

**Deeply Loved**

**The Sovereign Archetypes**

*with*

*Michele Willmott*



## The Sovereign Archetypes

Let's take a quick revisit of the Shadow that stands in the way of your Inner Sovereign's, your King & Queen, & of you being able to create what you desire in your romantic life.

The Child Shadow is preoccupied with fairness – he or she asks why him or them & not me? So she will often fall into the trap of comparing her relationship with what she sees as the ideal or with other people.

She expects a protected life & is always looking for permission from her partner to create the vision & go for what she truly wants. She doesn't want to own his dream or vision & thus is avoidant.

As a result she will lie, manipulate & scheme to try & get her power back. She will often experience frustration, despair & little joy. She will say things like 'he doesn't respect me.'

She will also say 'I should check & ask first.' So for example, if you want to invest in yourself & your personal development you will feel you need to ask your partner's permission & will be frightened to ask for what you want.

Because the child shadow can't be bothered with all the details, she gives up easily & wants instead to be saved by her knight in shining armour. She wants to stay in the land of daydreaming & feeling safe.

### **The Child's main questions & fears are:**

'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 & this might ruin our relationship.'

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

'I'm frightened of my own power.'

*Michele Willmatt*



# The Sovereign Archetypes

The King & Queen are very similar to each other in many ways because they are both Sovereign beings. They take your dream & stand by it. They can see the value of the Divine child's dream & have the commitment to see it through. The Sovereign is thus known as the visionary or the Seer.

## The Queen

Queen is an interesting archetype, who is missing from most people. Rather than getting stuck in wishful thinking or the 'pipe dream' that never happens, the Queen steps into the energy of command. She commands her dream, desires & values into being by commanding her own power to come forth. She understands what it means to be in your power i.e. that you have the power to create your reality based on your values & desires.

Your Inner Queen also commands God or the Divine Masculine to support her in her journey. So whilst some people pray in hope that they will be listened to, the Queen KNOWS that she is part of the Divine & something much bigger than just herself. She is willing to be led by him & knows that she is not alone & God is here to preside over her kingdom. She says 'I know that I am safe with you. Let me be an easy, open channel for your blessings & for love. Let me trust that my needs are always met in amazing ways. I surrender & allow you to be my source for all. I breathe, relax & let you lead.'

She commands by making decrees that command her dreams & desires will be brought into being. Decrees are an order, so she makes an order in regard to deciding & choosing that her life will be 'this way'. She chooses to trust in her own power to create what she wants.

*Michele Willmott*



## The Sovereign Archetypes

A word on the energy of command. This doesn't mean we end up commanding our partner to do things, it just means we commit to doing what it takes to live life in integrity with ourselves & our values. It also means we, as the Queen of our life, command with the Divine rather than praying for a miracle when things get really bad. The queen works with God or the Divine as a daily practice. We have not been taught to command or to relate to the divine in this way, as many people see the latter as meaning religion. Commanding can feel a bit strange as we can feel a bit like 'who am I to say it's going to be this way', but at the end of the day no-one else is going to live your life for you. This is what it means to step into your full power. And in relation to God or the Divine Masculine - when I first started bringing this into my meditation practice I was open to trying anything & really wanted to commit to my marriage & myself being transformed.

The Queen chooses to trust her own intuition even though you (at the moment) may not have any idea of what your intuition really is. She chooses to trust her partner even when she doesn't see the evidence that it is okay to do this (obviously this would not include abusive situations). She owns her decisions unlike the child shadow who is completely indecisive to the point of being avoidant.

The Queen therefore takes full responsibility & makes a firm commitment to removing as much shadow as possible, in order for her to become the energetic match to her desired vision. She understands that once a critical mass of shadow is removed she will be free to live a life that is in complete alignment with her values, desire & vision & that shadow will no longer get to rule the day because she is the supreme ruler of her life.

Because the Queen is her own authority she is inspiring & able to breathe life into the dreams of her partner too.

*Michele Willmatt*



## The Sovereign Archetypes

She says: “This is what I decree (decide & choose) no matter what”

She speaks the truth (as in she knows she is the creator of her reality & that she is not a victim of her own emotions & shadow stories) & therefore puts you on the path of abundance/magic.

She accepts full ownership & responsibility for her emotional, mental & physical well-being & her power.

For example, when it comes to relationship communication your Inner Queen takes responsibility for her emotions, she does not project them onto her partner & speaks with ownership. There is no blame or judgment from this place. She might sense or hear her own shadow trying to get her attention & to speak up in her relationship, but she is able to speak from a detached place about the shadow if necessary. This helps her process her current situation with greater clarity & get her back on the path of truth, which ultimately says ‘I have the power to create my reality. I have the power to choose.’

The Queen’s highest priority is to establish caring relationships. She values compassion, harmony, peace, flexibility, understanding, mercy & forgiveness. She knows who she is & how she wants to show up in her romantic life, she acts in alignment with this vision for herself & thus acts in integrity with herself. We can illustrate this by way of an example using the Child Shadow. The child often projects her lack of power onto her partner. So, let’s say you are wishing that your partner was MORE of something, more passionate, more dynamic, more alive, more proactive. Rather than ‘waiting’ for her partner to change & feeling frustrated, the Queen would know that because she has the power to ultimately create her reality, she herself is responsible for bringing in more passion or pro-activeness, to use two of the examples, into her relationship. She would ask herself ‘where do I need to bring in more passion or be more passionate in my life?’ ‘Where could I be more proactive?’ There will always be an area of your life (maybe not your relationship where you could bring more of this quality in. She would then firmly commit to making this happen.

*Michele Willmott*



## The Sovereign Archetypes

The Queen promotes receptivity, inclusivity, diversity and supports creative endeavours & hobbies. As I have indicated she demonstrates great courage and commitment to her vision. She has particular & often refined tastes for certain things in life. This may be the part of you who likes a bit of pampering or luxury. She likes to experience new things for the sake of the experience, not for what it says about her or because of what others might think.

As a result of all this The Queen is entitled to have her life how she wants it because she is taking responsibility, unlike the Child who acts out of entitlement.

### **The Queen says:**

I own my power & claim my full creational powers.

I declare that this is my dream & this is my vision & I commit to bringing it into reality

I am filled with God's/ the Divine Masculine's presence.

I decree that my values & my standards are not for sale.

My word is law (in my kingdom for myself)

I take full responsibility for my power, my well-being, my self worth. No-one is responsible for my choices & the quality of my life.

No-one, no thought, no shadow, no circumstance has power over me. No-one can take from me what I don't give to them.

I need no permission to live life my way. I get to write my own rules & decrees.

I decree that I will stand by my values & desires & commit to bringing them into being no matter what!

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

I get to hold absolute power over me.

I take full responsibility for every single part of my life.

My shadow does not have any power to dictate to me what happens.

I rule my kingdom with love & compassion.

I get to decide & to choose.

*Michele Willmatt*



# The Sovereign Archetypes

I decide to trust.

I decide that I am chosen in love.

You may like to stop this presentation & say these words out loud with a clear & commanding voice. See what it feels like to be in this energy. You can obviously use your own variations on my words.

## King

Your Inner King is the holder of the vision, the mission & the legacy. He is here to make his mark & live with complete integrity. He is fully committed to doing the right thing by himself & his Queen. The structures he provides allows you to flourish & to access your creativity in relation to creating your vision. He brings order to any chaos. He is the rock for your Queen allowing her to rest, relax & enjoy life. He empowers you to live at your fullest potential.

He is authoritative & decisive. His presence is commanding. He is inspirational & like The Queen he inspires & breathes life into yours & others dreams. He leads the Warrior to rally others to your cause & the Magician who is enchanting & able to create transformation. He is highly respected. He is devoted to your Queen & this helps you access the special power of their relationship.

The King savours a victory, but then it's business as usual, unlike the Child shadow who often exaggerates the celebration & gets over excited.

Your Inner King is the CEO of your life. He doesn't get so wrapped up emotionally as he has no one to defer to. He doesn't get drawn into childish behaviour in a relationship & is able to remain in his sovereign energy.

He is the main conduit or channel between the earthly plane & God or the Divine Masculine. He understands that he is truly powerful in terms of creating his vision of heaven on earth. He knows that he is here to allow the Divine to flow through him & guide him, rather than feeling like he has zero power to create the vision.

*Michele Willmott*



## The Sovereign Archetypes

He gives the ultimate instruction in terms of what to do & passes this on to the warrior who then takes the action. For example, if you were to follow every single thought in your head about your romantic life you would be setting yourself up for disaster in many ways. The King is able to discern which thoughts to follow & which to ignore. He will give you a clear 'No' or a 'Yes' & thus this might mean waiting or holding out for what you want without seeing the evidence that it is coming or possible, but this does not matter. He knows who he is & HOW he wants to behave in his relationship. He trusts that he will be given the right information from his Magician & then give the necessary instruction to the Warrior.

All decisions are made in alignment with your vision & values. He has the ability to do the right thing at the right time for the right reasons. Ultimately he understands the fact that when you act in integrity you are doing the right thing for all those concerned because you are not willing to let shadow rule the day.

The King is able to use the best of the mind not the worst. He is a clear & logical thinker & can give you clear guidance on the next step or best course of action. He is calm, present & cool-headed when it comes to inner chaos & can always take a broader perspective. He is able to allow for shadow to be present but not to control or to take over his relationship. He is a fully integrated human being & has a healthy relationship with ALL parts of himself.

The King also trusts that a far superior outcome is possible when he does not fixate on specific, perfectionistic outcomes. His vision is a way of living & being rather than a case of 'my partner must be able to do or be this way exactly or otherwise I will leave him.' He fully understands the concept of alchemy & knows that shadow can be transformed into gold or magic in the moment. Nothing can undermine or destabilize him. He is your rock when it comes to your romantic relationship.

*Michele Willmatt*



# The Sovereign Archetypes

## The King Says to himself:

I AM (as in he knows who he is).

I decide. I act. I know. I protect & provide for my queen no matter what.

The vision is ALREADY!

This is the vision, the mission.

This is my legacy.

I don't care what's fair, I am my own source of power.

I don't care what others think. I have my boundaries in place.

I have full ownership over my power & its impact. I don't worry about whether others notice or don't notice because it is not actually possible for them to take what I don't give to them.

I act in accordance with the Divine Masculine. I am the Divine Masculine in mortal form.

SO IT IS. IT IS DONE I am it.

No thought, shadow, person or thing has any power over me.

I am the DIVINE COMMANDER, making decisions & taking action on the front line, based on my trusty advisors (Lover, Warrior, Magician).

I do not negotiate on my Queen's decrees.

## QUESTIONS:

What would your life look like if you were living in self mastery when it came to your emotions, your mind & your relationship to your own shadows?

What would be different about your life if you had created it from a place of total commitment to making your vision/dreams come true?

What would be different in your life if you didn't place security above your truth & integrity?

*Michele Willmatt*



## The Sovereign Archetypes

Where are you avoiding taking responsibility for your emotions or for your dream & waiting for your partner to act?

### To summarise the King & Queen archetypes:

They have an energetic union together. The King protects your Inner Queen at all costs. She reigns beside him & he fully supports her. She is devoted to her beloved & to the Divine Masculine principle & knows that she is truly supported & provided for. She is the nurturing force in the relationship ensuring that the shadows do not compromise her values, decrees & dreams.

The King channels the divine blessings to his people (i.e. his relationship & beyond his relationship) & his queen through being a channel for god's wisdom, love & provision.

*Michele Willmott*