

SHADOW

ALCHEMY



B A S I C S

ENTER THE EXIT ROOM
PROJECT - 2023



SHADOW ALCHEMY: DEFINED

SHADOW IS SOMETHING THAT YOU COULD EASILY DEFINE AS ANYTHING THAT IS 'NOT GOOD FOR YOU'...AND STANDS AGAINST EVERYTHING THAT YOU **VALUE**. THIS WOULD INCLUDE ALL OF YOUR BAD HABITS, NEGATIVE THOUGHTS, AND SELF-DESTRUCTIVE CORE BELIEFS THAT DO NOT SERVE YOU ON ANY LEVEL THAT YOU TRULY DESIRE. TYPICALLY, WE ARE PAINFULLY AWARE OF ALL OF THESE THINGS IN OUR LIVES AND WE CARRY A SENSE OF 'COGNITIVE DISSONANCE'...WHERE **WE KNOW** WE DON'T LIKE WHAT WE ARE DOING TO OURSELVES, BUT WE CONTINUE BECAUSE IN SOME WEIRD WAY IT FEELS SAFER THAN THE ALTERNATIVE.

NOT ONLY THAT, BUT THE RELATIONSHIPS, CAREER MOVES, AND HOBBIES THAT WE PICK UP, THAT HAVE NOTHING TO DO WITH WHAT WE LOVE, AND EVERYTHING TO DO WITH FILLING AND UNFILLABLE VOID, OR CONVINCING OTHER PEOPLE TO ACCEPT US, ALSO FALLS UNDER THE DEFINITION OF SHADOW.

IT MAY SEEM A LITTLE BIT ON THE RIDICULOUS SIDE THAT SHADOW COMES WITH SUCH A LARGE AND BROAD SPECTRUM OF A DEFINITION IN THESE LESSONS.

BUT AS YOU'LL FIND OUT, SHADOW IS COMPRISED OF ALL OF THE **COLLECTIVE CONSCIOUSNESS THAT HAS BEEN PROGRAMMED INTO YOU** OVER THE YEARS OF YOUR EXISTENCE.

SHADOW IS ALL THE REASONS THAT YOU FEEL ANGER AT THE MOST INOPPORTUNE MOMENTS OF YOUR LIFE.


SHADOW IS THE REASON THAT YOU RUMINATE ON PAST TRAUMAS AND THE REASON YOU GET TRIGGERED WHEN YOU ARE IN A PLACE WHERE YOU SHOULD BE FEELING COMFORTABLE.

IT IS THE SOURCE OF YOUR GUILT, YOUR SHAME, AND YOUR LOW SELF-ESTEEM.

IT WOULD BE NEARLY IMPOSSIBLE TO PINPOINT EVERY WHICH WAY THAT SHADOW HAS SHOWN UP IN YOUR LIFE UP TO THIS POINT.



ALCHEMY IN THE MOST SIMPLE TERMS BOILS DOWN TO
TRANSFORMATION. IN MEDIEVAL TIMES, IT WAS
SOMETHING THAT WOULD HAVE BEEN CONSIDERED IN
MAGIC, OR EVEN A PREDECESSOR TO SCIENCE, AS THE
TRANSFORMATION OF ONE TYPE OF MATTER INTO ANOTHER
MORE VALUABLE TYPE OF MATTER.



THAT BEING SAID, **SHADOW ALCHEMY** IS SIMPLY THE
PROCESS OF TAKING EVERYTHING THAT YOU IDENTIFY AS
SHADOW IN YOUR OWN LIFE AND ALCHEMIZING
(TRANSFORMING) THAT WHICH IS DARK...INTO LIGHT.

I WANT TO ACKNOWLEDGE THE FACT THAT THIS IS
ALREADY BEGINNING TO SOUND A LITTLE BIT FICTIONAL
AND STORY-BASED.

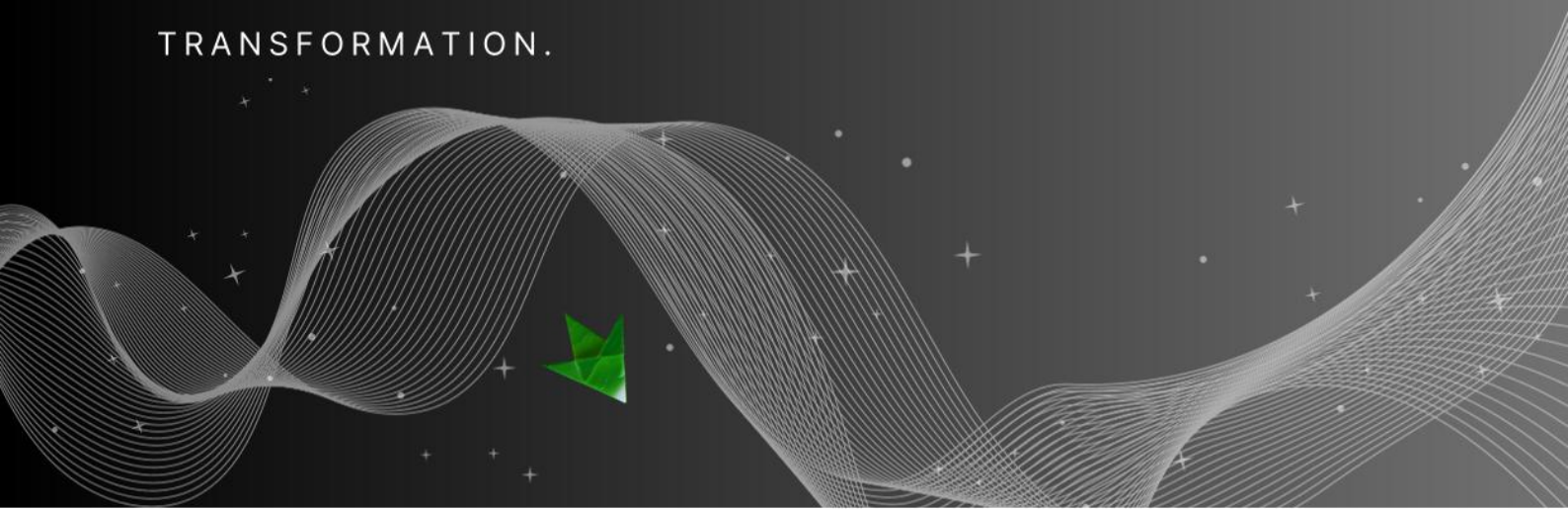
FAIR ENOUGH.

BUT THIS IS ALSO WHY IT LANDS THE BEST WITH PEOPLE
IN GENERAL. AS A CULTURE, WE SHARE **WHAT WE BELIEVE**
AND WHAT WE FEEL THROUGH STORY...AND IN THIS
SITUATION, WHAT YOU ARE TRYING TO DO IS TRANSFORM
THE WORST PARTS OF YOUR STORY INTO THE GREATEST
OF YOUR FUTURE SUCCESS.

YOU WANT TO REMAIN AWARE THAT SHADOW IS NOT SOMETHING THAT IS MEANT TO BE DESTROYED OR REMOVED LIKE A CANCER. **SHADOW IS ENERGY**. ANYONE WITH A HALFWAY DECENT BRAIN IN THEIR HEAD WOULD UNDERSTAND THAT ENERGY IS ONLY MEANT TO BE USED...THERE IS NO DESTROYING IT...THIS IS NOT A SCENARIO OF GOOD VERSUS EVIL. THIS IS SIMPLY A REALLOCATION AND BETTER USE OF RESOURCES THAT HAVE BEEN AVAILABLE TO YOU YOUR ENTIRE LIFE.

PART OF THIS PROCESS IS COMING TO TERMS WITH THE FACT THAT **YOU HAVE BEEN CHOOSING HOW TO USE THIS ENERGY**. AND UNFORTUNATELY, YOU MOST LIKELY FIND YOURSELF HERE BECAUSE YOU HAVE BEEN USING IT IN A WAY THAT IS SELF-DESTRUCTIVE AS OPPOSED TO SELF-EXPANDING.

THE GOOD NEWS IS YOU NO LONGER ARE ALLOWED TO SELF-TORTURE FOR YOUR PAST 'FUCK UPS'. THOSE ARE ENERGY, TOO. THEY ARE FUEL (ENERGY) FOR YOUR TRANSFORMATION.

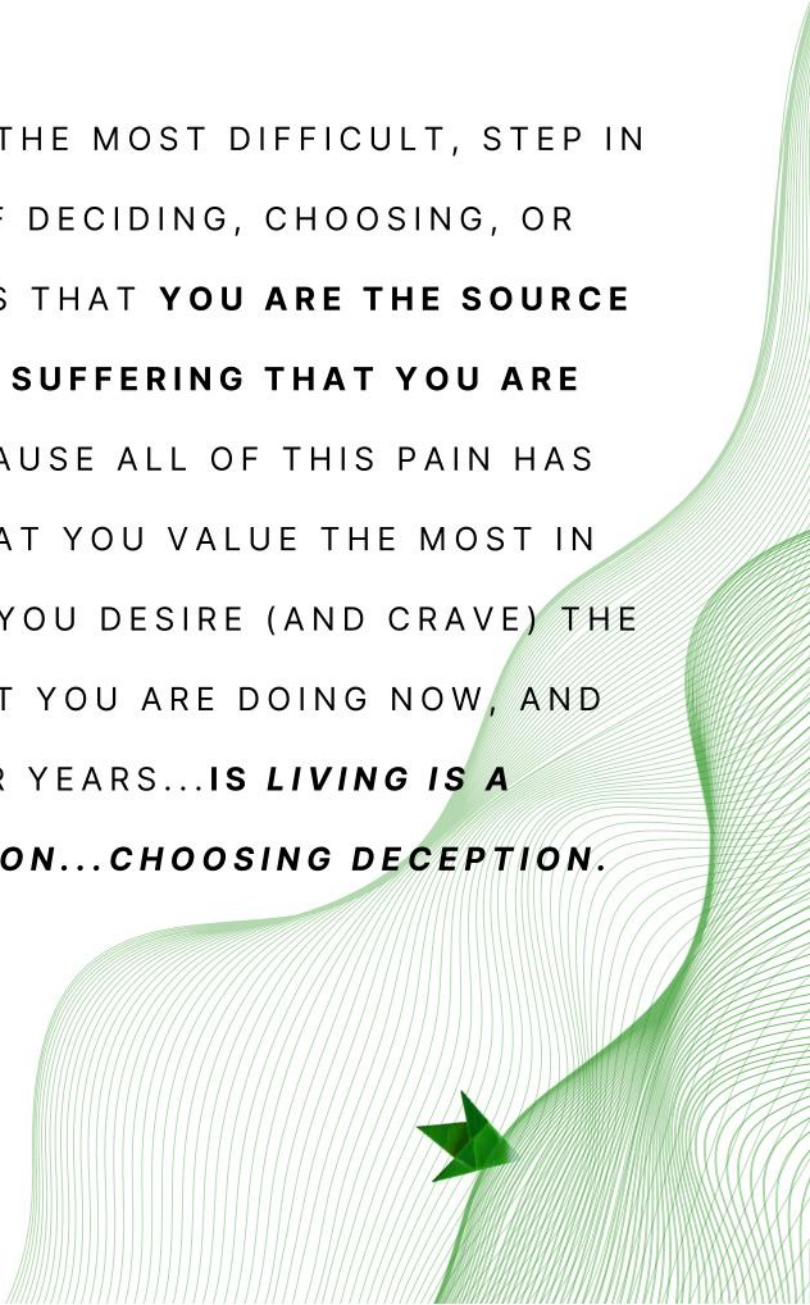


THE PROCESS

NOW THAT WE KNOW GENERALLY WHAT NEEDS TO BE DONE, IT'S ONLY A MATTER OF **HOW** IT IS DONE. THIS IS GOING TO BE A QUICK OVERVIEW OF THE PROCESS OF SHADOW ALCHEMY.

BUT THERE WILL BE A SEPARATE SECTION (TOOLS) WHERE YOU CAN FOLLOW ALONG MORE IN SIMPLICITY WITH THE STEPS OF SHADOW ALCHEMY AND APPLY IT TO YOUR LIFE.

THE **FIRST**, AND TYPICALLY THE MOST DIFFICULT, STEP IN THE PROCESS IS THAT OF DECIDING, CHOOSING, OR SUBMITTING TO THE IDEA IS THAT **YOU ARE THE SOURCE OF ALL OF THE PAIN AND SUFFERING THAT YOU ARE EXPERIENCING**...AND BECAUSE ALL OF THIS PAIN HAS NOTHING TO DO WITH WHAT YOU VALUE THE MOST IN LIFE, OR THE THINGS THAT YOU DESIRE (AND CRAVE) THE MOST IN YOUR LIFE...WHAT YOU ARE DOING NOW, AND HAVE BEEN DOING FOR YEARS...**IS LIVING IS A LIE...CONSUMING AN ILLUSION...CHOOSING DECEPTION.**





OF COURSE IT STARTS WITH A CHOICE.

HAS IT EVER BEEN ANYTHING ELSE?

SOMETIMES THE CHOICE IS ADMITTING THE TRUTH ABOUT
HOW YOU HAVE BEEN CHOOSING THE LIFE YOU ARE
LIVING...EVEN IF IT WASN'T OBVIOUS AT THE TIME.

THE CHOICE IS NOT ABOUT WHAT YOU THINK IS TRUE OR
UNTRUE IN THE MOMENT, BUT IT IS ABOUT WHERE YOUR
LOYALTY LIES. DOES YOUR LOYALTY LIE IN THE WAY YOUR
LIFE IS FALLING APART AS IT IS RIGHT NOW? OR DOES
YOUR LOYALTY LIE IN THE HIGHEST VALUES AND
SITUATIONS OF LIFE THAT YOU DREAM OF?

SO MAYBE, IN THE BEGINNING, IT'S NOT NECESSARILY
ABOUT CONVINCING YOURSELF ABOUT WHAT IS TRUE OR
UNTRUE.

MORE LIKELY, IT'S ABOUT LOOKING AT THE PARTS OF YOUR
LIFE THAT YOU ARE FUCKING SICK OF...AND **SHIFTING**
YOUR LOYALTY TO EVERYTHING THAT'S SERVES YOU AND
PLACES YOU IN POWER.

SO CHOOSE NOW. YOUR TRIGGERS ARE LIES.



THE **NEXT** THING THAT YOU'RE GOING TO BE DOING IS
HAVING A CONVERSATION WITH YOURSELF ABOUT WHAT
THOSE LIES ACTUALLY ARE.

REMEMBER THAT YOU MADE A COMMITMENT TO YOURSELF
AND YOU HAVE SWITCHED YOUR LOYALTY TO THE TRUTH
OF WHO YOU REALLY ARE AND DREAM TO BE.

SO NOW IT'S TIME TO LET THAT TRIGGER TALK. THIS IS
THE MOMENT TO VENT. WHO AND/OR WHAT IS IT THAT
UPSET YOU? WHAT HAPPENED? WHAT WAS SAID?

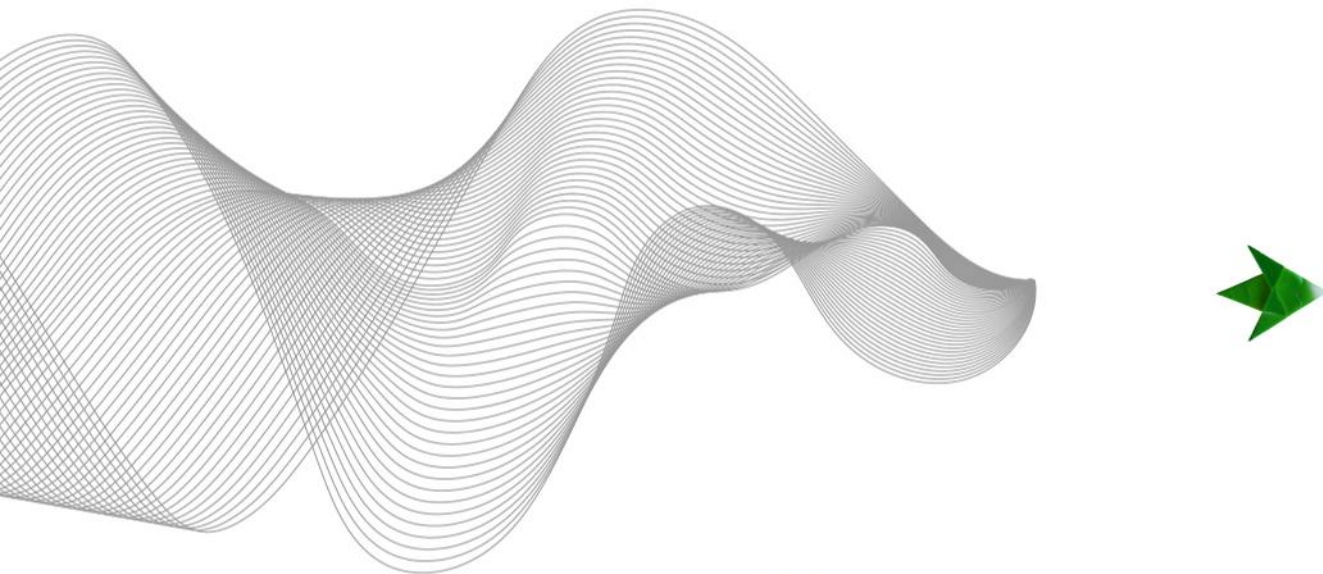
IT'S REALLY IMPORTANT THAT YOU ARE SPECIFIC ABOUT
WHAT IT IS THAT HAS PISSSED YOU OFF OR LEFT YOU
DEPRESSED.

GENERAL IDEAS ARE OKAY, HOWEVER, THEY ARE
INFINITELY LESS EFFECTIVE THAN REALLY DIALING IT
DOWN TO SOMETHING IN THE MOMENT THAT HAS UPSET
YOU.

IF YOU ARE RESPONDING TO SOMETHING THAT HAS UPSET
YOU IN THE VERY MOMENT, THIS MEANS THAT YOU CAN
DIAL IT IN TO YOUR CORE BELIEFS AND YOUR TRAUMAS.



THIS MEANS YOU CAN HAVE A MORE CLEAR IDEA OF **WHY**
IT IS THAT YOU ARE BECOMING TRIGGERED WHICH IS
GOING TO BE EXTREMELY IMPORTANT FOR YOU TO
ACTUALLY MAKE IT THROUGH THIS ALCHEMIZATION
PROCESS.



NOW.

WE NEED TO UNDERSTAND THAT EVERY TRIGGER THAT WE
EXPERIENCE COMES FROM AN ARCHETYPE. AN **ARCHETYPE**
IS BASICALLY **A CHARACTER PLAYING A ROLE** FROM OUR
PRE-PROGRAMMED SUBCONSCIOUS.

THINK ABOUT ALL THE ROLES THAT YOU SEE IN TV,
MOVIES, MUSIC, AND ALL THE DIFFERENT KINDS OF
ENTERTAINMENT MEDIUMS THAT TELL A STORY.

(YOU'VE BEEN GETTING PROGRAMMED FOR A LONG TIME.)

JUST TO KEEP IT SIMPLE, THINK OF THE **MOTHER AND
FATHER** ARCHETYPES.

I'M SURE YOU CAN GO BACK IN TIME, IN YOUR MIND, AND
THINK OF THE MANY DIFFERENT MOVIES ANIMATED...OR
ACTED OUT BY SOME OF YOUR FAVORITE
CELEBRITIES...AND VERY EASILY COME UP WITH THE
LIKENESS AND PERSONALITY OF A MOTHER AND FATHER
ARCHETYPE.

YOU COULD EASILY THINK OF TRAITS THEY ALL HAVE IN
COMMON.



YOU COULD EVEN IMAGINE A CERTAIN TONE OF VOICE OR
HOW THEY MIGHT PHYSICALLY MOVE.

THIS IS WHAT MAKES ARCHETYPES SO POWERFUL.

WE CAN DEEPLY ENVISION WHAT EACH ARCHETYPE IS LIKE
AND ALMOST EMBODY IT.

IF I TOLD YOU TO SAY SOMETHING A GRUMPY DAD MIGHT
SAY, OR SOMETHING A CONCERNED MOTHER WOULD
BLURT OUT...IT MIGHT TAKE A MINUTE AT MOST TO THINK
OF SOMETHING EVERYONE WOULD IMMEDIATELY GET.

SO, IN THIS PROCESS...WE USE ARCHETYPES THAT
EMBODY **PEOPLE WE KNOW AND RECOGNIZE** IN THE
COLLECTIVE CONSCIOUSNESS OF THE WORLD.

SUCH AS THE **HERO** ARCHETYPE.

THERE IS LITERALLY NO CULTURE ANYWHERE IN THE
WORLD THAT DOES NOT HAVE SOMEONE THAT HAS BEEN
PROPED UP BY SOCIETY AS A HERO TO BE LOOKED UP TO.

REAL OR IMAGINED...I'M SURE YOU'RE ABLE TO THINK OF A
HERO RIGHT NOW.

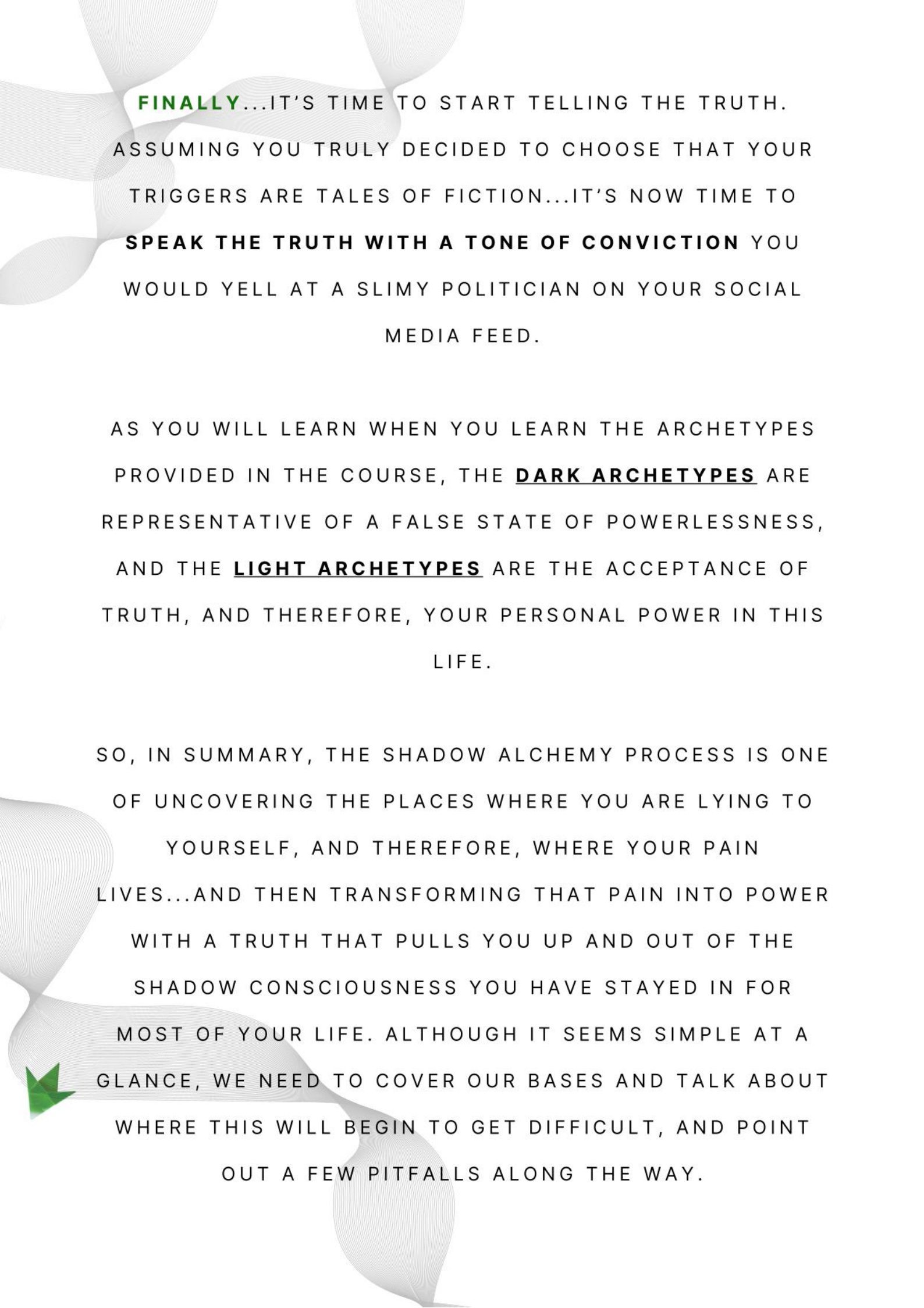
ALTHOUGH WE WON'T GET INTO IT RIGHT AWAY, THE MAIN
CORE OF THIS STEP IS TO **IDENTIFY THE ARCHETYPE(S)**
THAT YOUR TRIGGER IS ATTACHED TO.

SOMETIMES IT'S JUST ONE...SOMETIMES IT'S MULTIPLE.

**BUT ANYTIME YOU ARE TRIGGERED ON EVEN THE MOST
MINUTE LEVEL, IT IS OF AN ARCHETYPE THAT IDENTIFIES
WITH SHADOW CONSCIOUSNESS.**



(TAKE A LOOK AT THE ARCHETYPE FILES INCLUDED IN THE
EXIT ROOM PROJECT COURSES SECTION.)



FINALLY...IT'S TIME TO START TELLING THE TRUTH.
ASSUMING YOU TRULY DECIDED TO CHOOSE THAT YOUR
TRIGGERS ARE TALES OF FICTION...IT'S NOW TIME TO
SPEAK THE TRUTH WITH A TONE OF CONVICTION YOU
WOULD YELL AT A SLIMY POLITICIAN ON YOUR SOCIAL
MEDIA FEED.

AS YOU WILL LEARN WHEN YOU LEARN THE ARCHETYPES
PROVIDED IN THE COURSE, THE **DARK ARCHETYPES** ARE
REPRESENTATIVE OF A FALSE STATE OF POWERLESSNESS,
AND THE **LIGHT ARCHETYPES** ARE THE ACCEPTANCE OF
TRUTH, AND THEREFORE, YOUR PERSONAL POWER IN THIS
LIFE.

SO, IN SUMMARY, THE SHADOW ALCHEMY PROCESS IS ONE
OF UNCOVERING THE PLACES WHERE YOU ARE LYING TO
YOURSELF, AND THEREFORE, WHERE YOUR PAIN
LIVES...AND THEN TRANSFORMING THAT PAIN INTO POWER
WITH A TRUTH THAT PULLS YOU UP AND OUT OF THE
SHADOW CONSCIOUSNESS YOU HAVE STAYED IN FOR
MOST OF YOUR LIFE. ALTHOUGH IT SEEMS SIMPLE AT A
GLANCE, WE NEED TO COVER OUR BASES AND TALK ABOUT
WHERE THIS WILL BEGIN TO GET DIFFICULT, AND POINT
OUT A FEW PITFALLS ALONG THE WAY.



SHADOW ALCHEMY: PREREQUISITES

TO BE PERFECTLY CLEAR, SHADOW ALCHEMY IS NOT YOUR
TYPICAL FEEL GOOD PROCESSING TOOL. WHEN WE
PRACTICE SHADOW ALCHEMY, THIS IS NOT SOMETHING
THAT WE PUT OFF TILL LATER. WE DON'T DO THINGS LIKE
'PRAY ON IT', OR 'MEDITATE ON IT', OR 'SLEEP ON IT'.

**THIS IS AN ACTIVE PROCESS BECAUSE OUR TRIGGERS ARE
ACTIVE.**

OUR TRIGGERS DO NOT WAIT FOR THE RIGHT TIME FOR US
TO FEEL THEM. OUR TRIGGERS DO NOT SEEK OUR
PERMISSION TO SHOW UP OR NOT.

THEY JUST SHOW UP.

SO YOU MUST UNDERSTAND THAT WE ALCHEMIZE OUR
SHADOWS **AS THEY SHOW UP**. IF THERE IS A HOUSE FIRE,
WE DON'T CASUALLY GLANCE AT IT AND DECIDE TO DEAL
WITH IT A FEW MINUTES LATER. THIS IS AN
EMERGENCY...AND WE DEAL WITH IT RIGHT FUCKING NOW.



IF YOU ARE TRULY SERIOUS ABOUT REMOVING ALL OF
THE TRIGGERS AND PAIN POINTS THAT PLAGUE YOU ON A
REGULAR BASIS, THEN YOU HAVE TO ALCHEMIZE EACH
TRIGGER **AS IT COMES UP.**

THIS IS ACTIVE SUBCONSCIOUS TRAINING. YOU CAN DO IT
AS A MORNING EXERCISE. YOU CAN TRY AND CREATE
SOME KIND OF PREDICTABLE STRUCTURE AROUND IT. BUT
THAT IS NOT THE NATURE OF TRIGGERS AND SHADOW.

SO IT'S VITAL THAT YOU ARE ABLE TO TRANSFORM YOUR
SHADOW AS IT SHOWS UP. YOU ARE SHOWING YOURSELF
THE TRUTH HERE. THE TRUTH IS THAT YOU ARE IN POWER.
THE TRUTH IS NOTHING HAS POWER OVER YOU. THE
TRUTH IS NO ONE HAS POWER OVER YOU.

THE TRUTH IS NOT CONVENIENT, NOR IS IT ALWAYS
COMFORTABLE. BUT BEING IN POWER IS NOT A POSITION
OF COMFORT.

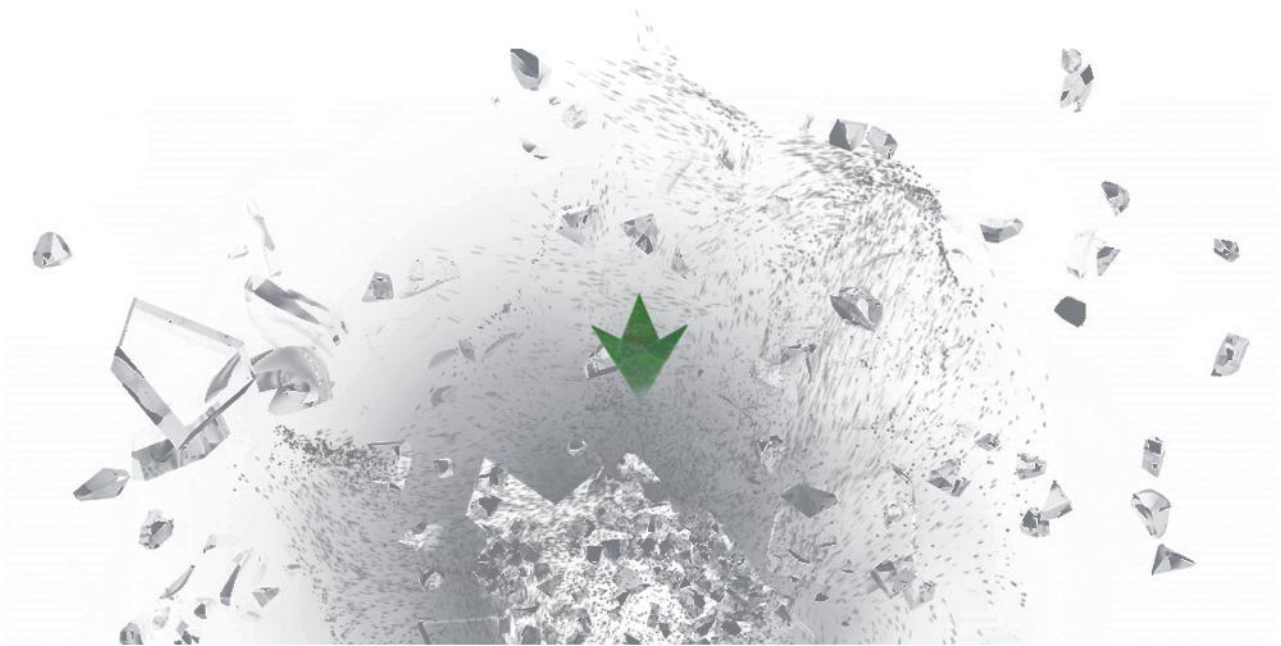
POWER IS
INTENSE...EXCITING...EXHILARATING...TERRIFYING...
INTIMIDATING...RISKY...ROCKY...
AND EVERYTHING YOU'VE EVER WANTED.

POWER ALCHEMY: ACTION OVER ANXIETY

IT MAY BE A LITTLE BIT LATE TO BE MENTIONING THIS,
BUT THE ENTIRE REASON THAT WE DO ANY OF THIS WORK
IS **PURELY TO ALCHEMIZE YOUR SHADOW**...OR IN OTHER
WORDS...TO STEP INTO YOUR POWER.

YOU MAY HAVE COME INTO THIS PROGRAM BECAUSE YOU
THINK THAT THERE'S A MISSION TO MAKE MORE MONEY,
OR TO BE A BETTER PERSON, OR MAYBE TO WORK ON
YOUR RELATIONSHIPS, OR POSSIBLY TO GET BACK IN
SHAPE.

BUT MAKE NO MISTAKE...YOU ARE HERE FOR POWER.





THE ABSOLUTE **FASTEST AND MOST POWERFUL WAY TO ALCHEMIZE YOUR SHADOW** AND FEEL A RUSH OF POWER AND EXCITEMENT IN YOUR OWN LIFE, IS SPECIFICALLY TAKING ACTION THAT **MAKES YOU FEEL FEAR.**

THERE HAVE BEEN MANY MOMENTS IN YOUR LIFE UP TO NOW WHERE YOU HAD A GUT FEELING ABOUT TALKING TO A SPECIFIC PERSON OR TAKING A SPECIFIC ACTION. THE NEXT THING YOU FELT WAS A **RUSH OF FEAR**...AND IN ORDER TO CALM THAT FEAR...YOU FED YOURSELF SOME KIND OF BULLSHIT EXCUSE (OR DISTRACTION) SO YOU DID NOT HAVE TO TAKE ACTION.

YOU HAD AN OPPORTUNITY TO CLAIM YOUR POWER...AND YOU FUCKING TOSSED IT OUT THE WINDOW.

YOU CHOSE THE LIE ONCE AGAIN.

IF YOUR GOAL IS TO ALCHEMIZE YOUR SHADOW...

THIS CAN NO LONGER BE ACCEPTABLE.

I REPEAT.

YOU ARE HERE TO EXPERIENCE **REAL POWER**.

NOT POLITICAL POWER.

NOT POWER OVER OTHER PEOPLE.

NOT THE POWER YOU GET FROM LYING TO OTHER PEOPLE
ABOUT FABRICATED SUCCESS.

NOT A DESPERATE NEED FOR CONTROL OVER A SITUATION.

NOT CONTROL BY EMOTIONAL MANIPULATION.

NOT THE POWER YOU THINK YOU GET BY PRETENDING YOU
ARE WEAK AND UNABLE.

NOT THE POWER YOU GET FROM TAP DANCING AND
PEOPLE PLEASING.

I'M TALKING...

REAL. FUCKING. POWER.



OBNOXIOUSNESS ASIDE...

YOU'RE IMPORTANT.

BY DIVINE CHOOSING?

I'LL NEVER KNOW FOR SURE...

BUT BY CHOICE IS A PREFERABLE ALTERNATIVE.

SO, STARTING TODAY, YOU DO THINGS YOU'RE AFRAID OF.

I'M NOT TALKING ABOUT DOING BACK FLIPS.

**BUT IT'S TIME TO START TALKING TO PEOPLE YOU DON'T
KNOW, DOING THINGS YOU'RE ANXIOUS TO DO, TAKING
RISKS THAT REALLY AREN'T THAT RISKY.**

YOU **KNOW** THEY AREN'T THAT RISKY...

BUT YOU FEAR THEM LIKE A LIFE OR DEATH SITUATION.

"BEING A TACO IS THE BEST KIND OF BURRITO."

I WROTE THAT RANDOMLY FOR FUN AND ALMOST DELETED
IT...**BUT I DIDN'T.**

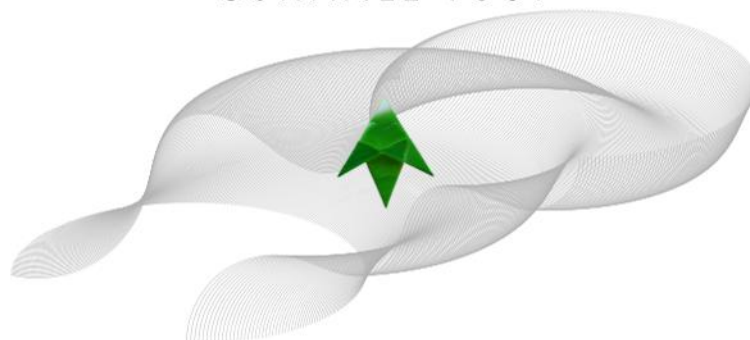
AND THAT'S...

REAL. FUCKING. POWER.

L.O.L.

TO SUMMARIZE, **YOUR ONLY REAL DESIRE** HERE IS TO
BECOME 100% 'YOURSELF'. A CLEAR CHANNEL FOR
CREATION. THE **HERO** CHARACTER OF YOUR OWN STORY
THAT IS **WILLING TO TAKE ON RISK** AND **STEP INTO THE**
UNKNOWN BECAUSE YOU HAVE BECOME DISEASE RIDDEN
WITH YOUR OWN ~~ILLUSION~~ AND ~~VICTIM~~ MENTALITY ON
REPEAT. YOU'VE KNOWN THIS FOR A LONG TIME. NOW
YOU'RE STANDING AT THE GATES OF YOUR OWN FREEDOM
AND IT'S GOING TO BE UP TO YOU TO WALK THROUGH. TO
BEGIN TO HAVE AN INTIMATE RELATIONSHIP WITH YOUR
TRIGGERS AND THE TRUTH ABOUT WHAT THEY ACTUALLY
MEAN. TO TAKE INITIATIVE AND DO THINGS NOT BECAUSE
YOU PUT THEM ON A CHECK LIST, BUT BECAUSE THEY
SCARE THE FUCKING SHIT OUT OF YOU, AND IT'S TIME TO
PROVE TO YOUR SUBCONSCIOUS THAT **YOU ARE IN**
ABSOLUTE AND UNDENIABLE POWER. ALL THE DESIRES
YOU THINK YOU HAVE ARE, IN REALITY, SECONDARY. YOU
DON'T WANT THE HOUSE OR THE CAR OR THE
RELATIONSHIP OR THE STATUS SYMBOLS...YOU WANT TO
TRANSFORM INTO THE KIND OF PERSON THAT CAN GET
ALL THOSE THINGS AT YOUR OWN WILL.

SO...WILL YOU?



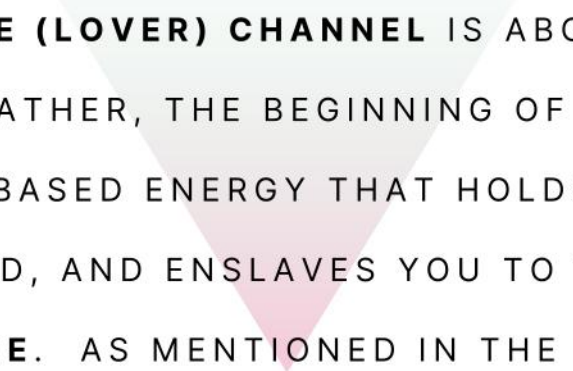
SHADOW

ALCHEMY



P R O S T I T U T E
&
L O V E R
A R C H E T Y P E S

ENTER THE EXIT ROOM
PROJECT - 2023



THE **PROSTITUTE (LOVER) CHANNEL** IS ABOUT THE **INSTIGATION**, RATHER, THE BEGINNING OF YOUR PROCESS FROM SHADOW-BASED ENERGY THAT HOLDS YOU DOWN, KEEPS YOU TIRED, AND ENSLAVES YOU TO YOUR OWN **LOW PERSONAL VALUE**. AS MENTIONED IN THE SHADOW ALCHEMY PROCESS THIS IS ALL ABOUT, AT LEAST IN THE BEGINNING, **SWITCHING YOUR LOYALTY FROM THE LIES** THAT YOU HAVE BEEN LIVING TO THE **HIGHEST VALUE** THAT YOU COULD BE ACTING ON AT ANY GIVEN MOMENT IN TIME.

THEREFORE WE ARE TALKING ABOUT THE CONCEPTS OF WHAT YOU **VALUE**, YOUR PERSONAL **VALUES** (BELIEFS), YOUR **TRUE DESIRES**, HOW YOU SEE YOUR OWN **VALUE** IN LIFE, AND AS A CONSEQUENCE, THE **SACRIFICE AND COST** YOU ARE WILLING TO PAY IN ORDER TO STAND IN THAT **VALUE**.

WHAT WOULD YOU SACRIFICE FOR THAT YOU LOVE?

JUST TO BE CLEAR, THE REASON WE BEGIN IN THIS CHANNEL IS BECAUSE EVERYTHING STARTS WITH WHAT YOU LOVE (FEAR).

EVERYTHING.

PROSTITUTE.



"Persistently seeking a sense of **purpose**, yearning for **belonging** within a collective community. Unwaveringly pursuing **validation**, this individual might compromise intrinsic values for the sake of **stability and security**. They are willing to **surrender** their essence to **gain acceptance** and tend to **restrain** their self-expression to **evade rejection**."

R E P R E S E N T S :

T H E H E A R T & S O U L .
I N S T I G A T I O N A L E N E R G Y .
R E P R E S E N T A T I V E O F V A L U E ,
V A L U E S , A N D W O R T H .

THE PROSTITUTE IS THE ARCHETYPE OR THE CHARACTER WHERE YOU HAVE LEARNED TO **SELL YOUR SOUL**. YOU ARE WILLING TO **GIVE YOURSELF UP FOR CHEAP**. YOU ARE WILLING TO BE **DEVALUED AND DISCOUNTED**. YOU ALLOW OTHER PEOPLE TO DO IT SO OFTEN TO YOU...THAT YOU HAVE BECOME ACCUSTOMED TO DOING IT TO YOURSELF TO KEEP OTHER PEOPLE HAPPY...OR TO AVOID REJECTION.

SINCE PART OF OUR WORK IS BEGINNING TO SEE WHEN WE ARE PLAYING A SHADOW ARCHETYPE...

BE AWARE THAT WHEN YOU ARE DOING OR NOT DOING SOMETHING, SAYING OR NOT SAYING SOMETHING...ALL IN ORDER TO **MANAGE YOUR APPROVAL OR DISAPPROVAL** FROM OTHER PEOPLE... YOU ARE IN YOUR PROSTITUTE ARCHETYPE.

THIS SEEMS EASY ENOUGH TO UNDERSTAND, BUT WHEN YOU BEGIN TO SEE YOUR PROSTITUTE SHOW UP FROM PLACES YOU DIDN'T EVEN KNOW EXISTED...YOU SEE HOW DEEPLY IMBEDDED YOUR SHADOW IS INSIDE OF YOU.

EASY ENOUGH TO BLAME THIS BAHAVIOR ON SOCIETY AND HOW YOU WERE RAISED...BUT YOU'RE AN ADULT NOW...YOUR VALUES ARE YOUR OWN...THAT'S THE TRUTH.

THE CORE REASON THAT YOU ARE WILLING TO SELL YOURSELF SHORT SO OFTEN, IS BECAUSE THE PROSTITUTE CHANNEL AND MOST OF YOUR SHADOW ENERGY IS BASED OFF OF **SURVIVAL EXISTENCE**. IT COMES FROM **TRIBAL AND HUMAN CONSCIOUSNESS**. THESE ARE ALL ESSENTIALLY THE SAME IDEA. THIS CORE IDEA BEING THAT **YOU BEHAVE BASED ON THE ENVIRONMENT AND THE PEOPLE WHOSE APPROVAL YOU THINK YOU NEED IN ORDER TO SURVIVE**.

IT'S ABOUT **YOUR VALUE IN THE MARKETPLACE**. IT'S ABOUT HOW OTHERS SEE YOU AS USEFUL OR VALUABLE. IT'S ABOUT THE FEAR THAT IF YOU DON'T BRING ENOUGH VALUE TO THE TABLE, YOU WILL BECOME AN EXILE...KICKED FROM THE GROUP OR UNACCEPTED.

THE DISASTER OF LOSING THE GROUP OR EVEN SEEING THE GROUP FALLING APART IS SOMETHING TOO CATASTROPHIC TO BEAR.

VERY OFTEN IN ORDER TO MAINTAIN THIS DYNAMIC, WE COMPROMISE OR TRADE OUT THINGS THAT WE DON'T NECESSARILY FEEL HAPPY ABOUT LEAVING BEHIND. THIS IS WHERE PEOPLE **RUN FROM THEIR DREAMS AND THEIR PERSONAL CALLINGS** JUST TO FEEL SAFE.

THERE IS ESSENTIALLY A PART OF YOU THAT IS
CONVINCED THAT **YOU CANNOT SURVIVE ON YOUR OWN.**
YOU WILL FIND YOURSELF DOING ANYTHING THAT YOU
CAN IN ORDER TO MAINTAIN YOUR STATUS OR YOUR
VALUE WITHIN SOCIETY.

**YOU CHOOSE HOW YOU DRESS, WHAT YOU SAY, YOUR
BELIEFS, AND YOUR LIFESTYLE TO STAY WITHIN THE
'PROGRAM' THAT GUARANTEES YOU ACCEPTANCE.**

YOU MIGHT EVEN LOOK AT HOW YOU USE CERTAIN
CHARMS OR CHARISMA...OR EVEN A LEVEL OF SEXUALITY
OR LOOKS TO WIN YOU FAVOR IN THE GROUP. EVEN IF
THAT MEANS JUST LOOKING SAFE AND APPROACHABLE.

THIS IS THE ENERGY OF THE SUBMISSIVE **PEACEMAKER** OF
THE GROUP OR THE **PEOPLE PLEASER.** IT'S MUCH SAFER
TO MAKE SURE THAT NOBODY IS ANGRY WITH YOU OR
EACH OTHER.

IT'S MUCH EASIER TO BARGAIN AND 'LOW BALL' THAN TO
STAND IN WHAT YOU VALUE THE MOST. EASIER TO BURY
YOUR OWN THOUGHTS BY **WORRYING ABOUT OTHERS
THOUGHTS/OPINIONS ABOUT YOU.**

SHE SAYS:

- "I CAN'T AFFORD TO DO THAT."
- "WHAT IF THEY REJECT ME?"
- "WHAT DO I GET IN RETURN?"
- "WHAT WILL WE ALL GET IN RETURN?"
- "I WON'T ABANDON THEM."
- "HOW MUCH DOES IT COST?"
- "I CAN'T MAKE THAT SACRIFICE."
- "I CAN'T AFFORD TO VALUE MY HIGHEST STANDARDS RIGHT NOW."
- "WHAT WILL THEY THINK IF I SAY/DO THAT?"
- "WHAT DO I REALLY WANT? WHAT IS MY PURPOSE? WHAT IS MY PASSION?"
- "HOW MUCH WILL IT COST FOR THEIR APPROVAL / TO KEEP THE PEACE / TO NOT BE REJECTED?"
- "WHERE DO I BELONG?"
- "I COULDN'T LIVE WITH MYSELF IF..."
- "I DON'T DESERVE THIS."
- "I DON'T BELIEVE I'M WORTHY."
- "WHAT'S WRONG WITH SETTTLING?"
- "YOU SHOULDN'T AIM SO HIGH. IT'LL COST YOU 'BIG'."
- "I CAN'T LEAVE HIM/HER/THIS. IT'LL COST ME WAY TOO MUCH."

SHE SAYS:

- "I HAVE A LOT TO LOSE IF I DO THIS."
- "YOU SHOULD BE SATISFIED WITH..."
- "I'M NEVER SATISFIED."
- "I DESIRE SECURITY."
- "I WANT ALL OF IT."
- "LET'S NEGOTIATE/COMPROMISE."
- "WHAT DO YOU THINK?"
- "WHAT WILL THEY THINK?"
- "HOW AM I GOING TO FUND THAT?"
- "HOW AM I GOING TO PROVIDE?"
- "I'LL DO WHATEVER IT TAKES TO FIT IN."
- "I CAN'T EXPRESS MY TRUE SELF; IT MIGHT UPSET THE GROUP."
- "MY WORTH IS DETERMINED BY OTHERS' OPINIONS OF ME."
- "I'LL SACRIFICE MY VALUES TO AVOID CONFLICT."
- "I HAVE TO PROVE MYSELF."
- "THIS WILL SHOW THEM WHAT I'M WORTH."
- "IT FEELS RUDE TO SAY NO."
- "I DON'T WANT TO ROCK THE BOAT."
- "I'M WORTHLESS/TRASH/A LOSER."
- "I NEED TO BE LIKED BY EVERYONE."

LOVER.



"The truth is, you don't need anyone or anything external to make you stronger than you already are. You're inherently complete with divine consciousness within you, not just a fragment but a manifestation of divinity itself. Divine essence doesn't require assistance by definition. You have the ability to gather all the resources you need independently. They might come and go, but you remain the constant source of your own growth and well-being in every aspect of life."

THE LOVER ARCHETYPE STANDS IN HER GREATEST VALUES ON A MOMENT BY MOMENT BASIS. SHE PAYS ATTENTION TO THE PLACES IN HER LIFE WHERE SHE CAN LIVE AT HER HIGHEST VALUE. **SHE OWNS HERSELF WORTH. THERE IS EMPOWERMENT AND SELF-ASSUREDNESS.**

HERE, YOU ARE ONLY **ACTING IN ACCORDANCE** WITH YOUR BUILT IN DESIRES AND STANDARDS. ACTING ACCORDING TO YOUR HIGHEST VALUES IS LITERALLY ALL THE PROOF THAT YOU NEED THAT YOU ARE NOW HOLDING YOURSELF IN THE HIGH ESTEEM. THERE IS NO WORTH OR VALUE TO GO LOOKING FOR.

YOU KNOW WHAT YOU WANT AND WHAT YOU DESIRE. YOU DON'T NEED A TO-DO LIST OR A DREAM BOOK.

YOU MAKE DECISIONS ON WHAT YOU VALUE AND YOU DON'T WORRY ABOUT THE COST. YOU DON'T WORRY IF IT'S A LOT OF MONEY. YOU DON'T WORRY IF IT'S A LOT OF WORK. YOU DON'T WORRY IF OTHER PEOPLE ARE GOING TO JUDGE YOU FOR IT. YOU DON'T WORRY IF IT'S GOING TO WORK OR NOT. YOU DON'T WORRY.

YOU ONLY ACT BASED ON WHAT YOU WANT NEXT, NOW, AND IN EVERY MOMENT AFTER.

MAKING DECISIONS ON WHAT YOU VALUE IS THE CORE
MOVE OF THE LOVER.

FIGURING OUT WHAT YOU LIKE IS AUTOMATIC.

**YOU LIKE/WANT SOMETHING OR YOU DON'T. IT'S THAT
SIMPLE.**

SO YOU DON'T HAVE TO SPEND TIME FIGURING OUT WHAT
YOU'RE PASSIONS ARE OR WHAT YOUR PURPOSE IS. YOUR
PURPOSE IS WHAT YOU SAY IT IS.

ALL YOU HAVE TO DO IS BE INTIMATE WITH THE PRESENT
MOMENT AND THINK FOR A SECOND ABOUT, **'WHAT ARE
MY ACTUAL VALUES RIGHT NOW, RIGHT HERE IN THIS
MOMENT?'**

YOU'RE NOT TRYING TO THINK OF WHAT YOUR VALUE IS
GOING TO BE IN THE FUTURE, SIMPLY BECAUSE YOU
DON'T KNOW WHAT IS GOING TO UNFOLD IN THE FUTURE.
YOU DON'T GET TO MAKE THE DETERMINATION ON HOW
LIFE IS GOING TO BE, WHAT TECHNOLOGY IS GOING TO
EXIST, AND HOW THE CULTURE IS GOING TO EVOLVE. **YOU
ONLY GET TO CHOOSE: YOUR DESIRES OR SELLING OUT?**

HE SAYS:

- "THIS IS WHAT I WILL AFFORD."
- "I WILL AFFORD WHATEVER THE FUCK I WANT."
- "I WILL PAY THE COST, NO MATTER WHAT."
- "I DON'T CARE HOW MUCH IT COSTS."
- "I AM NOT FOR SALE."
- "I AM STANDING IN MY VALUES AND WHAT I TRULY VALUE."
- "MY POWER AND ENERGY COMES FROM MY TOTAL ALLEGIANCE TO MYSELF/MY VALUES."
- "I DON'T DO ANYTHING TO PROVE ANYTHING TO ANYONE EVER."
- "DOING/SAYING WHAT OTHERS WANT FROM ME IS A FUCKING JOKE."
- "I DO IT BECAUSE I WANT TO."
- "I DON'T KEEP SCORE/CARE IF YOU'RE KEEPING SCORE."
- "I AM WILLING TO MAKE ANY SACRIFICE NECESSARY."
- "I AM WILLING TO SACRIFICE WHATEVER IT TAKES IN ORDER TO STAY IN ACCORDANCE WITH MY VALUES/BELIEFS/THOUGHTS/SELF-EXPRESSION/CHOICES."
- "I LOVE MY VALUES EVEN BEFORE I EXPERIENCE THEM."
- "I VALUE MY TASTE (DESIRE), NOT YOURS."

HE SAYS:

- "I AM THE SOURCE OF MY STRENGTH AND ABUNDANCE."
- "I DON'T NEED EXTERNAL VALIDATION TO THRIVE."
- "I WILL NOT MODULATE MY SELF-EXPRESSION FOR APPROVAL/SECURITY/SAFETY."
- "I VALUE MY STYLE OF SELF EXPRESSION/WORDS/OPINIONS."
- "MY SAFETY AND SECURITY COME FROM ME, NOT WHAT YOU THINK OF ME."
- "I TRUST MY INNER WISDOM AND DESIRES."
- "I FOLLOW MY HEART WITHOUT FEAR OF JUDGMENT."
- "I LIVE IN ALIGNMENT WITH MY HIGHEST VALUES."
- "I HONOR MY TRUE PASSIONS WITHOUT COMPROMISE."
- "I ACT FROM A PLACE OF SELF-WORTH."
- "I DON'T SELL OUT MY VALUES FOR ANYONE OR ANYTHING."
- "I AM IN TOUCH WITH MY AUTHENTIC DESIRES."
- "I MAKE DECISIONS BASED ON WHAT TRULY MATTERS TO ME."
- "I EMBRACE MY DIVINE NATURE."
- "I AM THE CREATOR OF MY OWN REALITY."
- "I LIVE MY LIFE AS A WORK OF ART."
- "I AM INTIMATE WITH THE PRESENT MOMENT."

SHADOW

ALCHEMY



C H I L D
&
S O V E R E I G N
A R C H E T Y P E S

ENTER THE EXIT ROOM
PROJECT- 2023



THE **CHILD (SOVEREIGN) CHANNEL** IS REPRESENTATIVE OF
TAKING RESPONSIBILITY, CLAIMING THE TRUTH AND THE
VISION OF WHAT THE FUTURE HOLDS.

THIS IS WHERE THE VALUE OF YOUR SOUL SHOWS ITSELF
IN THE REAL WORLD... THROUGH THE FUEL OF THE SPIRIT
(MOTIVATION).

THIS IS WHERE YOU EXCEL AT, OR ENDLESSLY STRUGGLE
WITH, YOUR DREAMS...AND BECOME FULLY COMMITTED TO
THE PROCESS...OR YOUR POWERLESSNESS.

IF YOU'VE CLAIMED YOUR VALUES INTERNALLY IN THE
LOVER ARCHETYPE, THIS IS WHERE YOU **SPEAK OR PLDEGE**
YOUR LOYALTY TO YOUR DESIRES.

IT'S THE SPIRITUAL CONTRACT.

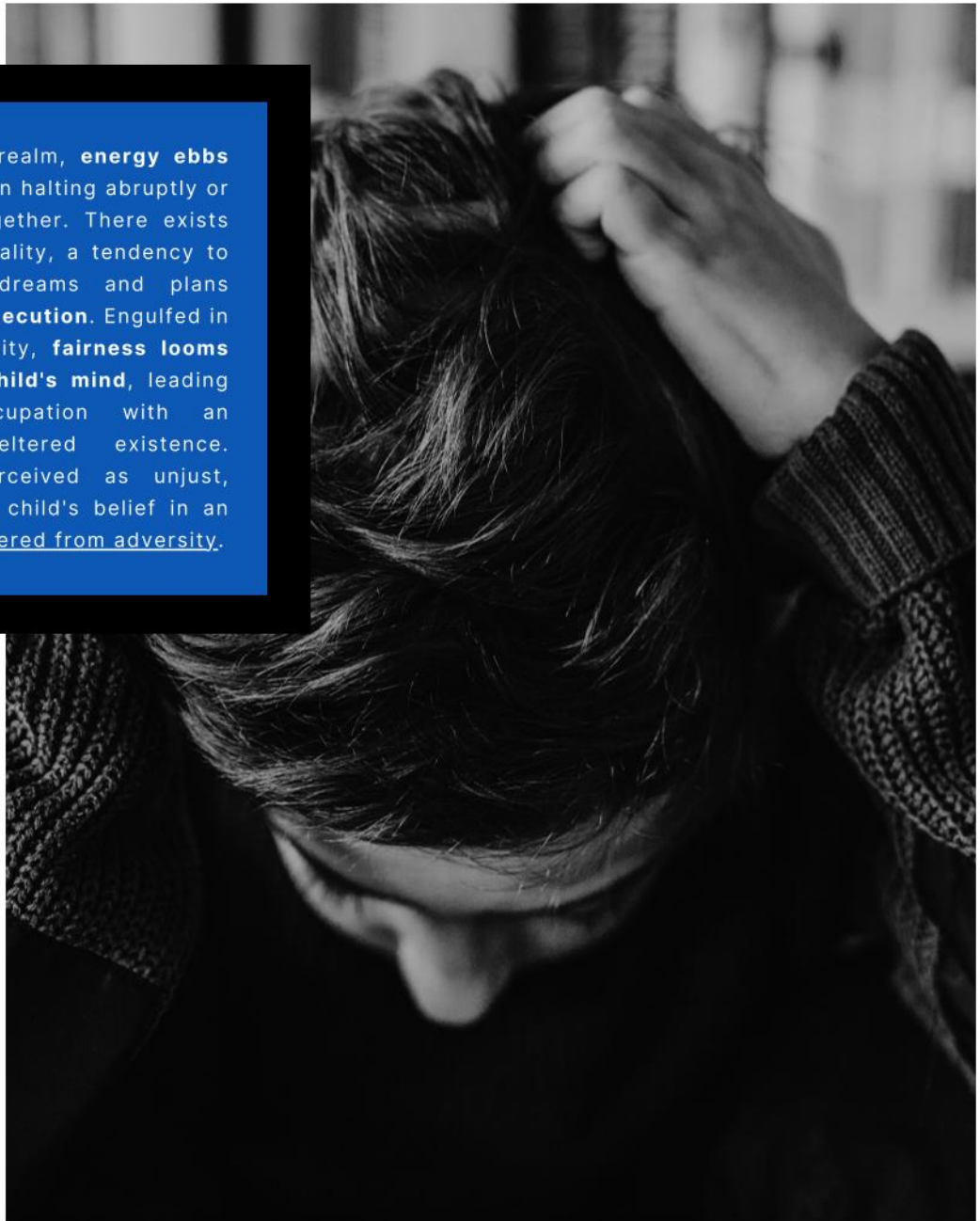
AND YOU'VE SIGNED IT.

AND SO, IN YOUR NEW FOUND HIGHER VALUE...YOU BEGIN
TO BUILD THE VISION OF **WHAT YOU WILL DO TO HONOR**
YOUR VALUES AND WHAT YOU LOVE.

LET THERE BE LIGHT.

CHILD.

In the child's realm, **energy ebbs and flows**, often halting abruptly or vanishing altogether. There exists a whimsical quality, a tendency to drift amidst dreams and plans **without firm execution**. Engulfed in notions of equity, **fairness looms large in the child's mind**, leading to a preoccupation with an idealized, sheltered existence. Hardships, perceived as unjust, clash with the child's belief in an existence sheltered from adversity.



R E P R E S E N T S :

T H E S P I R I T A N D I D E N T I T Y .
I N D I V I D U A T I O N A L E N E R G Y .
R E P R E S E N T A T I V E O F T R U T H ,
D R E A M S , A N D V I S I O N S .

THE CHILD ARCHETYPE IS THE ARCHETYPE WITH NO FOUNDATION OR GROUNDING IN HIS LIFE.

THE CHILD **FEARS (LITERALLY) TAKING RESPONSIBILITY FOR HIS/HER DESIRES.**

SHE GOES INTO A STATE OF DAYDREAMING ALL THE TIME BECAUSE DAYDREAMING REPRESENTS A PLACE WHERE THERE IS SAFETY AND GUARANTEED **SUCCESS WITHOUT EFFORT.**

THIS IS THE CHARACTER WITHOUT A BACKBONE...A SPINE. **WEAK IN PERSONAL CHARACTER AND ACCOUNTABILITY.** THE CHILD PUTS THIER DESIRES IN THE HANDS OF OTHERS, AND COMPLAINS WHEN THIER DREAMS DON'T COME TRUE.

FUTHER MORE, THE CHILD IS CONSTANTLY **PERMISSION SEEKING FOR APPROVAL** TO HAVE A DREAM...EVEN TO THE POINT OF SEEKING OUTSIDE AUTHORITY FOR EVERY DECISION TO MAKE ALONG THE WAY.

BECAUSE OF THIS, **HE FEELS POWERLESS...**AND WILL MANIPULATE AND LIE TO GET HIS WAY...SINCE THERE DON'T SEEM TO BE OTHER OPTIONS.



THE CHILD HAS A VERY **SPOILED PRINCE OR PRINCESS**
TYPE OF ENERGY.

THEY TYPICALLY TRY TO GET OTHERS TO DO WORK ON
THEIR BEHALF.

WHEN SOMETHING IS BROKEN OR OUT OF ORDER THEY TRY
TO GET SOMEONE TO FIX IT FOR THEM.

AND WHEN ACTUALLY FACED WITH HAVING TO TAKE
RESPONSIBILITY ON THEIR OWN, THEY TEND TO WHINE OR
COMPLAIN ABOUT IT.

THERE SEEMS TO BE NOTHING WORSE THAN ANYTHING
THAT FEELS LIKE A GENERAL **INCONVENIENCE**.

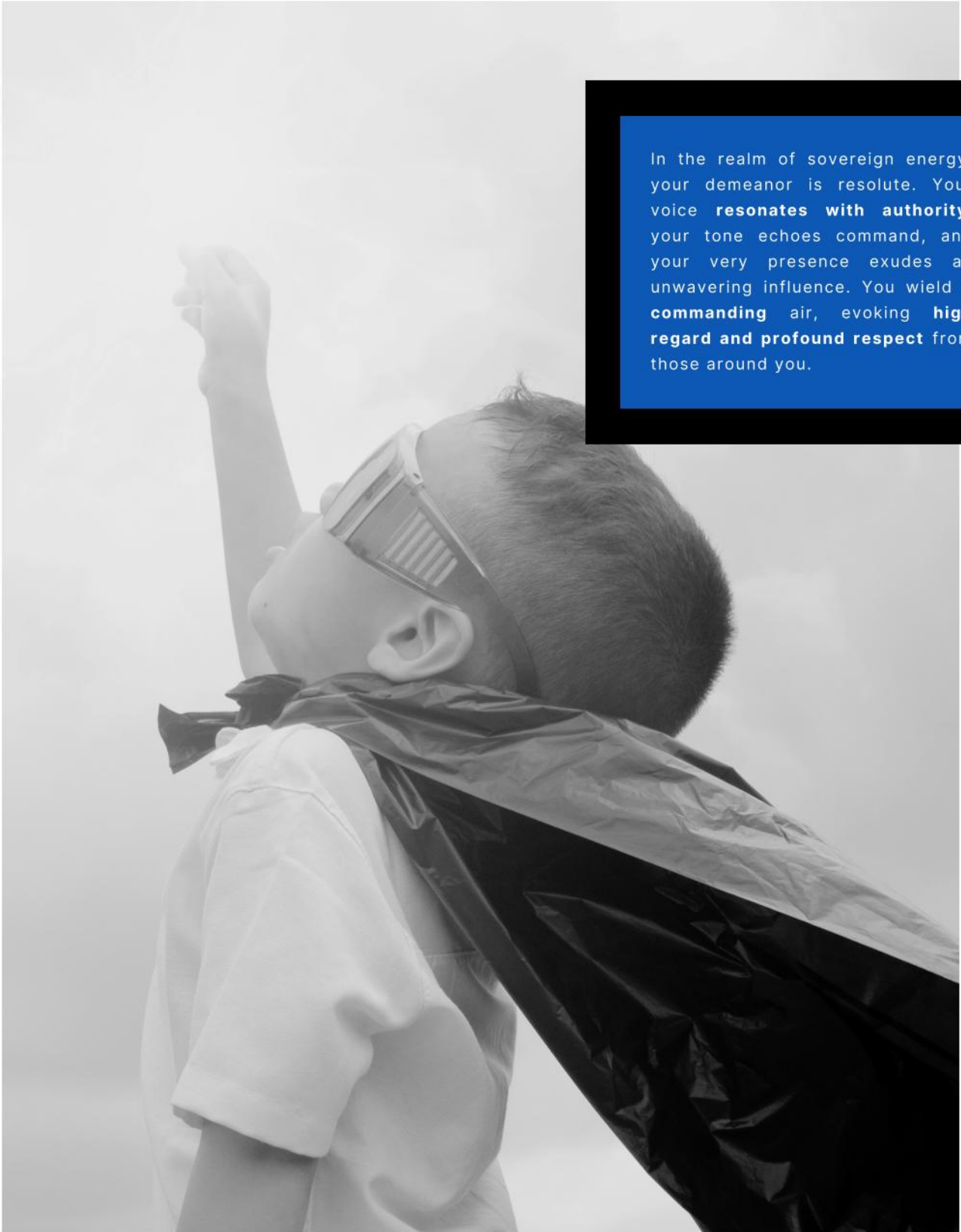
SHE SAYS:

- "I JUST DON'T WANT TO BE BOTHERED..."
- "THIS ISN'T FAIR..."
- "I'M NOT ALLOWED."
- "AM I ALLOWED?"
- "I HAVE TO GET PERMISSION..."
- "I SHOULD CHECK/ASK FIRST."
- "THAT'S MY TOY...MY IDEA...MY TITLE..."
- "WHO AM I?"
- "SOMEONE ISN'T MAKING MY DREAMS COME TRUE."
- "THEY DIDN'T DO IT (FOR ME)."
- "MY MOM/DAD/PARENTS/PARTNER WON'T LET ME."
- "I DON'T HAVE THE POWER TO MAKE MY DREAMS COME TRUE."
- "IT'S NOT MY FAULT THINGS ARE LIKE THIS..."
- "I'M WAITING..."
- "I HAD A DREAM ONCE."
- "WHO'S GOING TO BE RESPONSIBLE FOR MY DREAMS?"
- "NOBODY'S GOING TO GIVE ME PERMISSION TO DO THAT."
- "I'M WAITING FOR SOMEONE TO TELL ME WHAT TO DO."
- "IF IT'S NOT EASY, I WON'T DO IT."
- "I DON'T WANT TO TAKE ANY RISKS."

SHE SAYS:

- "WHY SHOULD I TRY IF IT'S NOT GUARANTEED TO WORK OUT PERFECTLY?"
- "LIFE SHOULD ALWAYS BE SMOOTH AND EASY."
- "IT'S NOT MY JOB TO FIGURE THINGS OUT."
- "I WISH SOMEONE WOULD RESCUE ME FROM MY PROBLEMS."
- "I'M TOO AFRAID TO STAND UP FOR MYSELF."
- "I DON'T HAVE THE POWER TO CHANGE ANYTHING."
- "IF IT'S NOT FAIR, I WON'T PARTICIPATE."
- "I NEED CONSTANT REASSURANCE BEFORE I CAN MAKE A DECISION."
- "WHY BOTHER MAKING A PLAN? THINGS WILL JUST HAPPEN."
- "I CAN'T PURSUE MY DREAMS WITHOUT SOMEONE ELSE'S HELP."
- "LIFE SHOULD ALWAYS BE LIKE A FAIRY TALE."
- "I'LL ONLY DO IT IF SOMEONE TELLS ME IT'S OKAY."
- "MY DREAMS ARE TOO BIG FOR ME TO ACHIEVE ON MY OWN."
- "I WISH SOMEONE WOULD MAKE MY CHOICES FOR ME."
- "I'M TOO DELICATE FOR THE REAL WORLD."

SOVEREIGN.



In the realm of sovereign energy, your demeanor is resolute. Your voice **resonates with authority**, your tone echoes command, and your very presence exudes an unwavering influence. You wield a **commanding** air, evoking **high regard and profound respect** from those around you.

THE POWER OF THE SOVEREIGN IS IN THE **ABILITY TO BE COMMANDING** OVER HIS LIFE.

HE DOES NOT GO INTO IMAGINATION AND PRETEND MODE TO ESCAPE THE REAL WORK THAT NEEDS TO BE DONE. THIS IS BECAUSE HE IS MARRIED TO **THE TRUTH**. HE DOES NOT MANIPULATE IT AND CALL IT 'MY TRUTH'. HE ONLY WANTS TO KNOW WHAT '**IS**'.

FURTHERMORE, ALONG WITH HIS DESIRE FOR THE TRUTH, **HE CHOOSES TO ABANDON THE NOTION OF 'FAIRNESS'**...HE DOESN'T CARE IF THE PLAYING FIELD IS EVEN OR IF SOMEONE IS CHEATING OR SPREADING RUMORS IN THE BACKGROUND.

THE POWER OF THE SOVERIGN IS PERSONAL AND DEPENDS ON NO ONE TO MAKE THEIR VISION A REALITY.

THEIR GENERAL PRESENCE IS COMMANDING AND THEY ARE VERY OFTEN RESPECTED.

THERE IS A MAGNETISM TO THE INDIVIDUALITY AND INDEPENDENCE OF THE SOVERIGN. HE IS AN **INFLUENTIAL VISIONARY**.

HE SAYS:

- "THIS IS MY DECREE."
- "THIS IS WHO I AM."
- "THIS IS WHAT I DECREE NO MATTER WHAT."
- "I AM GETTING WHAT I WANT, NO MATTER WHAT."
- "I'M RESPONSIBLE FOR MY WELL-BEING/QUALITY OF LIFE/LIFE EXPERIENCE."
- "I'M IN CONTROL."
- "THE TRUTH CANNOT POSSIBLY EVER BE DANGEROUS, OR PUT ME IN JEOPARDY, OR DEPRIVE ME OF SOMETHING I WANT. THE TRUTH WILL ALWAYS AND ONLY SET ME ON A PATH OF ABUNDANCE AND THRIVING."
- "THIS IS MY VISION/DREAM."
- "THIS IS WHAT I AM GETTING/DOING."
- "THIS IS THE TRUTH" (...NOT 'MY TRUTH')
- "I HAVE CLEAR BOUNDARIES, AND AS LONG AS YOU OBEY THEM, I DON'T CARE HOW YOU ARE TREATING OTHER PEOPLE BECAUSE YOU ARE SHOWING UP IN MY ENERGY THE EXACT WAY THAT I REQUIRE YOU TO SHOW UP."
- "I AM MY OWN POWER SOURCE. NO ONE ELSE."
- "LET THERE BE LIGHT."

HE SAYS:

- "NOBODY'S ACTIONS OR THOUGHTS HAVE ANY POWER OVER MY WELL-BEING, HAPPINESS, SENSE OF SELF, OR IDENTITY."
- "MY WELL-BEING IS IN MY HANDS AND NOBODY ELSE'S AT ALL TIMES, IN ALL WAYS, NO MATTER WHAT."
- "I DON'T CARE ABOUT WHAT IS FAIR BECAUSE I AM MY OWN SOURCE OF POWER AND WELL-BEING."
- "I DON'T MONITOR HOW OTHER PEOPLE ARE BEHAVING, HOW THEY TREAT ME COMPARED TO OTHERS, BECAUSE IT SIMPLY HAS NO BEARING ON MY WELL-BEING AT ALL."
- "I TAKE FULL OWNERSHIP OVER MY POWER AND ITS IMPACT, AND THEREFORE I DON'T WORRY IF OTHERS NOTICE, DON'T NOTICE, TAKE CREDIT, OR DON'T. BECAUSE IT'S NOT POSSIBLE FOR THEM TO TAKE FROM ME WHAT I DON'T GIVE THEM."
- "IT'S MY FUCKING POWER...ALWAYS HAS BEEN."
- "NOTHING YOU DO CAN KNOCK ME OFF CENTER."
- "I AM THE MASTER OF MY DESTINY."
- "I SPEAK MY TRUTH WITH UNWAVERING CONFIDENCE."
- "MY VISION IS UNWAVERING AND UNSTOPPABLE."
- "I DECREE MY OWN PATH TO ABUNDANCE."

HE SAYS:

- "I COMMAND RESPECT WITH MY PRESENCE."
- "I SET CLEAR AND UNAPOLOGETIC BOUNDARIES."
- "I AM THE SOURCE OF MY OWN POWER."
- "I AM UNWAVERING IN MY AUTHENTICITY."
- "I AM THE EMBODIMENT OF TRUTH."
- "I RADIATE AUTHORITY IN ALL THAT I FUCKING DO."
- "I AM THE LIGHT THAT GUIDES MY WAY."
- "I AM THE ARCHITECT OF MY REALITY."
- "I HOLD THE KEY TO MY WELL-BEING."
- "I AM THE GUARDIAN OF MY OWN IDENTITY."
- "I DON'T NEED PERMISSION."
- "I MAINTAIN MY INNER BALANCE, NO MATTER WHAT."
- "I AM THE EMBODIMENT OF MY OWN POWER AND PURPOSE."


SHADOW

ALCHEMY



V I C T I M
&
W A R R I O R
A R C H E T Y P E S

ENTER THE EXIT ROOM
PROJECT - 2023



THE **VICTIM (WARRIOR) CHANNEL** IS WHEN THE SHIFT
FROM WHAT YOU VALUE AND WHAT YOU TAKE
RESPONSIBILITY FOR BECOMES THE STATE OF **DOING AND
TAKING ACTION.**

THIS IS A SPACE OF **FOUNDATIONAL ENERGY.**

IT IS NOW THE MANIFESTATION OF YOUR **COMMITMENT TO
STANDING FOR WITH AND BY YOUR DREAM NO MATTER
WHAT COMES ALONG TO CHALLENGE YOU.**

THIS CHANNEL IS A REPRESENTATION OF **RESOURCES,
SPACE, AND BOUNDARIES...**THE QUINTESSENTIAL
BUILDING BLOCKS FOR THE LIFE YOU ARE CONSTRUCTING.

ENTERING THE REALM OF THE VICTIM WARRIOR MARKS A
TRANSITION FROM PASSIVE EXISTENCE TO PURPOSEFUL
ACTION.

IT REPRESENTS A FOUNDATION OF ENERGY WHERE YOUR
UNWAVERING DEDICATION SHINES...STANDING STRONG
FOR YOUR DREAM, ALONGSIDE IT, AND SUPPORTING IT
UNCONDITIONALLY.

THE WARRIOR TRANSFORMS THE SOVEREIGN'S DECREE
INTO AN IMPASSIONED CALL TO ARMS.

VICTIM.

In the perception of the victim, the warrior's expressions carry an overwhelming weight. Occupied with a pursuit of justice and activism, the **victim endeavors to rectify imbalances of power within their surroundings.** Victims tend to **amplify situations**, magnifying trivial matters into substantial dilemmas. Frequently indulging in **catastrophic ideation**, they project and anticipate dire and distressing scenarios.



R E P R E S E N T S :

T H E B O D Y , C O U R A G E , A N D W I L L
P O W E R . F O U N D A T I O N A L E N E R G Y .
R E P R E S E N T A T I V E O F S P A C E ,
B O U N D A R I E S , L I M I T S A N D
S U P P O R T .

THE VICTIM PERCEIVES THE WARRIOR'S WORDS AS TOO MUCH TO HANDLE.

THEY'RE FOCUSED ON ACTIVISM, STRIVING TO RIGHT **IMBALANCES OF POWER.**

VICTIMS TEND TO **EXAGGERATE AND BLOW SMALL THINGS OUT OF PROPORTION.** THEY OFTEN IMAGINE **WORST-CASE SCENARIOS,** EXPECTING DISASTERS TO HAPPEN.

VICTIMS ARE VERY MUCH ABOUT **CONTROL IN ANY WAY** AVAILABLE BECAUSE **THEY NEVER FEEL LIKE THEY HAVE IT.**

VICTIMS MAY SET **STRICT BOUNDARIES** FOR CONTROL **OR HAVE NONE AT ALL,** BOTH WAYS AIMING FOR CONTROL.

THEY AVOID CONFLICTS BUT MIGHT PROVOKE THEM TO TAKE CHARGE (CONTROL). THIS ALL STEMS FROM A STRONG DESIRE FOR CONTROL, WHICH THEY FEEL THEY LACK.

THEY FEEL **UNSUPPORTED** OR GAIN SUPPORT ONLY TO LOSE IT LATER.

BETRAYALS HAPPEN FREQUENTLY, PLANS AND **FRIENDSHIPS COME AND GO**, OFTEN FALLING APART.

VICTIMS AVOID RISKS TO PREVENT DISASTERS, FEELING **WEAK-WILLED AND FRUSTRATED**.

THEY DISLIKE INCONVENIENCE, FEEL THREATENED BY THE STRENGTH OF THE WARRIOR, AND MAY **BECOME BULLIES OR GET BULLIED**. PHYSICAL **ILLNESS** IS COMMON, AND THEY OFTEN **BLAME OR FEEL BLAMED** UNFAIRLY.

THEIR ANGER STEMS FROM FEELING **POWERLESS**, LEADING TO **PASSIVE-AGGRESSIVE OR OVERLY AGGRESSIVE BEHAVIOR**.

CONSISTENCY IN DECISIONS IS A CHALLENGE, AND THEY **CAN'T TRUST THEMSELVES OR OTHERS**. THEY **STRUGGLE TO STICK TO THEIR WORD OR STANDARDS** AS SOMETHING "MORE POWERFUL" ALWAYS SEEMS TO INTERFERE.

THEY'RE **PRONE TO CODEPENDENCY** IN RELATIONSHIPS, HAVE ISSUES WITH WEIGHT, ACCIDENTS, AND PHYSICAL WEAKNESS.

SOCIAL ANXIETY OVERWHELMS THEM, LEAVING THEM
FEELING **DISEMPOWERED AND RELIANT ON OTHERS.**

THEIR LIFE'S CONDITION SEEMS **TIED TO OTHERS' CHAOS.**
WHEN SOMEONE ELSE'S LIFE IS CHAOTIC, THEIRS
FOLLOWS SUIT.

CONVERSELY, WHEN SOMEONE ELSE'S LIFE IMPROVES,
THEIRS SEEMS TO FALL INTO PLACE.

**IN ESSENCE, THEIR LIFE SEEMS DEPENDENT ON SOMEONE
ELSE'S STATE.**



SHE SAYS:

- "I CAN'T."
- "HE/SHE/THEY/IT WON'T LET ME."
- "I'M A VICTIM OF CIRCUMSTANCE."
- "WHAT IF THIS GOES WRONG?"
- "WHEN DO I GET TO REST?"
- "WHEN IS THIS GOING TO BE OVER?"
- "WHEN IS MY PAYOFF?"
- "WHEN IS IT GOING TO BE MY TURN TO FINALLY RELAX?"
- "I TOOK THE FALL."
- "I'LL TAKE ONE FOR THE TEAM."
- "LOOK WHAT THEY DID TO ME. LOOK WHAT THEY'RE DOING TO ME."
- "WHY DO I ALWAYS HAVE TO DO IT ALONE?"
- "I DON'T WANT TO BE A BURDEN."
- "THAT'S INCONVENIENT."
- "I DON'T WANT TO INCONVENIENCE YOU, THEM, US, MYSELF."
- "I DON'T WANNA BE PUSHY."
- "I FEEL LIKE A DOORMAT."
- "I WOULD STAND FOR THIS VALUE, BUT LOOK WHAT MIGHT HAPPEN."

SHE SAYS:

- "LOOK WHAT HAPPENED LAST TIME."
- "WHERE IS MY JUSTICE?"
- "WHERE IS MY HELP?"
- "WHY ME?"
- "I NEVER GET WHAT I WANT."
- "SOMEONE NEEDS ME."
- "SOMEONE'S IN A CRISIS."
- "I'M SICK/IN PAIN/HURTING/FREAKING OUT/STRESSED/UNHEALTHY."
- "I'M TOO FAT/SKINNY."
- "I CAN NEVER GET A BREAK."
- "I CAN'T PROTECT MYSELF."
- "I HAVE NO RESOURCES."
- "I HAVE NO MONEY."
- "WHERE AM I GOING TO LIVE?"
- "WHY DOES EVERYTHING ALWAYS GO WRONG FOR ME?"
- "I CAN'T CATCH A BREAK."
- "WHEN WILL I FINALLY GET SOME REST?"
- "I'M ALWAYS TAKING THE FALL FOR OTHERS."
- "WHY IS LIFE SO INCONVENIENT?"
- "I NEVER GET WHAT I WANT."
- "I FEEL OVERWHELMED BY EVERYTHING."

SHE SAYS:

- "I'M CONSTANTLY WORRIED ABOUT CATASTROPHE."
- "I CAN'T TRUST ANYONE, NOT EVEN MYSELF."
- "I'M ALWAYS BLAMED FOR THINGS I DIDN'T DO."
- "I'M STUCK IN A NEVER-ENDING CYCLE OF PAIN."
- "WHY DO I HAVE TO DO EVERYTHING ALONE?"
- "I'M AFRAID TO STAND UP FOR WHAT I BELIEVE IN."
- "I HAVE NO CONTROL OVER MY LIFE."
- "I'M ALWAYS IN A STATE OF CRISIS."
- "I'M A BURDEN TO OTHERS."
- "I'M POWERLESS TO CHANGE MY CIRCUMSTANCES."
- "I CAN'T PROTECT MYSELF FROM HARM."
- "I'M ALWAYS WAITING FOR MY TURN TO RELAX."
- "I NEVER HAVE THE RESOURCES I NEED."

WARRIOR.



Others unite in support of the warrior's cause. They harmonize effortlessly within the confines you set. Your **influence** holds **significant weight**.

You exude an **aura of 'challenge accepted,'** possessing an indomitable **will that materializes energy into reality**.

PEOPLE UNITE TO SUPPORT YOU, MOVING IN SYNC WITHIN
YOUR SET BOUNDARIES.

YOU WIELD INFLUENCE AND LEVERAGE.

YOUR DEMEANOR ECHOES A RESILIENT 'BRING IT ON'
SPIRIT, POWERED BY AN **UNWAVERING WILL** THAT
TRANSFORMS IDEAS INTO REALITY.

YOU REMAIN **UNFAZED BY OTHERS'** REACTIONS TO YOUR
ACTIONS.

YOU **HONOR YOUR COMMITMENTS** AND MAINTAIN YOUR
DETERMINATION.

THE WARRIOR SERVES AS A **GUARDIAN AND ENFORCER** OF
BOUNDARIES AND DECREES.

RESOURCEFULNESS DEFINES HIM.

HE FEARLESSLY CHAMPIONS VALUES, **EMBRACING RISK**,
EXPANDING HIS OWN POWERFUL REALM OF POSSIBILITIES.

HE KEEPS HIS PROMISES, CULTIVATING TRUST, FORGING ALLIANCES, GARNERING SUPPORT, NURTURING SELF-TRUST.

HE'S DEVOTED TO HIS SOVEREIGN DREAM.

LOYALTY, EMPOWERMENT, AND ASSERTIVENESS DEFINE HIM.

PHYSICALLY ROBUST AND FINANCIALLY SECURE, HE ABOUNDS IN RESOURCES, OPPORTUNITIES, AND POWER.

HIS AURA EXUDES STRENGTH, RELISHES PERSONAL SPACE, WHICH REMAINS ABUNDANT IN HIS WORLD.

HE SAYS:

- "I'LL FIGHT/ARGUE/DEBATE/STAND FOR WHAT I LOVE."
- "I PROTECT WHAT I LOVE/VALUE."
- "RESOURCES COME FROM ME."
- "I'M SURE."
- "I'M CERTAIN."
- "CASH COMES FROM ME."
- "I MAKE MY OWN MONEY."
- "I SET MY OWN PRICES."
- "I AM THE SOURCE OF INFINITE RESOURCES."
- "I MAGNETIZE RESOURCES TO ME AS A GRAVITATIONAL POINT."
- "NO ONE AND NOTHING HAS POWER OVER ME."
- "NO ONE OWES ME ANYTHING."
- "I DON'T OWE ANYTHING."
- "I WILL DO WHATEVER IT TAKES NO MATTER WHAT."
- "I'M ALL IN."
- "I'M RISKING IT ALL."
- "I DO WHAT I SAY."
- "I DON'T WORRY ABOUT THE REPERCUSSIONS; I JUST JUMP RIGHT IN."
- "I'VE GOT MY BACK. I'VE GOT YOUR BACK."

HE SAYS:

- "I WILL." / "I CAN." / "I DO."
- "I'M ASKING FOR SUPPORT/HELP/REINFORCEMENTS."
- "I AM 'MASTER' OF SPACE AND ALL RESOURCES."
- "I CREATE SPACE WITH EASE."
- "I CONTROL MY BODY AND ITS ACTIONS."
- "I HAVE ALL THE SPACE I REQUIRE."
- "I HAVE ALL THE RESOURCES I REQUIRE."
- "I AM THE SOURCE OF ALL MY RESOURCES."
- "DO NOT CROSS THIS LINE."
- "I WILL NOT CROSS ANY LINE THAT DOESN'T SERVE ME."
- "I AM NOT AVAILABLE FOR THIS EVENT, THIS BEHAVIOR, THIS BELIEF, ETC."
- "I AM THE MASTER OF MY OWN DESTINY."
- "I CALL FORTH THE ENERGY TO MANIFEST MY DESIRES."
- "I PROTECT AND ENFORCE MY BOUNDARIES WITH UNWAVERING STRENGTH."
- "I AM IMMOVABLE AND UNYIELDING IN MY RESOLVE."
- "I KEEP MY WORD AND BUILD TRUST THROUGH MY ACTIONS."
- "I FIGHT FOR MY VALUES WITH COURAGE AND DETERMINATION."

HE SAYS:

- "I HAVE A HIGH TOLERANCE FOR RISK."
- "I AM RESOURCEFUL AND FIND SOLUTIONS TO CHALLENGES."
- "I AM LOYAL TO MY PRINCIPLES AND BELIEFS."
- "I AM PHYSICALLY HEALTHY AND POWERFUL."
- "I ATTRACT ABUNDANT RESOURCES AND OPPORTUNITIES."
- "I CREATE AND MAINTAIN MY OWN SPACE."
- "I DO NOT DEPEND ON OTHERS FOR MY SUCCESS."
- "I AM IN CONTROL OF MY LIFE AND CIRCUMSTANCES."
- "I AM UNWAVERING IN MY COMMITMENT TO MY GOALS."
- "I AM A FORCE TO BE RECKONED WITH."
- "I AM A MAGNET FOR SUPPORT AND ALLIANCES."
- "I SET AND ENFORCE CLEAR BOUNDARIES."

SHADOW

ALCHEMY



S A B O T E U R
&
M A G I C I A N
A R C H E T Y P E S

ENTER THE EXIT ROOM
PROJECT- 2023



THE **SABOTEUR (MAGICIAN) CHANNEL** SIGNIFIES A RECONNECTION WITH PASSION AND POTENT ENERGY, SPEEDING THE PROGRESSION FROM VALUING SOMETHING TO DECLARING IT, AMASSING RESOURCES, AND WITNESSING ITS TRANSFORMATIVE MANIFESTATION.

IT'S A **COMPLETION OF THE CYCLE** AND THE START OF AN UPWARD TRAJECTORY TOWARD SUCCESS.

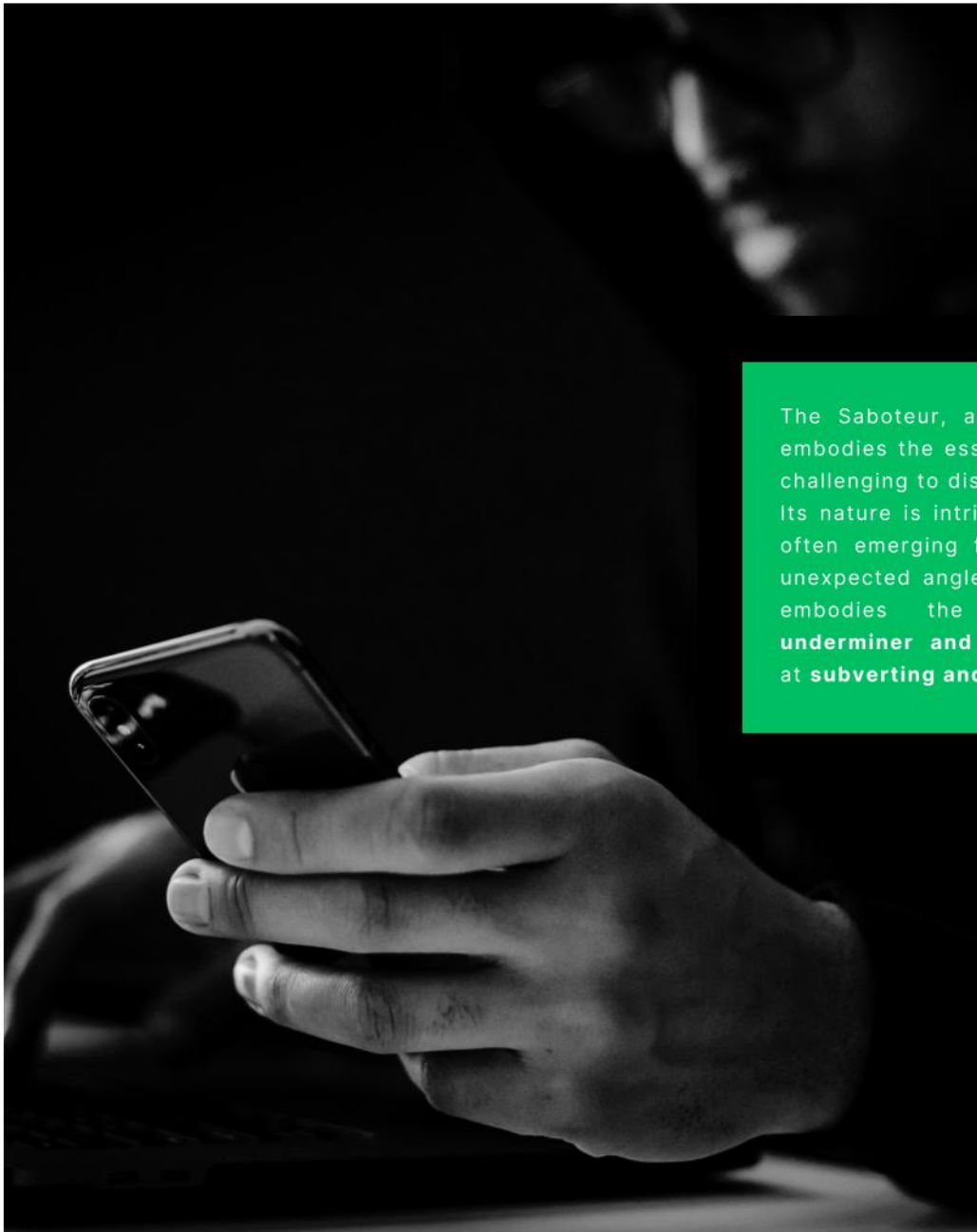
SABOTEURS PREDICT (GUESS), MAGICIANS DETERMINE(CHOOSE).

THIS DOMAIN REPRESENTS **REASON, LOGIC, REALITY, UNDERSTANDING, TIME, CONFIDENCE, INTUITION**, AND A TOUCH OF MAGIC.

IT'S THE PATHWAY TO SALES AND MARKETING...

...CONVERTING NON-CLIENTS INTO CLIENTS, TURNING **SCARCITY INTO ABUNDANCE**, UPGRADING A MODEST REPUTATION TO AN IMPRESSIVE ONE, SHIFTING FROM OBSCURITY TO BECOMING A RECOGNIZED THOUGHT LEADER.

SABOTEUR.



The Saboteur, among archetypes, embodies the essence of the devil, challenging to discern and conquer. Its nature is intricate and cunning, often emerging from obscure and unexpected angles. This archetype embodies the **role of the underminer and disruptor**, adept at **subverting and destabilizing**.

R E P R E S E N T S :

T H E M I N D A N D I N T U I T I O N .
T R A N S F O R M A T I O N A L E N E R G Y .
R E P R E S E N T A T I V E O F T I M E ,
M A N I F E S T A T I O N , A N D R E A L I T Y .

THE SABOTEUR REPRESENTS THE DEVIL AMONG
ARCHETYPES, BEING BOTH **CHALLENGING TO IDENTIFY**
AND MASTER.

ITS NATURE IS OFTEN **ELUSIVE**, ARRIVING FROM
UNEXPECTED ANGLES AS AN UNDERMINER AND
DISRUPTOR.

IT'S THE MENTAL SPACE WHERE YOU GET ENTANGLED OR
EXPERIENCE ANALYSIS PARALYSIS.

TIME SLIPS AWAY, LEAVING YOU EITHER IN SCARCITY OR
SURPLUS...ENSLAVED BY TIME'S UNPREDICTABILITY.

EXCUSES ABOUND WITHIN THE SABOTEUR, PROVIDING A
LITANY OF **REASONS NOT TO ACT** OR PROCEED.

TRAPPED IN REASON AND LOGIC, THERE'S AN INCESSANT
NEED TO JUSTIFY DECISIONS, STUCK BETWEEN 'WHAT IS'
AND 'WHAT COULD BE'.

THIS ARCHETYPE DWELLS IN A **REALM OF CONSTRAINTS**,
USING EXCUSES, REASONS, AND PROS AND CONS TO
SLOW PROGRESS.

IT EMANATES **CONSTANT WORRY AND ANXIETY**,
ENDLESSLY CALCULATING RISKS, RESULTING IN STALLED
DECISIONS AND UNREALIZED OUTCOMES.

REFUSING RESPONSIBILITY, IT CHOOSES CHAOS WHILE
FEIGNING RESPONSIBILITY, UNABLE TO BE RESPONSIVE TO
THE MOMENT.

PERPETUALLY CONFUSED AND DOUBTFUL, **THE SABOTEUR
LACKS INTUITION, SEEKING MORE INFORMATION AND
REMAINING CREATIVELY BLOCKED AND UNINSPIRED.**

VEILING **BOREDOM AS A BADGE OF EXPERIENCE**, IT EXISTS
IN A PERPETUAL STATE OF CLUELESSNESS AND
UNAWARENESS.

IT'S INDISCRIMINATELY REBELLIOUS, **QUESTIONING
EVERYTHING WITHOUT SUBMITTING TO ANY AUTHORITY,
INCLUDING ITS OWN DESIRES.**

UNABLE TO RECONCILE PARADOXES, IT DWELLS IN MENTAL
INSTABILITY—A RUNAWAY TRAIN OF THOUGHT LACKING
SELF-CONTROL.

TO VALIDATE INTELLIGENCE, IT **CRAVES CERTIFICATION**
AND **EXTERNAL VALIDATION**, REFUSING TO BELIEVE IN ITS
OWN AUTHORITY.

PROCRASTINATION THRIVES WITHIN ITS BRIGHT
INTELLECT, FIXATING ON THE NEED FOR A PERFECT IDEA
BEFORE TAKING ACTION.

IT **OBSESSES OVER UNDERSTANDING AND BEING**
UNDERSTOOD.

WHEN IDEAS ARISE, IT FIXATES ON ORGANIZING THEM
METICULOUSLY, **OVERTHINKING AND OVER-ANALYZING**,
LEADING TO A PARALYSIS OF ACTION.

PERFECTIONISM PREVAILS, **NOTHING EVER REACHING**
COMPLETION AMIDST THE SEA OF THOUGHTS.

HEAVILY **RELIANT ON MEMORY, RECORDING, AND**
COMPILING INFORMATION, IT'S CONSTANTLY BURDENED
BY OVERTHINKING AND INFORMATION OVERLOAD.



CHRONIC LATENESS AND A **PERPETUAL SENSE OF HURRY**
DEFINE ITS BEHAVIOR.

IT'S DRAPED IN **CYNICISM AND PESSIMISM**,
MASQUERADING AS 'REALISM', PERPETUALLY SLIPPING IN
DOUBT AND NEEDING THE LAST WORD.

SHE SAYS:

- "I WOULD DO IT BUT LOOK AT ALL THESE REASONS I CAN'T."
- "I CAN'T MAKE THAT CHOICE."
- "IT'S NOT REASONABLE."
- "IT'S NOT LOGICAL."
- "WHAT'S THE PLAN?"
- "I DON'T SEE THE WAY."
- "I DON'T KNOW / SEE / UNDERSTAND THE PLAN."
- "IT'S NOT RESPONSIBLE."
- "I HAVE A CHILD/CHILDREN."
- "ON THE OTHER HAND..."
- "DOES THAT MAKE SENSE?"
- "...IF THAT MAKES SENSE."
- "THIS DOESN'T MAKE ANY SENSE."
- "WHAT IF?"
- "I JUST NEED A LITTLE MORE INFORMATION."
- "I NEED
EVIDENCE/PROOF/KNOWLEDGE/UNDERSTANDING/TRAINING/CERTIFICATION."
- "I DON'T KNOW IF I BELIEVE THAT."
- "I NEED TIME TO SIT WITH IT/MEDITATE ON IT/PRAY ON IT."

SHE SAYS:

- "I NEED TO THINK ABOUT IT."
- "I WANT TO TALK TO MY HUSBAND/WIFE."
- "I DON'T HAVE ENOUGH TIME."
- "I'M OUT OF TIME."
- "THERE'S NEVER ENOUGH TIME."
- "I CAN'T SEE." (OR... "I SEE." - EMPHASIZING THE NEED TO BE ABLE TO SEE)
- "I CAN'T SEE THE WAY."
- "THIS LOOKS FOOLISH/STUPID."
- "I DON'T KNOW HOW."
- "I HAVE NO IDEA."
- "I WOULD BUT..."
- "I DON'T KNOW."
- "I CAN'T SEE."
- "THIS IS JUST NOT THE RIGHT TIME."
- "I'M WILLING TO DO IT, JUST NOT RIGHT NOW BECAUSE IT'S NOT RESPONSIBLE AND IT DOESN'T MAKE SENSE."
- "SOMEDAY...YES...BUT NOT RIGHT NOW."
- "I'LL DO IT LATER. SOMEDAY."
- "THIS IS THE PLAN...BUT WHAT HAPPENS AFTER THE PLAN IS OVER?"

SHE SAYS:

- "WHAT HAPPENS WHEN MY RESOURCES RUN OUT?"
- "I CAN'T COMMIT TO THAT; IT MIGHT DISRUPT MY ROUTINE."
- "LET'S NOT JUMP INTO THIS; WE NEED MORE RESEARCH."
- "I'LL DO IT WHEN THE STARS ALIGN."
- "IT'S TOO RISKY; I CAN'T AFFORD TO FAIL."
- "I DON'T WANT TO MAKE A MISTAKE."
- "WHAT IF I REGRET IT LATER?"
- "I'LL START TOMORROW, WHEN I FEEL MORE PREPARED."
- "I NEED TO CONSULT WITH MY THERAPIST...LAWYER... ACCOUNTANT"
- "I SHOULD WAIT FOR THE PERFECT OPPORTUNITY."
- "IT'S JUST NOT PRACTICAL."
- "I CAN'T DECIDE; THERE ARE TOO MANY VARIABLES."
- "I NEED MORE EVIDENCE BEFORE I CAN PROCEED."
- "I MUST ANALYZE THIS FROM EVERY ANGLE."
- "I'LL WAIT FOR A SIGN BEFORE I TAKE ACTION."
- "I CAN'T CHANGE MY MIND ONCE I COMMIT."
- "I NEED SOMEONE ELSE'S APPROVAL TO MOVE FORWARD."

SHE SAYS:

- "I DON'T WANT TO DISRUPT THE STATUS QUO."
- "I'LL DO IT WHEN THE CONDITIONS ARE IDEAL."
- "I SHOULD PLAY IT SAFE; WHO KNOWS WHAT MIGHT HAPPEN."
- "I'M BORED."
- "I'M BLOCKED."
- "NO ONE UNDERSTANDS ME."

MAGICIAN.

The magician embodies untamed energy, **unrestricted by boundaries**, capable of transforming any input received from the warrior into enchantment. With mastery over converting voids into substance and orchestrating instantaneous manifestations, the magician operates beyond confines of time, seamlessly manipulating its expansion and contraction at will.



THE MAGICIAN EXUDES **UNRESTRAINED ENERGY,**
UNRESTRICTED BY LIMITS, TRANSFORMING THE
WARRIOR'S RESOURCES INTO MANIFEST REALITY
EFFORTLESSLY.

PROFICIENT AT TURNING NOTHINGNESS INTO SUBSTANCE
AND CATALYZING IMMEDIATE OCCURRENCES, THE
MAGICIAN EXISTS IN A REALM WHERE TIME FLEXES,
EXPANDING AND CONTRACTING AT HIS COMMAND.

HERE LIES THE PATH TO MASTERING TIME...BY
MASTERING YOUR SABOTEUR.

THE TELLTALE SIGN OF BEING IN THE REALM OF THE
MAGICIAN? **MAKING DECISIONS WITHOUT THE URGE TO**
EXPLAIN.

THE MAGICIAN **PIERCES THROUGH ILLUSIONS AND**
DISORDER, MASTERING TIME'S ESSENCE AND EXHIBITING
BRILLIANT TIMING.

ALWAYS IN THE RIGHT PLACE, ARTICULATING THE RIGHT
WORDS, AND TAKING PRECISE ACTIONS, THE MAGICIAN
ESTEEMS PRECISION OVER PERFECTION. HE ACTS
DECISIVELY.

UNDERSTANDING THE 'NOW' AS A MANIFESTATION OF THE PAST, THE MAGICIAN SHOULDERS RESPONSIBILITY FOR CREATING THE PRESENT AND SHAPING THE FUTURE.

ENDOWED WITH BOUNDLESS RESOURCES, **THE MAGICIAN SURRENDERS TO TRUTH**, COMMANDING DOMINION OVER EVERYTHING ELSE.

UNAFRAID OF APPEARING FOOLISH OR UNCONVENTIONAL, HE DISCERNS CLARITY AMIDST CHAOS.

RESIDING IN **THE PARADOX OF 'BOTH/AND'**...POSSESSING ALL, THE MAGICIAN FUNCTIONS AS A SEER, INSTANTLY DECODING ANSWERS AND UNRAVELING REALITY'S CONCEALED CLUES.

MASTERING RULES AND LAWS, **HE SKILLFULLY BENDS THEM TO CRAFT MAGIC WHILE STEADFASTLY HONORING TRUTH**.

UNFETTERED BY THE NEED FOR RESPONSIBILITY AS HE IS UTTERLY RESPONSE-ABLE, **THE MAGICIAN DISREGARDS CONVENTIONAL LOGIC, PROOF, PLANS, OR TIME CONSTRAINTS**.

SKILLFUL AT INFUSING HUMOR INTO GRAVE MATTERS,
HE'S OFTEN MISCONSTRUED AS ARROGANT OR 'ALL
KNOWING'.

IN THIS REALM, 'PSYCHIC' GIFTS
BLOSSOM...CLAIRCOGNIZANCE, **AN INNATE SENSE OF
KNOWING.**

EXHIBITING PRECISION AND GRACE, THE **MAGICIAN SEES
HIS CREATIONS THROUGH COMPLETION**, DWELLING IN A
WORLD OF WONDER, MENTALLY ROBUST AND POWERFUL.

HIS MIND SERVES AS AN OPEN CONDUIT FOR THE SUPER
CONSCIOUS TO CHANNEL CONTENT.

HIS SEEMING FORGETFULNESS MERELY STEMS FROM
DISMISSING IRRELEVANT INFORMATION, ALLOWING THE
STREAM OF CONSCIOUSNESS TO FLOW UNIMPEDED.

**THIS DISPOSITION SOMETIMES MISCONSTRUED AS
FLAKINESS, YET IT'S HIS DELIBERATE CHOICE NOT TO
CLING TO INCONSEQUENTIAL DETAILS.**

HE SAYS:

- "I AM THE MASTER OF TIME."
- "I DON'T HAVE TO SEE HOW IT WILL ALL WORK OUT."
- "I'M ALWAYS AT THE RIGHT PLACE, AT THE RIGHT TIME, DOING AND SAYING THE RIGHT THINGS."
- "I DON'T NEED TO WAIT TO HAVE AN IDEA TO START/TAKE ACTION."
- "I KNOW WHAT I KNOW."
- "I COMPLETELY TRUST MYSELF 100%."
- "I DECIDE HOW TIME GOES."
- "I DON'T WAIT."
- "IF I DECIDE I'M GOING TO MAKE A CERTAIN AMOUNT OF MONEY IN A CERTAIN AMOUNT OF TIME, THAT'S MY DECISION. BECAUSE IT DOESN'T HAVE TO TAKE TIME."
- "TIME COMES FROM ME."
- "I DECIDE HOW LONG IT TAKES TO HAVE CASH COME FROM ME."
- "THERE'S NOTHING TO BE WORRIED ABOUT."
- "I'LL DECIDE HOW THIS GOES."
- "I'M NOT GOING TO LET A NUMBER IN MY BANK ACCOUNT TELL ME WHAT'S REAL, AS IF THESE ARE MY ONLY RESOURCES."
- "I CREATE THE RULES."

HE SAYS:

- "THIS HAPPENS NOW."
- "I DON'T CARE IF YOU THINK I'M DUMB/FOOLISH/IRRESPONSIBLE/WEIRD."
- "I DON'T HAVE TO SEE HOW IT WILL ALL WORK OUT."
- "I KNOW EXACTLY WHAT TO SAY AND EXACTLY HOW TO SAY IT."
- "THE RESOURCES MY WARRIOR HAS PLACED INTO MY HANDS ARE MORE THAN ENOUGH BECAUSE I AM THE MASTER OF TIME."
- "I AM THE ARCHITECT OF MY DESTINY."
- "I TRUST MY INTUITION IMPLICITLY."
- "TIME IS MY ALLY, AND I BEND IT TO MY WILL."
- "I AM THE CREATOR OF OPPORTUNITIES."
- "I SEE THROUGH THE ILLUSIONS OF LIMITATION."
- "I EMBRACE THE 'NOW'."
- "I AM A MASTER OF PRECISION AND TIMING."
- "I TURN CHALLENGES INTO STEPPING STONES."
- "I AM THE ALCHEMIST OF MY REALITY."
- "I AM IN PERFECT HARMONY WITH THE UNIVERSE."
- "I EFFORTLESSLY MANIFEST MY DESIRES."
- "I AM A CONDUIT FOR DIVINE INSPIRATION."

HE SAYS:

- "I BRING ORDER TO CHAOS."
- "I TRUST IN MY GODDAMN INTUITION AND INSPIRATION."
- "I AM THE EMBODIMENT OF BOTH/AND."
- "I MAKE THE IMPOSSIBLE POSSIBLE."
- "I AM A CHANNEL FOR HIGHER WISDOM."
- "I AM THE ARCHITECT OF MY OWN STORY."
- "I CREATE MY REALITY THROUGH TRUST AND INTENTION."

SHADOW

ALCHEMY



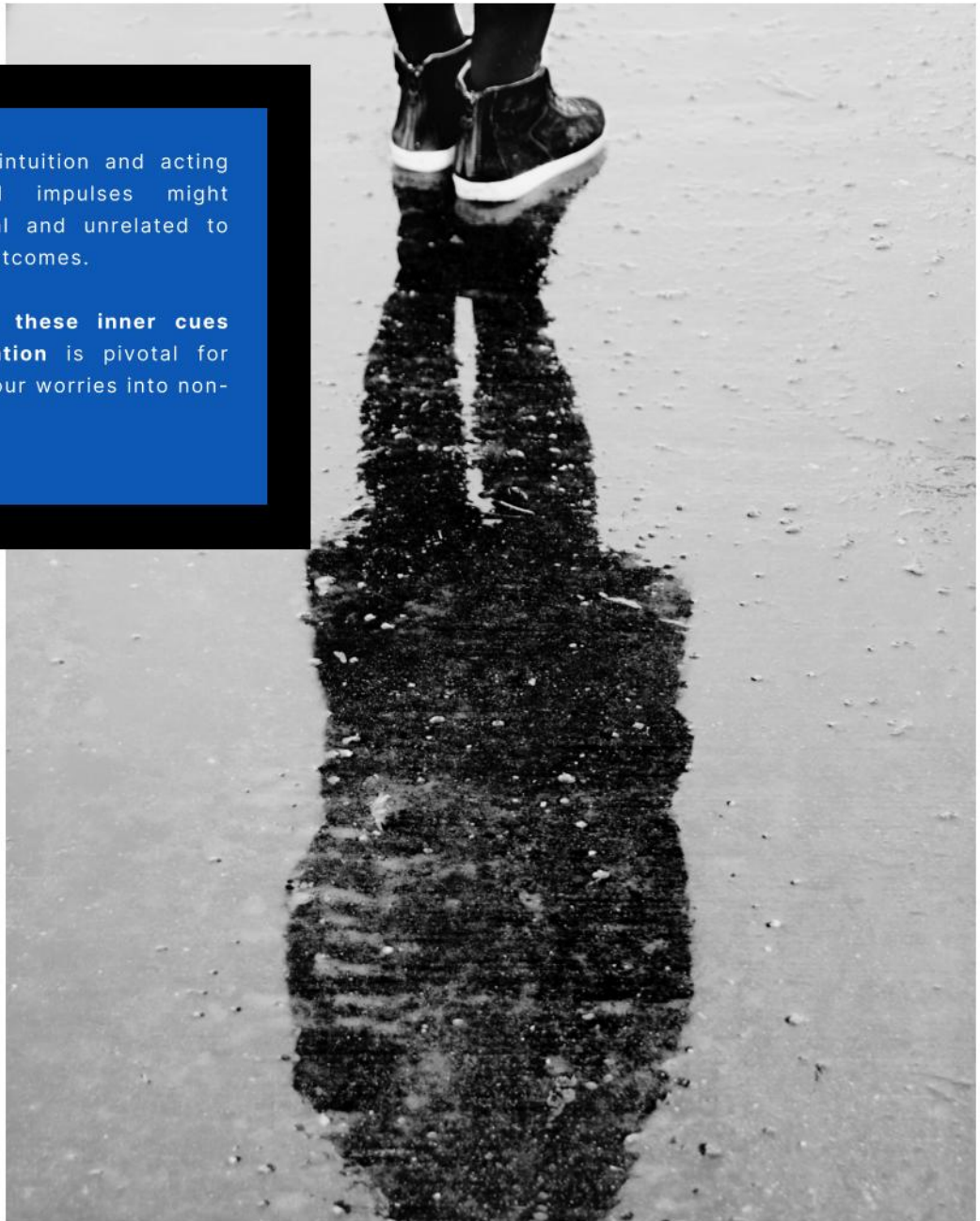
INTUITION
&
INSPIRED
ACTION

ENTER THE EXIT ROOM
PROJECT- 2023

TRUST YOURSELF.

Trusting your intuition and acting upon inspired impulses might **appear** illogical and unrelated to your desired outcomes.

Yet, **following these inner cues without hesitation** is pivotal for transforming your worries into non-existence.



R E P R E S E N T S :

Y O U .



WE OFTEN DISMISS INSPIRED ACTIONS OR INTUITION
BECAUSE THEY **SEEM** NONSENSICAL OR IRRATIONAL TO
OUR LOGICAL MINDS.

HOWEVER, THIS PROCESS DEFIES CONVENTIONAL
REASONING; YOU CANNOT SOLELY RELY ON RATIONALITY
OR INTELLECT TO NAVIGATE IT.

DISTINGUISHING BETWEEN INSPIRED ACTION AND
DISTRACTIONS LIKE PROCRASTINATION OR SELF-
SABOTAGE ISN'T A TASK FOR THE LOGICAL MIND.

THESE INTUITIVE NUDGES OFTEN LIE OUTSIDE THE REALM
OF OUR TARGETED IMPROVEMENTS.

TRAINING YOURSELF TO HONOR INTUITION, IRRESPECTIVE
OF ITS APPARENT PRODUCTIVITY, IS CRUCIAL.

THESE DIRECTIVES MUST BE HEEDED PRECISELY,
WITHOUT HESITATION.

THEY ARE NOT MERE SUGGESTIONS:

- REACH OUT TO JOE.
- HYDRATE YOURSELF.
- INCREASE YOUR PRICES.
- DISSOLVE YOUR COMPANY.

THESE INTUITIVE IMPULSES **DEMAND IMMEDIATE ACTION**,
AKIN TO ADDRESSING OUR SHADOW SELVES PROMPTLY
WHEN TRIGGERED.

THIS PROCESS INVOLVES ATTUNING YOUR FREQUENCY TO
MATCH YOUR ASPIRATIONS, GUIDED BY YOUR INTUITION'S
TRANSMISSIONS.

IT NECESSITATES **SURRENDERING TO YOUR INNER VOICE**.

THE INTERNAL DEBATES AND LOGICAL CONSTRUCTS
WITHIN YOUR MIND MUST YIELD TO SPIRITUAL LOGIC...A
CONNECTION OF ENERGETIC FREQUENCIES BETWEEN
CONSCIOUS PATTERNS.

**IT MIGHT SEEM ILLOGICAL, YET IMPROVING HEALTH
COULD INFLUENCE INCOME, OR BETTER SLEEP MIGHT
AFFECT RELATIONSHIPS.**

YOUR LIGHT OPERATING SYSTEM COMPREHENDS THESE CONNECTIONS AND GUIDES YOU THROUGH DARKNESS VIA INTUITIVE HINTS.

THESE TRANSMISSIONS OF TRANSFORMATIVE CONSCIOUSNESS EMANATE FROM UPGRADED CODE FIELDS IN YOUR LIGHT OPERATING SYSTEM, TRANSCENDING YOUR MIND'S LIMITATIONS.

YOUR MIND MIGHT RESIST, INTERRUPT, OR DOUBT, BUT FOLLOWING INSPIRED ACTION OVERRIDES THESE MENTAL INTERFERENCES.

IT DEMANDS **COMPLETE SELF-TRUST**...A PROCESS OF **UNRESERVED SELF-RELIANCE**.

EMBRACING INSPIRED ACTION PROMPTLY IS VITAL.

PROCRASTINATION IN THIS REGARD IS THE REAL SELF-SABOTAGE, AS ADHERING TO INTUITIVE IMPULSES DEMONSTRATES SELF-TRUST AND IMMEDIATE ACTION.

REGARDLESS OF WHETHER THE CONNECTION BETWEEN INSPIRED ACTION AND DESIRED RESULTS IS APPARENT, FOLLOWING THESE IMPULSES PRECISELY IS IMPERATIVE. .

PRECISION MATTERS...ACT ON THE INSPIRATION AS SOON AS IT ARRIVES.

OPEN YOUR MENTAL FIELD TO THESE TRANSMISSIONS,
ELIMINATING PROCRASTINATION, ANALYSIS PARALYSIS,
AND STAGNATION.

YOUR **RESISTANCE STEMS FROM** NOT ADHERING TO
INTUITION PRECISELY UPON RECEIPT...THIS IS THE TOOL
OF YOUR LIGHT OPERATING SYSTEM.

YOUR INTUITION PERCEIVES WHAT YOUR LOGICAL MIND
CANNOT.

AS YOU PROCEED, **BE WARY OF YOUR MIND'S URGE TO
CONTROL**; INSTEAD, ALLOW SUBSEQUENT MESSAGES TO
NATURALLY UNFOLD.

AN INTUITIVE HIT ISN'T A RANDOM THOUGHT BUT A CLEAR
AND PURPOSEFUL TRANSMISSION. **EMBRACE IT.**



S H A D O W
A L C H E M Y
M A N U A L

ENTER THE EXIT ROOM
PROJECT - 2023

1 GOAL: ALCHEMIZE

I ALREADY KNOW THAT MOST OF YOU WHO MOMENTARILY
BUY INTO THIS PROGRAM, AT LEAST MENTALLY, WILL
VERY QUICKLY FORGET **THE IMPORTANCE OF THE MENTAL
REPROGRAMMING** THAT MUST HAPPEN...IN ORDER FOR YOU
TO HAVE THE FUCKING BALLS TO TAKE ACTION IN YOUR
LIFE AND MAKE THE CHANGES NECESSARY TO SEE THE
ACTUAL RESULTS YOU ARE LOOKING FOR.

A LOT OF YOU LOUD MOUTHS WILL TRY AND CONVINCE ME
THAT YOU'RE WILLING TO DO 'ANYTHING' TO MAKE IT
HAPPEN.

HOWEVER, WHEN I GIVE YOU THE SIMPLE TASK OF
REJECTING THE BULLSHIT IN YOUR LIFE BY
WRITING/SPEAKING WORDS AND READING, YOU'LL
DISENGAGE BECAUSE YOU STILL THINK IT'S ABOUT
HAVING THE PHYSICAL STUFF.

**YOUR CORE IDENTITY WILL CAUSE YOU TO NOT DO THE
WORK** IN DISBELIEF...JUST THE IDEA THAT WORDS AND
IDEAS COULD HAVE AN EFFECT ON YOUR LIFE SEEMS LIKE
BULLSHIT.

HOWEVER, THE ENTIRE REASON YOU'RE IN PAIN AND
CONSTANTLY REPEATING THE SAME MISTAKES OVER AND
OVER IS BECAUSE **YOU'VE BEEN REPEATING WORDS AND
BELIEFS AND IDEAS IN YOUR OWN HEAD THAT CAUSE YOU
TO KEEP FUCKING UP YOUR LIFE.**

SO IT'S LIKELY YOU WILL GO BACK TO THE SAME CRAP
HABITS THAT YOU'VE BEEN ENGAGING IN, AND THEN
APPROACH ME WITH SOME PATHETIC 'PLEASE FORGIVE ME'
LOOK IN YOUR EYE BECAUSE YOU KNOW YOU LITERALLY
IGNORED MY ADVICE.

HOW FUCKING DUMB AND HARD HEADED DO YOU REALLY
WANT TO BE?

IS IT HELPING YOU?

DON'T YOU REALIZE THAT WHEN I SPEAK ON '**SUBMITTING
YOURSELF TO THE TRUTH**', I MEAN IT?

THAT WHEN I TELL YOU THAT YOU HAVE TO BE 'WILLING
TO AFFORD' ANY COST TOWARDS YOUR VALUES, I REALLY
MEAN ANY COST?

I SEE IT ALL THE TIME.

PEOPLE WANT THE 'ACTION STEPS'.

SO, EVEN THOUGH I KNOW IT'S POINTLESS, I FEED THEM
THE EMPTY CALORIES OF SELF-IMPROVEMENT.

THEY TAKE ACTION STEPS.

THEY GET A FEW SHORT-TERM RESULTS.

**THEN THE MENTAL PROGRAMMING THEY IGNORED
SUDDENLY SNAPS THEM RIGHT BACK.**

IN THE MIDDLE OF WHAT SEEMS LIKE GREAT SUCCESS AND
MOMENTUM, THEY BEGIN TO EXPERIENCE THE MOST
INTENSE MENTAL BREAKDOWNS.

THE NEGATIVE SELF-TALK BECOMES LOUDER THAN EVER...
THE DESIRE TO SELF SABOTAGE BECOMES MONSTROUSLY
STRONG...SUDDENLY THERE'S AN EXCUSE...AN
'EMERGENCY'...

BACK TO GROUND ZERO...

...AND FAST...

...AS IF THE SUCCESS THEY GOT NEVER EXISTED AT ALL...

...THAT'S BECAUSE IT CAN'T EXIST.

IF YOU ARE A ROBOT PROGRAMMED TO LOSE, THEN
**WINNING MEANS YOU ARE GOING AGAINST YOUR
PROGRAMMING.**

IN ORDER TO GET BACK TO 'NORMAL', **YOU NEED TO
CRASH AND BURN.**

YOU NEED TO FUCK UP YOUR LIFE ALL OVER AGAIN.

BUT WHAT HAPPENS WHEN YOU DO THAT?

YOU GET EITHER DEPRESSED, ANGRY, OR BOTH.

THIS LASTS FOR A WHILE UNTIL YOU FEEL A NEED TO
MAKE A 'COMEBACK'.

SO YOU GET YOUR SHIT TOGETHER, AND BEGIN TO WORK
TOWARD A BETTER YOU.

THEN YOU GET THERE.

THEN YOU FIND A WAY TO TRASH IT ALL OVER AGAIN.

...BECAUSE YOU HAVE TO.

IT'S IN YOUR PROGRAMMING.

SO I TELL YOU,

'MAYBE IT'S TIME TO CHANGE THE PROGRAMMING.'

BUT YOU TELL ME YOU WANT ACTION STEPS.

I GIVE THEM TO YOU ONLY TO WATCH YOU REPEAT THE
PROCESS ALL OVER AGAIN.

SO BELIEVE ME WHEN I TELL YOU...THESE WORDS...THESE
STATEMENTS...THESE THOUGHTS AND IDEAS...

**...MATTER WAY MORE THAN YOU WANT TO BELIEVE...AND
YOU WON'T GET ANYTHING YOU REALLY WANT UNTIL YOU
CAN BEGIN TO TAKE THEM ALL SERIOUSLY.**

CONSUMING MORE PROGRAMS WON'T HELP.

THE RIGHT DIET.

THE PERFECT ENVIRONMENT.

THE CASH FLOW.

ALL THESE THINGS COME **AFTER** YOU'VE REPROGRAMMED.

ANOTHER NOTE...

SOME PEOPLE HAVE THE BODY...BUT THEY ARE STILL
FUCKED IN THE HEAD...SOME HAVE THE BEAUTIFUL
LOOKING RELATIONSHIP...AND ARE STILL FUCKED IN THE
HEAD....SOME HAVE THE MONEY....AND ARE STILL FUCKED
IN THE HEAD...

**THOSE PEOPLE...CAN'T ENJOY ANYTHING THEY HAVE...
THEY ARE PROGRAMMED NOT TO.**

WHAT DO THEY TYPICALLY DO?

TRY TO GET AN EVEN BETTER BODY...TRY TO DO SOME
KIND OF RELATIONSHIP HEALING...TRY TO MAKE EVEN
MORE MONEY.

IT WORKS TEMPORARILY...BUT THE CYCLE CONTINUES.

I'M TELLING YOU HERE BECAUSE FRANKLY I'M A LITTLE
TIRED OF REPEATING MYSELF...TAKE THIS SERIOUSLY.

IT'S A SHORT PROCESS AND IT WILL BE PIVOTAL TO EVERY
VERSION OF SUCCESS YOU SEEK OUT.

DON'T GET SLOPPY BECAUSE IT LOOKS EASY...IT ISN'T.

YOU WON'T DEPROGRAM EASILY.

IT WON'T WORK COMPLETELY IN 2 DAYS.

BUT IT WILL HAPPEN WAY FASTER THAN ANY OTHER
BULLSHIT 'FEEL GOOD' PROGRAM YOU'VE EVER PUT
YOURSELF THROUGH WHEN YOU FIND YOURSELF IN PANIC
MODE.

I HOPE I MADE MYSELF CLEAR.

ONE:
BREAK THE BOND & ACCEPT THE TRUTH:
YOUR TRIGGERS/SHADOW ARE A LIE...

THEY ARE DECEPTION...THEY ARE ILLUSION...THEY ARE
DISTRACTION...THEY ARE THE PROGRAMMING OF AN
OPERATING SYSTEM THAT IS KEEPING YOU EXACTLY
WHERE YOU ARE.

YES...THIS IS A STEP. YES...YOU HAVE TO FUCKING DO IT.

SAY IT. CHOOSE IT.

YOUR TRIGGERS ARE A FUCKING LIE.

I DON'T GIVE A FUCK ABOUT YOUR REASONS THAT YOUR
NEGATIVITY IS THE TRUTH...I'VE ALREADY BEEN DOWN
THAT ROAD...EITHER YOU WANT TO CHANGE OR YOU
DON'T...I DON'T GIVE A FUCK IF YOU'RE NOT INTERESTED
IN GETTING PAST THIS STEP...I DID AND THAT'S ENOUGH
FOR ME TO KNOW YOU'RE FULL OF SHIT AND IT NEEDS TO
END NOW...VALIDATING YOUR FEELINGS IS ONLY GOOD FOR
SHADOW OPERATING SYSTEM AND, UNLESS YOU WANT TO
STAY THERE, YOU NEED TO DE-VALIDATE ALL THAT SHIT.

KICK IT TO THE CURB.

...OR DON'T...I DON'T GIVE A FUCK.

TWO:
TRIGGER RANT : SHADOW INTERROGATION :
TELL THE STORY OF THE LIE...

THERE'S THE **REASON** THAT YOU ARE TRIGGERED...THEN
THERE'S THE **PHILOSOPHY** BEHIND WHY YOU ARE
TRIGGERED.

THE REASON:

IT COULD BE SOMETHING THAT HAPPENED IN THE
MOMENT. (USUALLY, IT IS.)

SOMEONE SAID SOMETHING OR DID SOMETHING THAT GOT
YOU TRIGGERED.

MAYBE SOMETHING SEEMINGLY TRIVIAL HAPPENED, LIKE
YOU LOST YOUR CAR KEYS OR WALLET...OR DROPPED A
CUP OF COFFEE...

IT COULD BE A LONG STANDING TRIGGER.

SOMETHING FROM YOUR PAST.

A PERSON THAT REALLY HURT YOU OR A TRAGIC EVENT...
BUT DUE TO THE INTENSITY OF THIS OLD TRIGGER...IT
STILL CLAIMS POWER IN YOUR CURRENT DAY TO DAY LIFE.

SUCH AS HAVING TROUBLE TRUSTING WOMEN BECAUSE
YOU HAD SOME BAD RELATIONSHIPS OR A NASTY
DIVORCE.

THERE'S AN IDEA IN THIS INDUSTRY THAT YOUR OLD
TRIGGERS OR TRAUMAS ARE NOT A GREAT SOURCE OF
TRANSMUTABLE ENERGY.

(WITH ALL DUE RESPECT TO THE GURUS...THAT'S FUCKING
TRASH.)

THIS IS ESPECIALLY WHEN THERE'S AN OLD TRIGGER THAT
YOU THINK ABOUT OFTEN AND IS THE SOURCE OF YOUR
BELIEFS AND CURRENT DECISIONS.

**VERY OFTEN IF IT'S AN OLD TRIGGER...THAT MEANS IT'S A
MATURED AND SOPHISTICATED TRIGGER...WHICH MEANS
IT'S A POWERFUL SOURCE OF POTENT ENERGY.**

BUT THIS IS ONLY ASSUMING THAT **THE TRIGGER STILL
AFFECTS YOU** IN YOUR CURRENT LIFE.

ALL OPTIONS CONSIDERED, YOU DON'T HAVE TO BECOME
HYPER OBSESSIVE WITH SEEKING OUT EVERY SINGLE
TRIGGER THAT YOU CAN REMEMBER.

THAT'S NOT THE POINT.

THE POINT IS THAT YOU WANT TO WORK TRIGGERS THAT
STILL EXIST IN THE PRESENT MOMENT.

THE PHILOSOPHY:

PART OF THE LIE IS THAT **THERE'S SOMETHING ABOUT
THE TRIGGER** THAT REALLY PUTS YOU IN THAT
MENTALLY/PHYSICALLY PAINFUL POSITION.

THE SPILLING OF THE COFFEE COULD TRIGGER YOU
BECAUSE YOU NOW HAVE TO CLEAN UP AND MAKE IT ALL
OVER AGAIN - WHICH NOW IS TAKING UP MORE TIME OF
YOUR DAY AND **MAKING YOU LESS PRODUCTIVE** - WHICH
MAKES YOU LOOK BAD TO OTHER PEOPLE - AND IF YOU
LOOK BAD TO OTHER PEOPLE YOU COULD GET JUDGED
WHICH **BRINGS DOWN YOUR MARKETPLACE VALUE** - THIS
INCREASES THE LIKELIHOOD THAT **PEOPLE WILL ABANDON
YOU.**

ALL THAT FROM SPILLED COFFEE.

**THERE'S A REASON YOU GET TRIGGERED AND YOU NEED
TO REVEAL AND EXPRESS PRECISELY WHAT THAT IS.**

BUT YOU CAN'T DIG INTO THE PHILOSOPHY BEHIND YOUR TRIGGER UNLESS YOU BEGIN TO **PAY ATTENTION TO THE TRIGGERS SHOWING UP.**

SO ANYTIME YOU EXPERIENCE SOME KIND OF TENSION, DEPRESSION, ANGER, GUILT, OR ANYTHING OF THE LIKE... YOU NEED TO REALIZE YOU ARE TRIGGERED BY SOME KIND OF LONG STANDING ILLUSION AND IT'S TIME TO FIND OUT WHAT IT IS...NOW. HOW YOU EXPRESS IT IS TOTALLY FINE.

SOME PEOPLE JUST WANT TO 'BITCH AND COMPLAIN' OUT LOUD ABOUT WHY SOMETHING PISSES THEM OFF.

FAIR ENOUGH...JUST **BE DETAILED ABOUT IT.**

THERE'S ALSO THE OPTION OF WRITING IT DOWN, WHICH I VERY OFTEN DO.

SINCE I'M TRIGGERED AND HIGHLY EMOTIONAL AT THE MOMENT, IT HELPS ME MAINTAIN CLARITY TO HAVE A NOTEBOOK AND LIST OUT THE TRIGGER, AND WHAT ABOUT THE TRIGGER IS REALLY BOTHERING ME, OR WHY.

WHATEVER WORKS FOR YOU.

THREE:
IDENTIFY YOUR CORE SHADOW :
WHAT'S THE SOURCE?

YOU NOW HAVE A MAP AND ARCHETYPES THAT YOU CAN
REFERENCE IN ORDER TO BASICALLY IDENTIFY THE MAIN
SOURCE OF SHADOW YOUR TRIGGER IS COMING FROM.

JUST TO BE CLEAR...IF YOU'RE IN ONE SHADOW
ARCHETYPE...YOU'RE IN ALL SHADOW ARCHETYPES.

SO DON'T BE SURPRISED WHEN THERE'S A LOT OF CROSS
POLLINATION FROM DIFFERENT ARCHETYPES.

STILL...SEEK THE BIG ONE.

FORTUNATELY THERE'S ONLY FOUR CHANNELS, SO BEING
ABLE TO IDENTIFY AND UNDERSTAND WHAT'S HAPPENING
IS PRETTY EASY TO FIGURE OUT IN THE BEGINNING,
WHICH MEANS YOU CAN DEVELOP A DEEP UNDERSTANDING
QUICKLY IF YOU'RE REALLY TAKING THIS SERIOUSLY.

USE THE SIMPLIFIED ARCHETYPE MAP, AND TAKE TIME TO
FAMILIARIZE YOURSELF WITH THE ARCHETYPES IN DEPTH
IN EACH COURSE.

ALSO, DON'T FORGET
TO SEND IN
QUESTIONS THROUGH
THE HOTLINE PAGE SO
YOU CAN ACTUALLY
GET A DEEPER
UNDERSTANDING
WHEN THE LIVE CALLS
COME THROUGH.

FOUR:
SEEK THE TRUTH : SPEAK THE TRUTH :
TRUTH RANT...

WHEN YOU HAVE GONE THROUGH THE INVESTIGATION AND
REALIZED WHERE YOUR TRIGGER/LIE IS COMING FROM,
IT'S TIME TO SHINE THE TRUTH OF YOUR POWER/DESIRE
ONTO IT.

IT'S TIME TO SPEAK IT.

THERE'S NO SUBSTITUTION FOR THIS.

YOU CAN CERTAINLY WRITE THE TRUTH DOWN IF IT HELPS
YOU PREPARE A BIT...BUT IF YOU ARE NOT SPEAKING IT
OUT LOUD...THAT MEANS YOU ARE NOT ACTIVATING IT
WITHIN YOUR PHYSICAL BODY AND MIND...AND NOW
YOU'RE JUST FUCKING AROUND.

THERE IS A VERY CRITICAL IMPORTANCE TO MAKING SURE
YOU ARE EXPERIENCING THIS PROCESS MENTALLY AND
PHYSICALLY...

LET'S BE REAL.

FIRST OFF, YOU DON'T BELIEVE THIS SHIT WORKS.

YOU JUST FUCKING DON'T.

YOU'RE A DOUBTFUL MOTHER FUCKER AND IN ORDER TO
TURN THAT AROUND...**YOU NEED TO HAVE A PHYSICAL
EXPERIENCE THAT MAKES THE ALCHEMIZATION AS REAL
AS HUMANLY POSSIBLE.**

SO THAT MEANS BEING ABLE TO DO A TRUTH RANT IN A
POWERFUL WAY THAT BEGINS TO **CONVINCE YOU OF THE
POTENTIAL AS SOON AS POSSIBLE.**

THE BEST WAY TO DO IT IS PROJECTING LOUD, WITH A
TONE OF SERIOUSNESS, AND AS SOON AS YOU FEEL THE
TRIGGER...AND DO IT FOR ENOUGH TIME TO FEEL IT
WORKING IN YOUR SYSTEM.

HOWEVER, YOU ARE LIKELY EMBARRASSED BY THIS
PROCESS BECAUSE...IN YOUR HEAD...**BEING ACCEPTED** BY
SOCIETY IS MORE IMPORTANT THAN DISCOVERING THE
POWER WITHIN YOURSELF.

THAT DOESN'T CHANGE THAT YOU STILL NEED TO
EXPERIENCE THIS PHYSICALLY.

SO...HERE ARE SOME STRONG LOOPHOLES THAT YOU NEED
TO TAKE INTO CONSIDERATION.

BEFORE I GIVE YOU THESE LOOPHOLES, IF YOU STILL FIND
A REASON TO NOT DO THIS PROCESS...I HAVE NO FUCKING
SYMPATHY FOR YOU...THERE'S ONLY SO MUCH HAND
HOLDING I'M WILLING TO DO BEFORE I JUST BEGIN TO
FUCKING HATE YOU...SO TAKE RESPONSIBILITY.

YOU DON'T HAVE TO PROJECT LOUD...**BUT YOU DO HAVE
TO SPEAK**...SO YOU CAN EVEN RUN THROUGH YOUR TRUTH
RANT AT A NORMAL TO LOW VOLUME WITH INTENSITY.

THE TONE OF SERIOUSNESS IS REQUIRED. NO EXCUSES
THERE.

WORKING A TRIGGER AS SOON AS YOU FEEL IT IS BEST...
BUT THE PROBLEM WITH NEW STUDENTS IS THAT YOU'RE
NOT DEDICATED ENOUGH TO WORK A TRIGGER EVEN WHEN
IT SEEMS INCONVENIENT...AND YOU'RE NOT USED TO
WORKING TRIGGERS IN GENERAL...SO VERY OFTEN YOU
WON'T KNOW WHAT TO SAY.

SINCE I WENT THROUGH THE SAME CHALLENGE, I FOUND
THAT IT IS POSSIBLE TO **WORK TRIGGERS THROUGH**
REPETITIONS.

I COME FROM THE HEALTH AND FITNESS INDUSTRY AND I
EARNED A FEW BLACK BELTS IN MARTIAL ARTS SCHOOLS...
ONE THING I KNOW IS THAT **THOSE WHO TRAIN MORE,**
FIGHT BETTER.

BEING WILLING TO FIGHT ISN'T ENOUGH...KNOWING HOW
HELPS...TRAINING HARD SOLIDIFIES.

NEWBIE DRILLS:

ALTHOUGH YOU WANT TO WORK YOUR WAY UP TO BEING
ABLE TO ALCHEMIZE A TRIGGER RIGHT WHEN IT SHOWS
UP, YOU CAN VERY EFFECTIVELY USE TRAINING TIME
BLOCKS TO WORK THROUGH YOUR TRIGGERS.

I DO ONE HOUR A DAY AT 20 MINUTES A SESSION.

THREE TIMES A DAY.

(I SET ALARMS AND TIMERS.)

WHEN THAT ALARM GOES OFF, I **STOP EVERYTHING I'M DOING AND TAKE TIME TO RUN THROUGH MY TRUTH RANT, CUSTOMIZED TO MY PERSONAL TRIGGERS, AND I DON'T STOP UNTIL THE TIMER IS UP**...I LISTEN TO INSTRUMENTAL MUSIC WHEN I DO THIS AS WELL...NOT SURE IF IT HELPS BUT I LIKE IT.

WHAT I FOUND VERY QUICKLY IS THAT IT WORKS JUST LIKE A GOOD GYM TRAINING SESSION, AND...WHEN A TRIGGER DOES COME UP AT RANDOM THROUGHOUT THE DAY, I'M ACTUALLY BETTER AT QUICKLY ALCHEMIZING IT **BECAUSE I'VE BEEN PRACTICING**...ALSO WHEN YOU SET ASIDE LONGER TIME BLOCKS TO TRAIN, YOU TEND TO BE MORE SUCCESSFUL AT GETTING INTO YOUR PHYSICAL BODY WITH THE TRUTH RANT AND THE EFFECTS SEEM TO LAST THROUGHOUT THE DAY, WHICH IS GREAT.

PLUS, YOU FEEL MORE CONFIDENT ABOUT THE PROCESS WHEN A TRIGGER POPS UP AND YOU ARE ABLE TO EASILY BRUSH IT OFF.

FIVE:

**DO THIS UNTIL THERE'S VIRTUALLY NO
SHADOW, AND YOU'RE IN FULL POWER...**

IT MIGHT BE HARD TO IMAGINE NOW, BUT WHEN YOU GET
TO A POINT WHERE YOU AREN'T BOTHERED BY MUCH, AND
YOU DON'T FIND YOURSELF THINKING OR FANTASIZING
ABOUT A BUNCH OF NONSENSE, AND YOU ARE MORE
AMUSED BY YOUR OWN LIFE THAN MOST OTHER THINGS...
YOU'RE STANDING IN YOUR OWN POWER AND YOUR
DEEPEST VALUES.

THAT'S THE GOAL.

THE REST IS CAKE.

SO STICK TO THIS PROCESS.

THERE'S REALLY NO TELLING HOW LONG YOU WILL HAVE
TO DEDICATE YOURSELF TO THIS, BUT I CAN PROMISE YOU
IT WILL BE LESS TIME THAN YOU'VE SPENT SUFFERING
AND SELF-SABOTAGING, SO IT'S WORTH IT.

GET STARTED:

LOOK...I KNOW IT'S LIKELY THAT YOU'LL FUCK AROUND
AND PUT THIS OFF FOR LATER.

DUMB.

GET STARTED RIGHT NOW.

BREAK OUT A NOTEBOOK/LAPTOP/PHONE APP AND **FILL
OUT A FEW PAGES WITH AS MANY TRIGGERS** AS YOU CAN
THINK OF.

IF YOU'VE ALREADY GONE THROUGH THE ARCHETYPES...
START IDENTIFYING YOUR CORE SHADOWS.

IF NOT...**HIT THE ARCHETYPES.**

IF YOU'VE GOTTEN THAT FAR...**START WRITING DOWN
YOUR TRUTH RANT STATEMENTS.** (*EXAMPLES IN THE
ARCHETYPE LESSONS...YOU CAN COPY THEM...OR CREATE
CUSTOM VERSIONS THAT RESONATE WITH THE POWER
ARCHETYPES.*)

IF YOU GOT THAT FAR, WHICH IS LITERALLY MORE THAN
80% OF MY STUDENTS WILL DO RIGHT AWAY...THEN **SET A
TIMER FOR 20 MINUTES AND START TRAINING.**