



Amir Khalighi: King, Warrior, Magician, Lover



Amir Khalighi is a coach, speaker, group facilitator and founder of EmbodiedMasculine.com. Deep dive into the archetypal masculine energies and how their shadow impacts the lives of men when they are suppressed.

**TOP EMBODIMENT TIP:** Connect with your heart, find moments of stillness in nature, and in community with other men.

Masculine Power:

- Our masculinity is natural, healthy, vibrant and a force for good. **Our society is turning this power into a self serving and 'me' endeavor.** We are more disconnected from ourselves, have a hard time feeling outside of ourselves, and **we have a hard time being present and grounded.**

Evolution of Masculinity:

- Our disconnection with ourselves and with **something bigger than ourselves**, with the feminine and with mother nature, has led us to become more protective and vigilant which is serving to further distance ourselves from our deeper nature. It is the **suppression of these energies** that is causing us to **move into our shadows** and act from that space.

Archetypes: King, Warrior, Magician, Lover

- Archetypal energies are energies installed within the **four mature masculine archetypes of King, Warrior, Magician, Lover.** These energies are a force for good when allowed to be observed, acknowledged and expressed. When these qualities are not fully integrated or if they are suppressed, their shadows are acted out.

Alchemizing the Shadows:

- Our society needs deep nourishment. We need to become more **in harmony with the feminine** and the great mother nature. If we don't, it will outlive us all. **We need to bring the shadow aspects of ourselves into our consciousness** to remove the blocks and get in touch with the divine, the heart space, the feminine within us - from a place of awe.
- Embodiment is the access point for processing the embodied shadow in oneself, to **connect with our greater purpose**, with what the heart wants. This connection happens from a place of stillness, with oneness, and with nature.

Resources

- ❖ **Website:** <https://embodiedmasculine.com>
- ❖ **References:** *King, Warrior, Magician, Warrior* by Douglas Gillette and Robert L. Moore, *Iron John: A Book About Men* by Robert Bly, Rumi's poetry



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