

The background of the entire image is a dramatic scene of a cave interior. A woman in a dark dress stands on a large, dark rock in the foreground, her arms outstretched towards a bright opening at the top of the cave. Sunlight streams down from this opening, creating a powerful contrast with the dark, shadowed interior of the cave. The cave walls are covered in moss and have stalactites hanging from the ceiling. The overall atmosphere is one of hope and enlightenment.

DR  
SAILY GRAY  
Phd OMC

BRINGING  
LIGHT  
TO REPLACE  
*Darkness*

Dissolving the Shadows of the  
Collective Impersonal Unconscious...



# Welcome

Divine Liberation is here!

This workbook will guide you  
on your path 'home'...

Simply removing the obstacles  
to the Presence of Love is all  
that is required to 'meet' your  
Self & FINALLY abide in  
Self-Realized Grace...

Walk your life in Grace!

Let's do it...

DR SALLY GRAY PHD







# *Mind Mastery*

DR SALLY GRAY  
PHD OMC



# Welcome

YOU my friend are truly courageous! Doing this work puts you in a minority & puts you directly on path to KNOW & LIVE in Divine Grace...

Success is Natural! That you haven't hit the high note in life (yet) is simply the effect of a deeper cause you're about to dissolved permanently...

**Learning to face — and ultimately Transcend— your perceived person-hood, no matter how daunting it may appear at first, is an essential step on the path to Spiritual maturity & authentic Awakening in Grace...**

This program is a profound 'purification' step which will organically (naturally) reveal all that you've been searching for, & so much more, has been hidden under mere false assumptions...

We've had obstacles of our very own making, like a thin veil, standing in between us & the Truth...

The Truth my friend is lovelier than you could imagine; you are One with the immensity of Infinite & Eternal Love, the Child of Creation, the Holy Grail of Being in Heaven...

What you're about to discover is your intrinsic (already there just 'hiding in plain sight'), Eternal, Limitless, Infinite, Whole, Perfect, Complete, Innocent, Genius, Peaceful, Happy, JOYOUS Self!

You'll come to experience the Truth that indeed ONLY Love is Real, all else was just a dream...

You'll finally 'get' that great cosmic joke which shines the light on the illusion of the world, nothing more than a virtual reality game we're meant to Awaken from in Transcendent Glory...

We aren't mean to wait for Peace, there's no time required for us to experience True Divine Prosperity, it's right here & right now, we've been denying Grace from our Consciousness...

We're certainly not meant to retire at the end of a long life & career hustling to know any kind of prize, even birth & death are the illusion we've all fallen for & stay spellbound by...

This workbook in combination with the video trainings represents your clear path out of the dream of suffering, lacking, limitation & wanting, to see the false as false and thus directly into the Truth of Grace in the Presence...

With the mind healed of all misperception it is OPEN for business to Love, Infinite Wisdom, Genius, THE WAY to expansive Success; expect good, good & MORE good when the mind is restored to it's natural resting state of being in Wholeness, Completeness, Fulfilment & GENIUS...

This shadow archetype exposing will bring profound illumination & expand Awareness..

Dive in & erase time, the past, the illusion & join us in 'Heaven' on earth, the Happy Dream...



## Overview

It was Rumi who stole my heart when I was just 18 & inspired my own Awakening. I took his poem seriously & did the work to Awaken & now bring you all that you need to save time in revealing the glorious Truth of You...

***"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."***

We're on the hunt my friend, we're simply going to expose all those barriers & what is left is THAT which you've been seeking. This training is profoundly supportive of mind purification, giving you the 'fuel' for Quantum Forgiveness & Right Prayer...

The proverbial 'Holy Grail' is the treasure of your Purified mind, I cannot wait for you to clearly see, all that's needed is the absence of perception - ego is the imagined person which veils Reality...

We're here to go to the deepest core of misperception, NOT to do the human thing of trying to understand others or ourselves in a dream, but to find the core, the deepest mysteries of existence & experience the Truth which explain it ALL & deliver on the promise of 'Heaven'...

Our aim is to sink deeply into knowing beyond doubt, that place where fear cannot exist, allowing the fullness of Love (that which exists in the absence of the belief in separation) to saturate our being...

To see the false as false & purify the mind is Sacred practice, the Highest Self-Love. To remove the cause of all potential for upset, now THAT is truly loving...

With the Mind of Love (I call this God) leading the way there is nothing but gloriousness & gorgeousness to be experienced in limitless living! A life of REAL Miracles & Magic...

What you need to know at the outset is that the mind of limitation is limited in every possible way. Not only does this program limit how we see, it is a limited program in & of itself. I often call it a record of repetitive 'hits', the songbook of suffering; aka your 'avatar' in the dream-state (you!)...

You'll see the comedy for what it really is in no time as you uncover this limited record of 'suffering songs' to let it go entirely, making way for Grace to reveal itself...

It is necessary to begin this undertaking knowing that there is nothing more important you could be doing, Mind is Life! Healing your mind of misperception IS what you've been wanting all along...

The Truth 'has your back' & whilst you won't see it clearly at the very beginning, declare NOW that you are devoted to Love, nothing else is as important as this, declare your willingness to see everything differently, be curious as the observer of your mind, vigilance FOR Love is required...

Once the mind is healed, it's healed, it never needs to be done again & you live in Absolute Liberation simply lighting the way in Divine Grace for those you Love, it doesn't get better than that!



# Overview

## Life Is A Diagnostic Tool For Your State Of Mind

Awakening to Grace is simple, it's not instantly easy because it's unfamiliar but practice changes that very quickly. determined focus will transform your life - keep going until it's done!

**The ego is the obstacle, the very mind - familiar conditioned package of thoughts & beliefs - which produce the experience of a person in the dream of body, run by energy & spellbound by senses...**

We'll be engaging in the shadow alchemy technology that unwinds the mind from the mindless dream state to the Awake state of permanent Peace...

This will provide clarity of what you are NOT, the archetypes are impersonal collective unconscious patterns from which you can Transcend & know the Truth of Oneness in Perfect Peace & Grace...

Your focus of attention combined with decision is the elusive 'Magical' power you've been craving & looking for...

The Power to wave a magic wand is yours in Alignment with Creation!

The way that 'Magic' is unleashed is in clearing the way for its free flowing inherent Omnipresence...

The only obstacle to knowing the presence of Love is an imagined sense of person-hood...

We're interested in the one & only belief that has us stuck in the powerless game of humanness; the belief in separation...

There's only 1 problem (the belief in separation) & 1 solution (accepting our Divine Inheritance in Oneness - yep, the almighty Power of God is YOUR Power!) AND it's already been solved - the dream of separation is un-real in every possible way. Think of this work like getting up to speed with Life...

From that 1 belief (the tiny mad idea which has done nothing, thus the dream of humanness) we projected our guilt outside of us to make the appearance of a time-space world which has buried that core belief under 'many'...

Are you ready to unwind back to Love BEYOND Measure?

Follow along in the learning portal in consecutive order of videos & we'll unpick this together...

You're not alone, trying to Transcend alone is ego's way of ensuring you never do; we cannot see our own obstacles, that's where I'll shine the light with you, FREEDOM is here my Beloved...

See you on the inside...



*"Nothing Real Can Be Threatened &  
Nothing Unreal Exists.  
Therein Lies The Peace Of God..."*

A Course in Miracles

DR. SALLY GRAY







*Archetype*

*Training Exposing  
The Shadows*

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# Shadow Mastery

Archetypes are all essentially “neutral” patterns of the psyche, neither positive nor negative. They represent the contents of your unconscious mind, the program of automation, ie ego, the filters which determine experience; the game of 'human identification'.

Ego is the human identity itself (not an aspect), contained by the idea of personal survival, characterised by the fear of death, which is the same thing as the fear of life!

It is the effect of the original wound; the belief in separation upon which the world appears

Ego is the unconscious program inhibiting Love & Genius (Truth). It's the ONLY obstacle we 'face'. The archetypes **become** our identity, the 'filter' through which we live & go completely un-noticed because we don't question the very eyes through which we 'see'.

Identifying your archetypal patterns is a highly transformation, enjoyable process. You get to examine the experiences & relationships of your life from new & extraordinary perspectives.

There is 'immediate' recognition in working with this material, this is why Miracles are instant!

Exposing the influence of archetypes in our own experience is the crucial 'step' of deepening personal awareness in order to see clearly where our choices have been made in the past so that NEW ones can be made in the present in ***Divine Alignment***.

The archetypes are the program of our mind, they represent where our power has been hijacked through survival conditioning & the collective unconscious.

NONE of what we have believed is real, it's just a habit which has caused misidentification & perpetuates the illusion of the world & the apparent absence of 'Heaven'.

On the following pages you'll discover a clear map to expose the impersonal patterns of human survival that are playing you like a puppet!

YOU are incorruptibly Whole, Perfect, Complete, Innocent, Eternal, Limitless Love!

You've been experiencing amnesia under the spell of collective identities, are you ready to finally break free, reclaim your Power in Grace & live in unwavering Peace?

# Shadow Mastery

Take your time to explore (DEEPLY) the 'work' that follows, participate with your FULLEST intention, the highest desire to know the Truth of Love, epic willingness to see differently & celestial curiosity!

There are hundreds of archetypes & only 8 we are interested in to Transcend the limited game of life.

We'll explore the sleeping shadow aspects of the prostitute, child, victim & saboteur in order to restore Power where it rightfully belongs which then unleashes the potential of their light & healed opposites; the Lover, Sovereign, Warrior & Magician to FINALLY live the life of your dreams!

The primary loss of power occurs in the prostitute/lover channel caused by the belief in separation; we've forgotten who/what we really are. You will then find that there is a dominant shadow archetype that "runs" you which you'll soon see with clarity. Understand that there is never one shadow archetype working alone, they all work together to undermine you & keep you stuck in life. NOT for long!

Exposing your dominant archetype & how they all show up in your life gives you back your power, ALL of it!

It can sting a little, you're about to shatter the thin veil of illusion that represents the obstacles to the presence of Truth. You were born for this, call upon the infinite supply of resources within, it's always ready to work 'with' you; you're animated by the Power of Creation, you've got this!

Use the archetype 'intel' on the following pages to expose the illusion, see clearly what you are NOT so that you can give your attention to the Truth of your radiant being in Divine Love...

Remember, all you need do is expose the obstacles to the presence of Truth! The True Power of Grace is unleashed when you take this 'action', Magic is about to be UNLEASHED my friend...

You will take what you expose to Quantum Forgiveness, to heal the mind of misidentification...

This path 'home' has been walked by many before you. Awakening requires that you keep your desire for Truth out in front & maintain EPIC willingness to 'see' differently. It's time to leave any desire to 'be right' behind so that Infinite Wisdom can step forth & 'teach' you about 'life' in Truth!

Only Love is Real, so have fun exploring with the question  
"What have I been making real", if it's not Love, it's about to be erased for good...

## **Caroline Myss and the building analogy:**

Caroline is one of the leading Spiritual teachers in our world & much of her work revolves around archetypes. Sadly this work only goes toward understanding the illusion rather than Truth. Nonetheless, you can hear her talk about how archetypes lay out in our lives at this link - <https://www.youtube.com/watch?v=FitldbEDGbl&t=2163s>



# The Prostitute: Soul Killer

## DOMAINS OF POWER(LESSNESS):

Love - Desire - Value/s - Worth - Guilt - Sacrifice - Resurrection - Truth

Common Emotions/Feelings/Areas of Note: guilt, self respect, imprisonment, integrity, control & freedom, self-expression, and self-empowerment, self belief, faith in the divine, trust, sincerity, honesty, inauthenticity, survival, inner strength barometer, loyalty, betrayal, courage, fear of rejection, temptation, seduction, powerlessness, self worth, people pleasing & roles we 'play', manipulation, resentment, embarrassment, directionless, obsessiveness, weakness, gain/loss, POWER.

## OVERVIEW

Sells Soul for cheap. Compromises truth, values, value, desires, self-expression, opinions, beliefs in exchange for security & approval of the tribe.

Chooses based on what she “can”/”can’t afford” to do/be/have/say/feel/believe.

No self worth.

Fears rejection.

Consumed with belonging & approval is a priority.

Uses sexual energy for influence and gain (most dependable form of approval and acceptance; the lowest common denominator and most widely accepted “currency” in the tribe”).

Compromises truth, values, value, desires, self-expression, opinions, beliefs in exchange for financial safety and security.

Feels out of alignment & struggles to find the value in life.

Value is bought & sold; any & everything is for sale.

Misplaced 'meaning' of money.

## ARCHETYPE VARIANTS

- |              |                  |               |                        |
|--------------|------------------|---------------|------------------------|
| • Negotiator | • People-pleaser | • Hustler     | • Mediator of Value    |
| • Moderator  | • Bargainer      | • Seeker      | • Soulless             |
| • Peacemaker | • Devil          | • Compromiser | • 'Snake-oil' Salesman |

## SAYS

I can't afford to.

How much does it cost?

How much do I get in return?

What do you think?

What will others think?

I couldn't live with myself if I...

How much will it cost me to keep the peace?

What's my true passion?

What is my purpose?

What do I really WANT?

Where do I belong?

I am worthless.

I must prove my worth.

Having, being, doing...will prove my worth.

I can't afford to have/be/do/think/believe/say what I really want.

I will sell my 'soul' (self in every possible way) in return for what pleases others & gains approval.

What can I afford?

I will do what/anything it takes to survive.

I feel insecure.

I could just settle for this.

# *The Prostitute: Soul Killer*

## SYMPTOMS/CLUES

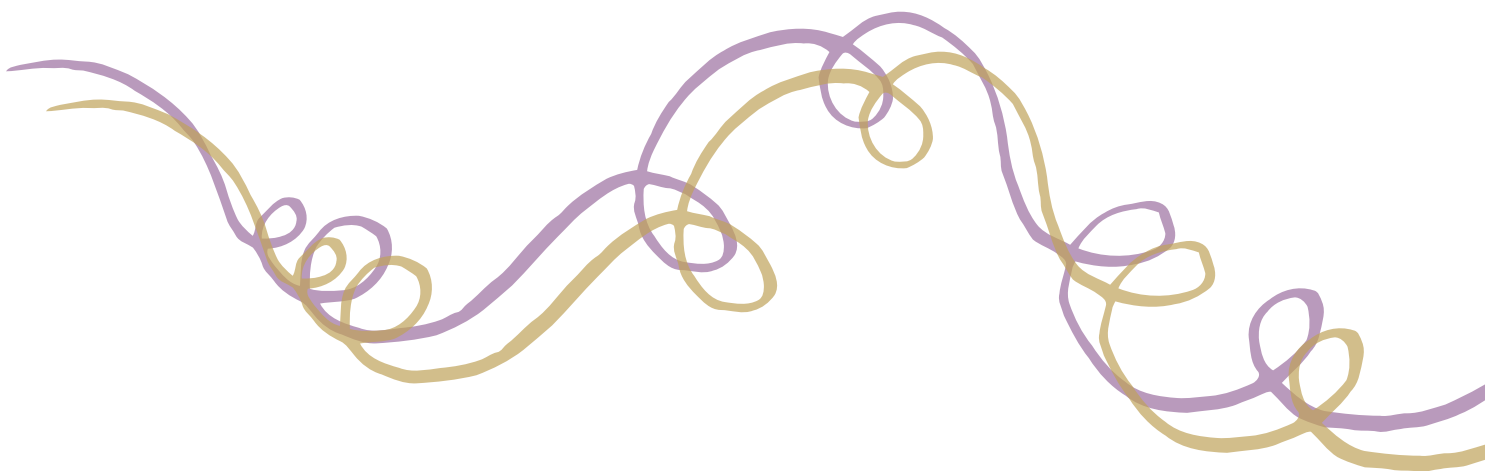
- Charming; uses charm to get by, get her way.
- Gets swindled easily.
- Can't stick to prices.
- Easily tempted.
- Insecure about her self-worth and value.
- People pleases.
- Master compromiser.
- Doesn't feel 'solid' in identity.

*The MOMENT True Value is 'Seen' & Accepted a  
NEW Beginning is Ignited...*

*THIS is the critical first step in Awakening; the realisation of  
True Power in Primal Creation - Invulnerable in God!*

*Value (Truth) comes first; you literally value (verb) into Being.*

*Without a claim of value, nothing can begin!*





# Practical Inquiry

The Prostitute negotiates self-expression, truth, desire, values and power in return for approval, security. Chooses based on what she can and can't afford (to have, do, feel, etc.) You have low self-worth. Reflect deeply on the questions below, do this with exquisite focus & the job is done for good! Create the time & space required, commencing with a declaration FOR the Supreme Love & Wisdom; ego is a beast & will want you to do anything but see its nothingness...

**GRAB your journal & dive deeply within; personal awareness will light the way 'home'...**

What is in it for me?

How can I make others feel that I am more important, intelligent, successful, evolved, interesting, and powerful than I really am?

How can I make others look up to me?

Where and how are you moderating your opinion, values, value, true desires and self-expression?

Where and how have you set up your life because you are terrified of rejection or disapproval?

Whose approval have you sought?

How did you compromise your values in return for safety, security, approval or recognition?

When did you say, "I can't afford to feel/not feel, want/not want, have/not have"?

How did you diminish your power, opinions or emotions so they weren't met with disapproval?

How did you sell out your integrity (doing something you didn't want to)?

How did you give your power to others so they could use it?

Where might you compromise in the future if faced with difficulties?

What price do you fear you'll have to pay in order to change your life?

What part of your life is a disappointment to you? What didn't turn out how you expected?

Do you feel like you've wasted your time, money, and/or energy? Explain.

When in your life have you sold out?

Where in your life are you currently selling out?

What illusory (in the world) worth are you putting your faith in?

Who do you compare yourself to most often?

What measurements or statistics are you using for comparison?

When or where in your life do you think you were horrible at negotiations and sold yourself into a financial/relationship/work hole?



# Practical Inquiry

Conversely, have there been times when you think you've done too good a job negotiating and sold yourself into a very comfortable life that sucks the Spirit out of you?

If you can't think of a time when you were either of these, tell the story of a friend or loved one who you've seen in this trouble.

How is the pimp-daddy in you forgetting your authentic self? Where are you tempted to pimp yourself out?

***Mark the statements below that currently ring true.***

I make trades or exchanges to try to ...

- Have everybody like me
- Not have to risk
- Never feel scared
- Never need or want anything, especially love, affection, recognition, etc
- Avoid or prevent trade-offs, have my cake and eat it too
- Gather abundance, more than enough to go around
- Have others pimp themselves out to me, so I come out ahead

Instead, what happens is that...

- I invest my time and energy into what pleases others, so I can get what I think I need from them
- My time is not my own, and neither is my energy or talent
- I sell out without even noticing what I'm doing
- I think life is about sacrifice and compromise
- I have no idea what is important to me anymore

The prostitute in the shadow believes that ...

- She always has to give up something important to survive
- She should focus entirely on money and security without questioning it
- Money talks
- Nothing is free, everything has a cost, everyone has a price

# Practical Inquiry

Are there some beliefs above that you used to have but don't any longer?

Are there other beliefs you've discovered that aren't named here?

What 'values' of others have you bought into?

What beliefs lie deeper?

What behavioural patterns can you notice?

**The mind healed of prostitute consciousness is in Absolute Integrity with True Self,  
knowing that her value is already established by God & incorruptible in Truth...**



*Celebrate the INCORRUPTIBLE  
Truth of You!*



# The Child: Identity Killer

## DOMAINS OF POWER(LESSNESS):

Vision - Identity - Decrees - Dreams

Common Emotions/Feelings/Areas of Note: powerlessness; waiting for 'something' in order for happiness; fear of change; feels misunderstood; can't let go of hurt feelings; identifies with wound or illness; feels broken or worthless; very-sensitive to others emotions; easily depressed; despair; frustration; limitation; heaviness; drawn to pain, tragedy or suffering; looks up to others; admiration/comparison; weak; powerless; needs to be taken care of; others make decisions for you; you require permission from anyone; someone has what you want; looking to others for help; feeling entitled (HUGE); there's a strong sense of unfairness; bully/bullied; someone always knows more/better; someone else is responsible (for everything); pissed off at being CEO.; shocked at 'the state of affairs'; indignant; opinionated; defensive; QUICK to react (anger); unsafe...

## OVERVIEW

Preoccupied with fairness.

Expects a protected life.

Looks for permission to make decisions.

Lies to get her way.

Wants to dream forever and play and have other people take care of her.

Complain about their situation, throw up their hands, give up easily and just want someone else to fix things.

## ARCHETYPE VARIANTS

- Prince
- Princess
- Dreamer
- "Do-Nothing"
- Orphaned/Abandoned Child
- Wounded Child
- Magical/Innocent Child
- Nature Child
- Eternal Child
- Divine Child
- Dependent Child

## SAYS

This isn't fair.

I deserve...(to be treated better)

I'm not allowed.

I should/need to ask/check with someone first.

Am I allowed?

I need permission.

I had a dream once upon a time.

Who am I?

Who do you need me to be?

I'm not responsible for...

I don't have...(what it takes)

I can't believe...

# *The Child: Identity Killer*

Let's Explore the Child Variants More Deeply: The Work of Caroline Myss...

## ORPHANED/ABANDONED CHILD

From Little Orphan Annie to Cinderella, the Orphan Child in most well known children's stories reflects the lives of people who feel from birth as if they are not a part of their family, including the family psyche or tribal spirit. But because orphans are not allowed into the family circle, they have to develop independence early on. The absence of family influences, attitudes, and traditions inspires or compels the Orphan Child to construct an inner reality based on personal judgment and experience. The shadow aspect manifests when Orphans never recover from feelings of abandonment, and the scar tissue from family rejection stifles their maturation, often causing them to seek surrogate family structures to experience tribal union. Therapeutic support groups become shadow tribes or families for an Orphan Child who knows deep down that healing these wounds requires moving on to adulthood. For that reason, establishing mature relationships remains a challenge.

## WOUNDED CHILD

The Wounded Child archetype holds the memories of abuse, neglect, and other traumas that we have endured during childhood. This is the Child pattern most people relate to, particularly since it has become the focus of therapy since the 1960s. Many people blame the relationship with their parents that created their Wounded Child, for instance, for all their subsequent dysfunctional relationships. On the positive side, the painful experiences of the Wounded Child often awaken a deep sense of compassion and a desire to help other Wounded Children. From a spiritual perspective, a wounded childhood cracks open the learning path of forgiveness.

The shadow aspect may manifest as an abiding sense of self-pity, a tendency to blame our parents for any current shortcomings and to resist moving on through forgiveness. It may also lead us to seek out parental figures in all difficult situations rather than relying on our own resourcefulness.

## MAGICAL CHILD

The Magical Child sees the potential for sacred beauty in all things, and embodies qualities of wisdom and courage in the face of difficult circumstances. One example is Anne Frank, who wrote in her diary that in spite of all the horror surrounding her family while hiding from Nazis in an attic, she still believed that humanity was basically good. This archetype is also gifted with the power of imagination and the belief that everything is possible.

The shadow energy of the Magical Child manifests as the absence of the possibility of miracles and of the transformation of evil to good. Attitudes of pessimism and depression, particularly when exploring dreams, often emerge from an injured Magical Child whose dreams were "once upon a time" thought foolish by cynical adults. The shadow may also manifest as a belief that energy and action are not required, allowing one to retreat into fantasy.

## DEPENDENT CHILD

The Needy or Dependent Child carries a heavy feeling inside that nothing is ever enough, and is always seeking to replace something lost in childhood – although exactly what is never clear. As with the Wounded Child, this leads to bouts of depression, only more severe. The Dependent Child tends to be focused on his own needs, often unable to see the needs of others. As with all apparently negative archetypes, you can learn to recognize its emergence and use it as a guide to alert you when you are in danger of falling into needy, self-absorbed attitudes and behavior.



# *The Child: Identity Killer*

Child Variants Continued...

## NATURE CHILD

This archetype inspires deep, intimate bonding with natural forces, and has a particular affinity for friendships with animals. Although the Nature Child has tender, emotional qualities, it can also have an inner toughness and ability to survive—the resilience of Nature herself. Nature Children can develop advanced skills of communicating with animals, and in stories reflecting this archetype an animal often comes to the rescue of its child companion. Many veterinarians and animal rights activists resonate with this archetype because they have felt a conscious rapport with animals since childhood. Other adults describe being in communication with nature spirits and learning to work in harmony with them in maintaining the order of nature. The shadow aspect of the Nature Child manifests in a tendency to abuse animals and people and the environment.

A love of animals is not sufficient to qualify for this archetype, however. A life-long pattern of relating to animals in an intimate and caring way, to the extent that your psyche and spirit need these bonds as a crucial part of your own well-being, is your best clue.

## ETERNAL CHILD

This archetype guides us to remain eternally young in body, mind, and spirit, and not to let age stop us from enjoying life. The shadow Eternal Child often manifests as an inability to grow up and embrace the responsible life of an adult. Like Peter Pan, the Eternal Boy resists ending a cycle of life in which he is free to live outside the boundaries of conventional adulthood. The shadow Puella Eternis can manifest in women as extreme dependence on those who take charge of their physical security. She cannot be relied on nor can she accept the aging process. Although few people delight in the end of their youth, the Eternal Child is sometimes left floundering and ungrounded between the stages of life, because of not having laid a foundation for a functioning adulthood.

## DIVINE CHILD

The Divine Child is closely related to both the Innocent and Magical Child, but is distinguished from them by its redemptive mission. It is associated with innocence, purity, and redemption, god-like qualities that suggest that the Child enjoys a special union with the Divine itself. Few people are inclined to choose the Divine Child as their dominant Child archetype, however, because they have difficulty acknowledging that they could live continually in divine innocence. And yet, divinity is also a reference point of your inner spirit that you can turn to when you are in a conscious process of choice. You may also assume that anything divine cannot have a shadow aspect, but that's not realistic. The shadow of this archetype manifests as an inability to defend itself against negative forces. Even the mythic gods and most spiritual masters — including Jesus, who is the template of the Divine Child for the Christian tradition — simultaneously expressed anger and divine strength when confronting those who claimed to represent heaven while manifesting injustice, arrogance, or other negative qualities (think of Jesus' wrath at the money-changers in the Temple). Assess your involvement with this archetype by asking whether you see life through the eyes of a benevolent, trusting God/Goddess, or whether you tend to respond initially with fear of being hurt or with a desire to hurt others first.

# The Child: Identity Killer

## SYMPTOMS/CLUES

- Lies; usually doesn't even realise they are it's so conditioned
- Professional (habitual) excuse maker
- Is sneaky
- Is manipulative
- Is entitled
- Wants others to 'do' things for them
- Is spoiled (ego will hold this over the 'child' making them believe their payoff stories)
- Taker/mooch
- Hates criticism
- Loves the comfort zone (even if it's hell - there's payoffs galore with greater appeal than the prospect of discomfort)
- Expects gifts, favours and preferential treatment
- Pouts and throws a tantrum when she doesn't get her way. Is all about having it "MY way"
- Throws a tantrum b/c really looking for someone to come in, establish discipline and lay down the law; is undisciplined
- Is easily knocked off center
- Doesn't speak up for self and instead drops clues and hints and expects to be taken seriously and heard/seen; is familiar with the title 'passive aggressing', usually seeing it others rather than self
- Blurts things out but mistakes the outburst as carrying authority when really it's all shadow and full of messy emotion
- Wants something for nothing (power but not the responsibility; wants thing to be fair but also wants to be favoured)
- Overcorrects in an attempt to gain power; doesn't actually feel powerful so exerts arbitrary decrees in an attempt to display and therefore believe they have power
- Sense of self wavers and is conditional b/c is based on mimicry and comparison
- Defines consequences and ramifications as "punishment"
- Rides on the coat tails of someone else's inheritance and genius
- Identity is linked to someone in authority
- Two-faced
- "that's not like me. I don't do that"
- Limited (low) personal awareness





# Practical Inquiry

The Child is preoccupied with fairness. Expects a protected, secure life. Looks for permission to live her life. Makes other people or circumstances responsible for her dream.

Reflect deeply on the questions below, do this with exquisite focus & the job is done for good! Create the time & space required, commencing with a declaration FOR the Supreme Love & Wisdom; ego is a beast & will want you to do anything but see its nothingness...

**GRAB your journal & dive deeply within; personal awareness will light the way 'home'...**

Where and how are you obsessed with things being fair, with expecting a protected or a charmed life where you're taken care of like a child?

Where and how have you agreed to ask for permission to live the life of your dreams or expecting someone else to make your dreams come true?

How have you put responsibility for your dreams in someone else's control?

How have you placed your happiness and sense of well-being in someone or something else's control?

Where have you been focused on what was or wasn't allowed, rather than being true to yourself?

How have you been preoccupied with what's fair in life rather than what you desire and in living your truth?

How have you given up on your dreams and your truth?

In what circumstances might you do this again?

When was the last time you remember being like a child, inexperienced in something new?

How was this for you?

Did you feel like you were preyed upon as a child and, if so, when?

If you can't think of a time, consider when someone deceived you when you were little. Next, consider when were you duped recently.

How has your physical appearance impacted your sense of your age - voice, height, face, dress?

Do people typically think you are younger or older than you are?

Do you try to appear younger or older than you are by dressing differently, styling your hair a certain way, or carrying yourself in a certain frame?

Do you long for your childhood or try to forget it? Why?

When you are being childish and throwing a fit, how do you act? What is it about?

# Practical Inquiry

## *Innocence versus Maturity*

Did you act like a grown-up when you were a child, or do you feel like you never grew up?

When do you fear being taken advantage of and being gullible?

Do you think innocence is dangerous?

Do you think being a grown-up is boring and try to stay young as long as you can?

## *Responsibility versus Play*

Do you feel like you have a lot of responsibility?

Or, do you generally try to keep responsibilities to a minimum and not be tied down?

Are your survival needs met or do you worry daily about paying the bills?

Do you have enough time for play in your life?

## *Belonging versus Independence*

How independent are you?

How well are you able to rely on others?

Who relies on you for their daily needs?

Consider anyone you are in charge of – family, coworkers, pets, etc.

Do you have a place where you feel like you belong?

Where do you feel you absolutely don't belong?

Have you always felt a sense of belonging, never felt it, or is it touch and go?

How did you play when you were a kid, and who did you play with?

What still feels like play for you?

Who are your playmates, and what do you do together?

Who squashes your fun and how?

Do you have enough play in your life?

If not, why?

When you feel stressed, are you more or less likely to play?



# Practical Inquiry

How do you know when it's time to take time to play?

What does your body say to you?

What thoughts arise?

What are the promptings to invite more play?

Do you believe you have a good imagination?

Do you use your imagination for good or for darkness?

What more can you understand about the nature of your imagination?

How can you release dark images that plague your imagination?

What are uplifting images you can be with, and how can you cultivate them?

What symbols in the stories about this archetype really resonate with you?

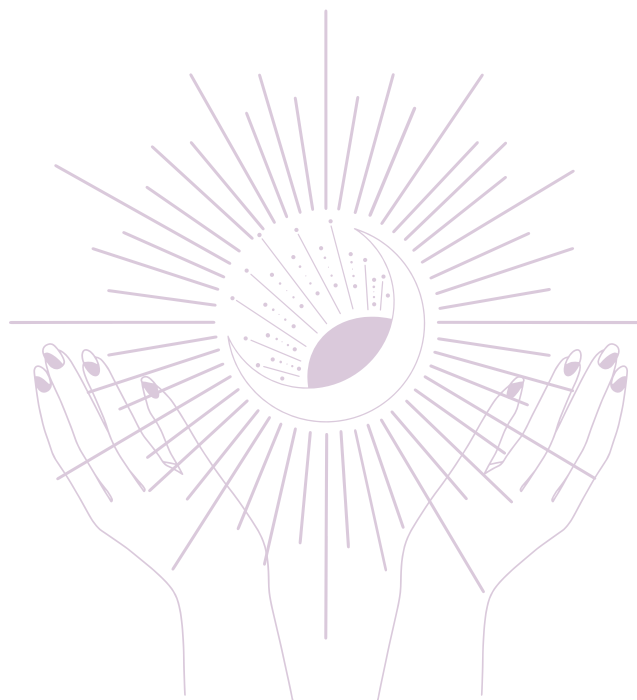
(Such as the butterfly in the story of Thumbelina, the glass slippers in Cinderella, the woodcutter father in Hansel and Gretel or the dove in The Singing, Springing Lark)

How did this archetype's story mirror your own?

(For example, your parents may have left you all alone in an orphanage like the orphan child or teachers may have told you that you daydreamed too much like the magical child).

What beliefs lie deeper?

What behavioural patterns can you notice?



# *The Victim: Body Killer*

## DOMAINS OF POWER(LESSNESS):

Boundaries - Will - Support - Limits - Resources - Space

Common Emotions/Feelings/Areas of Note: the victim equates sympathy with love; powerless; blame; angry; frustrated; hurt; depressed; guilty; shameful; worthlessness; hatred; lethargic; addictive behaviours; passive; withdrawn & will withdraw; rejected; violated/taken advantage of; unfairness (there's a villain, victor & victim always); victim & victimiser are the same; sees an uneven playing field in life; fear for survival not just of body but of identity; fear of death; undeserving of happiness or even thriving; sense of entitlement; strong focus on body - anywhere from managing sickness to rigid health routines; domain of excuses & complaints; believes "I can't because..."; comparison; wanting; fatalistic (because of...); for the victim there is always a payoff, something gained from the juice of suffering; life is too hard; easily offended; indignant; shocked; takes things personally...

## OVERVIEW

Preoccupied with justice/injustice; often a fighter for the underdog.

Focused on the possible or impending disaster, drama or crisis.

Doesn't set boundaries OR boundaries are extremely rigid and unyielding.

Has no support. Can't get any support. Keeps losing support and experiencing betrayals and "mutiny."

Risk averse.

Weak-willed.

Issues with being inconvenienced or being "too inconveniencing."

Issue with being pushed around or being "too pushy."

Gets called/feels like a doormat or treats others like a doormat.

Life feels heavy.

Issues with being a burden. Doesn't want to burden others.

Is always "bearing the brunt" of a situation.

Always "takes the fall" for others.

Is overbearing, Always looks for a scapegoat. Someone or something to blame; to "take the fall" or "take the hit."

Is always getting wrongly accused.

Is angry/full of rage OR seems to always attract lots of anger and rage from others "without provocation."

Competes for who is in the most pain, has the biggest crisis, is making the biggest sacrifice.

Doesn't keep her word. Makes decisions and then breaks and changes them constantly. No powerful alliances, internal or external, are possible. Therefore not able to trade on the currency of trust.

Therefore cannot create powerful or lasting change because cannot trust her own word and neither can anyone else.



# *The Victim: Body Killer*

## ARCHETYPE VARIANTS

- Bully
- Saviour
- Rescuer
- Martyr
- Coward
- Prisoner
- Long-sufferer
- Robot
- Weakling
- Crusader
- Doormat
- Hider
- Dummy
- Accomplice
- User
- Righteous
- Sickly

## SAYS

I don't want to be a burden.

That's inconvenient.

It's not my fault (or) it is my fault.

I don't want to inconvenience you/them/us/myself.

I would, but look what might happen/what happened last time.

Where's the justice?

Where's my help?

Why me?

What If?

Why am I always alone?

I never get what I want.

Because of...I can't/don't...

I would, but somebody needs me/is in a crisis.

If I don't do this, everything will all fall apart.

I can never get a break.

When will it all end so I can rest?

I have to do it alone. Why do I always have to do it alone?

I give up.

Look what they did/are doing to me.

No-one understands me.

I don't want to be hurt.

You don't respect me.

I don't have a choice/boundaries.

This is overwhelming.

This always happens to me.

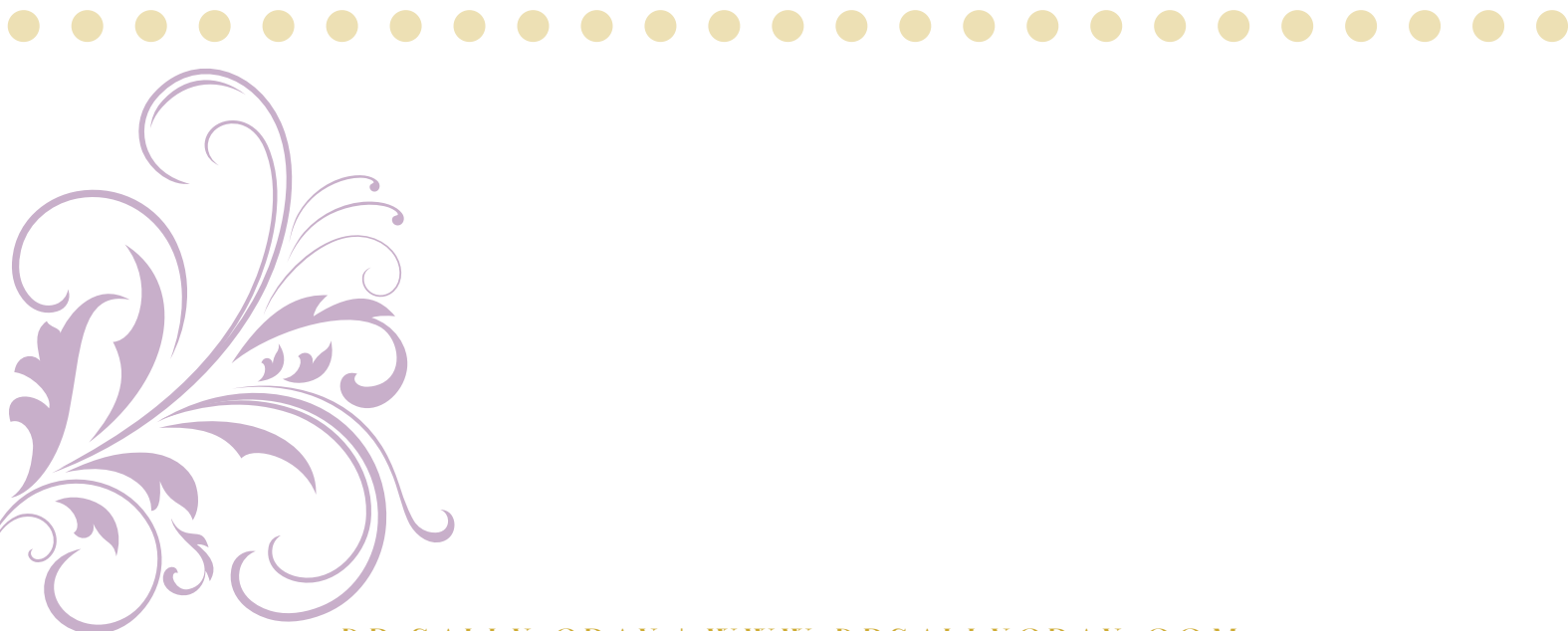
What am I supposed to do?

This is unforgivable...

# *The Victim: Body Killer*

## SYMPTOMS/CLUES

- Is codependent
- Catastrophizes
- Is heavy/overweight (carrying too much weight)
- Is underweight (can't carry her own weight)
- Accident prone
- Always or easily sick/physically weak
- Spaces, house, things, always getting lost, robbed, broken, ruined
- Always in a physical crisis
- Someone close is always in crisis
- Surrounded by drama or crisis
- There's always a 'fight' for/against something/someone
- Wanting & striving for change
- Is alone/lonely
- Passive aggressive
- Aggressive
- Involuntarily empathic; makes excuses for empathy ("I'm just wired this way")
- Holds a grudge like an olympic champion...
- Afraid of consequences and ramifications
- when people close to you are in crisis, you are in crisis; when their life is a mess, your life is a mess. Or vice versa. Their life is a mess and yours suddenly is peaceful. And then when yours is a mess theirs is peaceful
- Feels taken advantage of
- Feels overwhelmed
- Feels afraid regarding physical safety and needs to create rigid boundaries to overprotect their space
- Feels grief
- Feels rejected (the prostitute fears rejection, the victim believes they've been rejected)



# Practical Inquiry

Reflect deeply on the questions below, do this with exquisite focus & the job is done for good! Create the time & space required, commencing with a declaration FOR the Supreme Love & Wisdom; ego is a beast & will want you to do anything but see its nothingness...

**GRAB your journal & dive deeply within; personal awareness will light the way 'home'...**

Do you feel you have lost control of over some part or parts of your life?

Is there something/someone that feels threatening to your happiness and peace?

Do you feel like life or others owe you something? Or that you deserve something for what you have gone through?

Do addictions and/or distractions play a large role in your life?

Do you always feel tired, run down, with no support?

Do you feel justified in complaining about what has happened to you?

Do you say phrases such as “I can’t do anything about that!”, “That’s not my fault!?” or “What did you expect me to do?”

Do you feel as though everything you do is wrong or ineffective?

Do you feel broken and irreparable?

Does some part of your life feel controlled by external power?

Do I blame others for the circumstances of my life?

Do I spend time in the pit of self-pity?

Do I envy others who always seem to get what they want out of life?

Do I feel victimized by others when situations don’t work out the way I wanted them to?

Do I tend to feel more powerless than powerful?

Where and how are you obsessed with justice, with finding fault or blame, with using crisis and drama as excuses to not live a life according to your own standards?

Where and how are you being the martyr?

Where do you feel disempowered?

Where are you focusing on what you can’t or aren’t “allowed” to do or are being prevented from doing?



# Practical Inquiry

How much of your life has been a battle against a power greater than you that you're always losing against? (for instance, the expectations of your family, culture, friends, etc.)

Where are you not setting up boundaries or asking for support in order to get your needs met?

In what circumstances might you do this again?

How does your shadow victim respond to a physical threat versus a verbal attack? Fight, flight or freeze?

Are you good or bad at setting boundaries?

Give recent examples of a time you failed to set appropriate boundaries and a time when you did a good job setting boundaries.

How much energy do you spend trying to communicate your boundaries?

How do you feel about your ability to set energetic boundaries?

Is this confusing or straightforward?

How much time and energy do you spend trying to set energetic boundaries?

Your Rulebook: Write **10** rules you expect the people in your life to abide by.

How do you expect them to behave, treat you, and treat the people you love?

What do you consider to be respectful behaviour?

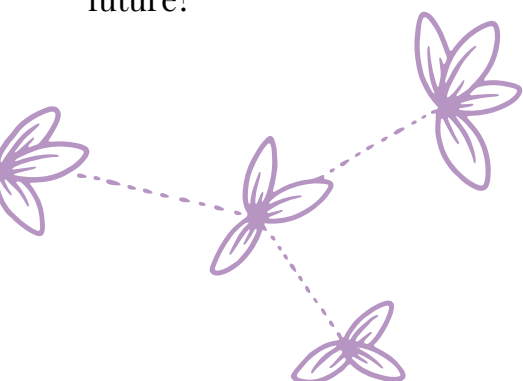
Who has broken your rules recently, and which rules have been broken?

How are you trying to punish him/her for breaking those rules?

Some examples are: lashing out, shaming, teasing, freezing them out, being critical, disengaging, and being condescending.

Also, consider passive-aggressive behaviour: saying things under your breath, making small jabs, pretending you didn't hear them, and forgetting to do something important to them.

What arguments and methods are you using to convince him/her to follow your rules in the future?



# Practical Inquiry

***Mark the statements below that ring true in a recent conflict when you weren't on your best behaviour, and the shadow victim permutations that had a hold of you...***

When someone hurt me I...

- Gave myself free license to blame the other person for my unhappiness.
- Named someone as the perpetrator and saw myself as the victim.
- Required my friends and family to take my side.
- Called the perpetrator out and attacked her/him for what she/he'd done.
- Tried to get others to hear my case and join my side.
- Tried to force the perpetrator to apologize and swear never to do it again.
- Believed it was my right to punish him/her when he/she wouldn't apologize.
- Left the relationship to avert further offense.
- Felt like I'd done nothing wrong and that it was unfair.

Are there some behaviours above that you've recognized previously and have worked to change over the years?

What shadow behaviours do you still revert to that you'd like to release?

Where are You Saying, "No" , think of situations.

Think of an example when you told someone, "No." What can't they do?

Do you ever do what they are doing?

Where do you lock yourself out?

What emotions, thoughts, energies are you resisting?

What are you telling yourself is not okay?

Can you allow these feelings, thoughts, or energies to be for a time?

What if you imagined that they belonged?

What might their message be?

What behavioural patterns can you notice?

What deeper beliefs can you expose?

# *The Saboteur: Mind Killer*

## DOMAINS OF POWER(LESSNESS):

Time - Reality - Intuition - Knowing - Certainty - Magic - Genius - Spirit

Common Emotions/Feelings/Areas of Note: fear of physical survival; control; defensive; cold/closed off; money focus/troubles/instability; doubt/confusion/uncertainty, second guesses; black sheep/misfit, feels out of place; a sense of ongoing disconnection; afraid of change & new; lives in their head & makes up dramatic hypothetical stories to prove doubt; domain of conflict; pain of body & mind; time issues & delaying/postponing; alone & lonely; disappointment; judgy; criticising; unworthiness; hopeless; not good enough; embarrassed; lacking trust; resistance; feels as if something is missing; lack of courage; self hatred; rigid; opinionated; inflexible...

## OVERVIEW

Preoccupied with thoughts.

Gives excuses and reasons why not.

Focuses on what is (vs what could be).

Does not take responsibility (shrugs off her power).

Consumed with being and appearing responsible and therefore paralyzed and unable to be response-able to the moment.

Needs proof, certainty, evidence, reasons, plans, maps.

Consumed with doubt.

Powerless over Time.

Lacks inspiration; is blocked or bored.

Cannot see clearly; cannot see through chaos or illusion.

Clueless.

Flaky and unaware.

Indiscriminately rebellious.

Arbitrary Rule-breaker.

Grave. Serious.

Takes self and others too seriously.

Unmoored, so unable to be rooted in Truth because constantly rebelling against the Truth-roots.

Mired in either/or.

Always a gravity and a weight or weightiness to everything.

## ARCHETYPE VARIANTS

- Judge
- Critic
- Blind Man
- Skeptic
- Naysayer
- Devil
- Dunce
- Class Clown
- Rebel
- Teacher's Pet
- Annihilator
- Destroyer
- Void



# The Saboteur: Mind Killer

## SAYS

I don't know.

I can't see.

I can't see the way.

It makes no sense.

This is foolish/irresponsible.

I need more time.

I'll do it later. Someday.

I need more evidence, proof, knowledge, understanding, training, certification.

I don't have enough time.

I'm out of time.

There's never enough time.

I'm bored.

I'm blocked.

I have no idea.

No one understands me.

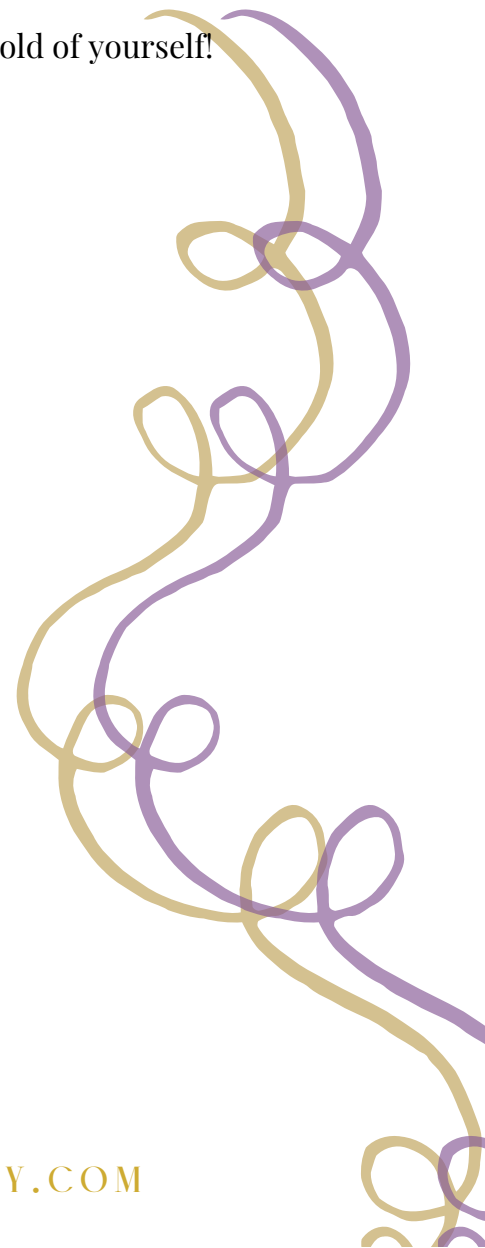
I don't know what to say.

Who do you think you are (to self), with all those messy emotions, get a hold of yourself!

Don't be so emotional.

## SYMPTOMS/CLUES

- Mentally unstable; mired in confusion & chaos (the 'BUSY' mind)
- Very intellectually bright; often brilliant
- Values own thoughts, rigid/closed minded (believes self is 'right')
- Control (freak), hates being out of control
- Beats self up for being emotional
- Highly logical
- Mentally ill
- Mind has a "mind of its own"
- Depressed
- Anxious/worried
- Always late/hurried
- Cynical/pessimistic (but says is being simply realistic)
- Gets mired in analysis paralysis
- Perfectionist
- Accused of being arrogant, judgmental know it all
- Wants everything spelled out
- Forgetful
- Flaky
- Flighty
- Unmoored



# *The Saboteur: Mind Killer*

## SYMPTOMS/CLUES CONT..

- Unhinged
- Uncontrollable/Out of control
- Unable to complete anything/bring creations to completion
- Barren
- Worry (not wonder) is your natural state
- Constantly weighing situations
- Applying and placing content into your mind and therefore weighing down your mind and your consciousness with content
- Places an extremely high value on having a good memory and remembering
- Always in a rush



# Practical Inquiry

Reflect deeply on the questions below, do this with exquisite focus & the job is done for good! Create the time & space required, commencing with a declaration FOR the Supreme Love & Wisdom; ego is a beast

& will want you to do anything but see its nothingness...

**GRAB your journal & dive deeply within; personal awareness will light the way 'home'...**

What fears have the most authority over me? List three.

What happens when a fear overtakes me? Does it make me silent?

Do I allow people to speak for me?

Do I agree to some things out of fear that I otherwise would not agree to?

Have I let creative opportunities pass me by?

How conscious am I in the moment that I am sabotaging myself?

Am I able to recognize the Saboteur in others?

Would I be able to offer others advice about how to challenge one's Saboteur? If so, what would it be?

Where and how are you demanding that everything make sense and be all laid out before you take action and follow your intuition?

Where are you refusing to know what you know?

Where and how are you resisting being or looking foolish or crazy?

Where are you demanding that your dreams, your life, your desires, your plans, be reasonable, rational or sensible?

Where are you making excuses?

Where are you procrastinating?

How often have you allowed the "chaos" of a situation to give you all the reason you need to give up and say "I just can't see a way" instead of getting creative and finding a way, no matter what?

How active is intuition in your daily life in driving your decisions and choices?

Where have you allowed setbacks or what seems like an insurmountable problem to achieving something you really cared about give you all the reason you need to say, "It just can't happen. It's just not possible."?

In what circumstances might you do these again?



# Practical Inquiry

**Strategies of the Shadow Saboteur:** Consider the following strategies and determine which are your go-to methods of sabotaging yourself, your life, and others. Rank them from 1 to 7 in order of most commonly used.

- Too many options - Plan B, C, & D
- Distraction
- Resistance
- Procrastination
- Excuses
- Drama
- Doubt

Do you use different strategies to sabotage yourself than you use to sabotage others? Explain.

Reflect on a current decision you are trying to make, and describe how you are using one or more of these strategies to avoid the decision.

Are you more likely to deliberate or be spontaneous when it comes to decisions? How is this helpful, and how is it detrimental?

When you are making decisions, are you more likely to be consistent or bring in variety?

When does this preference in decision-making style get you in trouble?

**Here is the list of shadow perspectives of the saboteur. Reflect on these:**

- Choice is about doing whatever I want
- If I just had enough money, I could do whatever I wanted
- Power for me is: control, money, status, stuff, and influence
- I seek control over my own life and over others
- There's only enough power to go around
- I'm all about success and climbing the ladder
- Empowerment is about being special
- Empowerment means I get to make my outer world however I'd like it
- Being empowered = being happy
- Only BIG choices are powerful choices
- Powerful choices are the ones that are highly visible and drastic in the material world

# Practical Inquiry

In which of these perspectives are you at the ground floor?

Have you been at the ground floor and moved above it in any of these perspectives?

Discuss at least one relationship where you vie for control more often than not.

Describe a big choice you are focused on making. (Examples are: career change, going back to school, moving, starting a business, ending or starting new relationships, growing a business, having children, etc.)

Where do you struggle for control?

Where do you wish you had more control?

## **Identify your relationship with fear of failure and fear of success.**

Are you more likely to have false humility or hubris?

How do you judge others who have the same or opposite trait?

Who do you know who is self-deprecating?

Who do you know who is arrogant at times?

Are you able to see or own these qualities in yourself?

What changes do you fear in your life?

Where are you with inner chaos when making a decision?

Who are you blaming for your choices?

What choices can you start owning?

Where do you get caught up in “if/then” scenarios?

Which scenarios are you willing to consciously stop running through your mind?

Choose one decision that you regret. Describe it in detail.

Write a prayer to forgive yourself for the mistake and move on.

What behaviours stem from this?

What deeper beliefs can you notice?

"Seek not to change the world, but choose  
to change your mind about the world."

## A Course in Miracles

*Projection makes perception. The world you see is what you gave it, nothing more than that. But though it is no more than that, it is not less. Therefore, to you it is important. It is the witness to your state of mind, the outside picture of an inward condition. As a man thinketh, so does he perceive. Therefore, seek not to change the world, but choose to change your mind about the world. Perception is a result and not a cause. And that is why order of difficulty in miracles is meaningless. Everything looked upon with vision is healed and holy.*

*Nothing perceived without it means anything. And where there is no meaning, there is chaos.*

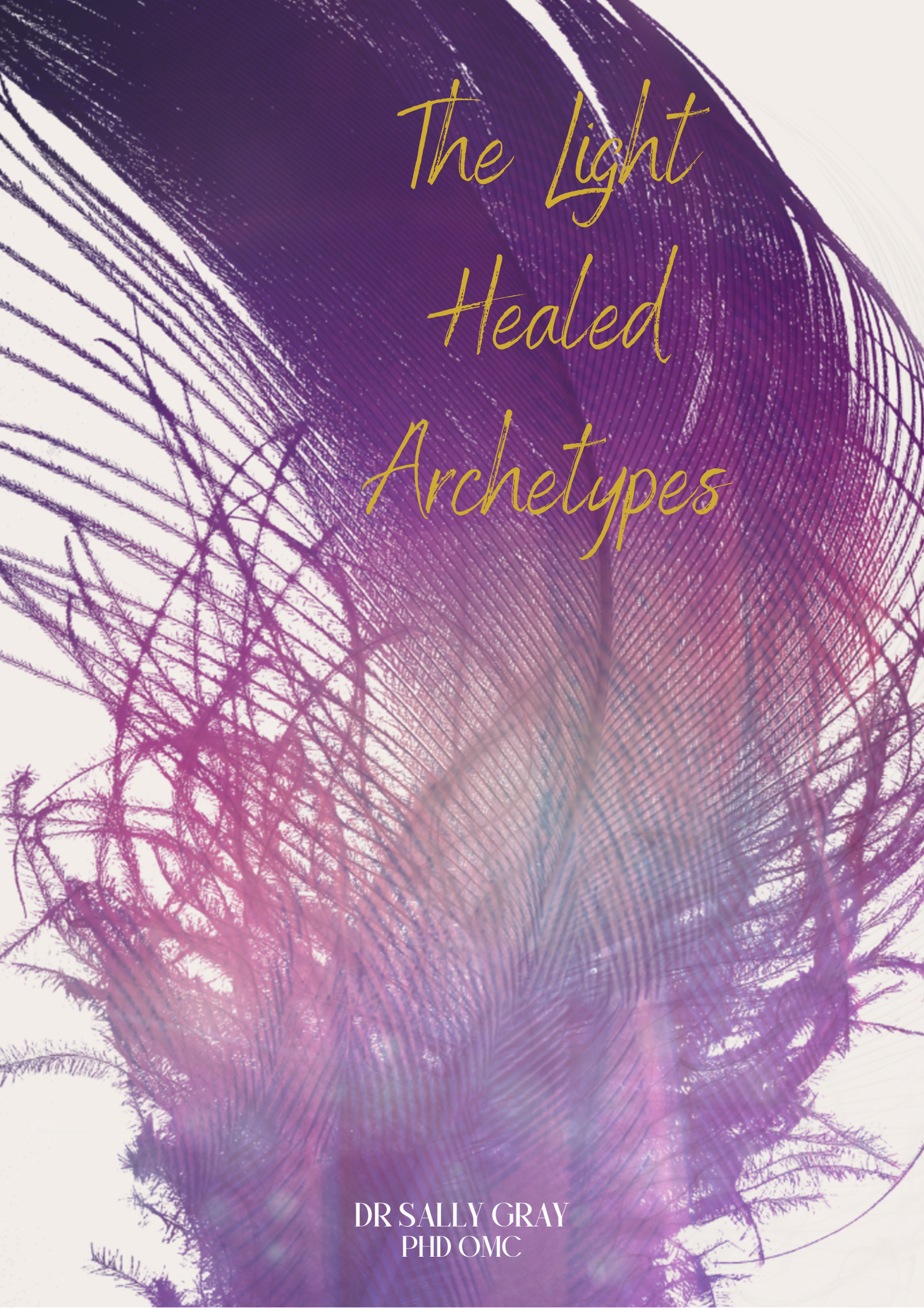
*Damnation is your judgment on yourself, and this you will project upon the world. See it as damned, and all you see is what you did to hurt the Son of God. If you behold disaster and catastrophe, you tried to crucify him. If you see holiness and hope, you joined the Will of God to set him free. There is no choice that lies between these two decisions. And you will see the witness to the choice you made, and learn from this to recognize which one you chose. The world you see but shows you how much joy you have allowed yourself to see in you, and to accept as yours. And, if this is its meaning, then the power to give it joy must lie within you.*

*(T-21.In.1:1-2:8)*

DR. SALLY GRAY







# *The Light Healed Archetypes*

DR SALLY GRAY  
PHD OMC



# *The Lover (Healed Prostitute):* *Value & Soul*

## DOMAINS OF POWER:

Love - Desire - Value/s - Worth - Sacrifice - Truth - Resurrection - Re-Birth

Common Emotions/Feelings/Areas of Note: alignment, integrity, clarity, worthy, certainty, Truth/Love, Power, trust, faith, flow, ease, effortlessness, magnetism, successful, esteemed, poised, confidence, 'luck'...

## OVERVIEW

Opinion, self-expression, desires are never for sale.

No sacrifice is too great for what he values and desires.

Acts in complete alignment with high self-worth.

Does not moderate price or stated value, no matter what.

Will make the ultimate sacrifice.

Cannot be bargained with.

## ARCHETYPE VARIANTS

- Christ on the Cross
- Jesus on the top of the mountain with the devil

## SAYS

I will afford whatever is required to be true to my self and my soul.

There is no cost, price or sacrifice too great for the expression of my truth, desires, self expression, and values.

I do not care about the approval of others and I know their approval is not the source of my safety and security.

My power lies in my total allegiance to Truth in Spirit/God, my self, my truth and my values.

This is what I value.

This is what I will afford.

I will sacrifice anything for my value, values, worth, desires, self-expression.

My opinions, beliefs, thoughts, self-expression or choices are not for sale.

I am not for sale.

I don't care how much it costs.

I value my own words and my own opinions and my own self-expression, no matter what.

I do not modulate my self-expression for anybody's approval or for my security and safety or approval from anyone.

I don't care what someone else thinks.

I value my method of self-expression and my words and my opinions.

My safety and security comes from me, not from anybody else and what they think of me.

## SYMPTOMS/CLUES

- Is in high demand.
- Is fully self expressed.
- Cannot be tempted.
- Is highly charismatic.
- Speaks clearly and directly without sugar coating or being wishy washy
- Owns their Power.
- In in absolute integrity; rare authenticity.
- Effortless manifestation.
- Carefree & relaxed.
- Happy no matter what.
- Passionate.
- Devoted.
- CLARITY of Value
- Spiritual Poise

*Love is synonymous with Truth, and truth,  
particularly when it is time to truly Awaken, hurts. Love is  
THE Primal Power of Creation & does not compromise.  
ONLY Love is Real!*



# Practical Inquiry

Reflect deeply on the questions below, do this with exquisite focus & the job is done for good! Create the time & space required, commencing with a declaration FOR the Supreme Love & Wisdom; ego is a beast

& will want you to do anything but see its nothingness...

**GRAB your journal & dive deeply within; personal awareness will light the way 'home'...**

What is important to the people around you? Notice if you've bought into other's values, stay curious & in the witness position in compassion.

Reflect deeply on whether you actually do/do not share any of these values.

What values have been of the world & thus temporal in the dream/ego?

What would your life be like today if you did not compromise your values, value, standards, desires or natural self-expressiveness?

What would be different today if you'd always spoken and lived fearlessly from these energy patterns?

Describe your Divine Values: the devotion of your Mind (list on next page)...

Which of these Divine Values are non-negotiable in order for you to feel 'safe'?

Which values are you placing out in front as non-negotiable?

Reflect on the values you just explored & notice where you are currently living in alignment with them or whether they WILL be your guiding light from this point on, realising that they will guarantee success!

What outer negotiation with another person are you struggling with right now?

How do your priorities conflict with the other person's priorities?

What is the limited resource (money, time, energy, etc.)?

What do you feel you are lacking?

When you look to the heart of the matter, what is the soul level value you are wanting to live?

Is it possible that the other person may have the same or similar value?

Can you imagine how this might be at the heart of what they are asking for?

How can you live both the value of caring for yourself and caring for them?

Are you able to let go of survival values and move into soul values, what truly matters?

Which two of your priorities are in conflict right now?

# Practical Inquiry

Where do you feel like there's no right answer?

Which of these priorities is more likely to bring your relationships security, either physically or socially? What do you think other people want you to do?

Which priority is yours and which belongs to other people?

What is really important to you?

What do you value here that isn't a "thing"?

What soul value can you focus on and align with to move forward with integrity?

What part of your life is a disappointment to you?

What didn't turn out how you expected?

Do you feel like you wasted your time, money, and/or energy?

What survival level value is your disappointment based on? (For example, you can't find a job in the field in which you got an education. In this case, the job in that specific field is what you are valuing at a survival level).

How can you reorient back to the soul value that drove your effort in the first place?

What is the soul value that you need to reconnect with and know more about? (In the above example, if you went to school because you wanted to learn how to help others heal, then you might refocus on the soul level value of service.)

# Divine Values

Acceptance Accountability Adaptability Adventurousness Advocacy Allegiance Alignment  
Altruism Ambition Assertiveness Attentive Authenticity Authority Awareness Balance  
Beauty Belonging Boldness Calmness Candor Caring Charity Cohesiveness Collaboration  
Commitment Community Companionship Compassion Congruence Connection  
Conscientious Contemplation Contentment Contribution Conviction Cooperation  
Coordination Counsel Courage Creativity Curiosity Decisiveness Dedication Delight  
Dependability Determination Detachment Devotion Dignity Diligence Diplomacy  
Discipline Discretion Diversity Dynamism Elegance Empathy Empowerment Enjoyment  
Enthusiasm Environmentalism Equality Excitement Exploration Expressiveness Faith  
Fellowship Fidelity Fitness Flexibility Fluency Focus Forgiveness Fortitude Freedom  
Friendship Fun Generosity Genuineness Glory Good Will Goodness Grace Graciousness  
Gratitude Grounded Growth Happiness Hard Work Harmony Helpfulness Holiness  
Honesty Honor Hopefulness Humanitarianism Humility Humor Imagination  
Improvement Inclusiveness Independence Ingenuity Initiative Innovation Inquisitiveness  
Insightfulness Integrity Interdependence Intuition Involvement Joy Kindness Knowledge  
Leadership Learning Legacy Listening Longevity Love Loyalty Manifestation Mastery  
Meaning Mercy Mindfulness Morality Observant Openness Opportunity Optimism  
Originality Participation Patience Peacefulness Perceptive Perfection Perseverance  
Philanthropy Piety Playfulness Present Progress Purpose Quality Quietude Relaxation  
Release Reliability Resiliency Resourcefulness Respect Responsibility Responsiveness  
Restfulness Reverence Sacrifice Savvy Selflessness Sensitivity Serenity Service Silence  
Simplicity Sincerity Solitude Spontaneity Stillness Support Sustainability Surrender  
Synergy Temperance Tolerance Trustworthiness Truth Understanding Union Uniqueness  
Usefulness Variety Virtuosity Vision Vitality Volunteerism  
Willingness Wisdom Witnessing

# The Sovereign (Healed Child): Identity & Spirit

## DOMAINS OF POWER:

Vision - Identity - Decrees - Dreams - Truth Teller

Common Emotions/Feelings/Areas of Note: joy/joyfulness; awe/wonder; humility; power; authority; confidence; influence; poise; elegance/grace; genuine; inheritance; responsibility; safety; security; certainty; confidence; visionary; taking charge; owning position as CEO of mind; determined; grit; passionate; sought out; leadership; trust in Self (the only trust there is); enthusiastic...

## OVERVIEW

Has achieved self mastery.

Takes full responsibility for making child's dreams come true.

Unconcerned with what's fair or allowed.

Has a clear vision.

Makes decisions with ease.

## ARCHETYPE VARIANTS

- Visionary
- King
- Queen
- Commander
- Ruler

## SAYS

This is my vision.

This is who I am.

This is the Truth.

This is my decree.

Nobody's actions, or thoughts have any power over my wellbeing, happiness, or sense of self, and identity.

I don't care about what's fair, because I am the source of my own power and well being.

I don't monitor how other people are behaving, or how they're treating me compared to others, because it simply has no bearing on my well being at all.

I am my own power source, no one else.

I take full ownership over my power, and its impact, and therefore I don't worry about whether others notice, don't notice, take credit, or not, because it's not actually possible for them to take from me what I don't give them.



# *The Sovereign (Healed Child): Identity & Spirit*

## SYMPTOMS/CLUES

- Joyful
- Decisive
- Authoritative
- Commanding presence
- Inspirational
- Truth teller (not of personal perception, rather Divine Truth)
- Highly respected
- Undeterred when it appears things aren't going their way. It's not about "my" way. It's about THE way
- Speaks clearly and directly without sugarcoating or being wishy washy and without manipulation
- Indifferent about what's going on on the outside; sense of self comes completely from within and is not sourced from the outside in any way
- Because they're indifferent to what's going on outside of them, they are naturally confident
- Dispassionately experiences consequences and ramifications as evidence of the strength or weakness of their decree
- Never sees failure
- Enthusiasm for life



# Practical Inquiry

Reflect deeply on the questions below, do this with exquisite focus & the job is done for good! Create the time & space required, commencing with a declaration FOR the Supreme Love & Wisdom; ego is a beast

& will want you to do anything but see its nothingness...

**GRAB your journal & dive deeply within; personal awareness will light the way 'home'...**

What would your life look like if you were to be living in self-mastery?

Where/how much time am I spending in joy? (This will tell you how active the Sovereign is in your life)

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

How would it feel to be able to live, "This is my vision. This is my truth. This is who I am," in every area of your life?

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

# *The Warrior (Healed Victim): Space & Body*

## DOMAINS OF POWER:

Boundaries - Will - Support - Limits - Resources - Space

Common Emotions/Feelings/Areas of Note: I can & will; strength; power; uncompromising Truth 'holder'; clarity; confidence; invincibility; loyalty; fearless; courage/bravery; toughness of Spirit (Poise); Transcendence; the champion; magnetic; rallies support; focused; disciplined; relentless FOR Love; activates the Magician...

## OVERVIEW

Protector/enforcer of decrees and boundaries.

Provides unconditional support for dreams.

Able to rally support for the cause.

Keeps his word.

Makes oaths and keeps them.

Resourceful.

Takes a stand for. Fights for.

High tolerance for risk.

Finds a way.

Master of space.

Keeps his word, to others and to himself. Makes decisions and sticks to them. This builds up trust, trust from others and trust in himself. Also able to trade on this currency of trust to build powerful alliances. Able to then accelerate change, because he isn't going back and forth over the same ground.

## ARCHETYPE VARIANTS

- Hero
- General
- Knight in Shining Armor
- Winner

# The Warrior (Healed Victim): Space & Body

## SAYS

I will do whatever it takes, no matter what.

I will.

I am master of space and all resources.

I create Space with ease.

I have all the space I require.

I have all the resources I require.

I am the source of all my resources.

Cash comes from me.

This is what I stand for.

This is what I am doing.

I'm risking it all.

I've got my back/your back, no matter what.

Do not cross this line.

I will not cross this line.

I am not available for...

My physical safety comes from me. I will powerfully protect myself and my space no matter what.

## SYMPTOMS/CLUES

- Willful. Stubborn. VIGILANT FOR Love
- Loyal
- Physically healthy and powerful
- Always has plenty of resources
- Feels and is seen as powerful
- Has and loves own space/plenty of space
- Is rich in every possible way
- Focused
- Disciplined
- Never gives up





# Practical Inquiry

Reflect deeply on the questions below, do this with exquisite focus & the job is done for good! Create the time & space required, commencing with a declaration FOR the Supreme Love & Wisdom; ego is a beast

& will want you to do anything but see its nothingness...

**GRAB your journal & dive deeply within; personal awareness will light the way 'home'...**

How would it feel to fight for what you value and stand up to all threats to living your truth, no matter what?

How would it feel to always do whatever it takes to rally all the support necessary to make your life reflect your most authentic and fearless self, no matter what?

What makes you excited about imagining this?

Is there anyone in your life who exhibits this aspect of warriorship in their lives?

## **Self-Esteem to Fortitude:**

How do you build your self-esteem?

When/where do you base it on outside factors, beyond your control, and when/where do you build self-esteem from within?

How has this changed throughout your life?

Where do you run into trouble deciding how much self-esteem is the right amount?

## **Self-Compassion:**

Self-Kindness Letter - Write a letter to yourself from a friend saying everything you wish she would say about a struggle you're experiencing. (It is helpful to have a specific person in mind).

What help would she intuitively offer you without you asking?

How could she anticipate what would be best for you at this time?

What would you like her to say about what you're going through?

What would the perfect words be?

How much of what you want from your friend are you doing for yourself?

# Practical Inquiry

How well are you anticipating what you need?

Are you giving yourself the nurturing you need?

Common Humanity Do you know anyone who is struggling with a similar trauma?

If you don't know anyone personally, who have you seen in movies, TV, books, or stories that you relate to?

What historical figures (saints, martyrs, mystics, etc.) inspire you?

Remind yourself that you are not special. This hurt didn't single you out. You're not alone. If you can, find someone to talk about this trauma with that understands what you are going through.

*Forgiveness Prayers:*

*Quantum Forgiveness is KEY!*

*to then*

*FLY in Divine "Prayer"*

*Unbridled God Consciousness*

# *The Magician (Healed Saboteur): Time & Mind*

## DOMAINS OF POWER:

Time - Reality - Intuition - Knowing - Certainty - Magic

Common Emotions/Feelings/Areas of Note: Magical; Miracles; Genius; God; manifestation; Spiritual Transformation & Transcendence; supernatural; aligned Power; creativity; Divine messengers; expansion; pioneers; the unknown zone; alchemy; power; intuition; inspiration; Divine knowing & knowledge 'keeper'; Spiritual intelligence; Awakening; mastery of time; presence; timeless; thoughtful; reflective; contemplative; healing; the power to create; channel for God...

## OVERVIEW

Master of what is and therefore of what will be.

Sees through illusion and chaos.

Takes responsibility for what is (knows he created it) and can therefore create what “is not.”

Completely willing to appear foolish or do things that “make no sense” to himself or anyone else (because he knows this is what creates magic).

Not concerned with being or appearing “responsible” and therefore able to be truly response-able.

Does not need proof, certainty, evidence, plans, maps, reason or time in order to act.

Knows what he knows and knows that he knows what he knows.

Understands the “clues” hidden in “reality.” Alert to the hidden meaning.

Has mastered the rules and laws and can break them to create magic.

Has learned how to energetically “fly.” Is not weighed down by the prevailing illusions of consciousness and beliefs about “reality.”

Light hearted.

Delightful sense of humor. Does not take life too seriously.

Doesn't need everything spelled out and therefore able to cast spells.

Knows magic is in the both/and.

Creates Time.

Always a lightness and lightheartedness to everything. This doesn't mean downplaying the import of a situation. It means coming to situations with the precise balance of gravity and light, of weight and weightlessness, of seriousness and humour. This is what makes magic.



# The Magician (Healed Saboteur): Time & Mind

## ARCHETYPE VARIANTS

- Sage
- Shaman
- Holy Man/Woman
- Sphinx
- Wise Man/Woman
- Magi
- Elder
- Prophet
- Wizard
- Alchemist
- Fool
- Jester
- Seer
- Sphinx
- Fortune Teller
- Magi
- Joker
- Prankster
- Loki
- Inventors
- Detective
- Private eye
- Teacher
- Master
- Creatrix
- Priest
- Mad Scientist
- Professions
- Entertainers
- Artists

## SAYS

I know what I know.

I know that I know what I know.

This is what will be.

I am Master of Time. Time comes from me.

I am certain.

This happens now.

I don't care how silly/foolish/irresponsible this looks/feels.

I don't have to see how it will all work out.

This is my message. This is what I have to say. I know exactly what to say and exactly when to say it.

## SYMPTOMS/CLUES

- Is certain
- Grounded and graceful
- Controlled with precision and grace
- Brings creations to completion
- Lives a magical, blessed life
- Anxiety-free
- Mentally healthy and powerful
- Wonder (not worry) is your natural state
- You have 'amnesia' because there's no content in your mind; your mind is an open, empty channel for the superconscious to drop content in and through, in and through, in and through, in and through



# Practical Inquiry

Reflect deeply on the questions below, do this with exquisite focus & the job is done for good! Create the time & space required, commencing with a declaration FOR the Supreme Love & Wisdom; ego is a beast

& will want you to do anything but see its nothingness...

**GRAB your journal & dive deeply within; personal awareness will light the way 'home'...**

What could your life be like if you had followed your inner guidance and truth, no matter what?

What would it be like if you started doing that now?

What would it feel like if you woke every day feeling inspired and completely capable of creating your dream life?

What would your life be like today if, when faced with incredible challenges on the way to getting what you really wanted, you doubled down, refused to let the apparent chaos distract you and instead decided to get massively creative about overcoming the setback?

What would be different today if, for most of your life you said in response to challenges, "I see the way through. It is possible. I'm going to see this through."?

Can you imagine following your intuition even if it went against your rational, logical mind? If so, why? If not, why not? (If you're struggling with seeing intuition as a relevant way of living life, consider that eminent thinkers and business moguls like Einstein and Steve Jobs say that following their intuition is the most important thing they did and the reason for their success.)

*"This secret knowledge, of course, gives the magician an enormous amount of power. And because he has knowledge of the dynamics of energy flows and patterns in nature, in human individuals and societies, and among the gods—the deep unconscious forces—he is a master at containing and channeling power."*



# Thank You!

## You're Not Alone!

You're already a Divine winner!

You've done what so few do to walk toward Truth, to expose the obstacles merely of mind which prevent Grace from being 'seen'.

It takes VIGILANCE for Love to be known in experience & I can save you time, probably lifetimes!

Ego is one 'serious' opponent & if you want to guarantee a life in joy then you need a 'team' of mighty companions to stand with you as you as you 'do' the only work that matters; removing the obstacles to your inherent Greatness & Magnitude!

You're invited to join "Satsang" where you'll free your Self & anchor in Peace & then join me to SOAR in God Consciousness...

*Sally Gray x*

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# SATSANG

YOU are all you've been seeking,  
unleash the guru within &  
abide in the *Peace of Being in Oneness*

DR SALLY GRAY OMC

*Ready To Awaken to love?*

**BE SELF-REALIZED & KNOW THE HOLY GRAIL**

The unparalleled 'container' of transformation. This is the pre-eminent space for UN-doing the existential limitation of human thinking to restore Divine Order & Transcend into the Truth of Eternal, Limitless Power in the Highest Love.  
The Truth which guarantees Success & Joy!

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# Client Love



## SONIA TREMBLAY

Where I thought life was against me, I know now that the Universe is always conspiring for me, that I am held in this always expanding incubator of Perfect Love and Peace. Where I felt alone and broken, I now feel connected, held in Love unconditionally with God, not the God of Religion but This undeniable Universal Life Force. my Faith and Trust in this Divine Perfectness is so strong now.

## DEB BRICE

I honestly feel , for the FIRST TIME, ready to toss this 'time' nonsense out the window and step into the peace that is waiting right now for me. So I am keeping this door open, now you have helped me open it, as I am done done done with contraction and pushing, driven from a sense of anxiety from believing I am unforgivable.



## SALLY HIBBS

I have NEVER felt this calm & at peace, or felt such a sense of space between myself and the physical world. I seem to have all the time in the world to do what I need to do. I no longer feel permanently annoyed my connection with my children has gone next-level, I am SO much more present. THANK YOU!



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