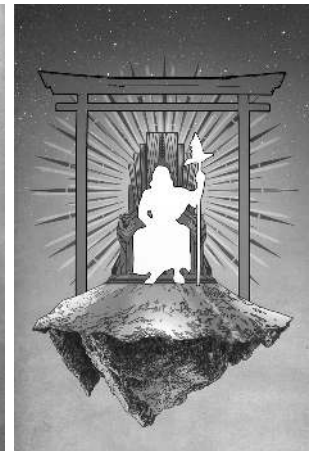
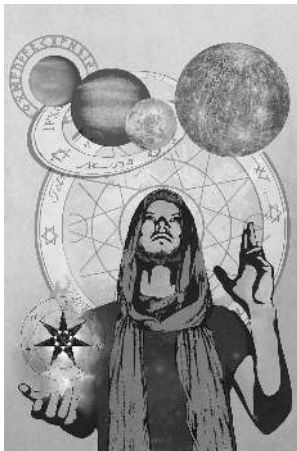


# The Five Masculine Archetypes

In this book, you will be working with the five major Archetypes within the HeroRise system: **Warrior**, **Wizard**, **Father**, **Lover**, and **Sovereign**. Each of the Archetypes can be viewed as different psychological patterns used to explore who you are. Creating a conscious relationship with the various Archetypes can help you embody mature and balanced Masculinity.



## **Warrior:**

Driven  
Fiery  
Hunter  
Activist  
Protector

## **Wizard:**

Contemplative  
Wise  
Creator  
Inventor  
Teacher

## **Father:**

Encouraging  
Compassionate  
Provider  
Caregiver  
Guide

## **Lover:**

Sensual  
Emotional  
Artist  
Dreamer  
Romantic

## **Sovereign:**

Organized  
Balanced  
Leader  
Strategist  
Diplomat

# Assessing the Archetypes



The following activity can be used to help you evaluate your connection to the different archetypes. Read each statement and choose a number from 1 (disagree) to 5 (strongly agree). Then tally up the total for each Archetype.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

Once I start a task, I can't stop until it's completed. \_\_\_\_\_ 1-2-3-4-5

I easily create and hold new habits. \_\_\_\_\_ 1-2-3-4-5

I have a strong daily physical discipline (martial arts, sports, etc.). \_\_\_\_\_ 1-2-3-4-5

I am very competitive (work, board games, etc.). \_\_\_\_\_ 1-2-3-4-5

If a conflict arises (being upset or confrontation), I face it head on. \_\_\_\_\_ 1-2-3-4-5

I will not tolerate a wrong going unchallenged. \_\_\_\_\_ 1-2-3-4-5

**Warrior Total:** \_\_\_\_\_

I am constantly exploring new subjects and learning. \_\_\_\_\_ 1-2-3-4-5

I often teach others skills that I have picked up. \_\_\_\_\_ 1-2-3-4-5

I am constantly searching for ways to improve myself. \_\_\_\_\_ 1-2-3-4-5

My head is filled with new ideas. \_\_\_\_\_ 1-2-3-4-5

I tend to think first and then take action. \_\_\_\_\_ 1-2-3-4-5

Typically, I have one creative project happening at any given time. \_\_\_\_\_ 1-2-3-4-5

**Wizard Total:** \_\_\_\_\_

# Assessing the Archetypes



Friends often turn to me for advice. \_\_\_\_\_ 1-2-3-4-5

I find myself providing for my community and family(meals, time, etc.).\_\_\_\_\_ 1-2-3-4-5

Caring for the land around me is important (gardening, conservation). \_\_\_\_\_ 1-2-3-4-5

I love hosting and taking care of people at events. \_\_\_\_\_ 1-2-3-4-5

I strive to fulfill all my obligations and responsibilities on time.\_\_\_\_\_ 1-2-3-4-5

I volunteer my time to help future generations and the underserved.\_\_\_\_\_ 1-2-3-4-5

**Father Total:**\_\_\_\_\_

I find it easy to be emotionally intimate with friends and lovers.\_\_\_\_\_ 1-2-3-4-5

Happiness and excitement come easy to me.\_\_\_\_\_ 1-2-3-4-5

I am constantly having spontaneous adventures..\_\_\_\_\_ 1-2-3-4-5

I am am very affected by how my loved ones are feeling.\_\_\_\_\_ 1-2-3-4-5

Friends would describe me as emotionally vulnerable. \_\_\_\_\_ 1-2-3-4-5

I partake of my cravings (food, wine, adventure) often.\_\_\_\_\_ 1-2-3-4-5

**Lover Total:**\_\_\_\_\_

I am very strategic with my time and resources.\_\_\_\_\_ 1-2-3-4-5

I tend to be the leader within groups.\_\_\_\_\_ 1-2-3-4-5

When my friends have an argument, I tend to become a mediator. \_\_\_\_\_ 1-2-3-4-5

I am always making plans and goals for myself. \_\_\_\_\_ 1-2-3-4-5

My friends would describe me as very organized.\_\_\_\_\_ 1-2-3-4-5

I am good at matching people's skill sets with tasks to be done.\_\_\_\_\_ 1-2-3-4-5

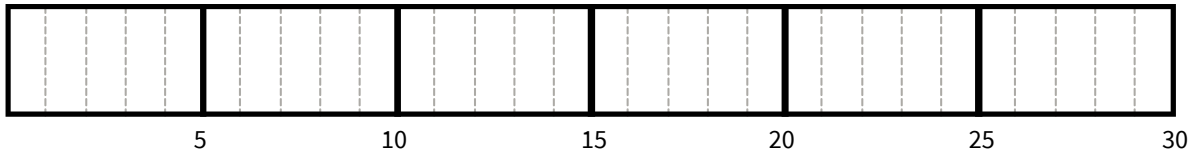
**Sovereign Total:**\_\_\_\_\_

# Assessing the Archetypes

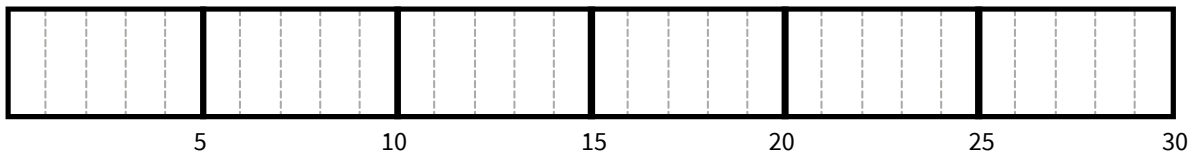


Now you can take the totals from the questions you just answered and fill out the boxes below. This will help you visually see how strong of a connection you have with each Archetype and where there is room for improvement.

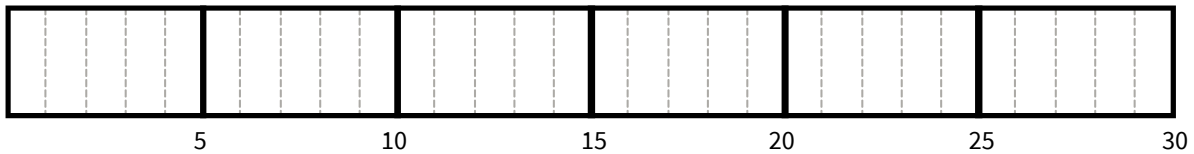
## Warrior Total



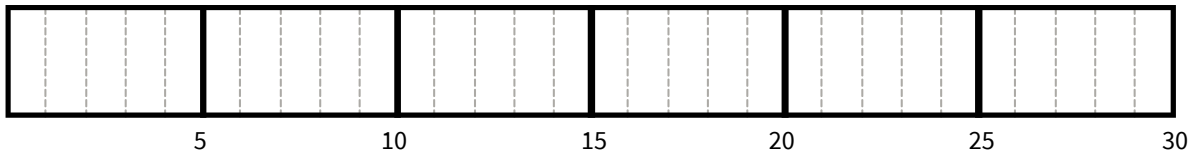
## Wizard Total



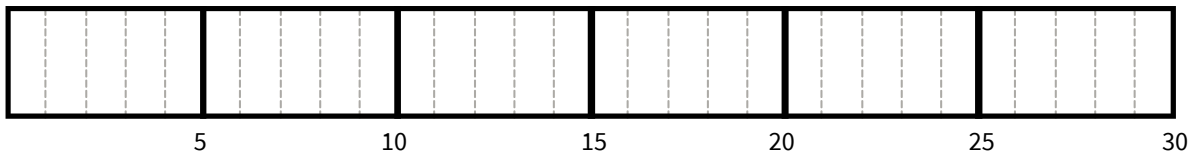
## Lover Total



## Father Total



## Sovereign Total







# Exploring Your Archetypes

The Character Sheet activity should get you a good idea of the balance between the different archetypes. It just scratches the surface of working with archetypes.

The next five sections go over each of the Masculine Archetypes. There will be activities and journal prompts to help you connect to the different archetypal aspects of your psyche.

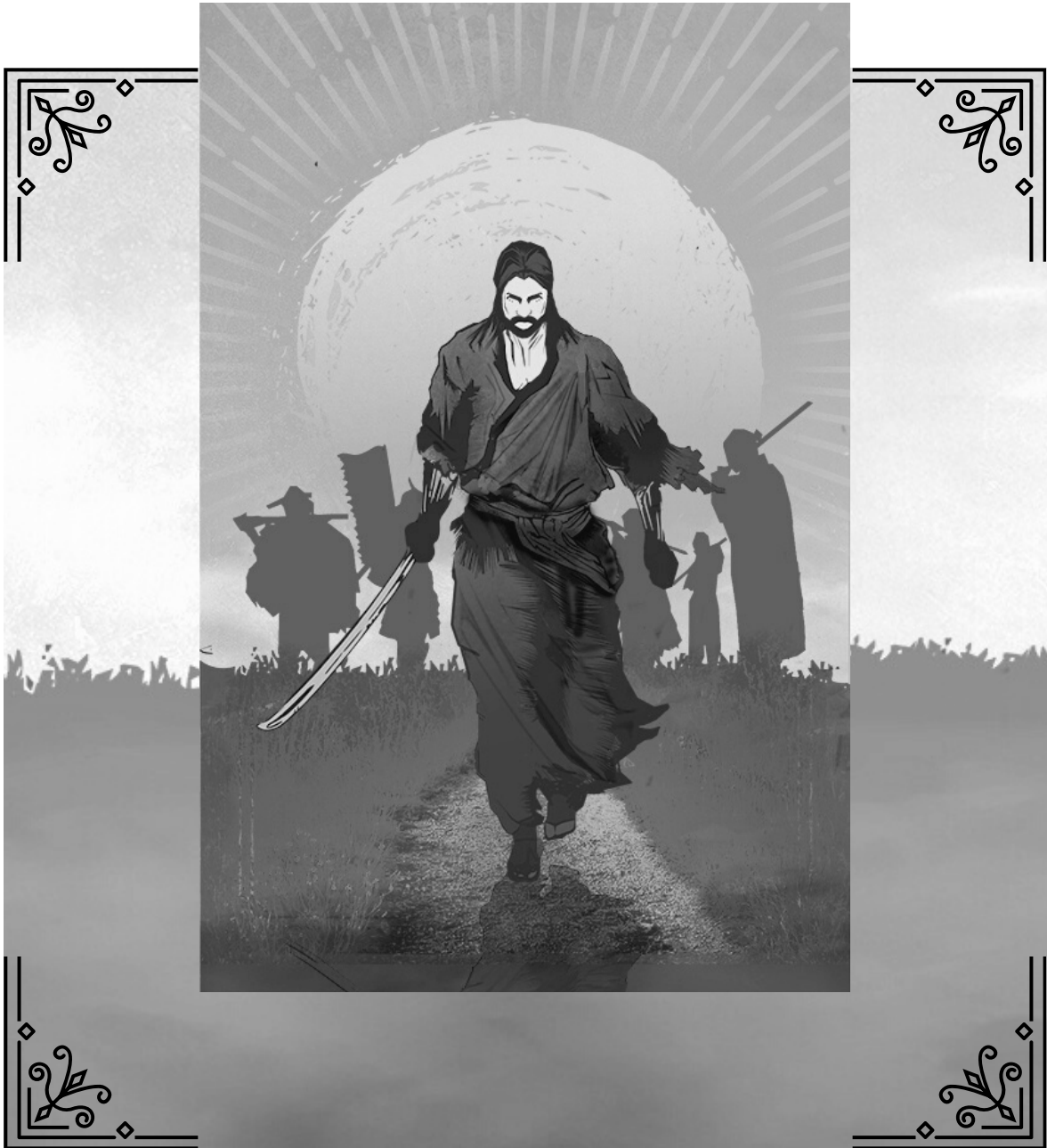
The journal was written following the order of Warrior, Wizard, Father, Lover, and Sovereign. However, you don't have to work in the order given.

When I initially worked with the archetypes, I knew the Warrior was the energy I needed to work on the most. By increasing my connection with the Warrior Archetype, it helped give me the determination and perseverance to work on the others.

If you feel called to work with a specific archetype first, then feel free to flip ahead to that Archetype.



# WARRIOR



## WARRIOR ARCHETYPE

The Warrior is fiercely dedicated to protecting what he believes in. The Warrior relentlessly trains his skill to give him the potency to destroy that which does not serve his purpose. The Warrior pierces the world with a watchful and steady eye. He is ever vigilant and awake.

The Warrior's path is in action. He lives in full awareness of his mortality and thus wields his purpose as a knife. He wholeheartedly believes in his cause and is willing to die for it.

The Warrior Archetype has caused a lot of historical trauma and can easily fall into a destructive shadow. Unchecked, it can lead to violence and destruction, both internally and externally, but the Warrior's suppression leads to other insidious problems. You cannot avoid the Warrior within. You must face it and utilize its energy. If you are detached from the Warrior, it will slowly bubble up and may lead to aggression, abuse, and cruelty.

There will always be a need to speak up for the less fortunate. There will always be causes that need heralds to change society. You embody the Warrior Archetype when you listen to the inner voices of virtue and dedication. The blood and sweat of your work will bring about a better world.

**Challenges:** Sadism, Aggression, Detachment

**To Cultivate:** Physical Excursion, Martial Arts, Regular Training, Activism







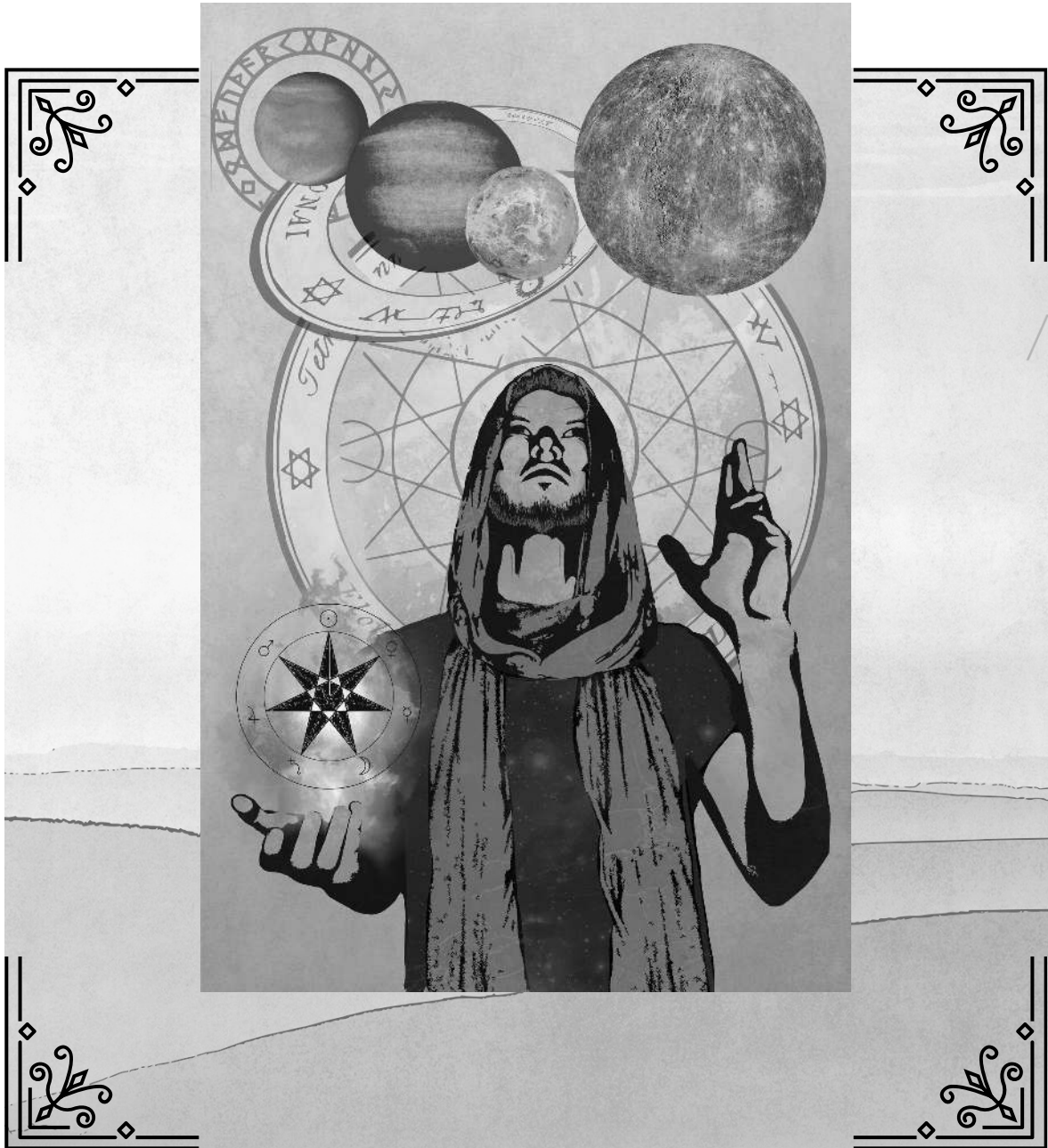








# WIZARD



# Wizard Archetype

The Wizard seeks to understand hidden mysteries. His study, practice, and experimentation allow him to unlock new depths of understanding. This pursuit can be for the arcane as well as the scientific. The Wizard searches for knowledge and innovation.

Whenever you gaze into the heavens and wonder or take something apart to know how it works, you are connecting to the Archetypal forces of the Wizard. Behind every great inventor was an insatiable curiosity for knowledge.

The Wizard is compelled to inspire and initiate others along their path of self-discovery. He shares knowledge freely, with the same joy he had in discovering it. If he withholds information, he can fall into his Shadow Aspects of distorting and manipulating the truth for his gain.

If you have a balanced connection to the Wizard Archetype, you can be a great healing force to the world and usher in transformation for others. Through earnest study and practice, what once seemed impossible will become second nature. To others, it will look as if it were effortless magic.

**Challenges:** Manipulation, Hoarding Knowledge, Overly Critical

**To Cultivate:** Study, Meditate, Ritual, Experiment, Teach















# FATHER



# Father Archetype

The Father's selfless love encourages him to help others. He strives to be compassionate, generous, benevolent, and supportive. The Father's awareness moves naturally toward the people in his family, team, and community. He shares his gifts without the need for payment or recognition. He utilizes his wisdom to bring out the potential of others.

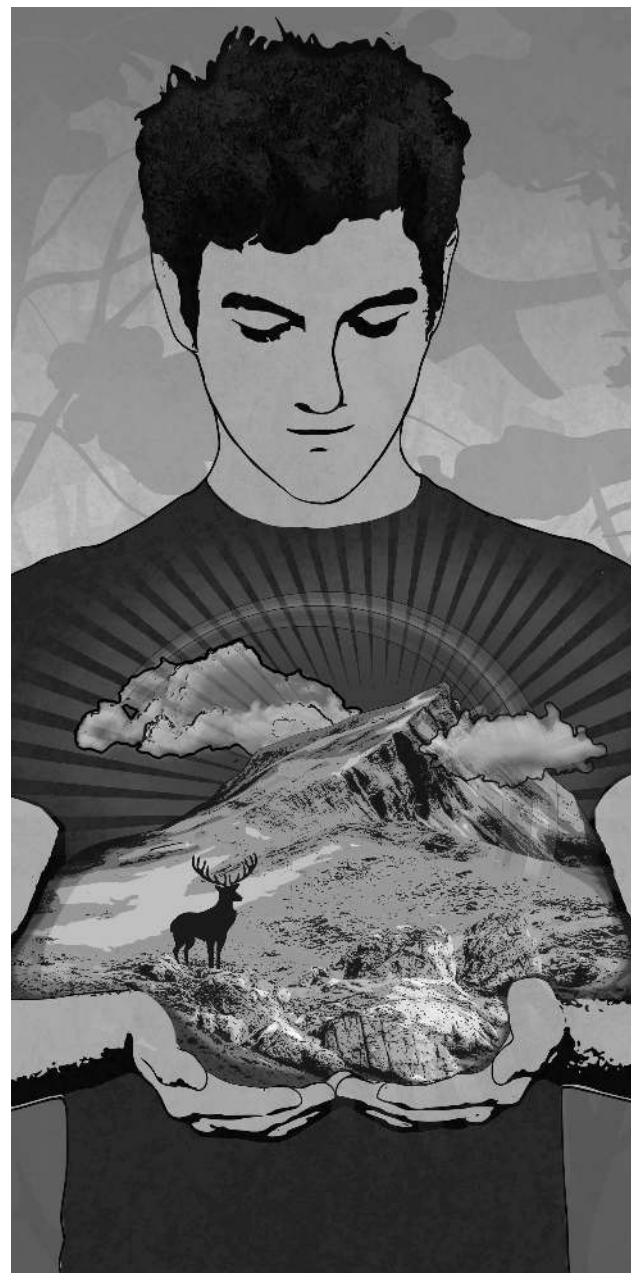
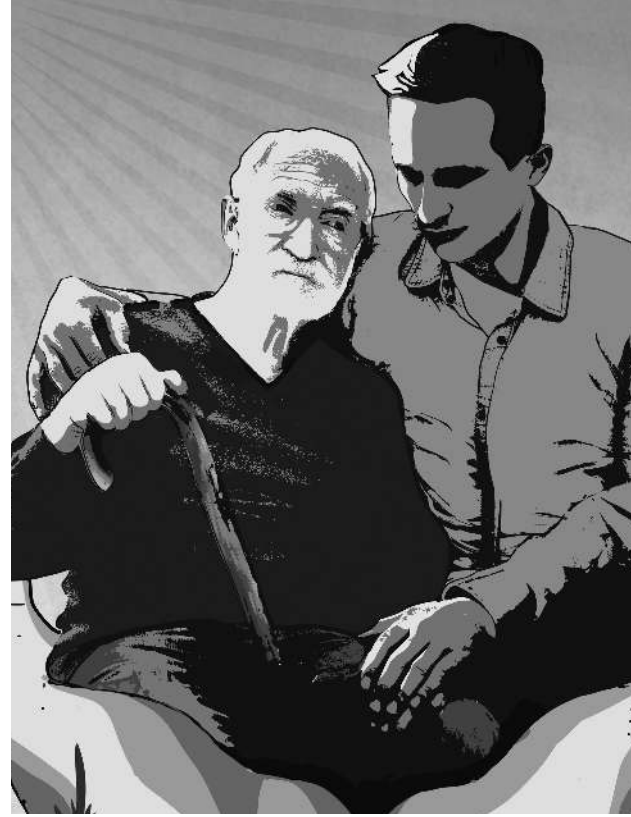
At his core, the Father seeks safety and security for those he loves. He has responsibility as a provider and caregiver. He makes personal sacrifices to create a supportive environment for those in his care, knowing that it is the right thing to do.

The Father has the tough task of balancing his need to protect with the independence of others. If he overprotects his child, community, or loved ones, it may be difficult for them to find their potential on their own. If the Father is too absent or lenient, his abandonment can deeply hurt those he cares for.

The Father Archetype can hold deep-seated pain but also immense healing. Exploring this Archetype asks us to look at your lineage. You are a product of a long line of fathers. Each is adding to the undercurrents of your family. Only in knowing your wounds can you stop yourselves from continuing the cycle.

**Challenges:** Self-martyrdom, Being Overbearing, Abuse of Authority

**To Cultivate:** Acts of Service, Leadership, Mentoring







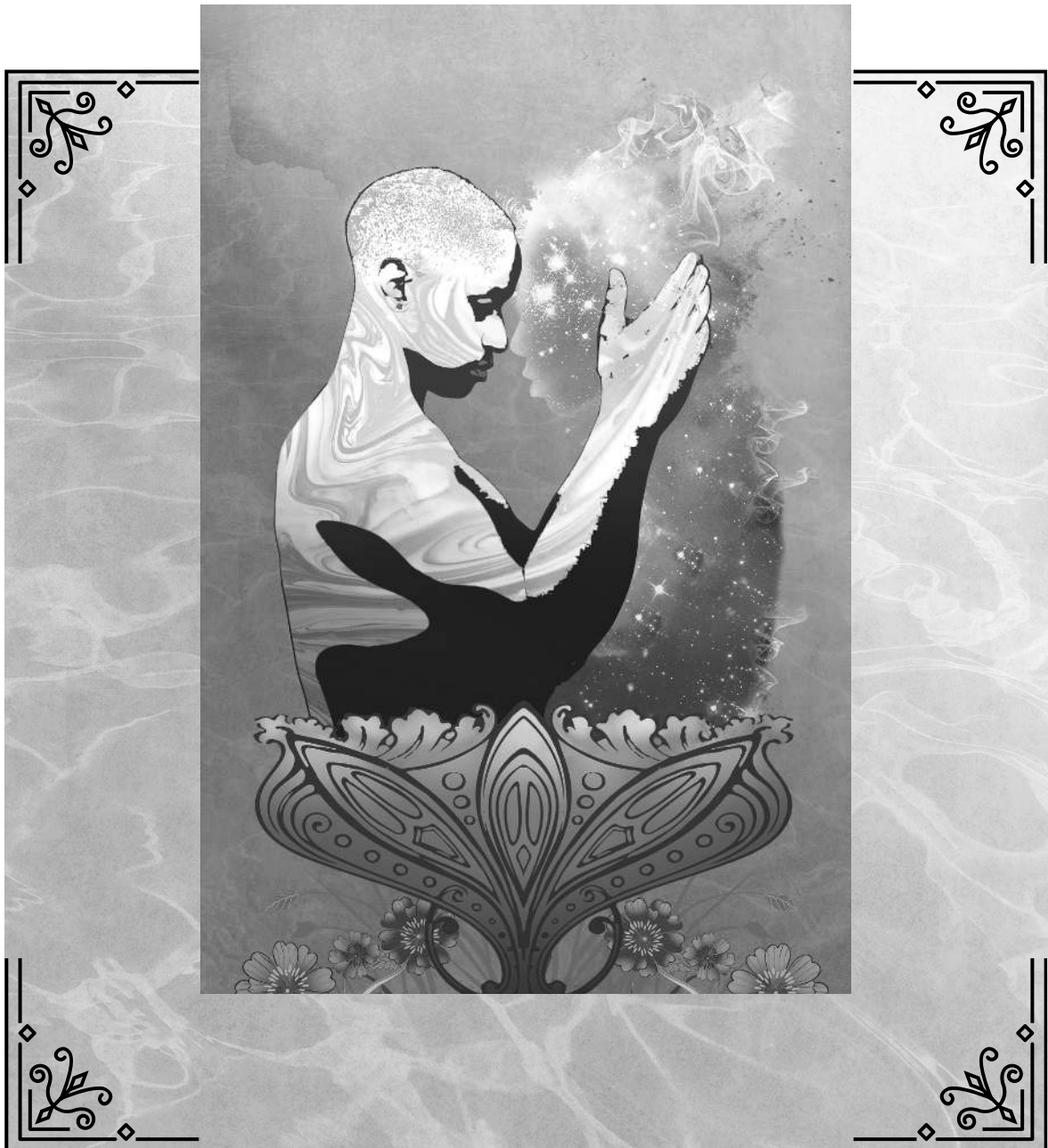








# LOVER



# Lover Archetype

The Lover takes in the vivid beauty of the world around him. He is sensitive to the physical and sensual world. The Lover isn't driven by goals, but by presence. He has deep empathy and emotional awareness. The Lover Archetype seeks freedom and craves the totality of his experience.

This drives the Lover to be a connoisseur of life's pleasures by following his intuition and creative desires. This search for pleasure can lead to the shadow aspect of the Addict and Lost Dreamer. It's essential for the Lover to not fall into craving greener pastures, and instead be one with what is present in the moment.

The Lover's search for freedom can also lead to him hurting others. The Lover must learn how to communicate with integrity and consider other's feelings. Otherwise, his pleasure can leave a trail of hurt behind him.

You connect with the Lover Archetype whenever you enjoy your senses. You can connect to the Lover by feeling the breeze on your skin, the warmth of a lover, and the scent of summer rain.

When working with the Lover Archetype, look to how you receive and give love to the world. Look to your life's emotional purpose and ask yourself what helps you stay in the present moment.

**Challenges:** Hedonism, Envy, Hunger, Selfishness

**To Cultivate:** Dance, Eat, Sex, Laughter















# SOVEREIGN



# Sovereign Archetype

The Sovereign cares for the balance and bounty of his realm. His goal is to make an environment of prosperity, security, and stability. He utilizes his internal and external wealth to bring bounty to himself and his community. He is the harmonizing principle, the subjugator of chaos, and the uniter of opposites.

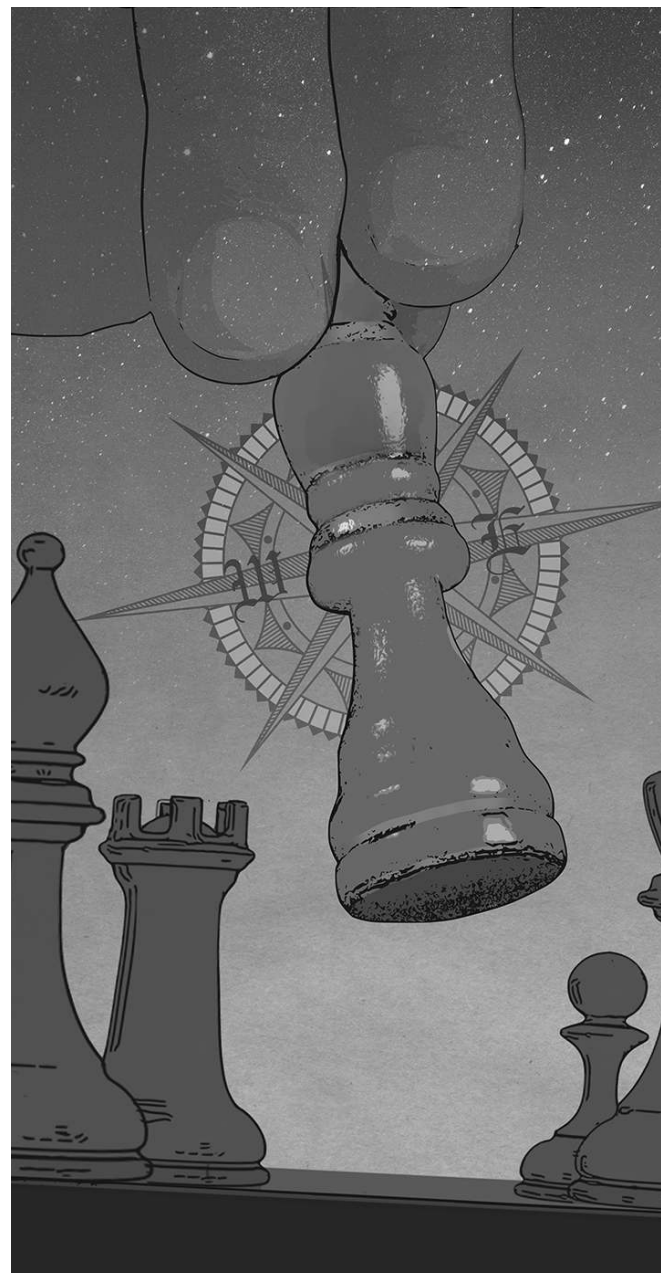
The Sovereign must remember to honor personal freedom. If he begins to push his ideals or decisions on others aggressively, he will fall to the egoic shadow. This distortion of the Sovereign has happened through history and has led to subjugation instead of mutual aid. The Sovereign's actions should empower others. The Sovereign should look to balance personal freedoms with the security of a greater good.

The Sovereign has another trapping of entitlement. If his ego is left unchecked, he can begin to believe that he deserves resources that others do not. Thinking of himself above his community, he can start to put the burden of responsibility onto others.

To move past the Shadow Aspect of the Sovereign, look at how you can dismantle tyranny. Ask yourself, what skill sets do you have that could empower others? Do your goals raise others as much as yourself? How could you bring stability and harmony to the world?

**Challenges:** Tyranny, Entitlement, Vanity, Delegation

**To Cultivate:** Mediate, Plan, Organize a group







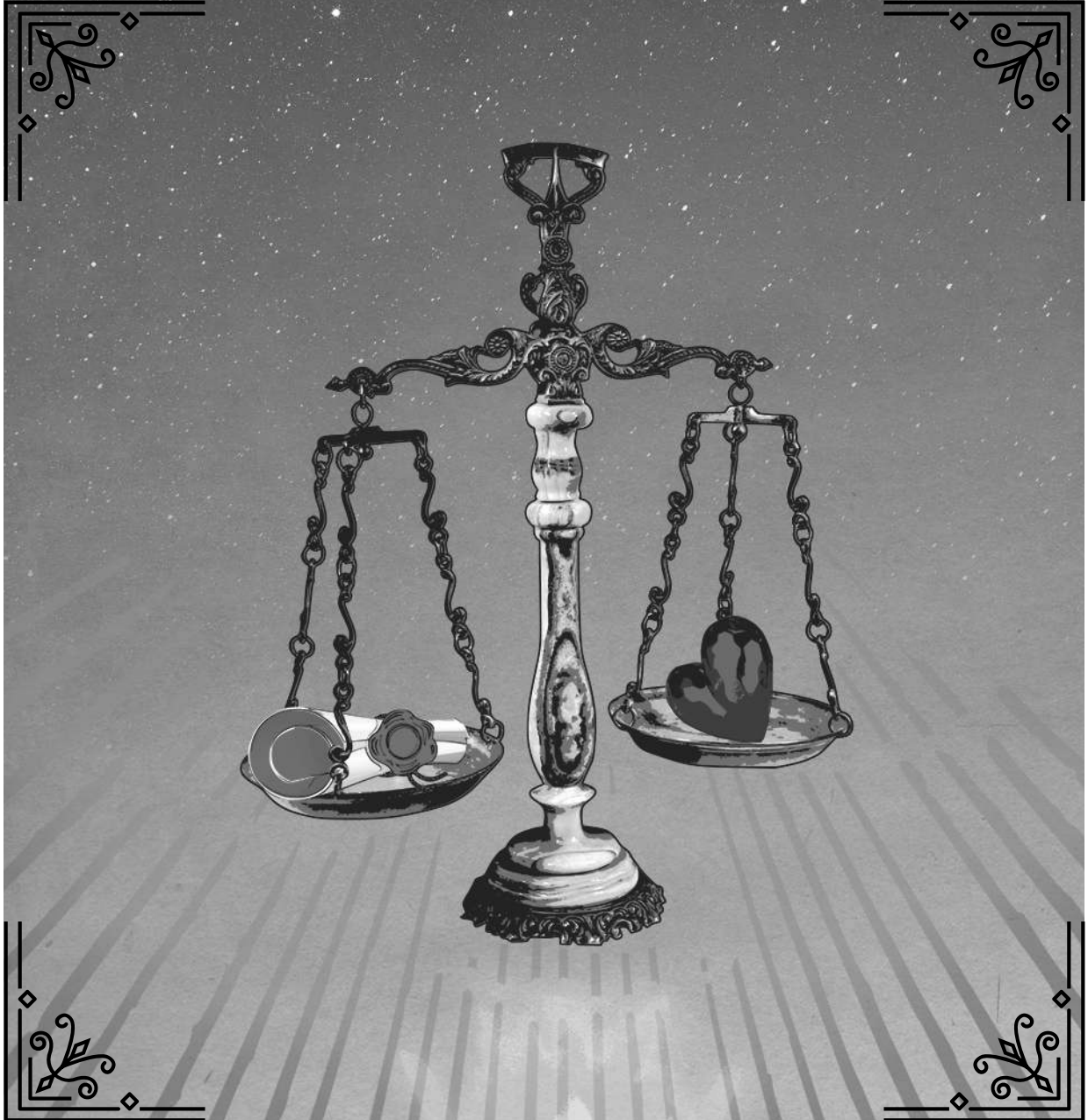








# FINDING BALANCE



# Finding Balance

Archetypes are patterns of behavior that you can "slip into" unconsciously. For instance, when someone crosses your boundaries, you might unknowingly slip into the Warrior Archetype. This might be what the situation called for, but if you are doing it just as a habit, then you aren't yet living a fully conscious life.

One of the amazing aspects of working with Archetypes is when you can feel when you shift from one Archetype to another. This allows you to observe these patterns. The next step would then be consciously choosing which Archetype to shift into for the best outcome.

Perhaps when someone oversteps your boundaries, you would be best served by bringing forth the Sovereign Archetype: using diplomacy and strategy for a better outcome. Or perhaps the Father Archetype would bring deeper compassion and understanding to the situation.

In this section, you will be exploring how these Archetypes manifest in your daily life, and how they interact with each other. There will be a few activities and writing prompts to guide you on this journey. It will end with the opening exercise of assessing your connection with the Archetypes.











# Assessing the Archetypes



The following activity can be used to help you evaluate your connection to the different Archetypes. Read each statement and choose a number from 1 (disagree) to 5 (strongly agree). Then tally up the total for each Archetype.

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I have a strong daily physical discipline (martial arts, sports, etc.). \_\_\_\_\_ 1-2-3-4-5

I am very competitive (work, board games, etc.). \_\_\_\_\_ 1-2-3-4-5

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I am constantly exploring new subjects and learning. \_\_\_\_\_ 1-2-3-4-5

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I tend to think first and then take action. \_\_\_\_\_ 1-2-3-4-5

Typically, I have one creative project happening at any given time. \_\_\_\_\_ 1-2-3-4-5

**Wizard Total:** \_\_\_\_\_

# Assessing the Archetypes



- Friends often turn to me for advice. \_\_\_\_\_ 1-2-3-4-5
- I find myself providing for my community and family(meals, time, etc.). \_\_\_\_\_ 1-2-3-4-5
- Caring for the land around me is important (gardening, conservation). \_\_\_\_\_ 1-2-3-4-5
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**Father Total:** \_\_\_\_\_

- I find it easy to be emotionally intimate with friends and lovers. \_\_\_\_\_ 1-2-3-4-5
- Happiness and excitement come easy to me. \_\_\_\_\_ 1-2-3-4-5
- I am constantly having spontaneous adventures.. \_\_\_\_\_ 1-2-3-4-5
- I am am very affected by how my loved ones are feeling. \_\_\_\_\_ 1-2-3-4-5
- Friends would describe me as emotionally vulnerable. \_\_\_\_\_ 1-2-3-4-5
- I partake of my cravings (food, wine, adventure) often. \_\_\_\_\_ 1-2-3-4-5

**Lover Total:** \_\_\_\_\_

- I am very strategic with my time and resources. \_\_\_\_\_ 1-2-3-4-5
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- My friends would describe me as very organized. \_\_\_\_\_ 1-2-3-4-5
- I am good at matching people's skill sets with tasks to be done. \_\_\_\_\_ 1-2-3-4-5

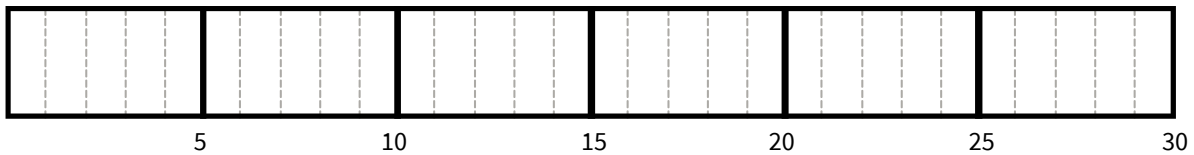
**Sovereign Total:** \_\_\_\_\_

# Assessing the Archetypes

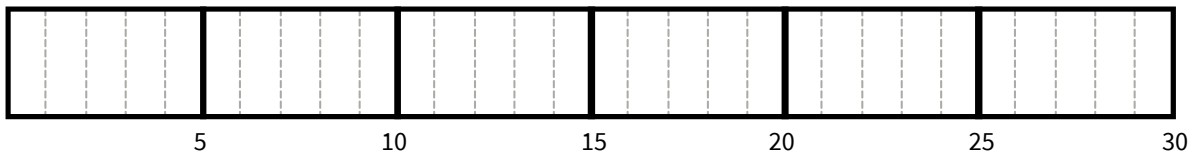


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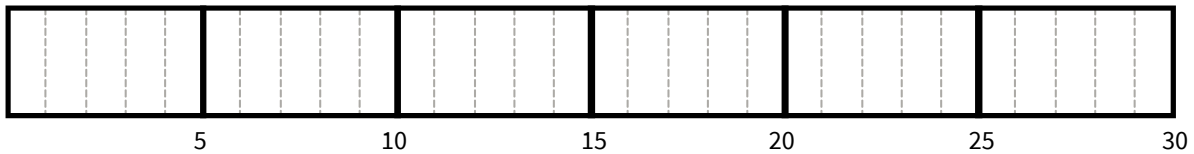
## Warrior Total



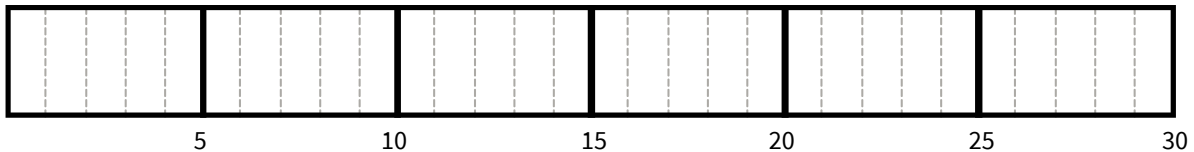
## Wizard Total



## Lover Total



## Father Total



## Sovereign Total

