



FREE REPORT v0.2

Reclaim your Inner Throne

The Path to Sovereignty

You are alive for a reason. In you await incredible gifts, eager to be given. And as you start giving them, the world is put right and you start feeling deeply at home in the miracle of life. This simple fact should be part of our education. But it's not. I want that to change.

Today, I want to invite you into a life where you start aligning your lifestyle and professional work ever more closely with these gifts. As you do so, you will start feeling happier and more peaceful and you will invariably start focusing more on living a life of service than on merely satisfying your own desires. You start becoming a truly sovereign, joyful being in the world.

What is sovereignty? It's a state of being fully at home in yourself, secure in who you are and what you are here to do. It's a state of being connected to yourself and the divine while joyfully applying yourself to the sacred task of stewarding humanity's future by way of giving your deepest gifts.

Yeah, it's *that big!* ;-)

How do you find these gifts? I believe the answer is different for everyone. What I know for certain is that they're already inside of you. All you have to do is go digging. And since you are reading this, I believe that process of excavation is your *primary task* at this moment in life.

So here you are, wanting something. Wanting, I believe, the joy and inner peace that comes from being a sovereign being in this world. Wanting, I believe, the power of your convictions, the courage to carry them through and the deep knowing that you are a force for good in this world.

I'm glad you are here.

The signs of our times are clear: We are alive at a crucial crossroads in humanity's history. From here, we can move towards disaster or a new era in mankind.

Every person matters. *Your* gifts are needed.

And giving them will be the most joyful, fulfilling thing you will do in this lifetime. In the coming pages, I will share with you the most powerful perspectives and practices I know to make that vision become reality, drawn from the 3-month Reclaim your Inner Throne rite of passage.

Your Kingdom needs you. It's time to come home, Sire.



How did I work or live before this came along? This is the next wave in men's work!

– Max Warren, MKP Florida

About this document and body of work

This report is different to a lot of other ones in the field of inner work and self development. My purpose here is not to tell you about a "Secret" or give you three easy steps to a perfect life or some such thing. I don't believe in those approaches and if that's the kind of content you're looking for, you're looking in the wrong place.

This document, rather, serves as an invitation to a no-nonsense rite of passage. Many men have taken this path before you and come out on the other side deeply transformed. It's not an easy path, but I'm confident it will take you towards that elusive place that poet David Whyte calls your "house of belonging".

Who am I to tell you this? My name is Eivind Figenschau Skjellum and at the time of writing, I'm a 36-year-old Norwegian man living in Oslo, Norway. (the age and place might change, the man part will likely stay the same ;-)



You may know me as the guy behind Masculinity-Movies.com, a website where I write about movies through a masculine, archetypal lens. My writing there has inspired men across the world for six years and many have written me telling me how they have found meaning and a new hope in life from following my work there.

In the process of developing my movie work, I discovered Robert Moore's *King, Warrior, Magician, Lover* model of masculine archetypal psychology. I felt right at home and started using that framework as a lens to my life as well as the wisdom of movies.

It worked. Men across the world *loved* it. And it wasn't long before I was #1 on Google for the search phrase "King, Warrior, Magician, Lover".

I kept writing articles, creating workshops and seminars (together with my friend Pål Christian Buntz), and somehow, without in any way planning it, I slowly realized I had built myself an international reputation as an expert in the application of these archetypes.

All this while, I was scratching my head wondering how to translate what I was learning to an online training. In the summer of 2014, I had a very humbling breakdown that lead to a breakthrough (as they so often do) and that same fall, I launched a 10-week online training called "Reclaim your Inner Throne".

I was pretty insecure about it. I didn't know if it would work and I made it up as I went along, praying, contemplating, studying, surrendering, trusting. But as the weeks went by, I realized magic was taking place. The men were transforming in a big way. In conversations with them, I started to realize that I had created, by grace, something that was way more unique and transformational than I had dared hope for.

Their testimonials are scattered across this report.

Now it's your turn. This document will take you into the same real-world place of adventure and initiation that these 14 men got to experience. It stands on its own and will tell you how you can start the process of reclaiming your Inner Throne by yourself.

But if you feel inspired, you may want to come along for the next round. I will make sure to give you the information you need at the end of this document.

You will find, as you read, that **the Reclaim your Inner Throne body of work is clinically stripped of bullshit and escapism**. I can't even guarantee that you are going to feel better after reading; this document may in fact be the start of a humbling journey that we must all go through.

Let me start that journey by telling you a bit about my own.



My journey

I was born a highly sensitive kid with a hunger for good storytelling. From an early age, I fell in love with myth and fairy tales and some of my earliest memories are of my dad reading to me.

I was apparently a bit of a mummy's boy, clutching the legs of my mother as she was working. Having two sisters, I was swimming in feminine energy from an early age. I didn't know what to do with my sensitivity, particularly since the model of masculinity I was given by my father (born in 1936) was one of emotional repression (as is so often the case with fathers).

I've inherited incredible gifts from my father: Integrity, discipline, vision, loyalty, dependability, a desire to be of service in the world. I also inherited his genuine, deep-seated goodness. But I also inherited what was difficult. And what was difficult was exceedingly so.

My male lineage has a strong tradition of repressing power and sexuality. These were things we didn't speak about in my family. But for a boy growing into a man, I'm sure you'll agree, these are the only subjects of relevance in the world.



My father and I in 1978

Instead of having important, albeit awkward conversations about “the only things that mattered”, the things that mattered transformed into shadow and my own personal bogeyman. Sexuality and power started pouring out of my unconscious and into my conscious life. My sensitivity had become too much to handle. (I later realized I was merely playing out the lineage pattern)

Since I was almost completely repressing these impulses and images, they started possessing me. **I was such a sweet and polite boy on the outside. I had thoughts of rape and gutting people with a knife on the inside.**

I didn't understand what was going on. I only knew I was terrified of these visions turning to reality. On several occasions, I could swear I only just managed to stop myself.

I became afraid of people. But more so, I became afraid of myself (I hadn't yet learned that I wasn't the contents of my thoughts). And I became terrified of a future where I was institutionalized, on heavy medication and with lives on my conscience.

That future was totally unacceptable to me. I became desperate for a way out. And so one day, I discovered meditation.

About seven years, 2500 hours of meditation and many altered states later, I found myself in Boudhgaya, the site of the Buddha's enlightenment. It was December 2006. The air was dusty, chilly and spicy in a way that only Indian air is and a girl I had fallen for walked into the night and out of my life. And I didn't dare shout her name.

The vision of her walking into the dark Indian night as I stood there paralyzed penetrated my spiritual ego and etched itself into my soul. In that moment, I realized that while my spiritual striving for enlightenment had quieted my dark instincts, it had done fuck-all for me in terms of experiencing powerful intimacy with women. While my deep-dive in Tibetan Buddhism had been important, it had also provided the perfect refuge from dealing with the red hot masculine instincts that I had been fleeing from.

On pilgrimage to the Holy Land, I committed to cease my life of fly-boy spirituality and move into deep engagement with the world, which in turn took me to the unexplored geography of men's work.

No-one had ever told me what it meant to be a man. It was time to find out.

In the 8+ years since, I've been on a profound journey of alchemy, transmuting my wounds into my gifts with the help of myriad people, organizations, teachers and trainings. I've set up organizations, men's groups, websites, developed workshops delivered on several contents, written extensively on masculinity, delivered lectures and created this body of work, all based on my own journey of suffering. There's wisdom and power to be mined from those darkest days.



Walking in the footsteps of this man taught me many things. Dealing with power and sexuality wasn't one of them.

Things have come full circle. And I can't wait to bring you into the world that I have discovered.

I believe in this work. I'm incredibly passionate about it. And my wish is that your life will be forever enriched, possibly even profoundly changed, by what you discover here today.



What are archetypes?

To understand what I teach in this document, it will help you to have an understanding of archetypes in general and the KWML archetypes in particular. If you want a proper introduction to these four archetypal men who live inside you, check out my document [KWML, a unique primer to a revolutionary psychological map for the masculine psyche](#).

The heavily abbreviated version is that **archetypes are patterns of human behaviour that reside in what Carl Jung calls the collective unconscious**. It appears that we are born with these patterns, that we are inextricably connected to this psychological lineage, which has taken form through millennia of human evolution.

Archetypes are autonomous forces that live deep in our psyche. This means they carry a life and an agenda of their own. Depending on how we relate to them, archetypes can be our allies or our enemies. In that way, an archetype is much like a wild beast: It can destroy us if we are unaware or unskillful, but if we go into right relationship with it, we get access to its vast powers and can use them for good.

This much is clear: We ignore them at our peril.

When you experience a man or a woman as truly powerful and impressive, it's because they have somehow learned to be responsible stewards of archetypal energy. When Martin Luther King stood at the Lincoln Memorial in Washington D.C. that August day of 1963 and spoke the eternal words "[I have a dream](#)", he channelled the visionary aspect of the King archetype in a safe and powerful way.



This is hands down the deepest, most transformative self-development work I have ever done.

– Stephen Whiting

If you watch Adolf Hitler speak, however, you will see King energy in its shadow form (the Tyrant/Weakling). There is a lot of power coming from him – and if you [watch this video](#), you will likely be roused by it yourself. Judging from the worrying comments, people even today are inspired by the shadow King energy exuding from Hitler.

(As long as your inner King has not awoken, you are susceptible to being led astray by shadow Kings. The inner Kings of the Germans were all broken after WWI. They were easy targets for Hitler)

What separates these two? Healthy ego development. Hitler, by all accounts, was a sensitive and artistic boy who was never seen for his beautiful and creative side. His relationship with his father was incredibly traumatic and four of his five siblings died before reaching adulthood.

Hitler's father didn't acknowledge his artistic talents and later, after his father had died, two of his applications to the Vienna Academy of Fine Arts were rejected. Adolf was a traumatized, anti-authoritarian, bohemian dreamer who felt rejected by the adult world. History tells us that he never recovered from the wound to his inner Lover.

Hitler's gospel become one of strength and racial purity. The irony, as is always the case with Tyrant dictators, is that it grew out of his own unwillingness to face his own vulnerability and "racial impurity".

Martin Luther King Jr, however, grew up in a stable middle class home with solid parenting, a powerful male lineage and a visionary father. This safe family background gave him the foundation from which to confront the racial injustices of his time, without falling apart like Hitler when he came under pressure.

Like King, you need to have access to archetypal energy. Otherwise you will likely end up a lethargic, depressed man who doesn't show up in life (like so many young men today). But you need to understand the nature of the forces you are meddling with, or they may consume you as they did Hitler.

You must take on the paradoxical challenge of taming the beast without driving the wildness out of it. Does that sound confusing? Don't worry, I'll show you how.



This training turned me into a man.

– Dimitri, 21

The Middle Earth inside men

The King, Warrior, Magician, Lover archetypes have captured the imaginations and hearts of men across the world since they were first discovered by Jungian analyst and researcher Robert Moore PhD three decades ago.

What is unique about these archetypes is that they seem to speak to a very vibrant, elemental, *Tolkien-esque* place deep inside us men. Again and again, I see and hear how men feel a strong sense of coming home when they are first introduced to them.

Many men, myself included, have consciously tapped into the archetypal realm through computer games, movies, books, Dungeons & Dragons etc. This is important. Men's yearning for archetypal nutrients are in fact at the very source of what makes the computer game and movie industry so big and successful. (I believe the rise of superheroes in movies reflects a decline in embodied male power).

When I discovered Moore and Gillette's book, however, I started asking myself *how can I live this?* I wanted practical answers to how this archetypal realm could influence my day to day existence in a positive way. And I found them.

Some of these answers came through my time in The Mankind Project, a global men's organization dedicated to the process of initiation through archetypal territory. But eventually, I realized that if I wanted to bridge ritual space and daily life, I had to complete the journey on my own.

This is the truth: I wanted my life to feel epic!

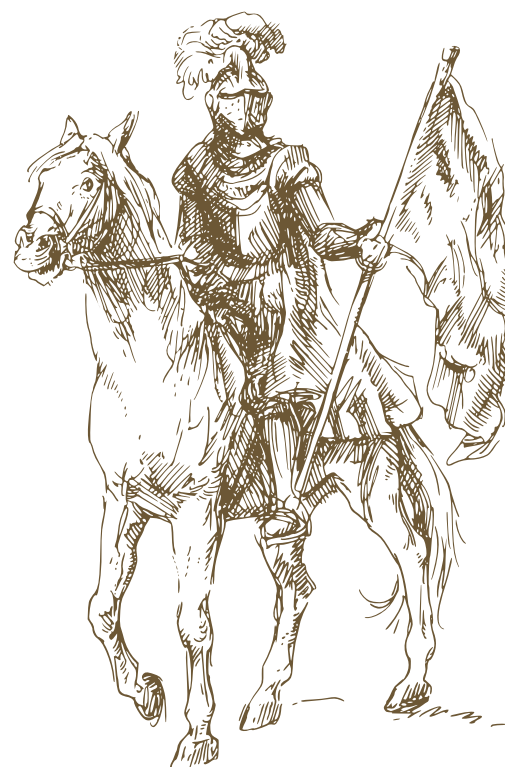
So the universe of Reclaim your Inner Throne arose first and foremost because I wanted it for myself. But as the work evolved and I gained self-confidence, the perspective shifted towards offering 21st century men a pathway of initiation that takes advantage of all the good things of a classical initiation without the feeling of compartmentalization and/or separation that I so often see (when initiates return to a culture which neither understands nor supports their process, they run the risk of forming an alter ego inside the organization which initiated them, as opposed to living an integrated, sovereign life where they're being themselves everywhere).

I believe the body of work you're stepping into represents a new take on the whole idea of initiation. One which wasn't possible without 21st century technology. It provides sacred space, brotherhood, and it's being integrated in your life in real-time.

I am confident that you will realize, as you go through it, that the world which you inhabit is anything but mundane and that much like a tale out of Tolkien's lore, your life calls you for an epic adventure that will change its course forever.

The results are beyond anything I dared dream of.

Now that you know what's possible, it's time to start studying what you're up against. Grab a blanket and huddle up, I'm about to tell you a scary story about the greatest adversary to your sovereignty that our society has conjured.



Having been part of this process has been profound. A stepping stone for my further process of walking my path, speaking my truth and living my purpose.

*Seldom, if ever, have I seen such depth and richness in material presented – and I've seen a lot. But also, seldom have I met both requirements and dedication so deep. **This path is not for the faint-hearted.***

– Tomas Friis

Adrift in the ocean of consumerism

Let's face it: Growing up is hard! Forming an identity is a gruelling process, let alone being faced with imperfect parenting and the pressures and demands of the world. Forming a stable identity where we know who we are – or who we are not – is the challenge of a lifetime.

When we grew up, people told us what to do all the time. They told us what the rules were and what the consequences for breaking them were. We found ourselves constantly having to choose if we wanted to obey or rebel against what we were told.

If we listened to no-one and rebelled all the time, we probably ended up in all kinds of trouble. But if we listened to everyone and thought they always had our best interests in mind, we ended up *living someone else's lives!*

This is so so common. I remember the process vividly. And while I know that was an important part of my process of becoming, I think I can honestly say that I hated being a teenager.



I like to speak about the twin rivers of obeying and rebelling. As long as we are submerged in those, we remain wed to the idea that we are living under the rule of someone else. When we are young, that is an accurate assessment. But the whole purpose of becoming an adult is to leave that idea behind and become a self-governing, loving person who serves the world with his/her gifts.

If you don't leave the twin rivers behind by the time you grow up, you remain in their thundering rapids and have no choice but to drift into the ocean of victimhood. And that ocean is full of bait from eager fishermen and women.

Those people are the voices of consumerism, the *Sirens* of our modern age, people who are only too happy to throw you floatation devices. The problem is that these floatation devices leak air. Soon enough, when the car is no longer new, your sexy iPhone has become yesterday's news, or indeed the conspiracy theory has proven to be paranoid nonsense, you are back down in the water, salt in your eyes, water in your throat, desperate for solid ground.

Most people today are adrift in this ocean, constantly searching for something new and exciting *outside* of them so that life feels vibrant and alive, hardly aware that they are looking in the wrong place.

How can you tell if you are as well? It's easy – you know you are living in victimhood if you habitually say things *about* people that you can't say *to* them. **Bam!**

Now, if that is you, fear not. I have been there. I get it. It's not your fault that you ended up here. **You don't need to feel ashamed. You have merely followed the instructions of a broken culture. And the time to make things right is here.** Because if you don't, you will live a smaller life than you're destined for, and given the face of our planet, we simply cannot afford losing you!

When you become a self-governing, sovereign man, you cease being vulnerable to consumerism's Siren song and start having ever more frequent experiences of an irrational joy and gratitude bubbling up from the ground water of your soul. As that shift happens, you become a "bad consumer".

Think about the implications of that for a second. Our whole cultural paradigm is based on financial growth. That financial growth remains inextricably connected to the buying power of the people. It follows that the more we buy, the better it is.

Our financial paradigm has made consumption priority #1 and if people are good little buyers, then some of that money will trickle down into care for the elderly, proper education for our young, social welfare etc. In other words, our whole cultural paradigm *prefers* that we succumb to the song of the Sirens; it keeps the heart of society beating.

It follows that sovereignty has become a threat. How did we end up with a society that needs us to become enslaved to our impulses for its survival? I mean, this is insane, is it not?

The answer to that is easier than you might think. I believe we created this system because we put the short-sighted and self-serving desires of our immature egos in charge of the rise of civilization. We created this system because we discarded initiation rituals in favor of mechanical thinking, hubris and what James Hillman calls the *Hercules Complex**.

And that mistake is about to finish us off.

** the idea that life is a challenge that can be conquered if only we apply ourselves to the task with enough discipline, courage and heroic brawn*



When your own happiness is your main goal in life, you will by default eventually lose yourself in the ocean of victimhood. For as a sovereign man, you always live in service of something greater, of a sacred principle, the *Dharma*/the *Ma'at*/the *Dao*. And if there is no transpersonal North Star guiding your life, then you are stuck in victimhood, and suffering will be your constant companion.

This is why new age spirituality such as "The Secret" is potentially harmful to your sense of fulfillment in life, as its application is so often self-serving. While some of its mind-becomes-reality principles are sound, its application frequently amounts to consumerism in spiritual drag. For me, it often looks like Santa Claus stories for adults.

I think most men are fed up with that stuff. For we know it's nonsense, don't we? We know that any progress worth having comes at a price, from applying ourselves diligently day after day, year after year to the process of transformation.

I believe that we don't have time to feed spiritual fairy tales to grown up men any longer. The world is going to shit in a handbasket and the cure isn't positive affirmations and refrigerator magnets! The cure is a sobering dose of deep empathy, truth, and tough love in the form of *action*. And we are the ones who must bring it.

How? You may have guessed by now: You must develop your inner Sovereign.

We must now turn our attention towards the harmonizing energy of the King to understand what you need to do to Reclaim your Inner Throne.



This work has activated, lifted and transformed me on a deeper level than I could ever have imagined.

– Karl-Otto Sandvik

The harmonizing effects of the good King

When I first started planning the Reclaim your Inner Throne online training, I had just discovered the poetry of David Whyte. I was listening every day to audio recordings with him from Sounds True.

There was something about the voice and words of this man that soothed me to my core. When I listened to him, it was as if the world started being put back together. The Kingdom was taking form inside of me. And I went on a vision quest in the Norwegian woods for four days with no food to let that kingdom integrate and prepare to give my gifts to the world (but that's another story).

I've had similar experiences from listening to and reading the words of others in the past. Robert Bly and Robert Moore feature highly among them.

What is going on here? Why does it appear that the world is put back together from listening to and reading these men?

The King archetype is going on. (Yup, the King's back in town!)

When we receive archetypal King energy, it's as if we are stepping into a world that works, that is functional, sacred and beautiful. A human being will start being a conduit for the mature form of this archetypal energy when they have the enduring realization that what is going on in the world is all a reflection of love or the lack of it.

Kings see the whole unfolding human drama and their heart breaks as they do so. For a Kingdom of beauty, love and harmony always seems so close to them, just a twist of the foot away. And yet, it never quite arrives.

Kings see our world and grieve. When they see us, however, they pierce our shields and fill our *holes* with blessing nectar, transmuting them into *wholes*.

I spent the weeks leading up to the launch absorbing the words and soul transmission of David Whyte. In the end, I realized that what I wanted to create with my training was what I experienced with David; by inviting men into my own archetypal kingdom, I could wake them up to *their* own inner kingdoms.



Campsite of my vision quest

The world becomes a little more whole, a little more benevolent for every man who discovers this sacred geography inside themselves. And it becomes tyrant-proof. Hitler wouldn't stand a chance!

Just like in Tolkien's epic, we all secretly yearn for the return of the King to put things right. But if we keep looking outside ourselves, we will never finish our quest to discover the true King, **the King within**.

Where do you go in life to discover him? You go to the realm of initiation. What a coincidence, that is where we are headed! ;-)



The Return of the King



Reintroducing the lost art of initiation

Initiation is the process, originating in the indigenous cultures of the world, of ritually humiliating a boy to the point of total surrender. The purpose is to move him from boy psychology to man psychology, or from selfishness to a life of service to family, community, nature and God (qualities of the King archetype, you may remember).

Western anthropologists have remained fascinated with this process for a long time and several representatives of Western culture have had the privilege of witnessing these sacred rituals. They have bore witness to boys being forcefully exposed to danger, pain, even the threat of death, and to a men's culture where guys who seem strangely at peace with themselves (they know they are men, not boys).

Painter George Catlin gained unprecedented access to the inner workings of Native American culture and in [this Youtube video](#) mythology expert Joseph Campbell describes Catlin's findings.

Why were the cultures of old so focused on the gruelling process of initiation? Why were they willing to put their boys through agonizing rituals that would cause them pain, possibly even death?

An African proverb answers the question like this: "If the young are not initiated into the village, they will burn it down just to feel its warmth."

Consider that we live in a world where boys in grown up bodies and designer suits run large multinational corporations like *Monsanto*, in fact even whole countries! Then consider the state of the world. You will soon enough realize that the African proverb is spot on. These boy-men – Robert Moore calls them monster boys – are burning down our planet to line their own pockets.

I feel a dragon stir deep inside my belly when I think of these vile, ugly people. These are the henchmen of capitalism, the Saurons of mother earth. There's no-one in the world I want to see ritually humiliated more than these boy-men (apart from, perhaps, terrorists, cult leaders and radical feminists).

And truth be told, this is probably playing out in your life too. Were you taught what it meant to be a man when you grew up? Chin up, stiff upper lip sort of thing? Or were you taught nothing at all? Whatever you were taught, it probably fell way short of giving you inner peace where you are now.

Look, brother: The world is burning. It *needs* you to claim your Inner Throne. If our kids are going to have an earth to live on, if corporate culture is going to be prevented from burning everything to the ground in service of their Dow Jones index, and if political correctness is going to cease being the straitjacket of truth before it's passive-aggressive naivete kills us all, there really is no time to lose.

And while I'm glad we don't have initiation rituals like the ones observed by Catlin – they are too gruesome – the status quo makes me even sorrier that we don't have initiation rituals at all.

There is hope, however. Yeah, there is! (yay :-) For you don't actually need elders or ritual process to experience initiation in your life. Life itself provides you with myriad opportunities!

Let me explain: In the course of our lives, we will invariably experience difficulty. Maybe we lose a child, maybe we lose a job, maybe we lose a relationship, maybe we experience depression, maybe we lose the use of our legs, maybe we contract a debilitating chronic illness; whatever it is, life puts us face to face with situations that are unbearable and which render all our coping mechanisms useless.

If we stand in the fires of such situations without running away – (you may already know what your situation is?) – the person we were begins to melt away in the searing psychological heat of total loss of control. And by way of the laws of alchemy, a new and more mature, joyful and wise part will invariably start coming online. The image of the phoenix is as such closely linked to the process of initiation.

If you choose to bypass your initiation, maybe because the intensity of going through it is too much for you, it will tend to manifest as trauma (psychophysical blockages). Traumas in turn summon addictions. By engaging in repetitive, numbing behaviour, you keep the feelings associated with your trauma at bay.

In other words, letting go of addictions becomes the gateway to your healing. When you let go of your addictions, the feelings that you couldn't previously feel will resurface and you will have a chance to alchemize them. A recipe for the process can be found in the next section. (be afraid, be very afraid! ;-)

This process is in principle identical to what the elders of the indigenous cultures of the world put their young through. And **part of what makes the 3-month Reclaim your Inner Throne journey unique is that it combines these two forms of initiation.**

If you are anything like me, this will kick your ass. But it will be a good kind of ass-kicking. For it involves an alchemy which will clear your pipes and help you see the world more clearly. And that will help you see where your gifts are needed. Changing your perspective from yourself to the world will dramatically upgrade your joy and sense of fulfilment.

Whether you go through your initiation under the tutelage and guidance of an elder or of life itself, initiation is inherently about death and rebirth. And that is the territory of the Magician archetype.

And who better to tell us about that than Gandalf the Grey?



The Magician archetype: Your journey begins

A lot of the trainings and literature in the self-help world teaches you how to win, to make it, to create the perfect life. This transcendent bliss-path seems enticing and can yield delightful results in the short term, but for most of us, it comes short of delivering what we deep down are looking for. (Is that why you are reading this in the first place, perhaps?)

For us, the path to true power and fulfilment requires that we go on a downwards journey into surrender, limitation and the immanent principle of the divine. Initiation is always such a journey. This letting go is for most people a prerequisite for going on the transcendent bliss-path (Law of Attraction style), and if we try to move towards success, mastery and the divine without accepting the limited nature of our lives first, we end up on the path to nowhere. We call this phenomenon *spiritual bypassing*.

You are *supposed* to lose, for only then can your ego come into true alignment with your soul. Most uninitiated men are very uncomfortable with this, which is why most never truly grow into themselves.

A very powerful example of this principle appears in the Fellowship of the Ring, Tolkien's first volume in the Lord of the Rings epic.

When the Fellowship makes their way through the Mines of Moria, a terrible evil and darkness of the old world stirs deep in the mountain. The Balrog has awoken. Gandalf the Grey makes a stand on the stone bridge that leads to safety, protecting the Fellowship from the clutches of certain death.

Gandalf banishes the demon into darkness. Yet the demon is cunning, and pulls Gandalf's leg. Clutching the rock by the tips of his fingers, Gandalf whispers "fly, you fools!". And then he lets go.



Gandalf the Grey, master of initiation

This scene holds the key to your journey into manhood. Why does Gandalf let go? Why couldn't he hang on until Aragorn came and pulled him up? Why didn't he struggle more? Gandalf didn't struggle because Tolkien knew something about our journey to maturity. **Tolkien knew that Gandalf had to fall. The future of Middle Earth depended on it.**

Say what? Yes, if Gandalf hadn't fallen, he wouldn't have been resurrected as Gandalf the White. His willingness to fall into darkness forms the seed of his rebirth. It's at the core of his power. Take in for just one moment that Middle Earth is saved because Gandalf was willing to die to his old self.

This here is true wisdom.

The Balrog can be seen as a powerful metaphor for addictions. We try to sneak our way through the Mines of Moria of life without being spotted by our shadow, but we always lose that game of hide and seek in the end. And when you are eventually forced to face your addictions head-on, the process – if you want your sovereignty – will invariably take you on an underworld journey. I will take you there, into the crucible of your next incarnation.

As long as addictions run your life, you can never reclaim your Inner Throne. I'm not gonna kid around, they pose a *formidable* challenge. Yet most men who take on that challenge will likely go at it with hubris and a desire to conquer the challenge, falling into the *Hercules Complex* mentioned earlier. The whole purpose, however, is for the challenge to conquer you. *That* is your path to power.

When Stephen Whiting went through the Reclaim your Inner Throne training in the fall of 2014, he said to me "This is altogether different to everything I've done before. You're telling me not to run away, not to try and change or "reframe" things. This is completely new to me. But I notice I can feel more. I'm changing." (and in the end, it turned out the most powerful training he'd ever done)

Quite frankly, you may not enjoy this process. Stripping away addictions one by one for the sole purpose of losing is not everybody's idea of a good time. Why do you think most people never reach their potential? Because getting there *doesn't always feel good*.

Which is why you need incredibly strong support and brotherhood throughout the journey. The 3-month journey of Reclaim your Inner Throne provides that for you. There is something very potent about going on such a journey with your brothers.

You may want to start this process right now, however. In that case, better team up with a friend or two. This is a journey you won't complete on your own.

Men's unwillingness to fall, as did Gandalf, into darkness is related to the prevalent difficulty most of us have with intimacy and the feeling realm (which often too feels like falling, or being eaten by chaos). I want to take you now to the next stage of the Reclaim your Inner Throne journey and start exploring the archetypes of the Divine Child as well as the Lover.

Core Magician exercises

- Notice your addictive tendencies
- Deny yourself the pull of the addiction
- Feel with fierce presence the sensations and emotions that arise
- Repeat and allow alchemical fires to set you free (let go like Gandalf! :-D)
- Seriously – this is the path to your next incarnation, to your version of White.
- Study and really grasp the importance of the metaphor of Gandalf falling into darkness ([watching this video will help](#))



This work is archeological. It goes super deep into who you are and the nature of your consciousness.

If you are ready to take on some demons and break through in service of how you are showing up in the world, this training is for you.

– Ewan Townhead

Embrace your feelings and sensitivity

Many men are terrified of their feelings. But being a soft-bellied human being is vulnerable. Most of us won't admit just how vulnerable it is. And yet the dramas of the world all arise from our unwillingness as individuals to own just how exquisitely vulnerable we feel (remember the Hitler story above?).

For me personally, this is still a challenge. I often use strong words when I convey my work, for I have a lot of power in me, a feeling sometimes of being able to turn the tides. And yet, deep down, I have a young part of me who just wants to be loved, validated and held. Whenever I try to keep the remnants of this mummy's boy stowed away in the basement like a leper child, I become less accessible and less trustable. Instead of serving, I'm trying to manipulate my surroundings into experiencing me a certain way. I'm *doing* manhood instead of *being* manhood.

In the Authentic Man Program, they talk about this kind of behaviour as *posturing* (the opposite of *collapsing*). And it keeps us men brittle and limits our potential.

When I allow this innocent kid to come out to play, I feel my heart, people trust me, and strangely, my leadership skills improve. (The key to staying a mature, sovereign man while letting the child out to play is not to become identified with him.)

When I'm operating from my sovereignty, I know that my sensitivity and vulnerability are the very gateways to my Inner Throne. The perennial truth reflected here is that when we acknowledge our vulnerability, we become truly powerful, for we needn't run away from reality any longer. We lose our fear of "not being man enough" and discover true freedom.



The King archetype grows out of the Divine Child, which is the archetype you connect with when you look into the eyes of a new-born baby and see the cosmos stare back at you. Such a gaze can penetrate your soul. There is tremendous power in it, power which comes not from wilfulness, heroism or discipline, but from infinite innocence.

Jesus was such a one. It's clear that his power came from his innocence. And it was him that gave us the eternal teaching "Truly I tell you, unless you change and become like little children, you will never enter the Kingdom of Heaven." Reclaim your Inner Throne is a training that honors that teaching and aims to show you the way there.

When trying to discover your sacred purpose, merely look back at your childhood. What inspired you? What set you apart? What was painful? And perhaps most importantly: What was *shameful*? When looking for your purpose, there is no better place to go than the days when your innocence was still intact. And if you can't remember, it's merely because you are "too adult" in your psyche to access that beautiful, innocent place inside. This kind of adulthood, however, is actually the opposite of maturity.

Embracing the archetype of the Divine Child – its wonder, innocence and vulnerability – is a crucial part of this path.

This journey that we're on moves from the Magician into the Lover. The Warrior has to wait until we've opened our hearts and developed empathy. I find support for this idea in the ancient Celtic proverb: *"Never give a sword to a man who can't dance".*

Looking at the world, it's fair to say that our wounding as men runs deepest in the Lover quadrant. Doves of men live joyless half-lives because they keep closing down their hearts – the seat of their power – in an effort to be powerful and manly. The results are predictably devastating.

For such a man, everything he does feels like work, like duty, like something he has to do in order to stay inside a lifeless definition of integrity. But never does he actually get to enjoy being alive. As long as a man doesn't embrace the Lover that lives inside of him, life will feel like a cross to bear.

My friend Terry Patten, author, renowned spiritual teacher and one of the experts on the course, says that this tendency to close our hearts in order to feign power "makes men brittle". Not only does it make us brittle – it demolishes the enjoyment and power we have access to in intimate relationship with women.

When we are afraid of our hearts and its voice, we tend to race through life, forever looking for the next hit of excitement or stimulus.

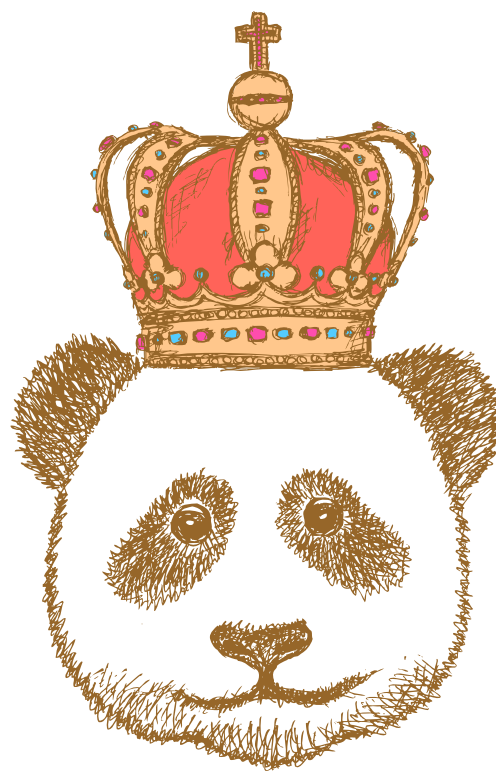
This is why a powerful exercise for developing the Lover archetype is to simply pause. *To chill the fuck out.* Go slowly. Tantric sex is the best kind and it tends to start slow, in order for the man and the woman to calibrate their energies and become *allies of ecstasy*. Pausing is key!

When my friend Jordan Luke Collier (CEO of *Ars Amorata*) served as an expert for the Lover archetype in the last round of this training, this is exactly what he told us. Just stop. Stop everything you are doing and just rest into being. This simple mini-ritual can dramatically change your life.

Also: Go outdoors. Appreciate people in your life. Tell them they are beautiful (if you feel it). Tell them you love them. Live with an open heart, even when it hurts. And if you are masterful: Fully own your desire to *be loved*. This is the opposite of being needy; men become needy because we don't own our needs.

When such things become possible for you, you develop a foundation for being a responsible Warrior in the world. And when you see what I'm going to take you into next, you will understand why this Lover quality *must* remain a foundation for the expression of your inner Warrior.

For we are about to move into some very dark, primal energies in the Warrior quadrant of our psyche.



Our innocence is the key to
our sovereignty (it rhymes so
it must be true!)

Core Lover practices

- Learn to pause
- Appreciate the people in your life, telling them when they are beautiful or they impact you in some way
- When enjoying something with your senses, make sure to go slowly
- Watch American Beauty and [read my review](#).



Into the heart of darkness

So many men today are disempowered, running away from the darkness that lives inside them. We have been trained to misinterpret our instinctual drives for power and sex as evil and not to be trusted. Accordingly, in an effort to be good, men across the more progressive parts of the world do their best to be sweet and harmless. I have been a poster-boy of this tendency.

I'm about to expose for you the agendas of our culture that lead to this pervasive, harmless apathy in contemporary man. These agendas stoke my inner fires no end, for I see them as huge obstacles in our fight for a more just, peaceful and loving future. I'll get to that soon. First, the diagnosis.

In the progressive parts of today's world, boys and men are taught – more or less strongly – that they are the violent and destructive gender, that the patriarchy is responsible for all suffering and depravity in the history of the world and that since you're a man, you're a ticking bomb that must be trained out of your innate destructive tendencies.

This propaganda is disseminated through the school system, state institutions and the media. Because men are seen as dangerous, there is a widespread cultural move towards our domestication.

This cultural trend has arisen for a reason. And this is the time to get real: There is something dark and savage that lives deep inside of us men. It's nothing to be ashamed about (unless you want to go through the same hellish experience I described earlier). Evolution made us so for a reason. We must deal with the fact that the hormonal cocktail that pours through our red hot veins have destructive potential, lest it be managed skilfully.

Here's what you may not realize: This campaign of domestication has arisen to address the same problem which the initiations of old were meant to address. Just like in the African proverb, feminists want to ensure that the young men don't burn down the village.

The terrible tragedy is that our culture, in its incredible ignorance of masculine psychology, tries to solve the problem of male destructive power by preventing men from tapping into their power altogether. From there, men move into their house of naivete in the ghetto of apathy and irrelevance. Every window has Peter Pan blinds and everyone smiles fake smiles. It's a ghastly neighbourhood.

You can't change biology. You can't insert an intellectual idea of sweet harmlessness into a man and hope that it changes millennia of evolution overnight. What happens instead is you create a pressure-

cooker of repressed psychological impulses. The best case scenario for such man is that he overflows with sarcasm and passive aggression. The worst case scenario is that he becomes a psychopath.

In the summer of 2011, a man about my age killed 77 people in and outside Oslo. First he blew up the offices of the social-democratic government, killing eight. Then he went to their summer youth camp and, disguised as a police officer, slaughtered 69 boys and girls.

The man carried every characteristic of the perpetrators of school massacres around the world (an archetype in its own right): Unassuming, reserved, shy, isolated, emotionally withdrawn, a social outcast. I've done research on these young men. They all share a feeling of total powerlessness. In the absence of power and a stable ego structure, they are consumed by archetypal energy and start viewing themselves as messianic figures who are entitled to choose who lives and dies.

The thing they seem to share is a traumatic relationship with their fathers and an unhealthy attachment to or dependency on their mothers, which is the same dangerous cocktail that created Adolf Hitler.

Boys who remain too long inside a feminine worldview without being exposed to healthy men's culture risk becoming very dangerous (or spiritual fly-boys like myself). Since their ego structure has not taken on characteristics aligned with their biology, it is fragile and doesn't function as a filter for the unconscious. Men who remain in a woman's world run the risk of being flooded by archetypal energies, which will take them over.

You deal with this prevalent danger by introducing boys into mature men's culture. But we do no such thing in our culture. Feminine values are considered superior, which is why men are encouraged to remain in that worldview.

In other words – if you want to create a psychopathic mass-murderer who thinks he is a just angel of judgement, then the best plan of action is right now being perfectly implemented across the progressive parts of the world. In other words, killing sprees carried out by deluded young men looking for a sense of meaning and power are likely to increase in frequency in the coming years if we keep propagating a message which is deeply hostile to primal masculine power.

This is not mere theory I'm offering you. My early 20s gave me first-hand experience of the psychology involved. And if you're a "nice-guy", you should be taking notes.

Which leads me to what some may find a shocking part of my teaching: Whenever you feel an energy that wants to kill or do beastly sexual things, embrace it. You will only become a safe man once you become an empowered man, which is why it's crucial that you redeem your dark masculine power.

Phew! That's a lot to take in. Sit with that a little before moving on.



This teaching is not complete before I transmit to you that embracing something doesn't mean acting it out. It simply means that you allow a thought and an impulse to move through you without protecting yourself against it, without shutting down and creating knots inside yourself. You must learn to separate who you are from the contents of your thoughts.

Most people don't get that the part of your masculine psyche that wants to penetrate and destroy is a good part. This is the Warrior archetype, and when this energy is harnessed for good, its penetration and destruction remains in service of the higher good. It *serves and protects*.

You cannot be a sovereign man if you keep repressing this dark masculine Warrior energy. So in the Warrior part of the Reclaim your Inner Throne journey, I invite all participants to develop a relationship with the parts of them that want to fuck or kill anything that moves.

And as with them, let me be very explicit with you that you don't carry these acts out. To be honest, that is a formality more than anything else, for I know that this exercise, while seemingly dark in nature, will make you way less vulnerable to the archetypal energies that would have you do so.

Let me cut the crap and say it flat out: If this idea triggers your aversion, you're a man who's repressing your darkness. And whatever you're repressing *runs yo ass!* In other words, you're not a safe man. And here's a secret: Most people can tell.



There is so much more to the Warrior part of the Reclaim your Inner Throne journey – discipline, health, vitality, service – but this is good for now: Embrace your inner killer, your animal sexuality, as an act of love. Feel into it as you move through the city. Be graphic about it in your mind's eye if you like. And then feel it viscerally in your body, particularly from your solar plexus and down.

Make sure to enjoy it!

Level buildings with your heart-beat. Incinerate passers-by with your exhale. Cut people in half with a gentle flick of your wrist. Find what works with your particular flavour of darkness. There's no need to scare anyone or do weird things in public. No need to even talk about it. This is your little, secret healing and empowerment ritual. (also try showering in freezing cold water to tap into this Warrior energy).

By undertaking this exercise, you will develop confidence and start getting used to the idea of being powerful. You will step out of being a pussy-whipped, domesticated nice-guy into being a potent force for good in the world. The truth is that we all need you to be powerful. For it's a dreadful thing when all the powerful men in the world are those with closed hearts and destructive minds. It's time for sensitive, good men to grow a spine and provide new answers to the challenges of our times.

A Warrior of love who has embraced his darkness. Now, that is where you're headed. Sweet! Didn't know you were such a badass did you? :)

Core Warrior exercises

- Shower two minutes with freezing cold water in the morning
- Embrace your darkness by way of active visualization when moving through public spaces*
- Watch The Last Samurai and [read my review](#).

** This exercise is designed for men such as me who repress their animal instincts. If you are an aggressive hothead, I recommend that you focus more on Lover practices and embracing your innocence.*

Reclaiming your Inner Throne

We have moved through the territories of the Magician, Lover and Warrior. We have moved through them rather quickly, because I don't want to keep you all day! (plus I'm a tease)

I believe the order in which we have done it is significant. It corresponds with Eastern chakra theory and the Western alchemical tradition. I go into more detail about this in the training.

Working with these archetypes is all in service of stepping into our sovereignty. Why? Because the archetype of the Sovereign is the central archetype in the human psyche. It integrates the other archetypes and makes order and harmony where none previously existed.

How do you know if you're a sovereign being? Here's one way: look at how you relate with your parents. Do you become someone else when you go home for Christmas? Do you try and be a different person with your mother and father than you are elsewhere?

These tendencies indicate that our parents still occupy our Inner Thrones. Our sovereignty has been usurped by authority figures. I see this pattern playing out again and again in my Reclaim your Inner Throne in-person workshops, as they have in my own life.



When who we are is contingent on who we are with, we haven't yet become what Carl Jung called *individuated adults*. We are still fragmented, searching for our true face in a confusing hall of mirrors. We live a kind of half-life, not really stepping into who we are.

Do you remember the rivers of rebelling and obeying that I described earlier? This is what I'm talking about here. As victims of the twin rivers, we are incredibly vulnerable to the reflections of the world, for we can't tell which ones to keep and which ones to reject. We keep looking for our true reflection, but every mirror looks a bit like mum or dad, or that bully in high-school.

In order to uncover our true face, we must find skilful means of cleaning these mirrors. (I hope my metaphors are as clear as I want your mirror to be.)

You must redeem the people who have caused you grief. You must thank them for their service in forming your identity in the world and tell them their time as occupants of your Inner Throne is over. Most important among these Shadow King energies is probably your father. And a crucial step on the path of reclaiming your Inner Throne is to redeem him and your male lineage.

You probably didn't receive the fathering you wanted when growing up. But I've found that most of us received better fathering than we think we did. And even those who had horrific fathers can find glimmers of beauty.

I promise you this: There is something very noble, powerful and beautiful that runs in your male lineage, however hidden it might be. And for whatever reasons, the visionary aspect of your male lineage probably never quite came to fruition. Any man who dies without truly having lived will feel tremendous loss, grief and perhaps bitterness deep inside. This dramatically impacts a man's ability to father well.

Your father's inability to offer you perfect fathering comes mostly from his incredible depth of care.

He likely cared so much about doing things the right way, about making it in the world, about being someone that mattered and that offered something of value to the world and to you that not living up to his vision was devastating to the point of him creating chaos and pain in his life.

A lineage of men who wanted to express their sovereignty more fully than they managed to is what we were all born into. And you must understand that there is nothing in this world that your forefathers want more than for you to pick up the mantle and redeem your lineage. By doing this, the karma of your whole male lineage will dissolve and you will set them free. I swear that somewhere, somehow, they will know.

When you step up on your Inner Throne, you will lift the family curse for good.

Core King exercises

- Discover the nobility that runs in your male lineage, by way of research or journalling
- Start blessing people in your life
- Map out your ideal life, as a sovereign man serving the world with his gifts. What does it look like?
- Watch Ridley Scott's Robin Hood and [read my review](#).



Taking the path less travelled

In these pages, I have given you a brief summary to the path of Reclaim your Inner Throne. I have included what I thought was most important, knowing full well that whatever benefit you can derive from this document alone pales in comparison to coming along for the journey itself.

And yet, I believe that I have just given you the keys to a completely different life. If you are anything like the men who have been on this journey previously, it has the power to change the arc of your life story in a massive way.

What I want to leave you with is that our culture is fairly ignorant of true ways to sovereignty. Most of the things we are taught lead to more advanced and sophisticated forms of thralldom. I don't consider this, as many do, a conspiracy. I see it merely as the folly of human nature.

What this means is that when you go on the path of sovereignty, you are taking the path less travelled. And you will likely be surrounded by people who won't understand what you are doing or why you are doing it. This is a normal, yet painful truth. Becoming a leader is never easy.

If you are ready to make a shift in your life and feel inspired to go on this journey with me and a powerful group of fiercely dedicated warrior-poets, I'd like to give you an idea of what that looks like before we part ways.

So here's an overview of the 12 weeks (turn the page).

Course overview

Week 1: Getting started

Week 2: Your call to adventure

Week 3: Archetypal maps, allies & the power of innocence

Week 4: Paths of initiation

Week 5: Facing the Balrog

Week 6: A living sacrifice

Week 7: Loving the world anyway

Week 8: The Way of the Warrior

Week 9: Bridging Warrior and Lover

Week 10: Entering the Castle

Week 11: Reclaim your Inner Throne

Week 12: Leaving a legacy



An invitation and a warning

I want you to come with me on this journey. I believe it will transform your life in deeply powerful and beautiful ways. There are a few things I want you to know first, however.

For me, this training is still an adventure and an experiment. I was absolutely blown away when I saw what happened for the men in the last round, yet I remain largely curious about what will happen in the next.

This work is *alive*. That means that while I've just given you the summary of the training above, I'm not *at all* committed to presenting the training to you in exactly that way.

I'm committed to one thing only: Your transformation. And in order for that to happen most powerfully, I must dare to trust the King within. For when we operate from the King archetype, the strategic mindset starts playing second fiddle to simply living powerfully from trust, service and surrender to the sacred. Staying open and in total surrender to what wants to happen is what created this training in the first place. That's not going to change.

In other words, much of the power of this training is that its beating heart resides in the unknown. I've experienced that the only things of true importance happen from that place, where we remain curious about who we are, what wants to happen and whatever lies around the next corner. I want you to know that, because you may want a more predictable experience.

There are plenty of trainings out there that adhere strongly to a preset formula. There are plenty of trainings out there that don't heavily emphasize a connection with the divine/spiritual. I don't think they are as powerful, as they close the door to the truly sacred manifesting in the group, but they may be more right for you.

If this kind of stepping into the unknown is for you, however, remember that Tomas Friis said that this path is not for the faint-hearted. And Ewan Townhead described the course this way "if you are not ready to face your demons, stay away". He has a point.

This is not a fast-food, instant gratification training. This may be, as it was for Stephen Whiting, the most demanding, life-changing training you've ever done.

If what you want is a training that will strip your ego strategies to the bone and resurrect you, no matter if it's painful, into the next version of yourself, then this is the training for you.

If you got this document through the mailing list on www.inner-throne.com, stay tuned for more information on when the next journey begins. Or go to www.inner-throne.com/calendar right now for more information.

Your people is awaiting your return, Sire. The throne within you beckons.

Can you feel it?

*Eivind Figenschau Skjellum
Masculinity-Movies.com founder
and creator of the Inner Throne process*

PS! If you want to give feedback on this document, go to www.inner-throne.com and write in the comments there. I would love to hear from you.



I can feel my soul breathe for the first time in years. This training changed my life.

– Christian Westli

Thank you for taking the time to get through this document. May it serve you well.

I hope to see you on the training!



Blessings on your path, Brother

A handwritten signature in black ink, reading "David F. Shepherd". The signature is written in a cursive style.



Reclaim your Inner Throne

www.inner-throne.com