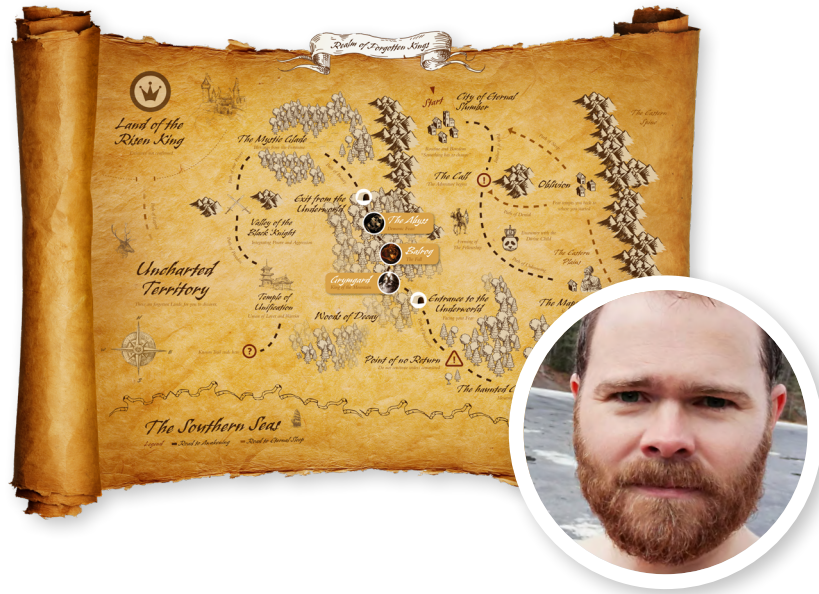


Full Version



Where Peasants become Kings

A Guide for 21st Century Men to
answer the Call of the World

*A book in 3 parts by Eivind F. Skjellum
Founder of Reclaim your Inner Throne
The leading online Initiation for Men*



**Reclaim your
Inner Throne**

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Reclaim your Inner Throne is a powerful 3-month training for men; an initiation for our troubled times.

Note to women

This book is written with men as the target audience. You are however likely to get a lot of value out of it, and may enjoy the sneak peak into the masculine experience that it will offer you.



A Path Less Travelled

The Quest for Sovereignty begins

These are unprecedented times, and you, my Brother, are alive now for a reason. In you await incredible gifts that want to be given. And the degree to which you don't is the degree to which you suffer. Are you prepared to choose a different way?

Consider that it may be no coincidence that you're reading these words. Consider that you are reading this because you are ready to start living a life of service, building a better life for yourself, your loved ones, the human and more-than-human communities.

In this short 3-part book, I will invite you to a life where you align your lifestyle and professional work ever more closely to the gifts you carry deep inside. In this way, your sovereignty will return.

What is sovereignty? Try on that it's a state of being at home in yourself, secure in who you are and what you are here to do. Try on that it's a state of being whole and integrated, in service of the sacred, while stewarding humanity's future by giving the gifts you were born to give.

How do you find these gifts? I believe the answer is different for everyone. What I know for certain is that they're already inside of you. All you have to do is go digging. And since you are reading this, I am willing to bet that that process of excavation is an important task at this moment in your life.

So here you are, wanting something. Wanting, I believe, the joy and inner peace that comes from being a sovereign being in this world. Wanting, I believe, the power of your convictions, the courage to carry them through and the deep knowing that you are a force for good in this world.

I'm glad you are here.

The signs of our times are clear: We are alive at a crucial crossroads in humanity's history. From here, we can move towards disaster or a new era in mankind.

Every person matters. *Your* gifts are needed.

And giving them will be the most joyful, fulfilling thing you will do in this lifetime. In Part #1 of this book, I will share with you the most powerful perspectives and practices I know to make that vision become reality, drawn from the 3-month Reclaim your Inner Throne rite of passage.

Your Kingdom needs you. It's time for the Peasant to rise as King.



How did I work or live before this came along? This is the next wave in men's work!

– Max Warren, USA

About this Book and Body of Work

This book (or shall we call it *booklet*?) is different to a lot of other ones in the field of inner work and self development. My purpose here is not to tell you about a "Secret" or give you three easy steps to a perfect life or some such thing.

This booklet, rather, serves as an invitation to a no-nonsense rite of passage. Many men have taken this path before you and come out on the other side deeply transformed. It's not an easy path, but I'm confident it will take you towards that elusive place that poet David Whyte calls your "house of belonging".

Who am I to tell you this? My name is Eivind Figenschau Skjellum and at the time of writing (August 2019), I'm a 41-year-old Norwegian man living in Oslo, Norway.

If you were with me from the start, you may know me as the guy behind Masculinity-Movies.com, a website where I wrote about movies through a masculine, archetypal lens. My writing there inspired men across the world and many wrote me over the years telling me how they found meaning and a new hope in life from following my work there.



In the process of developing my movie work, I discovered Robert Moore's *King, Warrior, Magician, Lover* model of masculine archetypal psychology. I felt right at home and started using that framework as a lens to my life as well as the wisdom of movies.

It worked. Men across the world *loved* it. And it wasn't long before I was #1 on Google for the search phrase "King, Warrior, Magician, Lover" (these days, I'm somewhat further down).

I kept writing articles, creating workshops and seminars (together with my friend Pål Christian Buntz), and somehow, without in any way planning to, I slowly realized I had built myself an international reputation as an expert in the application of these archetypes.

All this while, I was scratching my head wondering how to translate what I was learning to an online training. In the summer of 2014, I had a very humbling breakdown that led to a breakthrough (as they so often do) and that same fall, I launched a 10-week online training called "Reclaim your Inner Throne".

I was pretty insecure about it. I didn't know if it would work and I made it up as I went along, praying, contemplating, studying, surrendering, trusting. But as the weeks went by, I realized something special

was taking place. The men were transforming. In conversations with them, I started to realize that I had created, by grace, something that was way more unique and transformational than I had dared hope for.

Their testimonials are scattered across this e-book.

Now it's your turn. This short three-part book will take you into the same real-world place of adventure and initiation that these 14 men got to experience. It stands on its own and will tell you how you can start the process of reclaiming your Inner Throne by yourself.

But if you feel inspired, you may want to come along for the next round. I will make sure to give you the information you need.

You will find, as you read, that **the Reclaim your Inner Throne body of work is clinically stripped of bullshit and escapism.** I can't even guarantee that you are going to feel better after reading; this text may in fact be the start of a humbling journey that you must go through to wake up and claim your life.

Now, let me start that journey of awakening by telling you a bit about my own.



My Journey

I was born a highly sensitive kid with a hunger for good storytelling. From an early age, I fell in love with myth and fairy tales and some of my earliest memories are of my dad reading to me.

I was apparently a bit of a mummy's boy, clutching the legs of my mother as she was working. Having two sisters, I was swimming in feminine energy from an early age. I didn't know what to do with my sensitivity, particularly since the model of masculinity I was given by my father (born in 1936) was one of emotional repression (as is so often the case with fathers).

I've inherited incredible gifts from my father: Integrity, discipline, vision, loyalty, dependability, a desire to be of service in the world. I also inherited his genuine, deep-seated goodness. But I also inherited what was difficult. And what was difficult was exceedingly so.

My male lineage has a strong tradition of repressing power and sexuality. These were things we didn't speak about in my family. But for a boy growing into a man, these are the most important subjects in the world.

Instead of having important, albeit awkward conversations about "the only things that mattered", the things that mattered transformed into something dark; my own personal bogeyman. Sexuality and power started pouring out of my unconscious and into my conscious life. My sensitivity had become too much to handle.



My father and I in 1978

Since I was almost completely repressing these impulses and images, they started possessing me. **I was such a sweet and polite boy on the outside. I had thoughts of rape and gutting people with a knife on the inside.**

I didn't understand what was going on. I only knew I was terrified of these visions turning to reality. On several occasions, I could swear I only just managed to stop myself.

I became afraid of people. But more so, I became afraid of myself (I hadn't yet learned that I wasn't the contents of my thoughts). And I became terrified of a future where I was institutionalized, on heavy medication and with lives on my conscience.

That future was totally unacceptable to me. I became desperate for a way out. And so one day, I discovered meditation.

About seven years, 2500 hours of meditation and many altered states later, I found myself in Boudhgaya, the site of the Buddha's enlightenment. It was December 2006. The air was dusty, chilly and spicy in a way that only Indian air is and a girl I had fallen for walked into the night and out of my life. And I didn't dare shout her name.

The vision of her walking into the dark Indian night as I stood there paralyzed penetrated my spiritual ego and etched itself into my soul. In that moment, I realized that while my spiritual striving for enlightenment had quieted my dark instincts, it had done nothing for me in terms of experiencing powerful intimacy with women. While my deep-dive in Tibetan Buddhism had been important, it had also provided the perfect refuge from dealing with the red hot masculine instincts that I had been fleeing from.

On pilgrimage to the Holy Land, I committed to cease my life of fly-boy spirituality and move into deep engagement with the world, which in turn took me to the unexplored geography of men's work.

No-one had ever told me what it meant to be a man. It was time to find out.

In the years which followed, I went on a profound journey of alchemy, transmuting my wounds into my gifts with the help of myriad people, organizations, teachers and trainings. I set up organizations, men's groups, websites, developed workshops and delivered them on several continents, wrote extensively on masculinity, delivered lectures and created this body of work, all based on my own journey of suffering. There's wisdom and power to be mined from those darkest days.

Things have come full circle. And I can't wait to bring you into the world that I have discovered.

I believe in this work. I'm incredibly passionate about it. And my wish is that your life will be forever enriched, possibly even profoundly changed, by what you discover here today.



Walking in the footsteps of this Man taught me many things. Dealing with power and sexuality wasn't one of them.

What are Archetypes?

To understand what I teach in this book, it will help you to have an understanding of archetypes in general and the KWML archetypes in particular. If you want a proper introduction to these four archetypes which live in your deep psyche, turn to part #2 of this book.

The heavily abbreviated version is that **archetypes are patterns of human behaviour that reside in what Carl Jung calls the collective unconscious**. It appears that we are born with these patterns, that we are inextricably connected to this psychological lineage, which has taken form through millennia of human evolution.

Archetypes are autonomous forces that live deep in our psyche. This means they carry a life and an agenda of their own. Depending on how we relate to them, archetypes can be our allies or our enemies. In that way, an archetype is much like a wild beast: It can destroy us if we are unaware or unskillful, but if we go into right relationship with it, we get access to its vast powers and can use them for good.

This much is clear: We ignore them at our peril.

When you experience a man or a woman as truly powerful and impressive, it's because they have somehow learned to be responsible stewards of archetypal energy. When Martin Luther King stood at the Lincoln Memorial in Washington D.C. that August day of 1963 and spoke the eternal words "[I have a dream](#)", he channelled the visionary aspect of the King archetype in a safe and powerful way.

If you watch Adolf Hitler speak, however, you will see King energy in its shadow form (the Tyrant/Weakling). There is a lot of power coming from him – and if you [watch this video](#), you will likely be roused by it yourself. Judging from the worrying comments, people even today are inspired by the shadow King energy exuding from Hitler.

(As long as your inner King has not awoken, you are susceptible to being led astray by shadow Kings. The inner Kings of the Germans were all broken after WWI. They were easy targets for Hitler)



This is hands down the deepest, most transformative self-development work I have ever done.

– Stephen Whiting, UK

What separates these two? Healthy ego development. Hitler, by all accounts, was a sensitive and artistic boy who was never seen for his beautiful and creative side. His relationship with his father was incredibly traumatic and four of his five siblings died before reaching adulthood.

Hitler's father didn't acknowledge his artistic talents and later, after his father had died, two of his applications to the Vienna Academy of Fine Arts were rejected. Adolf was a traumatized, anti-authoritarian, bohemian dreamer who felt rejected by the adult world. History tells us that he never recovered from the wound to his inner Lover.

Hitler's gospel become one of strength and racial purity. The irony, as is always the case with Tyrant dictators, is that it grew out of his own unwillingness to face his own vulnerability and "racial impurity".

Martin Luther King Jr, however, grew up in a stable middle class home with solid parenting, a powerful male lineage and a visionary father. This safe family background gave him the foundation from which to confront the racial injustices of his time, without falling apart like Hitler when he came under pressure.

Like King, you need to have access to archetypal energy. Otherwise you will likely end up a lethargic, depressed man who doesn't show up in life (like so many young men today). But you need to understand the nature of the forces you are meddling with, or they may consume you as they did Hitler.

You must take on the paradoxical challenge of taming the beast without driving the wildness out of it. Does that sound confusing? It is. But I'll help you.



The changes I experienced helped me triple my income.

– Darryl Collett, UK

The Middle Earth inside Men

The King, Warrior, Magician, Lover archetypes have captured the imaginations and hearts of men across the world since they were introduced to us by neo-Jungians Robert Moore and Douglas Gillette in 1991. Based on insights first arrived at by Toni Wolff, their book became a hit with men eager to grow.

What is unique about these archetypes is that they seem to speak to a very vibrant, elemental, *Tolkien*-esque place deep inside us men. Again and again, I see and hear how men feel a strong sense of coming home when they are first introduced to them.

Many men, myself included, have consciously tapped into the archetypal realm through computer games, movies, books, Dungeons & Dragons etc. This is important. As men, our yearning for archetypal nutrients are in fact at the very source of what makes the computer game and movie industry so big and successful. (I suspect the rise of superheroes in movies reflects a decline in embodied male power).

When I discovered Moore and Gillette's book, however, I asked myself *how can I live this?* I wanted answers to how these archetypes could influence my daily life in a positive way. And I found them.

Some of these answers came through my time in The Mankind Project, a global men's organization dedicated to the process of initiation through archetypal territory. But eventually, I realized that their model was too limiting for where I was going, and that if I wanted to bridge ritual space and daily life, I had to complete the journey on my own.

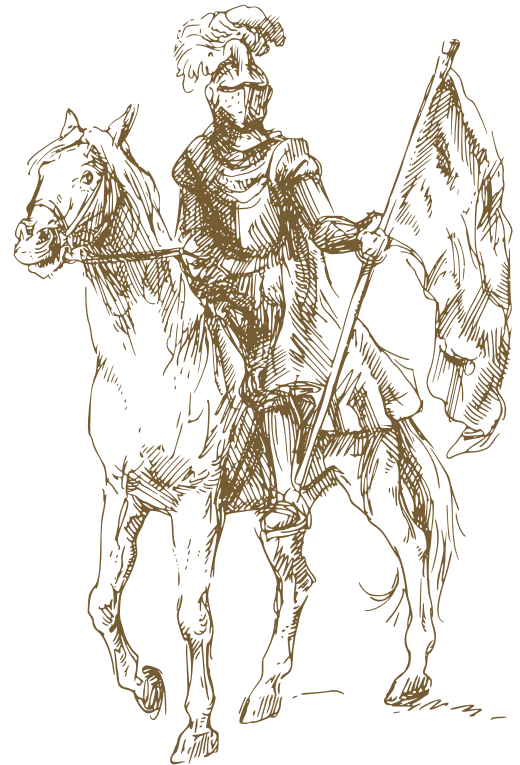
This is the truth: *I wanted my life to be epic!*

So the universe of Reclaim your Inner Throne arose first and foremost because I wanted it for myself. But as the work evolved and I gained self-confidence, my perspective shifted towards offering 21st century men a pathway of initiation that takes advantage of all the good things of a classical initiation without the feeling of compartmentalization and/or separation that I so often see (when initiates return to a culture which neither understands nor supports their process, they run the risk of forming an alter ego inside the organization which initiated them, as opposed to living an integrated, sovereign life where they're being themselves everywhere).

I believe the body of work you're stepping into represents a new take on the whole idea of initiation. One which wasn't possible without 21st century technology. It provides sacred space, brotherhood, and it's being integrated in your life in real-time.

I am confident that you will realize, as you go through it, that the world which you inhabit is anything but mundane and that much like a tale out of Tolkien's lore, your life calls you for an epic adventure that will change its course forever.

The results are beyond anything I dared dream of. Now that you know what's possible, it's time to start studying what you're up against. Grab a blanket and huddle up, I'm about to tell you a scary story about the greatest adversary to your sovereignty that our society has conjured.



Seldom, if ever, have I seen such depth and richness in material presented – and I've seen a lot. But also, seldom have I met both requirements and dedication so deep.

– Tomas Friis, Denmark

Adrift in the Ocean of Consumerism

Let's face it: Growing up is hard! Forming an identity is a gruelling process, let alone being faced with imperfect parenting and the pressures and demands of the world. Forming a stable identity where we know who we are – or who we are not – is the challenge of a lifetime.

When we grew up, people told us what to do all the time. They told us what the rules were and what the consequences for breaking them were. We found ourselves constantly having to choose if we wanted to submit to or rebel against what we were told.

If we listened to no-one and rebelled all the time, we probably ended up in all kinds of trouble. But if we listened to everyone and thought they always had our best interests in mind, we ended up *living someone else's lives!*

This is so so common. I remember the process vividly. And while I know that was an important part of my process of becoming, I can honestly say that I hated being a teenager.



I like to speak about the twin rivers of submission and rebellion. As long as we are submerged in those, we remain wed to the idea that we are living under the rule of someone else. When we are young, that is an accurate assessment. But the whole purpose of becoming an adult is to leave that idea behind and become a self-governing, loving person who serves the world with his/her gifts.

If you don't leave the twin rivers behind by the time you grow up, you remain in their thundering rapids and have no choice but to drift into the ocean of victimhood. And that ocean is full of bait from eager fishermen and women.

Those people are the voices of consumerism, the *sirens* of our modern age, people who are only too happy to throw you floatation devices. The problem is that these floatation devices leak air. Soon enough, when the car is no longer new, your sexy iPhone has become yesterday's news, or indeed the conspiracy theory has proven to be paranoid nonsense, you are back down in the water, salt in your eyes, water in your throat, desperate for solid ground.

Most people today are adrift in this ocean, constantly searching for something new and exciting *outside* of them so that life feels vibrant and alive, hardly aware that they are looking in the wrong place.

How can you tell if you are as well? It's easy – you know you are living in victimhood if you habitually say things *about* people that you can't say *to* them. **Bam!**

Now, if that is you, fear not. I have been there. I get it. It's not your fault that you ended up here. **You don't need to feel ashamed. You have merely followed the instructions of a flawed culture. And the time to make things right is here.** Because if you don't, you will live a smaller life than you're destined for, and given the state of our planet, we simply cannot afford losing you!

When you become a self-governing, sovereign man, you cease being vulnerable to consumerism's siren song and start having ever more frequent experiences of an irrational joy and gratitude bubbling up from the ground water of your soul. As that shift happens, you become a "bad consumer".

Think about the implications of that for a second. Our whole cultural paradigm is based on financial growth. That financial growth remains inextricably connected to the buying power of the people. It follows that the more we buy, the better it is.

Our financial paradigm has made consumption priority #1 and if people are good little buyers, then some of that money will trickle down into care for the elderly, proper education for our young, social welfare etc. In other words, our whole cultural paradigm *prefers* that we succumb to the song of the sirens; it keeps the heart of society beating.

It follows that sovereignty has become a threat. How did we end up with a society that needs us to become enslaved to our impulses for its survival? I mean, this is insane, is it not?

The answer to that is easier than you might think. I believe we created this system because we put the short-sighted and self-serving desires of our immature egos in charge of the rise of civilization. We created this system because we discarded initiation rituals in favor of mechanical thinking, hubris and what James Hillman calls the *Hercules Complex**.

And that mistake is about to finish us off.

** the idea that life is a challenge that can be conquered if only we apply ourselves to the task with enough discipline, courage and heroic brawn*



When your own happiness is your main goal in life, you will by default eventually lose yourself in the ocean of victimhood. For as a sovereign man, you always live in service of something greater, of a sacred principle, the *Dharma*/the *Ma'at*/the *Dao*. And if there is no transpersonal North Star guiding your life, then you are stuck in victimhood, and suffering will be your constant companion.

This is why new age spirituality such as “The Secret” is potentially harmful to your sense of fulfillment in life, as its application is so often self-serving. While some of its mind-becomes-reality principles are sound, its application frequently amounts to consumerism in spiritual drag. For me, it often looks like Santa Claus stories for adults.

I think most men are fed up with that stuff. For we know it's nonsense, don't we? We know that any progress worth having comes at a price, from applying ourselves diligently day after day, year after year to the process of transformation.

I believe that we don't have time to feed spiritual fairy tales to grown up men any longer. The world is going to shit in a handbasket and the cure requires more than mere positive affirmations and refrigerator magnet. The cure is a sobering dose of deep empathy, truth, and tough love in the form of *action*. And we are the ones who must bring it.

How? You may have guessed by now: You must develop your inner Sovereign. We must now turn our attention towards the harmonizing energy of the King to understand what you need to do to Reclaim your Inner Throne.

The harmonizing Effects of the good King

When I first started planning the Reclaim your Inner Throne online training, I had just discovered the poetry of David Whyte. I was listening every day to audio recordings with him from Sounds True.

There was something about the voice and words of this man that soothed me to my core. When I listened to him, it was as if the world started being put back together. The Kingdom was taking form inside of me.



The scariest, most powerful and transformative work I've ever done. It lifted my depression and transformed my art.

– James Roper, www.jamesroperart.com

And I went on a vision quest in the Norwegian woods for four days with no food to let that kingdom integrate and prepare to give my gifts to the world (but that's another story).

I've had similar experiences from listening to and reading the words of others in the past. Robert Bly and Robert Moore feature highly among them.

What is going on here? Why does it appear that the world is put back together from listening to and reading these men?

The King archetype is going on. (Yup, the King's back in town!)

When we receive archetypal King energy, it's as if we are stepping into a world that works, that is functional, sacred and beautiful. A human being will start being a conduit for the mature form of this archetype when they have sufficiently integrated their own inner *exiles* (unwanted parts of us which are split off from our *conscious* mind and put into the *unconscious* mind).

Then, as other people no longer have the power to reflect back to us parts we have exiled, we no longer need to judge and condemn them, and can instead choose to bless or lovingly challenge them.

So as Kings see the fragmentation and struggle of our world, they know what is required to make things right, for they have been on that journey themselves; the journey of turning *holes* into *wholes* through vision and blessing.

As I spent the weeks leading up to the first Reclaim your Inner Throne launch, absorbing the words and soul transmission of David Whyte, something similar was happening for me.

And I realized then that what I wanted was to create a training where men got to experience what I felt with David; a guided immersion into their own *inner kingdom*.

I believe the world becomes a little more whole, a little more benevolent for every man who discovers this sacred geography inside themselves.

But if we keep looking outside ourselves, we will never finish our quest to discover the true King, **the King within**.

Where do you go in life to discover him? You go to the realm of initiation. What a coincidence, that is where we are headed! ;-)



Campsite of my vision quest

Reintroducing the lost Art of Initiation

Initiation is the process, originating in the indigenous cultures of the world, of ritually humiliating a boy to the point that his ego surrenders, and a new inner compass takes over. The purpose is to move him from boy psychology to man psychology, or from selfishness to a life of service to family, community, nature and God (qualities of the King archetype, you may remember).

Western anthropologists have remained fascinated with this process for a long time and several representatives of Western culture have had the privilege of witnessing these sacred rituals. They have bore witness to boys being forcefully exposed to danger, pain, even the threat of death, and to a men's culture where guys who seem strangely at peace with themselves (they know they are men, not boys).

Painter George Catlin gained unprecedented access to the inner workings of Native American culture and in [this Youtube video](#) mythology expert Joseph Campbell describes Catlin's findings.

Why were the cultures of old so focused on the gruelling process of initiation? Why were they willing to put their boys through agonizing rituals that would cause them pain, possibly even death?

An African proverb answers the question like this: "If the young are not initiated into the village, they will burn it down just to feel its warmth."

Consider that we live in a world where boys in grown up bodies and designer suits run large multinational corporations like *Monsanto*, in fact even whole countries! Then consider the state of the world. You will soon enough realize that the African proverb is spot on. These boy-men – Robert Moore calls them *monster boys* – are destroying our planet to line their own pockets.



The Return of the King
(courtesy of New Line Cinema)

These are the henchmen of consumerism, the Saurons of mother earth. There's no-one in the world I want to see ritually humiliated more than these boy-men (apart from, perhaps, terrorists, cult leaders and radicalized activist-ideologues).

And truth be told, this is probably playing out in your life too. Were you taught what it meant to be a man when you grew up? Chin up, stiff upper lip sort of thing? Or were you taught nothing at all? Whatever you were taught, it probably fell way short of giving you inner peace where you are now.

Listen to me, brother: The world is burning. It *needs* you to claim your Inner Throne. If our kids are going to have an earth to live on, if we are to stop the dark underbelly of corporate culture from burning the planet to the ground in pursuit of profit, and if political correctness is going to cease being the straitjacket of truth before it's passive-aggressive naivete kills us all, there really is no time to lose.

And while I'm glad we don't have initiation rituals like the ones observed by Catlin – they are too gruesome – the status quo makes me even sorrier that we don't have initiation rituals at all.

There is hope, however. For you don't actually need elders or ritual process to experience initiation in your life. Life itself provides you with myriad opportunities!

In the course of our lives, we will invariably experience difficulty. Maybe we lose a child, maybe we lose a job, maybe we lose a relationship, maybe we experience depression, maybe we lose the use of our legs, maybe we contract a debilitating chronic illness; whatever it is, life puts us face to face with situations that are unbearable and which render all our coping mechanisms useless.

If we stand in the fires of such situations without running away – (you may already know what your situation is?) – the person we were begins to melt away in the searing psychological heat of total loss of control. And by way of the laws of alchemy, a new and more mature, joyful and wise part will invariably start coming online. The image of the phoenix is as such closely linked to the process of initiation.

If you choose to bypass your initiation, maybe because the intensity of going through it is too much for you, it will tend to manifest as trauma (psychophysical blockages). Traumas in turn summon addictions. By engaging in repetitive, numbing behaviour, you keep the feelings associated with your trauma at bay.

In other words, letting go of addictions becomes the gateway to your healing. When you let go of your addictions, the feelings that you couldn't previously feel will resurface and you will have a chance to alchemize them. A recipe for the process can be found in the next section. (be afraid, be very afraid! ;-)

This process is in principle identical to what the elders of the indigenous cultures of the world put their young through. And **part of what makes the 3-month Reclaim your Inner Throne journey unique is that it combines these two forms of initiation.**

If you are anything like me, this will kick your ass. But it will be a good kind of ass-kicking. For it involves an alchemy which will clear your pipes and help you see the world more clearly. And that will help you see where your gifts are needed. Changing your perspective from yourself to the world will dramatically upgrade your joy and sense of fulfilment.

Whether you go through your initiation under the tutelage and guidance of an elder or of life itself, initiation is inherently about death and rebirth. And that is the territory of the Magician archetype.

And who better to tell us about that than Gandalf the Grey?



The Magician Archetype: Your Journey begins

A lot of the trainings and literature in the self-help world teaches you how to win, to make it, to create the perfect life. This Law of Attraction-inspired philosophy is enticing and can yield delightful results to us, though when we fail to address the underlying structures of our psyche – perhaps completely ignoring the presence of trauma – it will never deliver us into the fullness of life we all long for.

When that is the case, the path to true power and fulfilment requires that we first go on a downwards journey into surrender, limitation and the immanent principle of the divine, where we will die and be

reborn. *Welcome to your initiation.*

This letting go is for many people a prerequisite for going on the path of transcending our limitations, and if we try to move towards success, mastery and the divine without accepting the limited nature of our lives first, we may very well end up on a path to nowhere. We call this *spiritual bypassing*.

You are *supposed* to lose, for only then can your ego come into true alignment with your soul. Most uninitiated men are very uncomfortable with this, which is why most never truly grow into themselves.

A very powerful example of this principle appears in the Fellowship of the Ring, Tolkien's first volume in the Lord of the Rings epic.

When the Fellowship makes their way through the Mines of Moria, a terrible evil and darkness of the old world stirs deep in the mountain. The Balrog has awoken. Gandalf the Grey makes a stand on the stone bridge that leads to safety, protecting the Fellowship from the clutches of certain death.

Gandalf banishes the demon into darkness. Yet the demon is cunning, and pulls him down with him. Clutching the broken bridge by the tips of his fingers, Gandalf whispers "fly, you fools!". And then he lets go.

This scene holds the key to your journey into manhood. Why does Gandalf let go? Why couldn't he hang on until Aragorn came and pulled him up? Why didn't he struggle more? Gandalf didn't struggle because Tolkien knew something about our journey to maturity. **Tolkien knew that Gandalf had to fall. The future of Middle Earth depended on it.**



Gandalf the Grey, master of Initiation (courtesy of New Line Cinema)

If Gandalf hadn't fallen, he wouldn't have been resurrected as Gandalf the White. His willingness to fall into darkness forms the seed of his rebirth.

This here is true wisdom. **This is the key.**

The Balrog can be seen as a powerful metaphor for addictions. We try to sneak our way through the Mines of Moria of life without being spotted by our shadow, but we always lose that game of hide and seek in the end. And when you are eventually forced to face your addictions head-on, the process – if you want your sovereignty – will invariably take you on an underworld journey. If you let me, I will guide you there, into the crucible of your next incarnation.

As long as addictions run your life, you can never reclaim your Inner Throne. I'm not gonna kid around, they pose a *formidable* challenge. Yet most men who take on that challenge will likely go at it with hubris and a desire to conquer the challenge, falling into the *Hercules Complex* mentioned earlier. The whole purpose, however, is for the challenge to conquer you. *That* is your path to power.

When Stephen Whiting went through the Reclaim your Inner Throne training in the fall of 2014, he said to me (I'm paraphrasing) "This is altogether different to everything I've done before. You're telling me not

to run away, not to try and change or “reframe” things. This is completely new to me. But I notice I can feel more. I’m changing.” ([watch testimonials](#))

Quite frankly, you may not enjoy this process. Stripping away addictions one by one for the sole purpose of losing is not everybody’s idea of a good time. Why do you think most people never reach their potential? Because getting there *doesn’t always feel good*.

Which is why you need incredibly strong support and brotherhood throughout the journey. The 3-month journey of Reclaim your Inner Throne provides that for you. There is something very potent about going on such a journey with your brothers.

You may want to start this process right now, however. In that case, better team up with a friend or two. This is a journey you won’t complete on your own.

Men’s unwillingness to “fall into darkness” is related to the prevalent difficulty most of us have with intimacy and the feeling realm (which often feels like falling, or being “eaten”). In the depth of our psyche, this falling is connected with the feminine, and many men who were wounded in relationship with their mothers *live down there*.

Though living in the dark is *not at all* what I’m referring to. But *consciously going there* to retrieve what’s been lost, forgotten and hidden is something we may all have to do once we find ourselves stuck in life.

So to that end, I want to take you now to the next stage of the Reclaim your Inner Throne journey and start exploring the archetypes of the Divine Child as well as the Lover, the softest and most sensitive parts of us .



Embracing your Feelings and Sensitivity

Many men are terrified of their feelings. But being a soft-bellied human being is vulnerable. Most of us won’t admit just how vulnerable it is. And yet the dramas of the world all arise from our unwillingness as individuals to own just how exquisitely vulnerable we feel (remember the Hitler story above?).

For me personally, this is still a challenge. I often use strong words when I convey my work, for I have a lot of power in me, a feeling sometimes of being able to turn the tides. And yet, deep down, I have a young part of me who just wants to be loved, validated and held. Whenever I try to keep the remnants of this mummy’s boy stowed away in the basement like a leper child, I become less accessible and less trustable. Instead of serving, I’m trying to manipulate my surroundings into experiencing me a certain way. I’m *doing* manhood instead of *being* manhood.

When I allow this innocent kid to come out to play, I feel my heart, people trust me, and strangely, my leadership skills improve. (The key to staying a mature, sovereign man while letting the child out to play is not to become identified with him.)

When I’m operating from my sovereignty, I know that my sensitivity and vulnerability are the very gateways to my Inner Throne. The perennial truth reflected here is that when we acknowledge our



This work is archeological. It goes super deep into who you are and the nature of your consciousness.

If you are ready to take on some demons and break through in service of how you are showing up in the world, this training is for you.

– Ewan Townhead, Coaches Rising

vulnerability, we become truly powerful, for we needn't run away from reality any longer. We lose our fear of "not being man enough" and discover true freedom.

The King archetype grows out of the Divine Child, which is the archetype you connect with when you look into the eyes of a new-born baby and see the cosmos stare back at you. Such a gaze can penetrate your soul. There is tremendous power in it, power which comes not from wilfulness, heroism or discipline, but from infinite innocence.

Jesus was such a one. It's clear that much of his power came from his innocence. And it was him that gave us the eternal teaching "Truly I tell you, unless you change and become like little children, you will never enter the Kingdom of Heaven." (Matthew 18:3) Reclaim your Inner Throne is a training that honors the truth found in that teaching.

When trying to discover your purpose, it may help to look back at your childhood. What inspired you? What set you apart? What was painful? And perhaps most importantly: What was *shameful*? When looking for your purpose, going back to the days when your innocence was still intact – and when you lost it – is very beneficial. And if you *can't* remember, maybe you have become "too adult" in your psyche to access that beautiful, innocent place inside. (If so, is it worth it?)

Embracing the archetype of the Divine Child – its wonder, innocence and vulnerability – is a crucial part of this path.

This journey that we're on moves from the Magician into the Lover. (The Warrior has to wait until we've opened our hearts and developed empathy. I find support for this idea in the ancient Celtic proverb: "*Never give a sword to a man who can't dance*")

Looking at the world, it's fair to say that our wounding as men runs deepest in the Lover quadrant. Doves of men live joyless half-lives because they keep closing down their hearts – the seat of their power – in an effort to be powerful and manly. The results are predictably devastating.

For such a man, everything he does feels like work, like duty, like something he has to do in order to stay inside a lifeless definition of integrity. But never does he actually get to enjoy being alive. As long as a man doesn't embrace the Lover that lives inside of him, life will feel like a cross to bear.

My friend Terry Patten, author, renowned spiritual teacher and one of the experts on the course, says

that this tendency to close our hearts in order to feign power “makes men brittle”. Not only does it make us brittle – it demolishes the enjoyment and power we have access to in intimate relationship with women.

When we are afraid of our hearts and its “voice”, we tend to race through life, forever looking for the next hit of excitement or stimulus.

This is why a powerful exercise for developing the Lover archetype is to simply pause. *To chill the fuck out!* Go slowly. Tantric sex is the best kind and it tends to start slow, in order for the man and the woman to calibrate their energies and become *allies of ecstasy*. Pausing is key!

When my friend Jordan Luke Collier (head coach of *Ars Amorata*) served as an expert for the Lover archetype in an earlier round of this training, this is exactly what he told us. Just stop. Stop everything you are doing and just rest into Being. This simple mini-ritual can change your life.

Also: Go outdoors. Appreciate people in your life. Tell them they are beautiful. Tell them you love them. Live with an open heart, even when it hurts.

When such things become possible for you, you develop a foundation for being a responsible Warrior in the world. And when you see what I’m going to take you into next, you will understand why this Lover quality *must* remain a foundation for the expression of your inner Warrior.

For we are about to move into some very dark, primal, yet ultimately life-giving energies in the Warrior quadrant of our psyche.



Our innocence is the key to
our sovereignty (it rhymes so
it must be true!)



Into the Heart of Darkness

So many men today are disempowered, running away from the darkness that lives inside them. We have been trained to misinterpret our instinctual drives for power and sex as evil and not to be trusted. Accordingly, in an effort to be good, men across the more progressive parts of the world do their best to be sweet and harmless. Before I woke up, I used to be a poster-boy for this tendency.

I’m about to expose for you the agendas of our culture that lead to this pervasive, harmless apathy in contemporary man. These agendas stoke my inner fires no end, for I see them as huge obstacles in our fight for a more just, peaceful and loving future. I’ll get to that soon. First, let’s explore what’s wrong.

In the progressive parts of today's world, boys and men are taught – more or less strongly – that they are the violent and destructive gender, that the patriarchy is responsible for all suffering and depravity in the history of the world and that since you're a man, you're a ticking bomb that must be trained out of your innate destructive tendencies.

This propaganda is disseminated through the school system, state institutions and the media. Because men are seen as dangerous, there is a widespread cultural move towards our domestication.

This cultural trend has arisen for a reason. And this is the time to get real: There is something dark and savage that lives deep inside of us men. It's nothing to be ashamed of (unless you want to go through the same hellish experience I described earlier). Evolution made us so for a reason. We must deal with the fact that the hormonal cocktail that pours through our red hot veins have destructive potential, lest it be managed skilfully.

Here's what you may not realize: This campaign of domestication has arisen to address the same problem which the initiations of old were meant to address. Just like in the African proverb, feminists and "progressive" ideologues want to ensure that the young men don't burn down the village.

The terrible tragedy is that our culture, in its incredible ignorance of masculine psychology, tries to solve the problem of male destructive power by preventing men from tapping into their power altogether. From there, men move into their house of naivete in the ghetto of apathy and irrelevance. Every window has Peter Pan blinds and everyone smiles fake smiles. It's a ghastly neighbourhood.

You can't change biology. You can't insert an intellectual idea of sweet harmlessness into a man and hope that it changes millennia of evolution overnight. What happens instead is you create a pressure-cooker of repressed psychological impulses. The best case scenario for such man is that he overflows with sarcasm and passive aggression. The worst case scenario is that he becomes a psychopath.

In the summer of 2011, a man about my age killed 77 people in and outside Oslo. First he blew up the offices of the social-democratic government, killing eight. Then he went to their summer youth camp and, disguised as a police officer, slaughtered 69 boys and girls.

The man carried every characteristic of the perpetrators of school massacres around the world (an archetype in its own right): Unassuming, reserved, shy, isolated, emotionally withdrawn, a social outcast. I've done research on these young men. They all share a feeling of total powerlessness. In the absence of power and a stable ego structure, they are consumed by archetypal energy and start viewing themselves as messianic figures who are entitled to choose who lives and dies.

The thing they seem to share is a traumatic relationship with their fathers and an unhealthy attachment to or dependency on their mothers, which is the same dangerous cocktail that created Adolf Hitler.



Our darkness must be
harnessed for us to become
safe & powerful men

Boys who remain too long inside a feminine worldview without being exposed to healthy men's culture risk becoming dangerous. Since their ego structure has not taken on characteristics aligned with their biology, it is fragile and doesn't function as a filter for the unconscious. Men who remain in a woman's world run the risk of being flooded by archetypal energies (this is called "grandiosity", or "feeling special"). I've seen such men be driven to psychosis and suicide in an effort to self-regulate.

You deal with this prevalent danger by introducing boys into mature men's culture. But in our culture, we rarely do such things. Quite the contrary; in growing parts of our culture, feminine values are considered superior to masculine values. The consequence is that boys are discouraged from becoming men, and that tears them apart.

In other words – if you want to create a psychopathic mass-murderer who thinks he is a just angel of judgement, then the best plan of action is right now being perfectly implemented across the progressive parts of the world. In other words, killing sprees carried out by deluded young men looking for a sense of meaning and power are likely to increase in frequency in the coming years if we keep propagating a message which is deeply hostile to primal masculine power.

This is not mere theory I'm offering you. My early 20s gave me first-hand experience of the psychology involved. And if you're a "nice-guy", you should be taking notes.

Which leads me to what some may find a shocking part of my teaching: Whenever you feel an energy that wants to kill or do beastly sexual things, embrace it. You will only become a safe man once you become an empowered man, which is why it's crucial that you redeem your dark masculine power.



This teaching is not complete before I transmit to you that embracing something doesn't mean acting it out. It simply means that you allow a thought and an impulse to move through you without protecting yourself against it, without shutting down and creating knots inside yourself. You must learn to separate who you are from the contents of your thoughts.

Most people don't get that the part of your masculine psyche that wants to penetrate and destroy is a good part. This is the Warrior archetype, and when this energy is harnessed for good, its penetration and destruction remains in service of the higher good. It *serves and protects*.

You cannot be a sovereign man if you keep repressing this dark masculine Warrior energy. So in the Warrior part of the Reclaim your Inner Throne journey, I invite all participants to develop a relationship with the parts of them that want to fuck or kill anything that moves.

And as with them, let me be very explicit with you that you don't carry these acts out. To be honest, that is a formality more than anything else, for I know that this exercise, while seemingly dark in nature, will make you way less vulnerable to the archetypal energies that would have you do so.

Let me cut the crap and say it flat out: If this idea triggers your aversion, you're a man who's repressing your darkness. And whatever you're repressing *runs yo ass*! In other words, you're not a safe man. And here's a secret: Most people can tell.

There is so much more to the Warrior part of the Reclaim your Inner Throne journey – discipline, health, vitality, service – but this is good for now: Embrace your inner killer, your animal sexuality, as an act of love. Feel into it as you move through the city. Be graphic about it in your mind's eye if you like. And then feel it viscerally in your body, particularly from your solar plexus and down.

Make sure to enjoy it!

Level buildings with your heart-beat. Incinerate passers-by with your exhale. Cut people in half with a gentle flick of your wrist. Find what works with your particular flavour of darkness. There's no need to scare anyone or do weird things in public. No need to even talk about it. This is your little, secret healing and empowerment ritual. (also try showering in freezing cold water to tap into this Warrior energy).

By undertaking this exercise, you will develop confidence and start getting used to the idea of being powerful. You will step out of being a pussy-whipped, domesticated nice-guy into being a potent force for good in the world. The truth is that we all need you to be powerful. For it's a dreadful thing when all the powerful men in the world are those with closed hearts and destructive minds. It's time for sensitive, good men to grow a spine and provide new answers to the challenges of our times.

A Warrior of love who has embraced his darkness. Now, that is where you're headed. Sweet! Didn't know you were such a badass did you? :)



Reclaiming your Inner Throne

We have moved through the territories of the Magician, Lover and Warrior.

Working with these archetypes is all in service of stepping into our sovereignty. Let's be clear that the archetype of the Sovereign is the central archetype in the human psyche. It integrates the other archetypes and makes order and harmony where none previously existed.

How do you know if you're a sovereign being? Here's one way: look at how you relate with your parents. Do you become someone else when you go home for Christmas? Do you try and be a different person with your mother and father than you are elsewhere?



I've been through and staffed some of the great men's work trainings available, and RYIT is the tip of the spear. If there is greatness in you, it gets exposed on this training.

– Tom Kelley

These tendencies indicate that our parents still occupy our Inner Thrones. Our sovereignty has been usurped by authority figures. I see this pattern playing out again and again in my Reclaim your Inner Throne in-person workshops, as they have in my own life.

When who we are is contingent on who we are with, we haven't yet become what Carl Jung called *individuated adults*. We are still fragmented, searching for our true face in a confusing hall of mirrors. We live a kind of half-life, not really stepping into who we are.

Do you remember the rivers of submission and rebellion that I described earlier? This is what I'm talking about here. As victims of the twin rivers, we are incredibly vulnerable to the reflections of the world, for we can't tell which ones to keep and which ones to reject. We keep looking for our true reflection, but every mirror looks a bit like mum or dad, or that bully in high-school.

This is why, in order to be free, **you must redeem the people who have caused you grief**. You must thank them for their service in forming your identity in the world and tell them their time as occupants of your Inner Throne is over. For many men, the most important among these "Shadow King energies" is our father. And a crucial step we have to take as men in order to reclaim our Inner Throne is to redeem him and our male lineage.

You probably didn't receive the fathering you wanted when growing up. But I've found that most of us received better fathering than we think we did. And even those who had horrific fathers can find glimmers of beauty.

I promise you this: There is something very noble, powerful and beautiful that runs in your male lineage, however hidden it might be. And for whatever reasons, the visionary aspect of your male lineage probably never quite came to fruition. Any man who dies without truly having lived will feel tremendous loss, grief and perhaps bitterness deep inside. This dramatically impacts a man's ability to father well.

Try on that your father's inability to offer you great fathering comes from his care. He likely cared so much about doing things the right way, about making it in the world, about being someone that mattered and that offered something of value to the world – and to you – that not living up to his vision was devastating to the point of him creating chaos and pain in his life.

A lineage of men who wanted to express their sovereignty more fully than they managed to is what we were all born into. And you must understand that there is nothing in this world that your forefathers want more than for you to pick up the mantle and redeem your lineage. By doing this, I believe the lineage patterns of your whole male lineage will dissolve. And I believe that somewhere, somehow, they will know.

When you step up on your Inner Throne, you lift the family curse for good.



Taking the Path less travelled

In these pages, I have given you a brief summary to the storytelling, philosophy and methodology of the reknowned Reclaim your Inner Throne initiation. I have included what I thought was most important, knowing full well that whatever benefit you can derive from this chapter alone pales in comparison to coming along for the journey itself.

And yet, I believe that I have just given you the keys to a completely different life. If you are anything like the men who have been on this journey previously, it has the power to change the arc of your life story in a massive way.

What I want to leave you with is that our culture is fairly ignorant of true ways to sovereignty. Most of the things we are taught lead to more advanced and sophisticated forms of thralldom. I don't consider this, as many do, a conspiracy. I see it merely as the folly of human nature.

What this means is that when you go on the path of sovereignty, you are taking the path less travelled. And you will likely be surrounded by people who won't understand what you are doing or why you are doing it. This is a normal, yet painful truth. Becoming a leader is never easy.

If you are ready to make a shift in your life and feel inspired to go on this journey with me and a powerful group of fiercely dedicated Warrior-Poets and Magician-Kings, I'd like to give you an idea of what that looks like before we part ways.

Find an overview of the 15 weeks on the next page.



Ready to do the Work, Brother?

Reading about this powerful work is just step #1. If you want the real transformation these insights and perspectives point to, **you must do the work**. The most powerful point of entry into our work is the Reclaim your Inner Throne 3-month initiation.

Learn more on www.inner-throne.com/initiation

Course Overview

Reclaim your Inner Throne 3-month Initiation

Week 1: Call to Adventure

Week 2: The Path of Unknowing

Week 3: The Mapmaker of the East

Week 4: Paths of Initiation

Week 5: Grymgard

Week 6: Facing the Balrog

Week 7: A living Sacrifice

Week 8: Path of Beauty

Week 9: The Mystic Glade

Week 10: The Valley of the Black Knight

Week 11: The Temple of Unification

Week 12: Lake Andulin

Week 13: Cliff of Kings

Week 14: Reclaim your Inner Throne

Week 15: The Forges in the West



An Invitation and a Warning

If this is the right timing for you, you're warmly welcome to come join me and my team on this journey. I believe it will transform your life in deeply powerful and beautiful ways. There are a few things I want you to know first, however.

First: This 3-month journey *will* change your life for the better. But first, it will challenge you. Though it's a challenge you will eventually love. Men rave about the training once they're through it, though during the initiation itself, it's sometimes a struggle.

This means you must be a man who is ready to commit. There is an investment of time, energy and money. The training is intensive, and the man who is ready for the next steps will love it.

Though if you've done men's work before, this training will probably seem unfamiliar to you. A lot of men's work is so heavily facilitated that you just move from one exercise to another without room to face yourself. No spaces to feel the sharp edge of reality press up against you are left open.

This, I believe, leads to inferior men's work; work that fails to inspire your sovereignty. To Reclaim your Inner Throne involves facing the ways you struggle with feeling unsafe in an encounter with the unknown. It involves taking leadership of your own experience. It involves becoming a man. And if that is what you want – if you dig the idea of becoming a powerful, sovereign man in your life – then we have the training for you.

We will take you on a journey, give you exercises, hold a clear vision. And we will not hold your hand. You are a man now, no longer a boy. And to us, you are a Brother, not a son.

So let's be clear that much of the power of this training is that its beating heart resides in the Unknown. I've experienced that most things of real importance happen from that place, where we remain curious about who we are, what wants to happen and whatever lies around the next corner.

There are plenty of trainings out there that adhere strongly to a preset formula. I don't think they are as powerful; when we close the door to the Mystery, we tend to prevent grace from entering.

If this kind of stepping into the unknown is right for you, however, we welcome you to this 3-month initiation. It *will* challenge you. Deeply. This is not a fast-food, instant gratification training. This may be, as it was for Stephen Whiting, the most demanding, life-changing training you've ever done.

If what you want is a training that will strip your ego strategies to the bone and resurrect you, no matter if it's painful, into the next version of yourself, then this is the training for you.

Go to www.inner-throne.com/initiation now for more information on when the next journey begins.

Your people is awaiting your return, Sire. The throne within you beckons.

Can you feel it?



Turn to the next page to receive a FREE training



Land of the Risen King

A Video Training in 5 Parts

Now that you have read and hopefully enjoyed the first part of *Where Peasants become Kings*, you're invited to take part in another free offering: Our *Land of the Risen King* training. This is a popular training based on the Reclaim your Inner Throne modality and the Quest that plays out in the Realm of Forgotten Kings.

In it, you will go on a journey using the map above as a guide. You will go deeper into the counter-intuitive path to sovereignty and watch inspiring samples from movies that elucidate this incredible Quest.

1000s have experienced this free training, and now it's your turn!

Access Training Now

Or simply use this URL

<https://www.innerthroneacademy.com/risen-king-training>

Thank you for reading through part #1 of this little book. In part #2, you'll find a condensed introduction to the masculine archetypes. See you there!



Blessings on your path, Brother



**Reclaim your
Inner Throne**

www.inner-throne.com

Turn the page for Part
#2 of this Book.
Don't miss out!

King, Warrior, Magician, Lover **The Masculine Operating System**

*A unique primer on a beloved map of masculine archetypes,
as laid out by Robert Moore & Douglas Gillette.*

Introduction

Carl Jung was a pioneer mapmaker. Not satisfied merely to be the student of Freud, he integrated Freud's teachings on dreams and sexuality and ventured further into new and uncharted territories, into the deepest, darkest corners of the human psyche. Here, Jung uncovered the collective unconscious. This mysterious place seemed to carry imprints from every human being who ever lived, akin to being the psychological DNA of humanity. Therein he discovered archetypes.

The Greek tapped into the archetypal when they created/discovered their pantheon. Stories of Zeus, Hera, Prometheus, Hermes, Demeter, and Persephone reverberate in our culture even today. Despite its undeniable psychological genius, the Greek pantheon pales in number and diversity compared with the myriad archetypes that can be said to exist. As our civilization evolves and human evolution brings new lifestyles, careers and technologies into being, myriad individuals make fresh psychological deposits to the collective unconscious. New archetypes arise.

However, some archetypes are so primal, so all-encompassing, that they seem to form the bedrock of archetypal potential. They are original archetypes, ones out of which other types emerge.

The archetypes we will examine were mapped out by Robert Moore and Douglas Gillette, based on an initial mapping done for the feminine psyche by Toni Wolff, a client of and subsequently collaborator with Carl Jung.

They found that, at the most basic level, there exists only four archetypes, which they proceeded to place in an archetypal mandala. A mandala is a quadrated map of the cosmos – both the micro and the macro – found in all ancient cultures. The human mind seems drawn to the number four, be it related to directions, elements or quadrants of reality. This archetypal system aligns with that ancient tradition.

Any mandala has in its center a focal point. It may be a castle, a throne or a sacred mountain. In the human psyche, this center point is the archetypal Sovereign.

We will now investigate this Sovereign and the archetypes that make up his mythological royal court.

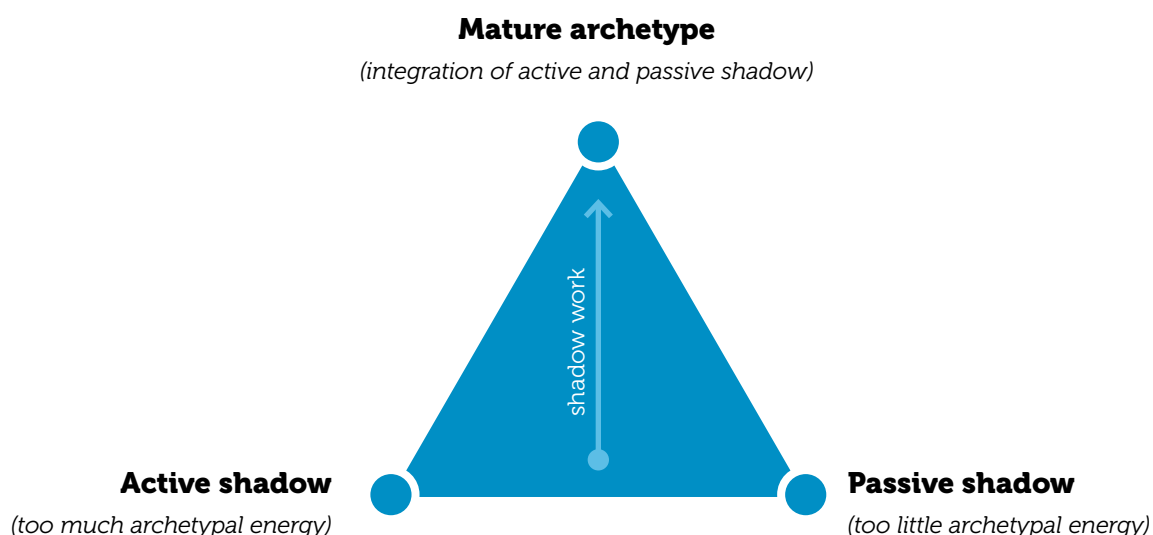


Kalachakra mandala: The quadrated cosmos with the castle at its center.

The mythological world of symbols we are venturing into have inspired countless movies and novels. Thus, archetypes are something we can all relate to, be it through The Lord of the Rings or Star Wars.

This document will give you new insight into your own interior cosmos, your inner Middle Earth, and will show you how this, far from being about imagined worlds in mythical lands, tells real stories about real people. This is about your life. Welcome to the archetypal world of Sovereign, Warrior, Magician, Lover.

The Structure of Archetypes



The bipolar Shadow of the Archetypes

Imagine a balloon. Without air, it's a limp piece of rubber. As balloons go, it's a bit crap. Tired of my crappy balloon, I inflate it. Now it's over-inflated. The rubber is stretched; it won't take much to make it pop. I inflate it a little more. The balloon bursts. I become sad. I find a new balloon and start over.

This is a simple metaphor, but it illustrates an important point: Too much air or too little air are both unbalanced states. The balloon fulfills its balloon potential most perfectly when it has the right amount of air inside, when it doesn't explode (active shadow) or implode (passive shadow).

As individuals, most of us are caught in this pendulum swing between «too much» and «too little». We try to find the perfect balance, but it seems so hard! We self-help ourselves to exhaustion – and still find ourselves trapped in the same back and forth. We end up frustrated.

How can this dynamic show up in our lives? After a lifetime of failing to protect my boundaries and of experiencing the self-loathing that comes with being a pushover, I one day say enough! I learn to set boundaries and say «no». But all of a sudden, I see threats everywhere. I get cross with people. I feel

angry. My life fills with conflict.

And thus I end up moving from being trapped by the passive shadow of the Warrior archetype (the Masochist) to being trapped by the active shadow (the Sadist). People who have been through a rebellion against their parents may nod their heads in recognition. In my enthusiasm to «repair my life», I don't recognize that the two polarities are different expressions of the same problem.

Similar dynamics play out in our lives all the time, be they over time or within the same single moment. All human beings are affected and until the day our egos are 100% mature and integrated, a day which for most of us never arrives, we won't escape. The intention behind this document is to make easily accessible this archetypal map, so that you get to familiarize yourself with the enormous forces that control you from the murky depths of «below». This, in turn, helps you deal with the awesome power of the archetypes in ways that are life-affirming and energizing.

But before we start to look at the archetypes, let's clarify a few concepts and terms.

The Function of the Ego

The ego may be one of the human psyche's most misunderstood structures. Phrases like «I want to get rid of my ego» or «he's got too much ego» have become common, based, it seems, on Western misappropriations of the Eastern concept of Anatman (no-self).

This archetypal system shows us that such statements are based on a misunderstanding of what the ego is. I can't have «too much ego». But I can have an immature ego, which is not fit to function as a healthy channel for archetypal energy. In other words, what I can have too much – or indeed too little – of is archetypal energy; I become trapped in the archetypal shadow.

When we think we experience the absence of ego, we are in reality experiencing the presence of mature ego. A mature ego doesn't judge (it discerns), doesn't project (it sees), doesn't get trapped in emotional triggers (it knows itself). It functions as a finely tuned filter for archetypal energy, so that the amount that sifts through from the collective unconscious is just right. This is why ego development is related to the ascending arrow on the diagram above; only with a growth in ego maturity do we leave archetypal shadow behind and fulfill our human potential.

A healthy ego is a requirement for psychological maturity. Attempts to «kill the ego» risk taking us far into archetypal shadow, which many spiritual groups and practitioners are examples of.

The tension Arcs of the Archetypes

Among the archetypes, we find polarity pairs. These pairs exchange a particularly powerful psychological energy and the dance between them are a paradoxical dance of opposites blending into a higher synthesis.

E.g. the Warrior's desire for healthy boundaries and his ability to protect them combined with the Lover's desire for merging with Other represent one of these paradoxes. This is a complex topic, one which Moore and Gillette have not written about in length. I have my own personal experience with them, however, and so, I'm sure, do you.

Child Archetypes and adult Archetypes

The Sovereign, Warrior, Magician, Lover archetypes develop in adulthood. The psychological energy they represent grows out of corresponding child archetypes. In order of correspondence, these are the Divine Child, the Hero, the Precocious child and the Oedipal child. As opposed to the archetypes of adulthood, we move through the archetypes of childhood in a linear sequence.

We start life as the Divine Child, move into the domain of the Precocious child before we end up in the Hero by way of the Oedipal Child. This is clearly a simplification of a complex reality and there may also be differences between men and women here (this system is developed for the masculine psyche, but since all women have an inner man, an animus, it's relevant also for them).

Gateway Emotions

Each archetype is connected to a gateway emotion. This teaching is not part of Robert Moore and Douglas Gillette's original work, but it's utilized with success in organizations like The Mankind Project. The gateway emotions are the same as those we call «primary emotions». A primary emotion is a bedrock emotion which cannot be described as a combination of other emotions.

The primary emotions are: Joy, anger, fear and grief (this is supported by science). These are gateway emotions to archetypal energy. The more we develop a healthy relationship with these emotions, the more in touch we are with the corresponding archetypes.

Additionally, in my research, I have discovered that each archetype is associated with its own unique version of shame.



What is Reclaim your Inner Throne really?

Reclaim your Inner Throne is a body of work and a community of men. Though the beating heart is the 3-month men's initiation, which was designed to begin where other trainings end. It's intense, and it works. For you as well. We run it twice a year, and you're welcome.

For more: www.inner-throne.com/initiation



The King

Mature archetype	Blessing, an affirming gaze, compassion, a genuine wish for the happiness of others, inclusivity, tolerance, the ability to help others see their own inherent worth, structure, vision, harmony, psychological cohesion.
Active shadow	The Tyrant: Comes down on all threats. A middle manager that doesn't want his employees to flourish (because he's afraid they'll replace him). A father that actively opposes the growth and happiness of his children. A tyrant seeks to «steal the throne» in the inner geography of his fellow beings, so that they come to depend on him. Reacts with enormous anger when confronted. Is terrified of her own weakness and feels enormously threatened by representations of the Divine Child. Examples: Edward the Longshanks (Braveheart movie), Kim Jong-Il, Hitler, Idi Amin, countess Elizabeth Bathory.
Passive shadow	The Weakling: Rejects responsibility for his own life. Dares not lead and instead blames others. Abdicates his throne and blames whoever sits there in his place. It's easier to be a victim than to be responsible. Examples: Commodus (Ridley Scott's Gladiator), King John of England (Ridley Scott's Robin Hood), CEOs during the financial crisis of 2008.
Purpose	To live his dharma to bring order and blessing to the kingdom.
Gateway emotion	Joy
Libidinal symbol	Scepter
Shame	«I don't belong/I'm broken»
Element	Earth
Tension arc	Towards Magician (& the element of air)
Grows out of	<p>The Divine Child: The world is an adventure, full of joy and opportunity. Full of wonder and purity, representing everything good about creation (such children are sometimes represented with a halo in paintings). When we're out of touch with the play and wonderment of the Divine Child, we lose touch with our inner Sovereign, as well as our psychological harmony and the vision for our lives.</p> <p>Examples: Baby Jesus, baby Moses, baby Krishna, baby Buddha, the little child whose eyes you gaze into, only to have the timeless, ageless mystery gaze back at you.</p>

Ego development

I make peace with my parents. I love and respect them, but don't view them as people who define who I am. My father is a man amongst many, with his challenges and gifts. My mother is a woman amongst many, with her challenges and gifts. I thank them for their contributions and now release them, in order to more fully love them. And as a free man, I support them as their twilight draws closer. If they are dead, I remember them with love and forgiveness. The cycle of life moves on.

I examine my inner throne. Who sits there? Have I made another person the authority of my life? Does Mum or Dad sit there? Does a spiritual teacher sit there? A successful businessman? A coach? I choose to reclaim my inner throne. I choose, from this day forward, to accept ultimate responsibility for my life. I cease the blame game and take charge of my own destiny. This does in no way make me arrogant. It makes me humble.

I bless others. I see and affirm the goodness of others. I offer authentic compliments. I mirror other people's positive qualities back to them.

I live out my life purpose. I get intimate with the meaning of my life. I know it is what I make of it. And I know that, as death draws near, I will ask myself this question: Did I live well? In order to face death peacefully, I live well.

I find inner peace. I live my own personal dharma in the world. By being true in word and deed, and in tune with the needs of my environment, I stop fearing others. I have nothing to hide. I know myself and my values. I am myself fully and never say something about a person that I couldn't say to a person. The drama of life ceases and I find inner peace.

I create life and community. A mysterious force grows in me. It is creative. It feels abundant. It wants to share. I gather people around me. I build community. I create life. My family, friends and associates flourish. I live to serve them. They are the purpose of my existence.



The Warrior

Mature archetype	Discipline, focus and mastery of the physical. Sees great challenge and goes to face it. Dedicates his life to a transpersonal ideal, given him by the Sovereign. Dares where others chicken out. Endures. Willing to step outside of her comfort zone. Fights evil wherever it exists. Sets and protects boundaries. Sacrifices his own health for a worthy cause («All I ever wanted was something worth fighting for», Jake Sully, Avatar).
Active shadow	The Sadist: Enjoys the suffering of others and feels more alive in a position of domination. Behind the rapist and acts of revenge. He beats his kids, for they should not become pathetic losers. He confronts and sets boundaries even when it's not needed, because he feels more alive in conflict than in tolerance. He hates all the weak and pathetic people of the world (for they remind him of himself). Examples: Darth Vader, the Shabiha of Syria, the Spanish Inquisition, hazing, the slaughter of civilians in the Vietnam War.
Passive shadow	The Masochist: Dares not have his own opinions. Dares not defend what he believes in. He feels empty – without vitality. He projects Warrior-energy onto others and gets afraid of them. He experiences others as stronger than him and lets them compromise his boundaries. When sufficiently challenged, he flips to the Sadist. Examples: Passive aggression, couch potatoes, large parts of the New Age movement, people suffering from burnout (often a result of an inner critic sadism).
Purpose	To serve and protect
Gateway emotion	Anger
Libidinal symbol	Sword
Shame	«I'm weak and lazy»
Element	Fire
Tension arc	Towards Lover (& the element of Water)

Grows out of	<p>The Hero. Life is full of trials and the world full of dragons. They must be overcome! It will be a hard battle and I will be challenged. I may lose my life in the process, but without my contribution and sacrifice, others may suffer. I take on the challenge and when I return, everyone will celebrate me and bestow upon me all the honor and glory that I rightly deserve. Only with danger lurking around the corner do I feel alive. Release the dragons – I am ready! Examples: Beowulf, common among athletes and military personnel.</p>
Ego development	<p>I dedicate my life to a transpersonal cause. My life is no longer about me and my needs. My King/Queen looked me in the eye, blessed me and gave me a task. I've seen evil and it must be conquered! Every day, in my inner and outer dojo, I sharpen my sword and prepare for the inevitable confrontation with the forces that wish to harm the balance of the world.</p> <p>I master my thoughts. Through meditation and insight into my own mortality, I discover a deep presence and alertness in my life. I set clear goals and follow through. My thoughts are a terrible master, but an excellent servant. They serve me well.</p> <p>I am intense. My life is full of energy. Sometimes I'm seen as being angry; not everyone can tell the difference between anger and intensity. Anger is my response to a boundary that has already been compromised. Through anger, I open the door to my power, but once the door is open, I can release my anger and let intensity take its place. My intensity scares away those who would seek to attack my land. It sometimes scares others too. I have space for that. But I will not be less intense just to make them more comfortable. A powerful force pulsates in my veins. I am alive!</p> <p>I set clear boundaries. No man can seek to harm me without facing the consequences. No man can attack my ideals and transpersonal goals and fail to know that I serve good and am willing to fight for it. As a Warrior with presence, I know immediately when chaos threatens my boundaries. I do not wait to confront it. I swing my sword immediately, cleanly and precisely. This keeps the poison of repressed anger and bitterness at bay.</p> <p>I master my physique. I train in the martial arts. I grow my stamina and my strength. A life without physical activity is a life with less vitality. And with my goals, I need all the vitality I can get. Only through mastering my body can I reach my goals.</p>



The Magician

Mature archetype	Masters technology and gains insight into the great mystery of the Universe. Has wisdom and intuition and knows the art of alchemy: he turns wounds into gold. Knocks on death's door and moves, like Jonah through the whale, through the valley of death – before he returns reborn. Is intimate with the «sacred geography of madness», which makes him a master of transformation. Through study, she finds the answers required to penetrate the deepest mysteries. Teaches, designs, constructs and heals.
Active shadow	The Manipulator: Wishes to see others fail so as to convince himself that he is still better, wiser, more accomplished. Uses his intuition to play the cards in ways that disempowers and dishonors others. Seeks knowledge in order to see how things fit together, so that he can better manipulate others. He knows the lay of the land and how to wield power over others from the shadows. Examples: Rupert Murdoch, Gollum, Saruman, many gender researchers, radical feminists, Lucifer in his trickster aspect, Donald Trump.
Passive shadow	The «Innocent one»: «Never acts out of ill intent». «Is always well intentioned». Polished and hard to grasp. Uses words without conveying meaning. Sows doubt about your feelings of having been manipulated. Does not want to be responsible; acts only to prevent others from shining too much. Examples: Gollum (when Sam confronts him), Donald Trump (denying he said things when confronted with his statements), people who plead innocence when they are guilty.
Purpose	Bring transformation through wielding the forces of technology, nature and that which is arcane.
Gateway emotion	Fear
Libidinal symbol	The Magician staff
Shame	«I'm stupid/incompetent»
Element	Air
Tension arc	Towards Sovereign (& the element of Earth)

Grows out of	<p>The Precocious child. A kid isn't old when he first starts asking questions about everything between heaven and earth. He wants to know things that most adults have stopped wondering about and sometimes says things that appear enormously insightful, even spiritually enlightened. With a sense of wonderment about the world rarely found in adults, the child maps out his surroundings. If his surroundings respect, encourage and participate in this process, a strong foundation for an adult Magician is created. Examples: The child that asks about everything, the child with deep spiritual insights, child prodigies, young Mozart.</p>
Ego development	<p>I master technology. Technology lets me contribute to the world in the way I most desire. I feel freedom in knowing the technological possibilities at my disposal and choose to master them in order to contribute with knowledge, transformation and healing.</p> <p>I study and then share my wisdom. I have thought, studied and contemplated for years. I have a wisdom to share. It is my pleasure and my calling to teach, to contribute to the lives of others. It gives my life meaning.</p> <p>I map out the inner geography of humanity. Many are the paths upon which I have walked in the mysterious woods of my interior geography. I know the landscape, have walked its ways. If you want left in the intersection over there, I know what you will find around the corner. I see past the superficial and into the true nature of phenomena.</p> <p>I trust my intuition. I have a voice that speaks inside of me, which I have learned to trust. When I act in accordance with it, magic and synchronicity manifest in my life.</p> <p>I am a master of transformation. Many a time in my life have I died and resurrected. Many visits in the Valley of the shadow of death have given me insights into what lives in the dark abyss of the human mind. Many a time have I danced and cooked in the sacred geography of madness and emerged transformed. These experiences allow me to hold you and your process with wisdom. I give you space to explore your trauma and wounds. You are safe here. Your identity as you know it, however, is not.</p> <p>I become one with the Mystery. I have much experience with the art of transcendence and liberation. My consciousness takes me through the thin veil of illusions and from the other side, I see the drama of life clearly. I am in life, but not of the mundane world. I am at home in the great Mystery of the Cosmos, integrating ever more fully into the silent hum at the base of existence that resonates into infinity.</p>



The Lover

Mature archetype	Sensuality, sexuality, dance, song, art, culture, flow, sensual delight, softness, vulnerability, openness, intimacy, beauty, ecstasy.
Active shadow	The Addict: Feels alive only when stimulated. Since he has not yet discovered the source of beauty and satisfaction inside, he seeks it in sex, wine, art, music – in large quantities. Maybe he falls prey to alcoholism or substance abuse. Maybe he feels empty and needs sex or other stimuli to feel «full». Doesn't comprehend cause and effect and believes what he seeks is outside himself. Examples: The «pick-up» approach to dating, elements of «The Secret», parts of New Age, alcoholism, overeating, consumer society.
Passive shadow	The Impotent: Devoid of vitality, does not see beauty anywhere, least of all in himself. Represses sexuality and is generally sexually passive. Examples: The archetypal nerd, academics lost in rationality, Anders Behring Breivik, «40 year old virgin», feminist women that have become frozen, people who never cry.
Purpose	To answer the call of eros, into sensual communion with the present moment as well as the Beloved and creation itself.
Gateway emotion	Grief
Libidinal symbol	Tree of Life
Shame	«I don't deserve to be loved»
Element	Water
Tension arc	Towards Warrior
Grows out of	The Oedipal child: Early on in life, children start bonding erotically to the parent of the opposite sex. This phase is enormously important and lays the foundation for a healthy sexuality later on in life. The boy will try to merge with Mother and the girl will try to merge with Father (capitalized as the intended merger is with the archetypal). If the parents are uncomfortable with the eroticism of their children, their rejection of it will cause huge trauma in the archetypal Lover-quadrant. Many adult lives are completely shaped by such early experiences. As adults, such people may question if they are worthy of love. Examples: A little boy who gets an erection while hugging his mother, a child that moves in nature and suddenly feels one with it.

Ego development

I love dance, music and song. When I express myself and my creative power, I feel enormous joy arise inside of me.

I enjoy the pleasures of the tongue: Whether with wine, chocolate or naked skin, I enjoy the sensual pleasure my tongue gives me.

I open up and reveal my vulnerability. I know that when I dare open up and show those parts of me which are vulnerable and «young», I experience stronger intimacy with the people in my life as well as with myself. It is a true path to my own heart.

I love to touch. To give and receive loving touch is one of my life's biggest joys. Leaving the world of thought, I enter the sensual joy of the moment.

I take my time. When I drink wine, I do so slowly. When I eat chocolate, I do so slowly. When I make love, I do so slowly. I have outgrown the desire for instant gratification and choose to postpone my (peak) orgasm, the swallowing of the wine and the chewing of the chocolate. Only by feeding my senses slowly do I feel truly «full» when done.

I surrender. Faced with the beauty of my partner and the world, I surrender myself. I let beauty penetrate my being so fully that it blows the doors of my heart wide out. As the miracle of life penetrates the cells of me body, I weep with joy.

I become One with creation. As I become one with Other, I feel my final longing: The dissolution of my self in the infinite ocean of the great All. The Other may be nature, a lover, an ideal. The Other is the gateway to the All. I feel no separation. I am you. I am the animals, the sky above. As the remnants of my small self are washed away in bliss, I feel one with Everything.

Closing Words

Thank you for reading through Part #2 of Peasants become Kings. I hope it served you and contributed to your greater understanding of not only archetypes, but the process of transformation itself.

I'd like to remind you at this point that this archetypal summary is my own interpretation of the original work of Dr. Robert Moore and Douglas Gillette, arrived at through a decade of both theoretical and empirical research of the material.

Other people may have a different angle on this system of archetypes, however. So my encouragement to you is to not treat this material as literal truth. Treat it as a tremendously valuable contribution to your life on this planet. Make it yours.

If you want to learn more about archetypes, check out the [Reclaim your Inner Throne blog](#). You could also explore [Masculinity-Movies.com](#) and read some movie reviews there (I recommend starting with American Beauty).

Finally, when you are ready to make a huge life upgrade through immersing yourself fully in this material, apply to the next round of [Reclaim your Inner Throne](#) and get ready for a whole new experience of life in this crazy and beautiful world.

*Warm regards and many blessings,
Eivind Figenschau Skjellum
Founder of Reclaim your Inner Throne*



What is your next step?

If you want to leave it here and move forwards on your own, then
godspeed on your journey, dear Brother!

Though if you want Brotherhood, practical no-fluff spirituality, a solid
sense of power and masculinity, click the link below:

www.inner-throne.com/initiation

We're awaiting you there.



Ruben B. Gorseman-Mes

*Course Leader for the
Standard Track*



Eivind F. Skjellum

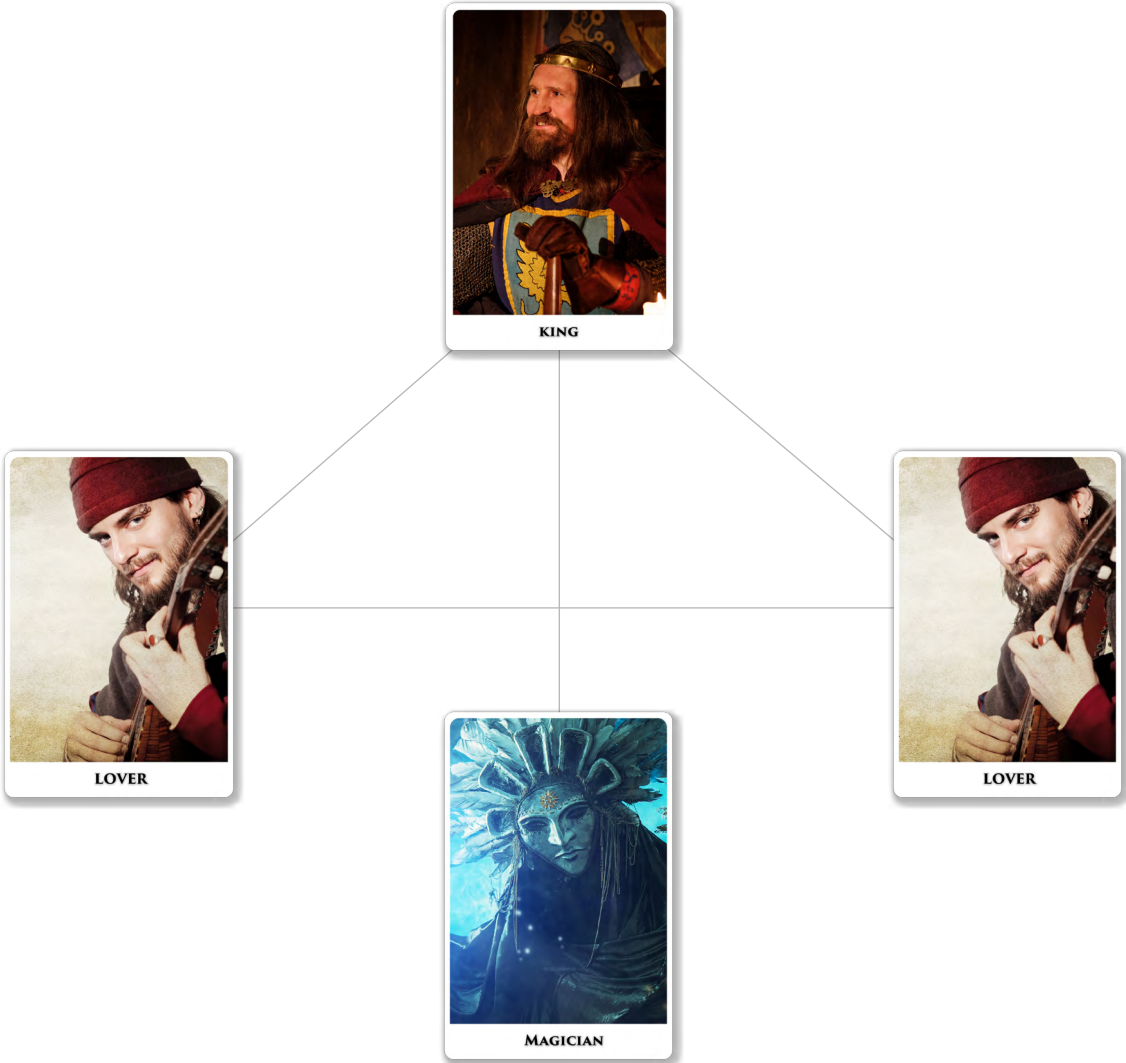
*RYIT Founder & Course
Leader for the VIP Track*



Tess van der Putten

*Leader of the RYIT
Women's team*

[Meet the rest of our Team](#)



The Individuation Matrix

A simple & powerful Map of Human Transformation.

Introduction to the Individuation Matrix

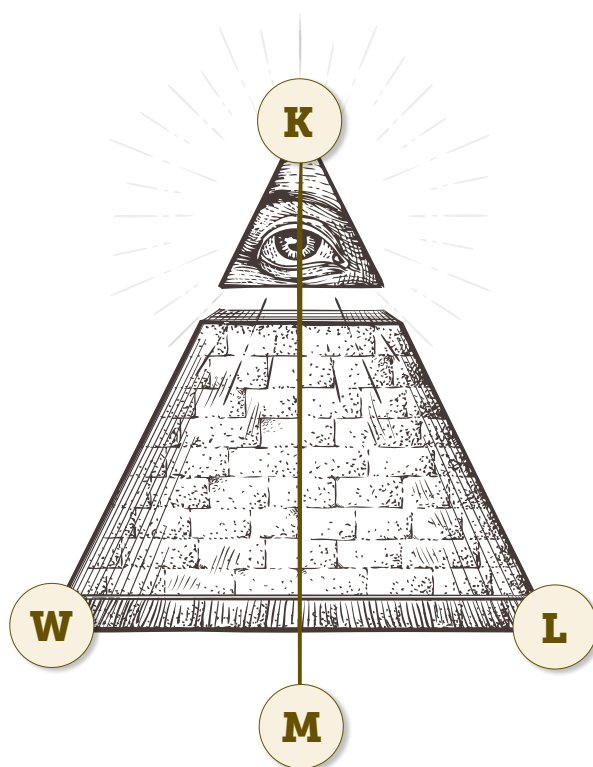
There's a key to human transformation encoded into the work of Dr. Robert Moore that Dr. Moore himself never made explicit (to my knowledge). The *Individuation Matrix*, the model of transformation that's at the root of the larger *Master Key*-teachings, is my attempt at revealing this code myself.

Having studied this beautiful work for a decade, and with time making it my own, I've had the great fortune of discovering how to apply it to great effect in trainings such as [Reclaim your Inner Throne](#) and the powerful transformational process work I've named the [Breakthrough Process](#). It's been my privilege to see the lives of hundreds of people transform through braving and subsequently navigating the sometimes treacherous waters this model points to.

The Individuation Matrix shows – like Jung's and Moore's work – a world of polarity. We are born into a world of opposites: Down & up, East & West, yin & yang, female & male, night & day, chaos & order, Lover & Warrior.

To be alive in a human body is to be thrown into an endless and oftentimes painful tango between opposing poles, and peace eludes us until the day we build a bridge between them (a project which will likely never be completed).

Let's take a look at how the Individuation Matrix outlines this world of polarity and integration.



The letters stand for the respective archetypes in the archetypal King, Warrior, Magician, Lover quartet. And in these two axes – the horizontal Warrior-Lover axis, and the vertical Magician-King axis – are found all of the great dramas and potentials of human life.

Warrior–Lover: Horizontal Axis

In the horizontal axis of the Individuation Matrix, you can find the tension between the Warrior and Lover archetypes. This is a seemingly irreconcilable polarity, that nevertheless must be embodied in the mind, heart, body and life of the *very same* person.

Live your life fully identified with just one of these two – which is what many are doing – and a life of fragmentation, hostility, unrest and struggle awaits you.

This horizontal tension arc parallels the same idea of polarity that we see in e.g. Daoism (yin/yang). Below is a more complete listing of some polarity pairs that correlate to the Warrior–Lover arc. Mark the word that describes you more and then summarize to discover which one you identify more with.

Warrior	X	Lover	X
Active		Passive	
Yang		Yin	
Masculine		Feminine	
Penetrate		Embrace	
Autonomy		Merge	
"No!"		"Yes!"	
Serve		Receive	
Rigid		Loose	
Angular (line/square)		Flowing (circle/curve)	
Abstain		Enjoy	
Responsibility		Rights	
Transcend		Embody	
Discipline		"Go with the flow"	
Strategize & plan ahead		"Dance with the timeless Now"	
Freedom = I take responsibility		Freedom = Others take responsibility	
Produce		Consume	
Strong boundary		No boundary	
Order		Chaos	
Challenge		Empathize	
Power		Vulnerability	
Protect life		Give life	
Total		Total	

Magician–King: Vertical Axis

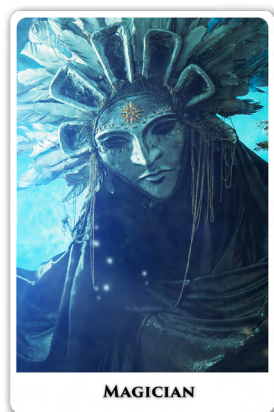
Having established the horizontal tension arc and seen which side of the polarity describes you better, let's now continue to the vertical axis of integration and wholeness.

I have established that the Warrior-Lover arc represents the fundamental tension of polarity in human life. Under normal circumstances, this tension arc leads to great conflict and suffering in individuals and culture. In fact, were it not for the presence of the vertical axis, we would likely only know a war of polarities in our world.

Now, what does the vertical axis represent? The path to wholeness, walked upon by reclaiming your exiled parts, bringing them into awareness, and embodying the fullness of the human experience.

I like to say to people I work with that “Whatever qualities of Being we exile from our inner Kingdom will show up in the outer Kingdom as the faces of Evil.” This is a poetic way of saying that what you don't like in yourself, you don't like in others.

In fact, it tends to go beyond disliking: If you are completely in denial about the existence of your aggression and territorialism (a base level Warrior expression), you will hate – and I do mean *hate* – people who are comfortable taking up space, “making a killing”, making lots of money etc. You can see this dynamic in the war on masculinity that has mounted in our culture by the extreme parts of the so-called “progressive” part of the population, a group of people best described as being completely in denial about their own anti-social aggression.



If, on the other hand, you have exiled your Lover qualities – your sensitivity, your ability to be impacted, enjoy nature, your sensuality, your flow – then you are likely to judge all such folks as “sissy boys”, “faggots” or some similarly derogatory word.

(The majority of people I work with are more identified with the former category, and may be ill at ease with expressing their power, engaging in worthy conflicts, standing their ground, commanding the right prices for services rendered etc.)

In order to climb the vertical ladder towards Sovereignty, we must – like the legendary founder of analytical psychology Carl Jung said – “make all of the unconscious material conscious”.

This process Carl Jung called *individuation* (hence “Individuation Matrix”) and it requires of us to summon the Magician Archetype in the aspect of a ritual elder, shaman, priest, qualified therapist or another person in a similar capacity, to aid with the process of integrating our “inner exiles”.

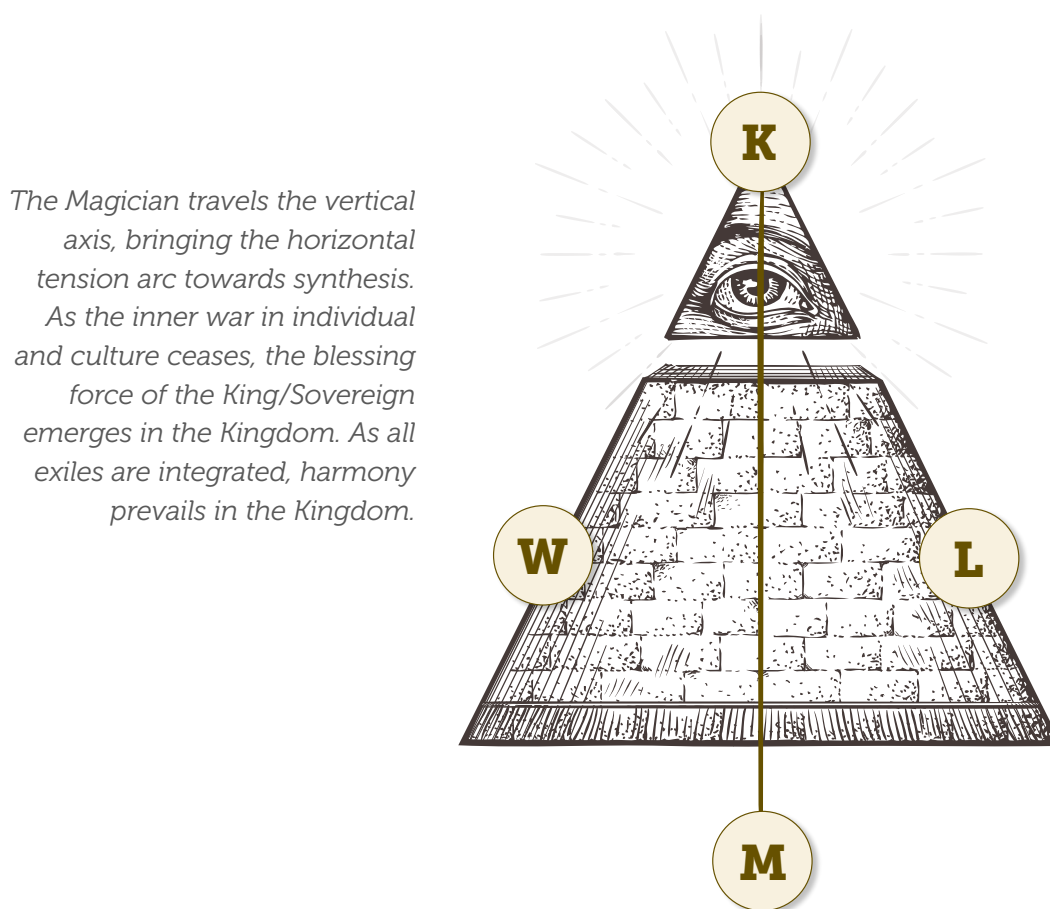
Ultimately, this Magician must emerge *inside of us*, though in a process of initiation and transformation, it's of great help to find someone who can hold that role for us, at least temporarily. In Reclaim your Inner Throne, we've had the honor of serving that role for many men by now.

As a Lover-identified person starts reclaiming his Warrior “from the Underworld” (the place of darkness, the realm of the unconscious) and a Warrior-identified person starts to reclaim the Lover from the

same place, a connection starts forming between what were previously two polar opposite extremes – antagonists in the psyche.

As the healthy, generative dance of polarity begins, an alchemy of the psyche unfolds, and it is in this process that the archetypal Sovereign begins to rise. And as it does, we may remember that there is no life without polarity (e.g. sperm and egg/phallus and vagina), and as such this polarity that has caused us such grief is actually the reason we exist in the first place!

So as we return to the diagram of the Individuation Matrix, the horizontal tension arc of Warrior–Lover starts to lift up the sides of the pyramid. In other words, the distance between the two get smaller. This does not indicate a loss of polarity, but an acceptance of polarity.



In other words, as we become more whole, and integrate the polarity inside ourselves, we get to choose to embody the Warrior or the Lover in any given moment (even though we'll typically remain more in the domain of one of them for the rest of life). We gain freedom.

As our previously tormented psyche becomes increasingly whole and wonderful, the polarity arrives at a higher synthesis. Indeed, the archetypal Sovereign – the King as you will know him – is the very manifestation of wholeness. No longer waging an inner war on qualities that we don't enjoy in ourselves – we claim the capacity to bless *all*, as our integration process makes us see ourselves everywhere we turn. We become a walking nexus point for the blessing and integration of polarity.

This doesn't mean, however, that we are always soft and sweet – for that would be unbalanced. Rather, we realize that love includes empathy *and* fierceness. We realize that we're called to challenge people to their greatness, wanting them to be their best selves so that their lives are not lived in vain.

As the Magician "travels between worlds", he brings the dark places to light, he turns night into day. And as night becomes day, the archetypal Sovereign, often associated with the sun itself, brings his radiant blessings on qualities of Being that we struggled with so hard.

We are free now – no longer chased by the demons of our unconscious. We have, as the Tibetans say, "fed our demons", and in doing so, they turned out to be our allies.

We redeem our aggression and turn it into healthy power and boundaries. We redeem our entanglement-producing desire to merge and addictive pursuit of pleasure to a beautiful embrace of life and the life-affirming beauty in it.

The Individuation Matrix has unlocked the fundamental struggle of the human condition, and *the Land of the Risen King* – as we call it in Reclaim your Inner Throne – rises once more. This psychological process matches tribal customs and rituals in indigenous cultures around the world: The culture was composed of different castes, and in a functional tribe, the Magician caste would have the role as ceremonial master and go-between bridge between the castes.

So just for the time being, let me serve that role for you, Brother, and propose some practices for you. Explore these tables below and find something under the headline of the archetype you are least comfortable with. You may resist like hell, though it'll bring you towards wholeness and the King.

Accessing your Warrior	
Weekly financial planning	Stay true to your word
Get good at using calendars	Always be on time
Study success coaches	Choose quickly, reconsider slowly
Study business & money	Admire powerful people
Learn to say NO!	Do intense physical exercise
Establish a daily growth practice	Live according to principles
Find a cause to serve	Study the habits of successful people
Organize your papers into folders	Clean up your desktop
Use task trackers like Wunderlist	Adopt the Pomodoro technique
Do cold showers	Adopt the Wim Hof method
Work on your posture	

Accessing your Lover qualities	
Open to receive	Stay true to your feeling
Use your intuition	Loosen up, it'll be alright!
Enjoy wine & chocolate (slowly)	Allow life to take you by surprise
Kick back & relax	Admire beauty and flow
Learn to say YES!	Receive relaxing body work
Spend time in beautiful surroundings	Make decisions from feeling
Study & experience pleasure	Make sweet love
Do soft physical exercise (e.g. yoga)	Look good to spread beauty
Compliment people (beauty/style etc)	Empathize with people
Let go of your calendars	Socialize just to have fun

Thank you for your Commitment!

As I wrap up this little book, let me thank you for reading this far. Undertaking this process is for the courageous ones only. Taking this level of responsibility for yourself and your surroundings is a radical act that many may fail to understand.

And yet here you are. Doing it.

I recommend you take on at least five of the ideas in the archetypal sector that you are less familiar with above. And have some fun with it, as you move towards wholeness.

And when you are ready to go deeper, join [Ultimate Intro to Masculine Archetypes](#) (low-level investment) or [Reclaim your Inner Throne](#) (the all-out “nothing can stop me” commitment).

When the time is right, I look forward to seeing you in one of these trainings, and whatever the future holds, may blessings rain on your path. (And remember: As you pursue it wholeheartedly, you will become the source of those blessings for other people.)

Be well.

Eivind Figenschau Skjellum
Reclaim your Inner Throne founder

