

The **Healthy Masculine 4 Part Series** takes a look at each of the 4 Masculine Archetypes outlined by the author Moore, and explores how to develop them more fully – by way of council, and group agreements creating safely, connection, and heart centred vulnerability. These 4 masculine archetypes – although not the only way – help to ground our Healthy Masculine Circle exploration as a starting point to share, connect and integrate.

The Sovereign Archetype

Adapted from the artofmanliness.com series

The Sovereign archetype is the most important of the four mature masculine archetypes. Just as a good Sovereign in mythological stories is often something of a [Renaissance man](#) – a good warrior, magician, and lover – the Sovereign archetype incorporates the other three mature masculine archetypes in perfect harmony. A person who accesses the Sovereign archetype in its fullness will also have accessed the Warrior, Magician, and Lover archetypes. For this reason, the Sovereign archetype is typically the last of the mature masculine archetypes to power up in a someone's life. In this way, it is truly the crown of the other archetypes, the energy that gives a person a sense of their full, god/goddess like potential.

The Sovereign in Its Fullness

Centred.

Throughout history, cultures have often placed the Sovereign at the centre of the universe. From them radiated all of existence. If you look at how ancient civilizations laid out their cities, we often see that the dwelling place of the Sovereign sat at the centre. In addition to serving as the geographic centre of their realm, the ancient Sovereign also represented its spiritual centre as well. They were the intermediary between heaven and earth. Through their divine powers, the Sovereign brought order to the universe by reconciling opposite forces. Myths abound of Kings & Queens battling evil demonic creatures and establishing order in chaos.

When a person is living the Sovereign archetype in its fullness, they feel that same centring power within themselves. Not that they believe the world revolves around them, but rather that their confidence, purpose, and well-being gives them a supreme sense of balance. Even when the world around them becomes chaotic, they remain cool, calm, and collected. They act, rather than react. **They are the rock in crisis.** A person fully engaged with positive Sovereign energy is **completely present**. Because of their position at the centre of things, they can survey everything that is going on, soak it all in, and then take a broad view of things. This overarching perspective allows them to remain immovable in the face of the passing and superficial.

Decisive.

The Sovereign is the executive of the other archetypes, and as such, is charged with making decisions. Their ability to be decisive is rooted in two things. First, who they are and what they stand for; the Sovereign's core values are centred on firm and unchanging principles. So when a crisis comes, they do not waver because they have already determined the course they will take. Secondly, the Sovereign seasons their decisions with experience, providing them with *practical wisdom*: the knowledge of how to do the right thing, at the right time, for the right reasons.

Lives with integrity.

The word integrity is related to the roots of words like "integrate" and "entire." In Spanish it is rendered "integro," meaning whole. Integrity thus implies the state of being complete, undivided, intact, and unbroken. Integrity is really the bond that holds a person's other virtues together; it is the mark of a person who has successfully integrated all good principles. Their life is a unified whole.

The Sovereign has not only integrated all the other archetypes, but seeks this wholeness in other areas of their life as well. They mend broken relationships, keep their word, act with honesty, and take responsibility for their actions. They are who they say – doesn't have one set of principles for Sundays and one for the rest of the week.

Protects their realm.

Historically, one of the Sovereign's primary functions was to protect their dominion. When enemy forces encroached on their territory, a King / Queen would act with wrathful aggressiveness. The Great Scots Warrior Queen SGATHAICH presided over a famous military academy at the South end of Skye, and Boudicca, the Warrior Queen of the Iceni was a ruler of her people in her own right, and was accepted as a war leader against the Romans. Even today, we look to our leaders as protectors. The President of the United States is the Commander in Chief of the Armed Forces, charged with the responsibility of protecting the USA's national security. In the UK, the Queen holds "Her Majesty's Armed Forces":

“The Queen as Sovereign is Head of the Armed Forces. She is also the wife, mother and grandmother of individuals either having served, or are currently serving, in the Armed Forces. The Queen is the only person to declare war and peace. This dates back from when the Monarch was responsible for raising, maintaining and equipping the Army and Navy. Today, this power can only be exercised on the advice of Ministers. On enlistment, the Army and Air Force Acts require members of the Army, Royal Air Force and Royal Marines to take an oath of allegiance to the Monarchy as Head of the Armed Forces.” www.monarchist.org.uk/the-queen-and-the-armed-forces.html

Although not all Sovereigns are leaders of a country, many certainly have their own realms they are responsible for protecting – whether that protection be physical, mental, emotional, or spiritual. If you’re married with children, your home is a realm, a place you want to make a refuge from negative influences. The department you’re responsible for at work is another sphere where you work to protect your employees from in-fighting, mediocrity, and layoffs. And your own psyche and personal boundaries are sovereignties that you must protect and defend with zeal.

Whatever your realms may be, when you’re accessing the Sovereign archetype in its fullness, you do what you have to, to protect them, and this often requires accessing the aggressiveness of the Warrior archetype.

Provides order.

Throughout history Sovereigns have been lawgivers. The first, and perhaps most famous of these Sovereigns/lawgivers was the ancient Babylonian king, Hammurabi. His code represents one of history’s first written sets of laws. These laws touched on all areas of life for ancient Mesopotamians, including trade, religion, and military service. Other famous Sovereigns/lawgivers include Solon of ancient Athens, Cleopatra of Egypt, Semiramis of ancient Assyria, Lycurgus of ancient Sparta, and Moses (while technically not a king, Moses was a leader of the ancient Hebrews).

Just as these ancient Sovereigns provided order to their respective societies, so too does a person accessing their Sovereign archetype establish order in their own life and in the lives of those around them. We see the Sovereign manifest itself in us when we establish rules, guidelines, and principles for others to follow. A person accessing positive Sovereign energy doesn’t create rules just so they can reap the satisfaction of watching people obey them. Rather, their rules provide the structure that allows other people to flourish. Figuring out how to create rules that help instead of hinder people’s progress requires the kind of thoughtful reflection that comes from accessing the Magician archetype.

To completely integrate the Sovereign archetype into our lives, it isn’t enough to tell others how they should live; a person must also live by those same edicts themselves. Before we can provide order for others, we ourselves must become people of discipline. As [General George S. Patton](#) told his son:

“Soldiers, all men in fact, are natural hero worshipers. Officers with a flare for command realize this and emphasize in their conduct, dress and deportment the qualities they seek to produce in their men. When I was a second lieutenant I had a captain who was very sloppy and usually late yet he got after the men for just those faults; he was a failure.”

Creates and inspires creativity in others.

According to Moore, mythological Sovereign were often associated with fertility and creation. Many ancient cultures believed that their Sovereign’s ability to procreate determined the fate of their crops. If the Sovereign was lusty, virile, and siring / birth numerous progeny, the harvest would be bountiful. But we don’t have to father / mother an entire nation in order to access the Sovereign archetype. Whenever we take part in any act of creation, whether it be writing a song, starting a business, or yes, becoming a parent, the Sovereign archetype is manifesting itself in our lives.

To fully integrate the Sovereign in our lives, however, we must inspire creativity in others as well. Someone who is accessing the Sovereign archetype understands that their power and influence in the world increases as they empower others to live to their fullest potential.

Blesses the lives of others.

One of the functions of ancient Sovereigns was to bless those whom they led. As intermediaries between the gods and earth, the Sovereign had the power to bless their people so that they might prosper. In the Bible, we can read several accounts of the great patriarchs leaving a father’s blessing on their posterity before dying.

We often associate “blessing” with a religious act. While a person certainly accesses the Sovereign archetype by giving a father’s / mother’s blessing to their children, just like Jacob and Isaac did, they can also bless others around them in other ways that aren’t necessarily religious.

“The good king delighted in noticing and promoting good men to positions of responsibility in his kingdom. He held audience, primarily, not to be seen, but to see, admire, and delight in his subjects, to reward them and to bestow honors upon them.” – Moore, KWML

Simply recognizing and honouring others for their achievements is a way we can bless others. As we get older, I think we take for granted the power that a kind word can have on a young person's life. But think back on your own experience. Remember when you were a young person? How did you feel when an older person you admired gave you a compliment or went out of their way to recognize an achievement? You might have stuck out your chest a bit more or walked with a spring in your step. You probably still remember exactly what they said to you. That's the power of blessing in action. It uplifts and edifies others. We can also bless others by becoming a mentor and one of the reasons so many young folk are struggling today is because they lack positive mentoring from elders. Moore argues that:

"Young men today are starving for blessing from older men, starving for blessing from the King energy. This is why they cannot, as we say, "get it together." They shouldn't have to. They need to be blessed. They need to be seen by the King, because if they are, something inside will come together for them. That is the effect of blessing; it heals and makes whole. That's what happens when we are seen and valued and concretely rewarded for our legitimate talents and abilities."

As we grow older, wiser, and more in touch with the Sovereign archetype, it is our responsibility to bless and assist younger folk on their path to mature masculinity.

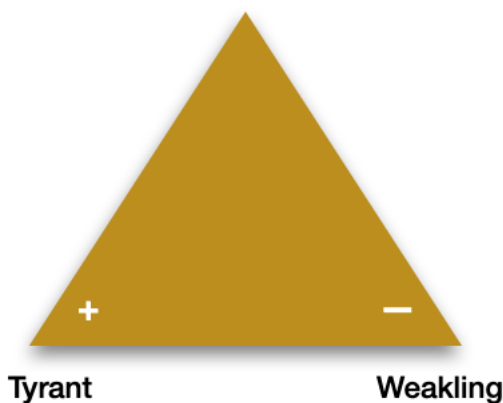
Leaves a legacy.

Sovereigns throughout history were obsessed with legacy. In creating empires, building edifices, writing laws, and changing the culture, they sought to become immortal and to leave behind something that would remind subsequent generations of their lives and their greatness.

No matter the size of your principality, the desire to leave a legacy is a switch of humanness that cannot be ignored. Happily, creating a legacy need not involve the construction of great pyramids, but can come from any idea, business, tradition, relationship, or thought...anything that changes a person, the world, just a little and gets passed on, anything that lasts.

The Shadows of the Sovereign Archetype

Sovereign In Its Fullness



The Tyrant.

Unlike the Sovereign archetype which creates and blesses others, the Tyrant seeks to destroy and tear down. Plagued by narcissism, they really do think that they sit at the centre of the universe. The Tyrant wrongly believes that power is finite; they have a scarcity mentality. They don't understand the truth – that power and influence actually increase the more you share it with others. Thus the burden of maintaining their fragile illusion of absolute power makes them very insecure; any threat to their authority and supremacy enrages them and causing a lash out of abuse – physically, emotionally, or mentally.

When the Tyrant isn't viewing others as a threat and putting them in their place, they see them as objects to exploit for their own gain; they are willing to push their friends, family, and employees under the bus in order to further their goals. We see the Tyrant manifest itself in this manner when business people or politicians further their own career at the expense of the people under their stewardship.

The Weakling.

The Weakling is the passive shadow of the Sovereign archetype. Instead of taking control of their life and resolutely making decisions, a person possessed by the Weakling often abdicates their throne to others, handing over power, responsibility, and control of their life to them. This is the person who, though grown up, still lets their mother or father make their decisions for them. This is the person who kowtows to their boss' or partner's every whim.

This is also the person who was abused in some way as a child, and when they become an adult and ascend into a position of power, relishes the opportunity to turn the tables and become the bully themselves. "Now that I'm in charge, things are going to change around here!" But even in a position of power, the Weakling's insecurity gets the best of them; they become paranoid that people are out to get them – and they often are because they are such a jerk. This paranoia leads them to become even more controlling and cruel.

Moore believes that the Weakling and Tyrant shadows work in tandem with each other. It's very rare that a person is ruled by one and not the other. Underneath every blustering Tyrant is a scared Weakling. And underneath every cowering Weakling is a Tyrant waiting to explode.

The Adolescent Archetypes

To understand each of the four archetypes of mature masculinity, we need to explore their precursors. There are four adolescent archetypes which develop into the mature archetypes. Properly accessing and harnessing their energies is essential for full development. These archetypes instill a sense of wonder, play, and energy – traits that are essential for learning and development. The adolescent archetypes are positive but immature energies that, with proper masculine guidance, develop into the archetypes of mature masculine.

The Divine Child

According to Moore, the Divine Child archetype is usually the first of the immature archetypes to develop. For Jungians, the Divine Child is the source of youthful enthusiasm for life. It's the archetype within us that produces a sense of well-being, peace, and joy, as well as a zest for adventure. Whenever you have that feeling of excitement and desire at a fresh beginning, that's the Divine Child archetype showing itself in your life.

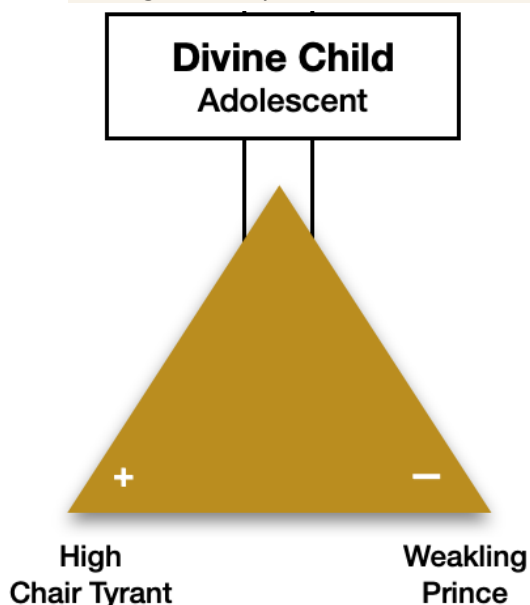
The Divine Child is in many ways both helpless and all-powerful. Helpless because it's still a child and depends on adults to meet its needs, and all-powerful because it consumes the attention of those around them. The attention that they garner is mutually beneficial: the Divine Child gets its need for attention met, while uplifting and inspiring others. If you're a parent watching your child accomplish some milestone, you'll understand this dynamic.

We see the archetype of the Divine Child reflected in various faith traditions and myths from around the world – such as the Christmas story. Christ is an archetypal Divine Child. His father is God. He comes to the world as a helpless babe, yet people look to him with awe and hope of a new beginning. He brings peace and order to the earth. Similar earlier stories exist in many other cultures. The birth stories of figures like Zoroaster, Moses, Buddha, and Krishna feature miraculous or mystical events that foretold the great work they had to do upon the earth. These special babies had enormous potential, yet they were as vulnerable as any infants are.

If properly nurtured, the Divine Child archetype will mature into the mature Sovereign archetype. If neglected, the Divine Child could split off into one of its shadows and eventually mature into a shadow Sovereign archetype.

The Shadows of the Divine Child

Remember that every archetype has its bi-polar shadow split. These two shadows are the result of the archetype not being integrated into a youth/adult in a healthy and coherent way. The two shadows of the Divine Child are *The High Chair Tyrant* and *The Weakling Prince*.



The High Chair Tyrant.

Like the Divine Child, the High Chair Tyrant needs attention. But unlike the Divine Child, the High Chair Tyrant doesn't give anything back. It doesn't inspire – it just demands. And even when its needs are met, the care often doesn't meet its unreasonable expectations, so it throws a tantrum.

The High Chair Tyrant is the embodiment of entitled, arrogant, narcissism. It wants attention, but it doesn't want to lift a finger to get it. It thinks it deserves it just because. We see the influence of the High Chair Tyrant archetype not only in youth, but adults who have yet to move on to mature masculinity. As an infant, the world, or at least your parents' lives, revolve around you and your needs. But as adults mature, they must come to realize that they do not actually reside at the centre of the universe! Otherwise, they will not shed their infantile narcissism.

Grown adults who are still ruled by the High Chair Tyrant sulk when they don't get their way, fail to take responsibility for their actions, and are incapable of taking criticism. Their arrogance can blind them to reality and cause them to stumble. You can see the High Chair Tyrant manifested in celebrities and politicians who believe they are so special that they are not only entitled to indulge in things like infidelity and crookery, but that they won't get caught either.

We also see the High Chair Tyrant in our lives when we expect nothing but perfection from ourselves and beat ourselves up if we don't meet those self-imposed and unreasonable expectations. That voice in your head telling you that you aren't good enough is the little annoying brat of a child inside of you slamming its spoon on the table and screaming.

The Weakling Prince.

The Weakling Prince doesn't throw tantrums like the High Chair Tyrant, but it makes its own kind of demands. They've got no passion for life, no enthusiasm, and no initiative, and thus must be completely coddled. They play the victim role superbly; when challenges or problems arise, it's never the Weakling Prince's fault, and their parents dutifully swoop in to save them. They are the hypochondriac kid who always finds something to whine about.

The Weakling Prince archetype can still influence an adult. It usually takes the form of the "Mr. Nice Guy Syndrome." A person who allows the Weakling Prince archetype to rule in their life is listless and unmotivated. They can't take the initiative to make their needs known, but get upset when others don't meet their expectations. They are the prince of passive aggression.

Accessing the Divine Child as an Adult

Integrating the Divine Child into your life as an adult ensures that even as you get older, you still remain young at heart; this archetype keeps life feeling fresh, inspires you with a vision of your possibilities, fuels your creativity, and spurs you to adventure. An adult who does not retain some of the Divine Child in them lose sight of their great potential and content themselves with being merely mediocre. Successful integration of the Divine Child archetype involves retaining a remembrance of your godlike possibilities, while at the same time having the *humility* to realize you're only human after all.

How to Access the Sovereign Archetype

The Sovereign seeks to integrate all the other archetypes and all good principles in order to reach its full potential – so that they may use this energy for a higher purpose and to bless the lives of others.

Fullness or Shadow – how do I know?

- I know my **Sovereign** is in its Fullness and is supporting me when I:
 - **Bless**;
 - Am feeling connected to my higher power, calm and firm, remaining clear that I am open to seeking input from my court.
- I know my Shadow **Sovereign** is sabotaging me when I:
 - **Intimidate or belittle, verbally, emotionally, or intellectually; or**
 - **Blame** – I am making sure that it's your fault, not mine! Or
 - **Shame** – now off with your head.

YOUR REFLECTIVE ANSWERS:

How does my **Sovereign** in its Fullness support me?

- ...
- ...

How does my Shadow **Sovereign** sabotage me?

- ...
- ...

