

The Warrior Power Archetypes

The Warrior & The Inner Mother



The Warrior Power Archetypes – The Warrior & The Inner Mother

The **shadow aspects** of the Warrior & Inner Mother are **the Victim & Bully**.

These shadows like the others are based in fear & ultimately result in giving your power away to your partner or an external situation, even if it looks & sounds like you are in control.

Life is hard when you get stuck in this shadow combination.

It can feel very lonely, overwhelming.

Crises can be a frequent occurrence.

You can feel burdened or a burden & lacking in support.

Victims also feel a lot of anger & see life as being unjust or unfair.

The Bully takes this out on a partner or others.

This all comes from a fundamental misunderstanding of the fact that support, LOVE, resources, money all come FROM YOU; from your energy!

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This is where the 2 powerhouses, *The Warrior & The Inner Mother* come in (please note the following qualities & attributes are based on ideals).

They are both Masters are creating energetic space in your life. They enable you to become far more magnetic to the relationship & life you want to create.

The Warrior works in two main ways.

He is your Inner Hero & protects you from victim within who says: 'I can't do this, it's too hard.'

He also protects you from your inner bully who gives you a hard time for not being good enough.

Your Warrior creates space for you to call in what you need in order to bring your vision into reality. He makes space for the intuition & wisdom of the Magician to come in. He knows he is not an island & he needs his 'troops' to support him.

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When it comes to love he helps you expand the energetic capacity of your body to call in resources (e.g. a course, a coach, a relationship tip that WILL work) and hold
A higher frequency, which matches your vision.

If you are feeling stuck in your love life, the Warrior does not sit there feeling sorry for himself, he is willing to take action and deal with any consequences.

He is an expert in setting healthy boundaries in order to safeguard & protect your vision. He doesn't have to assert emotional boundaries with a partner because his boundaries are clear. He knows what he is willing to tolerate & what he is not.

The Warrior helps you to collapse your emotional pain body & then rebuild this with your own inner hero/heroine's consciousness.

He does this by being extremely focused & disciplined when it comes to the mind.

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He is able to **hold the tension** when your shadows are trying to get your attention.
He will watch the mind without 'buying-in' to the stories & woes of the shadow.

He can also 'hold' tension in his body and when it exists in your relationship.

He uses anger as fuel for action rather than letting it consume him.
He allows himself to acknowledge his anger & can use it to energise him physically.
He is also willing to channel this anger and use it as fuel to help him
take the necessary action that would demonstrate him being in integrity
(according to the Sovereigns rules)

The Warrior can cultivate a state of non-thinking due to his ability
to remain focused and present in the moment.

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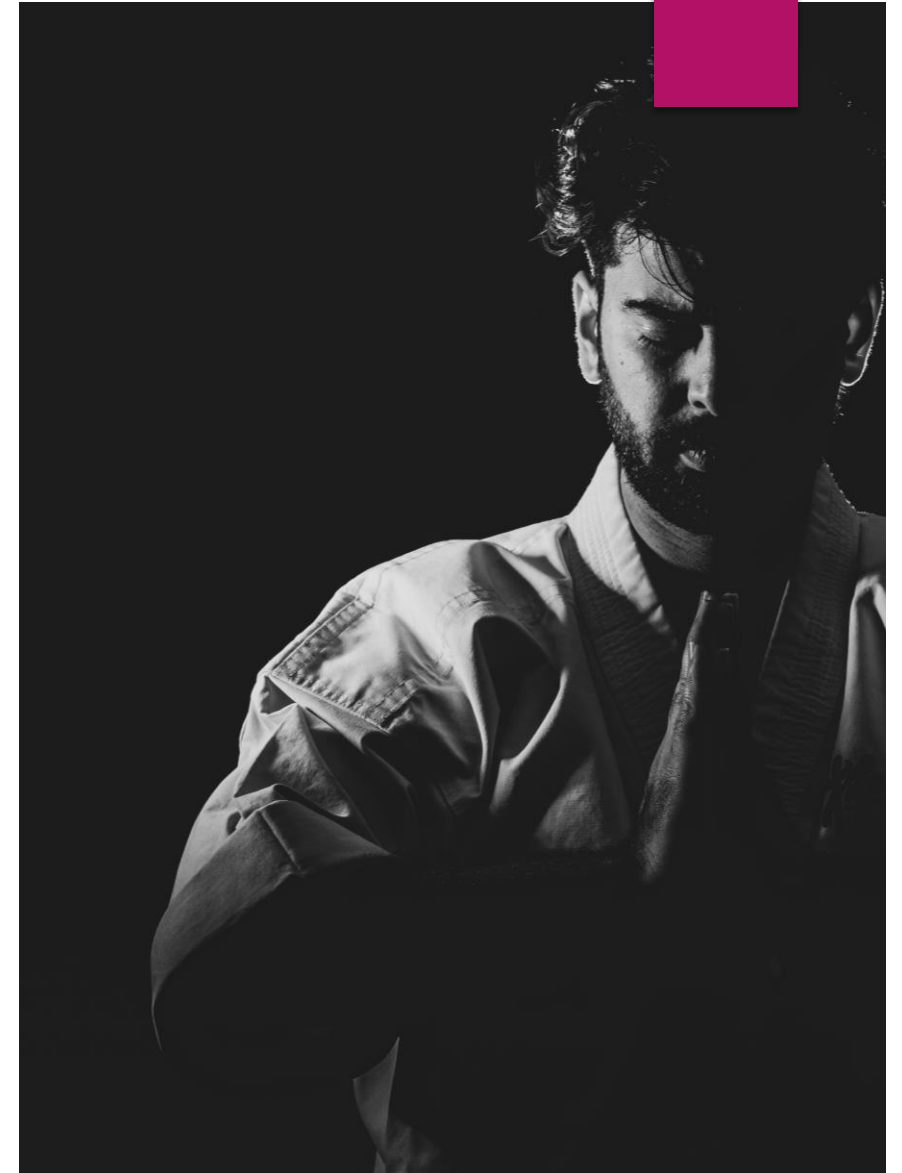
The Warrior

The Warrior is able to practice thought stopping.

He can literally stop a thought before it creates a drama in your mind. For e.g. when your mind wants to make up 'blame games' about your partner.

When you enter into non-thinking it is an opportunity to get into the anticipation or excitement of the Magician archetype, because you are allowing yourself to open up to the unknown & therefore infinite possibilities.

The Warrior excels at creating energetic space for you & within you.



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The Warrior is the part of you that actually takes the action.
He takes action in alignment with your Sovereigns vision and decisions.

He understands that the next situation will be revealed in time.
His strategy is that he knows he can trust himself to respond accordingly rather than having to follow a plan rigidly (Saboteur).

He does not waste his energy by trying to get things right in his head before he needs to.
He understands that a situation may look very different when it arises & thus has confidence he will know exactly what to do at the time.

Your Warrior also allows time to regroup, rest & create more energetic & magnetic expansion before taking the necessary action.
He does not buy into the need to hustle, but is always willing to work hard.

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The Warrior

He keeps his word. He gives unconditional support for the dream.

He is wilful, stubborn, loyal & resourceful.

Has an eagerness to rise to the occasion & is willing to take risks.

He is unflappable & non-emotional – is calm, strong & present & has presence.

He turns the anger of the victim into energy & fuel for action.

He demonstrates unconditional support & loyalty.

He is compassionate & flexible in his boundaries when necessary.

He can also speak from a loving place as opposed to one of attack & blame (like the victim).

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The Warrior says:

'I am willing to fight, protect what I love & value.'

'I will do whatever it takes.'

'Resources, money, love, connection, freedom come from me.'

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

'I enforce strong, potent & healthy boundaries.'

'I am not available for....' (his own or other's narcissism, bullying etc)

'I am a creative force, turning desire into form, through the creation of space.'

'I am grounded, powerful & disciplined.'

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The Warrior says:

'I've got my back & yours!'

'I WILL handle success, problems, conflict no matter what.'

'I have the strength, capabilities & resources to do so.'

I have the will!'

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

'I will always find a way.'

'I stand strong in the face of any shadow that thinks it can defeat me.'

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

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The Inner Mother

The Warrior is the first line of defense when it comes to your shadows.

We are all human beings & cannot always stop a shadow in its tracks.
Sometimes a shadow gets through this first line of defence.

When you are triggered by a shadow i.e. you are experiencing strong emotions & heavy dense energy, your **Inner Mother** comes in to sweep you up in your arms & tell you everything is ok.

She dissipates any emotion by being able to hold it & say 'it is okay to feel ALL of your emotions...but we don't have to give them all of our power'

She can hold ALL emotions with love even the most gripping fear.

She creates space like the Warrior because essentially, she calms down your nervous system. She is hugely powerful. I like to see her as the creator of the Profound Permission Method in many ways.



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The Inner Mother

She is compassionate.

She loves you unconditionally like she would do her own child.

She feels love in her heart space/body. It emanates outwards from her.

She always has your back.

She provides a safe container for you to acknowledge, feel & process your feelings, so that you don't end up taking it out on your partner or punishing yourself.

She can also hold the excitement that creativity can bring & allow the nervous system to expand to cope with it so we don't get overstimulated or addicted to the high.

She poses the important question 'So what?'

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The Inner Mother

‘So what if I feel sad, anxious, angry?’

‘I acknowledge these feelings and I commit to loving & accepting myself no matter what, but they don’t have the final say in how I show up’.

I am LOVE.

I am a master at transmuting the fear breeding tactics of shadow

No shadow has power over me.

Nobody has any power to take my capacity to give & receive love away from me unless I give it to them.

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The Inner Mother

I am present & centered.

I honour all of my feelings with compassion.

I make room for them & hold space for them. They are all valid in the moment.

However, I do not tolerate energetic lies & they belong to the victim.

I create space for my desires.

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

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You can see how together the Warrior & The Inner Mother perform an essential role within you.

They have an important role to play in relation to alchemising fear & anger. They do not dismiss your emotions as this would be narcissism directed inwards but neither do they allow for victim hood or drowning your sorrows.

Even if this happens the Inner mother will pick you up & love you regardless because she does not expect you to be perfect or get it right all the time.

Get to know these parts of you by working on your relationship with your mind & supporting yourself when it comes to feeling your emotions.

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Questions to ask yourself to cultivate a stronger relationship with your Inner Warriors.

Where & how could I have better boundaries internally & externally?
i.e. how often do I allow my mind to create a catastrophic outcome or story?

How present am I in general? Where could I be more present in my relationship?

Where & how could I be more disciplined in my own life?

Where could I have more determination to get things done & ensure I take a stand for my vision?

Where can I be less critical of myself & my partner?

How often do I practice the art of 'no thinking' (sign of a strong internal boundary & creates space for the magician to do his work)?