

**Preface**

The book «King, Warrior, Magician, Lover» is one of the most important and fascinating books I ever read. It has inspired me to compose the following meditation.

This meditation is about invoking the forces of the four archetypes, namely: King, Warrior, Magician and Lover.

Every man carries these four archetypes within himself. They are woven together. They compliment each other. They support each other. They influence each other in an enriching and regulating manner. Through their collaboration a man reaches mature masculinity.

For the archetypes to be able to collaborate, it is important that all four are equally valued and encouraged. Therefore, the complete meditation is to be read and not only those passages which are liked.

Markus Weidmann

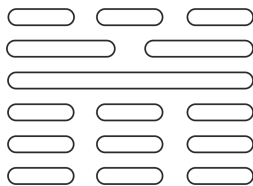
**The book:** «King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine» by Robert Moore and Douglas Gillette

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# The King's Meditation



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My personal symbol  
for the archetypes  
King, Warrior,  
Magician and Lover

Translation: Frieda Julie Radford

# I

## **I CALL THE POWER OF THE KING IN ME!**

The power of the centre.

May she centre myself.  
And may she support me,  
when I plant a centre.

I call the power of the king in me!

The power of the boundary.

May she embrace myself.  
And may she support me,  
when I draw boundaries,  
when I create home.

I call the power of the king in me!

The power of order and structure.

May she enliven me  
In my pursuit  
of peace, security  
and solidarity.

**HOW.**

# II

## **AND I CALL THE POWER OF THE LOVER IN ME!**

The power that makes me sensitive,  
sensuous and feeling.

Lover power,  
make me alive!

Let me love, laugh, cry.  
Let me be angry, be afraid and have joy.

I call the power of the lover in me!

Awake the joy of life in me.  
The joy to play. The urge  
for sweet idleness.

Let my dreams glow,  
my wishes burn,  
my longings flare.

Make me thirsty for touch.  
Make me hungry for sex.

I call the power of the lover in me!

Fill me with creative chaos!  
Let me blossom as an artist,  
singer, actor.

Make me undisciplined and  
unconventional, jagged and angular.

Let me swim against the stream.

Make me to be a rebel,  
that gets drunk on freedom,  
adventure and borderlessness.

**HOW.**

# III

## **AND I CALL THE POWER OF THE MAGICIAN IN ME!**

The power that lets me observe  
and perceive.

The power that bestows me with insights  
and makes me aware of correlations.

Magician power,  
make me pensive, curious!

Motivate me while learning,  
strengthen me during tests.

I call the power of the magician in me!

Inspire me when I am enquiring,  
when I create knowledge.

Guide me when I apply knowledge  
and support me when I tame energies  
and use them.

I call the power of the magician in me!

Keep my attention focused inwardly.

Lead me to where the island is  
in the sea of feelings.

Lead me to where it is calm  
in the storm of emotions.

Let me leave in search of truth.

Let wisdom be the goal of my path.

**HOW.**

# IV

## **AND I CALL THE POWER OF THE WARRIOR IN ME!**

The power that makes me proud,  
courageous and free of fear,  
the power, that makes me be awake  
and ready.

Warrior power!  
Motivate me during trainings.

Fill me with perseverance and self-discipline.

I call the power of the warrior in me!

Bestow me with clarity of thought.

Release me of feelings that keep me  
imprisoned.

Keep doubt and hesitation away from me.

Help me to protect myself, to defend myself.

Make my appearance poised, my will strong.

Make my actions decided and goal-orientated.

I call the power of the warrior in me!

Fill my life with ascetism.

Give me the power to endure pain  
and exertion on the paths to my goals.

Fill my life with clarity about my death.

Let me execute each action in such a way  
as if it were the last one.

**HOW.**

# V

**AND WITH THE POWER OF THE KING  
I CALL THE POWER OF THE LOVER  
INTO MY CENTRE!**

May the power of the lover connect  
my centre with all that is alive.

May she make me to be a fellow human being  
that is compassionate, that cooperates,  
is tender-hearted and one that participates.

May she give me the power to help, heal,  
encourage and bless with a big heart.

**HOW.**

# VI

**AND WITH THE POWER OF THE KING  
I CALL THE POWER OF THE MAGICIAN  
INTO MY CENTRE!**

May the power of the magician  
give me wisdom when I draw boundaries  
and when I provide order and structure.

May she strengthen me  
when I place my wisdom and competence  
in service of other human beings.

And may she help me when I pass  
my knowledge on to other human beings.

**HOW.**

# VII

**AND WITH THE POWER OF THE KING  
I CALL THE POWER OF THE WARRIOR  
IN MY CENTRE!**

May the power of the warrior  
position itself in service of my centre.

May she find a home within my borders.

May she make me unshakeable  
and unassailable.

**HOW.**

# VIII

**AND WITH THE POWER OF THE KING  
LOVER, MAGICIAN AND WARRIOR  
I CALL THE POWERS ABOVE ME  
INTO MY CENTRE!**

I call into my centre the powers  
of fire, wind, water and earth.

I call into my centre  
the powers of my ancestors.  
The powers of the gods.  
The powers of destiny.

And I call into my centre  
the power of beginning and end,  
the power of life and death.

I beg you  
to make me marvel, speechless, awestruck.

Make me humble, thankful, modest.

Include my centre within your centre.

**HOW.**