

VOICES OF POWER: ARCHETYPES OF LIGHT & SHADOW



A Map for the Sovereign Soul



DECODE YOUR PATTERNS. REMEMBER YOUR POWER.

This isn't just personality work. This is energetic soul mapping.

You're about to meet the inner archetypes that run your reality—both in shadow and in light. As you explore, notice where you feel triggered, charged, or lit up. That's where your power lives.

Use this guide as a mirror, a portal, and a map. It will show you where your patterns are still controlling you—and how to transmute them back into your power.

"The flame never lies"

—Caryn



Seat of Identity: How We Manage Power Around Our Truth, Identity & Dreams.

Sovereign

- I am the master of all my inner voices.
- I lead from integration, not fragmentation.
- This is my vision. This is my truth. This is who I am.
- I take full responsibility for fulfilling my inner child's dream.
- I do not seek permission. I define what's possible.
- I have no need for safety when I'm anchored in truth.
- When I empower others, my own power expands.
- I am living the dream my soul chose before I arrived.
- My well-being is mine to protect and mine to cultivate.
- I speak truth—not for validation, but because it is who I am.
- I do not escape into fantasy. I turn dreams into reality.
- I do not imitate. My uniqueness is my offering.
- I do not outsource my power. It begins and ends with me.
- Nothing and no one holds power over me. I reign from within.

Child

- This isn't fair. Someone else should fix it.
- I'm not allowed to have what I want.
- I need to ask for permission before I act.
- I'm still waiting for someone to make my dream come true.
- I used to believe in something... but that was a long time ago.
- I can't move forward until it feels safe.
- If I follow the rules, maybe I'll be protected.
- I'm scared to want more in case it gets taken away.
- I lie to avoid getting in trouble or being rejected.
- I stay in fantasy because I don't believe I can make anything real.
- It's easier to copy others than to risk standing out.
- I don't know if my uniqueness actually matters.

***"You were never meant to obey.
You were born to reign."***

—Caryn

Seat of Will/Courage: How We Manage Power Around Our Space, Boundaries, Limits & Support.

Warrior

- I protect what matters to me—with clarity, not fear.
- I stand beside my Sovereign. I stand for my vision.
- I create the space I need—physically, emotionally, spiritually.
- I can rally whatever resources I need to move forward.
- I take a stand. I fight for what I believe in.
- I am courageous. I can hold the fire of risk.
- My vitality is sacred. I honor and care for my body.
- I am the master of my space—inside and out.
- I will. Period.
- This is what I stand for. This is what I'm doing.
- I have everything I need to manifest this dream.
- I've got my back—no matter what.
- I don't rescue others. I respect their power.

Victim

- I would... but look what they did to me.
- I can't do this. It's too hard.
- If I don't behave, I won't be loved.
- There's always a crisis. I can't focus on anything else.
- What if it goes wrong again?
- I feel completely alone. No one is there for me.
- Last time broke me. What if this time is worse?
- I have to do it all alone. I don't trust anyone to help.
- Sometimes I disempower others because I feel powerless myself.
- I romanticize doing it all alone, so I don't have to ask for support.
- I'm ruled by fear—and sometimes I try to rule others with it too.
- I obsess over what could go wrong instead of what I could create.
- I give away my power, then grieve the loss like it wasn't a choice.

*“Power isn't loud. It's the quiet
choice to not back down.”*

—Caryn

Seat of Intuition: How We Manage Power Around Our Time, Manifestation & Reality.

Magician

- I am the master of my time. I create time from within.
- This is what will be—because I say so.
- I trust my knowing, even when it defies logic.
- When chaos rises, I see the path others miss.
- I turn limitation into innovation.
- I don't need it to make sense to anyone else.
- I am willing to look foolish to become free.
- I am intuitive, imaginative, and inspired.
- I create from nothing. I conjure from truth.
- I always see a way—even in the dark.
- I act before I understand. My knowing leads.
- I don't wait for time. I decide it's now.
- I know what I know. And that's enough.
- There are no limitations—only portals.

*“You don't need a plan.
You need a decision.”*

—Caryn

Saboteur

- This is irresponsible. It doesn't make sense.
- I'll do it someday... when I have more time.
- I need to think about it more.
- I pretend to understand—even when I don't.
- I can't see how this could possibly work.
- It just can't happen. Not for me.
- I need more training, more proof, more time.
- How foolish will this look if it doesn't work?
- I avoid responsibility by staying confused.
- I'm overwhelmed. I can't see through the fog.
- I obsess over cause and effect instead of taking the leap.
- I swing between procrastination and panic.
- Time owns me. I never have enough.
- My thoughts block my magic. My mind gets in the way.

Seat of the Heart: How We Manage Power Around Our Value, Values & Worth.

Lover

- I honor what I love—and I pay whatever it costs.
- My self-expression is never for sale.
- No sacrifice is too great for what is truly sacred.
- I live in full alignment with my worth and values.
- I know the true value of everything—I cannot be swindled.
- I do not fear disapproval. I do not seek belonging at the cost of my soul.
- This is what I love. This is what I value. This is what I desire.
- If I truly value it, I will afford it. Period.
- I am willing to sacrifice anything that dishonors my truth.
- I will never betray or abandon myself—no matter what others think.
- I hold myself in high esteem, even in my messiest moments.
- My belief in myself is unshakable.
- I carry joy and wholeness wherever I go. I am always good with me.

Prostitute

- I can't afford that—emotionally, energetically, or financially.
- I'm not worth it. Not good enough. Not ready.
- I choose based on what feels safe, not what feels true.
- I'll compromise my values to keep approval, security, or love.
- I tone myself down so others won't reject me.
- I silence my truth in exchange for belonging.
- I have no idea what I really value. I follow the crowd.
- I don't trust my worth enough to invest in myself.
- I'm terrified of being wrong—so I play small instead.
- I seek external validation to feel valuable.
- I betray myself to feel accepted—again and again.

"If it's sacred, you'll find a way. If it's not, you'll find an excuse."

—Caryn

NOW THAT YOU'VE MET THE FLAMES WITHIN...

*May these archetypes move from your mind into your marrow.
May the shadow no longer scare you—and the light no longer wait.
You are not here to become someone new.
You are here to remember who you were before the forgetting.
Let this be more than a guide.
Let this be a reckoning.
A return.
A rise.
Welcome to your Sovereign Flame.
—Caryn*



Use the following journal prompts and practices to embody your light archetypes and alchemize shadow into sovereignty.

Integration Practices

- **Embodiment ritual:** Move like each archetype. Notice how your body shifts between fear and power.
- **Mirror work:** Speak as your Sovereign. Name your desires out loud, every day.
- **Flame Ritual:** Light a candle as a symbol of your flame. Journal beside it each night for one week.
- **Empowerment Ritual:** Choose a shadow statement and rewrite it in your Magician's voice. Create a mantra from it.
- **Sovereign Space Ritual:** Build an altar for your Sovereign self. Include symbols of courage, vision, and truth.

Journal Prompts

- Where have I been leading from shadow instead of sovereignty?
- Which archetype feels most uncomfortable—and why?
- What does my Sovereign want to claim that my Child still fears?
- What boundaries must I reinforce to protect my vision?
- Where am I outsourcing my power, and how do I call it back?
- What truth am I no longer willing to silence?
- Which archetype within me is ready to lead next—and how will I honor it?