

Arise In Your Queen

ATTRACT YOUR KING

Call In Your King

I want to welcome you back Sister Queen to **Module 1 - Attraction Vs Action.**

And today's lesson is called "**Call In Your King.**"

Let's start today with a quote:

Out of suffering have emerged the strongest souls; the most massive characters are seared with scars ~ Khalil Gibron

And I thought that was such an appropriate quote for us today, my dears, because I know that so many of you, whether you are in a relationship, exiting a relationship, or indeed, trying to move into a new one, one of the things that we often bear the burden of is the scars of the past relationships that didn't work.

Now what I want to endeavor to do today is to debunk a few myths in order that we can get you out of a fantasy version of a man in relationship, towards **real relationship that's actually going to get your needs and desires met.**

Today you will learn:

1. Get Rid Of The Fantasy Man
2. Myth Of The Fall
3. Myths of Hollywood and Disney
4. How To Call In Your King

Get Rid Of The Fantasy Man

One of the things I really want to pass to you is that there are kings a plenty out there. There are plenty of them. You just can't see them when the lens you're looking through is the lens of the false feminine or in fact, the lens of some of the scars of the past, the wounds and the scars. Wounds that haven't been healed or if you've only interacted with the false masculine, these are left resident in you. If you believe that that's what men are, or that's all that is all there is or in fact, perhaps that's all that there is possible for you.

After the age of 13, I didn't have a father. My father started dying when I was 10. And so from the age of 10, I was actually nursing a dying father and then he died. And so, I had no true masculine models. I had no masculine models. And then, my brothers -- you know, my whole family were sort of satellites. There was not really any modeling going on of either the true feminine or the true masculine.

So, you know, if this is how we start life, we expect this to continue like this. It's not necessarily pre-verbal, but it's pre-cognizant for so many of us, as in, we are not necessarily consciously aware of this.

One of the things I endeavor to do with you today is to get you out of some fantasies about relationship and partnership and get you into reality, **a reality that will actually get your needs and desires met.**

To do this, I'm going to have to slay some sacred cows. Some of you might hate me for this for a few minutes, but if you just stay with me and I -- and trust me here, I'm doing it in order for you to get a reality check and get out of the fantasies.

Myth of the Fall

What I'm going to talk to you about briefly is what's called the Myth of the Fall. Now, in the myths -- I say plural -- myths of the fall because in almost every spiritual tradition is some sort of story where mankind fell from heaven, fell from the state of grace. The reason why I'm passing to you some of the myths of the fall is in order for you to understand some of the myths that pervade around relationships in our current life now.

So essentially, in the myths of the fall, however they are written, mankind, woman and -- womankind were united completely with the divine. We were in divine union and we didn't need for anything because we were actually in union. We were complete. We were full of divine presence.

And then, there was some sort of act or time where there was a separation. You know, the myths sometimes say, "We were kicked out of heaven," or we had to be moved away from our purity of union with the divine in order for us to wake up because whence we were totally united with the divine, we were asleep and we needed to wake up. And so, the gods kicked us out of heaven in order for us to wake up, okay? We needed to awaken. And for that to happen, there had to be some separation from the divine for that to occur.

Now, the story of separation is what is called, in my spiritual tradition, the personal stage. What that created was separation or what's called separative consciousness. As in, I'm separate from you. I'm separate from the divine. But what that created for us human beings, on the positive note, was that

we got to choose to wake up, we got to choose to seek divine union, we got to choose our enlightenment again. But during the personal stage, we felt very, very separate.

What this has created for us is one of the biggest longings that a human being can have and it's called The Wound

The Wound. Capital T, capital W. The Wound. It is the thing that unites all of us. We all carry it inside of our hearts -- I'm pointing to the heart, but it's beyond just the heart, but it's often felt in the heart. The Wound is the experience of our separation from the divine.

But how does it play out now?

It plays out in what has become this long, long story of **the search for the lost half**. Now, I'm digressing for a second, but think about stories and poetry and fiction. And almost every love song and rock song written, it talks about love and the yearning for the partner and the lost half and the "Where is my soul mate?" and "I need to find my twin flame." or "I'm never going to be complete."

Now this is where I want to debunk these pieces for you because the only way we will experience completeness as a human being is when we search for the divine, inside of us, that we create a reunion of the divine from the inside of us. We seek completion by seeking a reunion with our divine nature and the divine. Whatever that's called in your spiritual tradition, whether it's gods or angels or god, that all of these beings and all of this cosmology is there for us to reunite with the divine in us and that means a reunion with yourself, a reunion with your Divine self.

Let's spin back to the search for the lost half. If we continue to constantly search for the lost half as if this other person is going to fill in this broken heart, this broken half and satisfy us and make us feel like we have divine union, purely because that person is in our life, you are setting yourself up for heartbreak, fantasy and failure and disaster. And we are here to seek resolution to this.

The search for the lost half could get you lost for lifetimes. Right now, you might be thinking, "Candice, this is crazy. You've got me here, we're doing this work on *Arise In Your Queen to Attract Your King*, why are you suddenly saying that searching for the lost half is not what we're doing?" Sounds totally oxymoronic, right? And yet, I'm going to change your life by getting you back into relationship to yourself, first as primarily your first love -- well, has to be yourself and your relationship to the divine.

Your primary relationship needs to be your divine relationship.

And then, let's project this forward as you feel self-love, as you take on self-care, as you *Arise In Your Queen* and as you learn to love yourself in this ongoing fashion in which you always feel full, plugged in and divinely held all of the time and then you meet a man, who has done the same thing, what

happens? It's a very, very different relationship. When two whole full and complete people, or on the route to becoming whole, full and complete people, meet each other and end up in relationship with each other.

And this is going to be our very last module. The very last module is about true partnership. True, meaning when the true feminine and the true masculine meet each other, it's a very different story than when the false feminine and the false masculine meet other. Because I can tell you the search for the lost half happens in that false feminine, false masculine realm and it leads to expecting that the other person is a god or a goddess.

And look, although we are on some deep level and the highest of ourselves that, or in fact we have the potential to be that, we're also very, very human, okay? And so the thing about The Wound is, it's incredibly human and it's incredibly beautiful. It's the most painful thing a human being can feel, is the wound, but it's also the pathway back. It's the pathway back to union to the divine.

So, I'm not going to go on and on here about debunking the soul mate and the twin flame myths. The reason why I object to them is it fosters the false feminine and the false masculine desperation or "You're going to fulfill my life." and "Without the man, I'm not full." Or that once you meet somebody, everything becomes about them. This is not true partnership. This is not a king-queen relationship.

So, look, some people use those words loosely and some people make whole trainings around them. And so if you're working with me, it's probably because I'm about wanting real solutions for you. I'm wanting you to find a real person or to enhance the relationship with the person you're with in such a way that it elevates you into the very best of yourself.

Research shows growth couples last, while soul mate couples are more likely to go cold.

Myths Of Disney And Hollywood

To add to this, we have what I call the myths of Disney and Hollywood and I probably need not say too much more than that for you to get my gist. We have Walt Disney and we have a lot of little princesses and romantic lost-half type of relationships depicted in Disney and little girls and little boys watch these things and they start to believe that that is what they're looking for. They're looking for that. And then we add to Hollywood's depiction of relationships, it adds to or it takes from the Walt Disney's type of fantasy and then it adds to it to some sort of fantastic goal perfection of relationship to it a perfection of sexuality.

And the thing is, these things distort your vision and they distort you to believe that that's what you want and a lot of those stories talk to that part of you, the Wound that is seeking for the lost half. It talks to the part of you that in looking for this perfect man, this perfect union and without it, you are incomplete as a human being, right?

I think you get my gist and I'm not going to again, go on and on about it. I am just here at the moment to dispel the fantasy side of these things in order that we can enter clear-minded reality and then remember that all of this work that we do together about becoming powerfully feminine is en-route to you becoming full and complete. It's en-route to you as standing in your queen and remember that the true feminine is the Queen and the Priestess.

Think about it. What has mattered for you? Your education, a business you've built, friendships you've built, takes effort, it takes, building.

And that's a beautiful thing. And so, when you find a higher relationship with your man, he's going to be on board for building something with you. And that's a beautiful thing to behold.

How To Call In Your King

And so, this leads us to our final topic today which is how to call in your King. Now remember here, whether you're with a partner already or whether you're seeking partnership, the reason why I named this salon **Arise In Your Queen, Attract Your King** is because I am a firm believer also experientially that as you arise in your Queen, you put yourself in a position where suddenly you can actually seek Kings or if you're already in a relationship and there is some false dynamics going on, it enables you to elevate in such a way that it encourages the very best out of men. And we're going to be going into this even more deeply in the next few modules, okay?

One of the big mistakes I see out there is that women are asked to write lists about their men. So let's just say that you're dating and some say, "Write a list about your men." And then you're encouraged to write things like, "He's over six feet tall, he has blue eyes, he has a really good job. You know, he's got good money, da da da da." The thing that I want to pass to you about this is that this is a princess' way of doing this. The language isn't even real. It plays into the fantasy men and it's about him and it's not about you, okay?

If you're taking notes here today, this is the distinction that I'm wanting to make here. This is not what you want. You're making it about him and not about you and that methodology is playing back into the fantasy men, okay? And it's not what you really want.

The solution here is also going to be your homework this week, okay? You'll either want to re-listen to this or write this down in your journal that I suggested that you had at the beginning of our training together.

Now what we're going to do instead is, we're going to be reviewing the work on desire here, okay? So if you're new to this work and you're just working through the Powerfully Feminine Intensive, you can always jump across to the Art of Desire Module. The Art of Desire, it's the third module in the Powerfully Feminine Intensive. And the desire digging process and last but not the least,

Desire setting is the feminine method of goal setting.

So, we're going to all **use this work on desire setting to call in your King**. Now how this starts, is that:

*You're going to write a list of **how you want to feel** when you're with this man.*

How you want to feel when you're with this man, okay? And this is about desire here. This is about how you desire to feel with him.

How you desire to be treated. How you desire to be in conversation with him. How you desire to be with him sexually, okay? How do you desire you want him to be with you sexually.

Now, what I want you to catch here is that:

You are at the center of this list.

You, your desire, your wants and needs get prioritized on this list. Now, because we're working with the love languages and you're getting to know your love languages, you can also include this in your desire list, okay, for how to call in your king. This could look like, things like, *"I want to feel adored and cherished by this man. I want this man to place me as his number one thing, number one priority in his world and his list."* Now just to be clear on that as digression, this doesn't mean that you spend 24/7 staring googly eyes with each other.

This is what I call:

A highly relationship-able man who puts you and the relationship first.

And when we start to talk about the true love work, this is about somebody that supports, upholds, and defends the couple bubble. You could say things on this list like *"I desire to feel totally adored -- that he adores every square inch of my body. And he does a lot, you know, to show that he adores my body whether it's through words."* Especially, if you're a words of affirmation person, right? Or physical touch, which I am, right? That he touches my body a lot, yeah?

You're getting my gist here.

After you've written your list, you're going to go through a Desire Setting exercise. I'm not going to repeat it here because it's already done in the Powerfully feminine intensive. So, you're going to write the list and then you're going to use the Desire Setting experience in practice in order to work with your list.

And remember, Desire Setting isn't done once, it's done frequently in order for you to really embody how that already feels, right? So, the purpose of the desire sitting is to feel now what you want to feel then in the future. So, you start to embody. You start to embrace it. You start to walk around as if it's already happening.

Now, my original quote here at the beginning today, the Khalil Gibran quote, that many of us have come to the table with lots of scarring. I want you to know if it's easier for you to do an exercise where you eliminate the negative desires first then do this, okay?

So, if you haven't heard about desire, you're going to go back and learn about the difference between negative and positive desire. But if you have a lot of negative desires --- what that means is bad experiences, wounds, baggage, things that didn't work in the past relationships, then sit down and do this first. You're going to sit down and say, *"I really just hate it when a man does this. I don't want this to happen anymore."* It's **"I don't want or I don't like"** is the sentence stem that you'd be writing, and sit there for as long as it takes. You could do a whole weekend and just vomit out the negative desires, okay? Do it first if you need to.

And then, I'm going to suggest that you do a ritual elimination of the negative desire list. What that could like is, you've written pages and pages of negative desires and then you go outside and you get -- do it safely obviously. Get a container that you can and then you ritually burn it. You just light it and you burn it, okay? You can do it other ways.

You can shred it, you can tear it up, burn it. You can do it however you want to do as a ritual way to get rid of the negative desires and then take a breather.

Maybe an afternoon or maybe a few days and then come back to the original exercise here about how to call in your King.

In Review, what you've learned today is:

1. Get Rid Of The Fantasy Man
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3. Myths of Hollywood and Disney
4. How To Call In Your King

Now, head on over to the **"*Arise In Your Queen Facebook Page*"** and share **one key reflection** that you gained from the lesson today.

Great job and I'll see you in the next lesson **"Using Love Languages In Relationships"**