in her desires. Her full acceptance & expression of her feminine radiance inspires the masculine to take action. The feminine is 'receiving' energy. The masculine is 'doing' energy.

## **The Lover (Masculine)**

The Lover lives to satisfy the basic needs of a human (sex, food, well-being, reproduction, the ability to adapt to life's struggles) plus the desire for purpose & meaning.

He is present in the moment & loves the sensory human experience; the colours, tastes, smells & sights of the external world. He is in his body **WITHOUT SHAME!** He is very sensual & sensitive to the external world & its beauty & due to his sensitivity he is able to connect with the collective unconscious (Carl Jung) he is empathic with other beings & able to feel subtle changes in energy.

His sensuality means that he loves to experience the world in an aesthetic way. Life is like art to him.

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## The Muse & The Lover Power Archetypes

He feels the pain & sadness of the human experience plus the sheer joy. He has much less of a desire for rules, boundaries, order & discipline – these belong to the other masculine archetypes. Instead, he prefers to be more unconventional & ‘messy’.

The Lover in both men & women, has been persecuted over the years by religion & because women have been conditioned to not get in touch with their desire, mothers in general rarely offer their sons (from a male perspective) the permission or inspiration to follow their own longings or to be able to access their full range of emotions.

As you can see your Masculine Lover has similar qualities to your Inner Muse. He loves to fully embrace what life has to offer. He is alive, spontaneous, passionate & dynamic. He is in touch with his goals, work, mission & achievements & thus is able to find meaning in his life. He is the part of you who wants you to enjoy an abundance of the good things in life.

The Lover values being in the present moment & using his senses to interact with his environment wherever he is. He has an aesthetic appreciation seeing & feeling the subtle nuances of colour, sound, texture, taste. He is deeply sensual & alive.

The Lover wants to touch & be touched physically & emotionally & thus is looking to create a deep connection with his feminine counterpart. He is willing to devote himself to meeting her needs & meeting her in her desires. He does not put himself under pressure to perform because he innately knows that he can trust in his creativity, in the present moment & in his feminine lover to trust him & accept him for who he is.

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## The Muse & The Lover Power Archetypes

He does not deprive himself of love & is able to connect with his heart. He is compassionate & understanding towards himself & others. He allows himself to feel his emotions & can hold the space for his feminine to feel hers. He feels safe in himself & thus provides a sense of safety for her.

Your inner masculine Lover wants to experience 'amor' with his inner Muse, which is the complete union of his body & soul with another's body & soul. Amor means passionate experience.

In the same way as the Muse the Lover also does not deprive himself of his desires. He wants to enjoy the experience of them as opposed to 'getting' them just for pure vanity or need for recognition.

The other 3 masculine power archetypes Warrior, King & Magician all need the Lover for his aliveness & energy & ability to experience life & love fully. The Lover is essential in preventing them from becoming sadistic. Without the Lovers they can become detached & lacking in energy & vitality.

He also needs them, however. For example, he needs the King's order to give him structure & boundaries. He needs the Warrior to help him take decisive action in relation to his creativity & to stay grounded in the face of addictive type behaviour. The Magician helps the Lover to take a step back & reflect in order to be more objective.

Due to the sensitive & sensual nature of the two lovers, they can be extremely sensitive to other people's moods & instinctively feel their hidden agendas. They can also become lost in their sensual world & fall prey to the addictive nature of the Prostitute. If they are not careful this can be a painful experience. It is for this reason that they need the energies & qualities of the other empowered archetypes to help them find structure, order & discipline in a world that is often very chaotic.

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## The Muse & The Lover Power Archetypes

**Some questions to ask yourself to ignite your Lovers' within. You will find these in the Course Workbook if you haven't reflected upon them yet:**

- What do I want / how do I want to feel in my relationship?
- What are my standards / values in my relationship? What is most important to me? E.g. honesty, integrity, openness, intimacy, connection (what do these mean & look like to me?)
- How do I want my relationship to be with myself (in the context of my relationship)? E.g. loving & accepting of myself?
- How do I want to behave / feel when my partner is not available / able to meet my needs in any given moment?
- Where might I be more vulnerable (sign of strength) / open in my relationship?
- Where could I be more interested in my partner's life?
- How & where could I be more loving towards my partner?
- Where do I need to value myself & my contribution more in my life / relationship?
- Where & when could I be more appreciative or compassionate towards my partner & myself?
- Where & to what extent can I feel my emotions more fully?
- How did/do I give my power to others so they could/can use it?
- How did/do I diminish my power, emotions & opinion so they were/are met with approval.
- Where might I compromise myself in the future when faced with difficulties?
- What price do I fear I will have to pay in order to change my life?
- If I did not compromise on my values, value, standards & desires what might my life be like?
- Where am I addicted in my life? (e.g. food, love, sex, 'getting' attention, certain emotions – with whom & where do these addictions play out?)
- Where do I over care for others in my relationships at the expense of myself?

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## The Muse & The Lover Power Archetypes

- Where do I feel hurt & rejected in my relationships? What am I not getting or trying to get that seems to fuel this hurt & how am I trying to do this?
- Where am I not owning my desires or allowing myself to feel them?

Once you have taken time to reflect upon these questions & get much clearer on what you value & desire, a coaching audio is coming up next which will give you the experience of starting to embody your two inner Lovers.

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