

LIGHT & SHADOW

The Psychology of
Master/slave Relationships

BY SLAVE PHIL
MASTERSLAVELIFESTYLE.COM

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If you have any questions contact me:
contact@masterslavelifestyle.com, I answer all questions!

To all those that helped with feedback – Sir Andrew, Master Jim, Master Atticus, slave rudd, Master Jim (of Texas), slave jimmy, MuscleChief, slave caleb, Master Chuck and all those I have forgotten.

A special thanks to Master Benjamen for his help with the Master/slave Quiz.

And to all Patreon supporters, without whom I would never have done this.

Thank you all!



PART ONE

INTRODUCTION



THE PROBLEM

I had an idea a few years ago during COVID to create a way Masters and slaves could categorise themselves. A quiz or test a person could answer to find out what sort of Master slave they were. But as I researched further, I found myself stuck.

Master/slave relationships can be very different to one another. You only need to listen to the Masters and slaves I have interviewed in the [podcast](#) to see how different our relationships can be. In *Anna Karenina*, Tolstoy says, “All happy families are alike; each unhappy family is unhappy in its own way.”

But when healthy Master/slave relationships can be so different, does this phrase still hold? Are all happy Master/slave relationships alike?

And why do Masters and slaves behave the way they do? Are there common patterns of good and bad behaviour, and if so, what drives those behaviours?

So I went deeper, trying to find a solution to this contradiction. Was there a way to highlight the difference between the good and the bad? To show the difference between a good or bad Master and a good or bad slave. And do this without judging all the different sorts of Master/slave relationships one can find.

After much research, I found a solution with Jungian archetypes.

What do we mean when we use the word archetypes? Archetypes can be examples of a specific type of person. If anyone has ever done the Myers-Briggs test, their result includes an archetypal description of the type of person they are. A more flippant example is the surveys on a website like BuzzFeed finding out what character from a sitcom you might be.

In Jungian psychology, archetypes are primitive mental images inherited from our earliest human ancestors, present in our collective unconscious. There are words that we somehow understand. If I say the word King, we know what this means. We have an image, concept and feeling connected with this word. These are primal patterns in our minds, part of our collective unconscious.

They are deep in myth, literature, and popular culture, including films and television. For example, Pedro Pascal plays the Protector Archetype (an aspect of the Warrior Archetype we will cover in a later chapter) in *The Mandalorian* and *The Last of Us*. This type of character often appears in movies and books – the taciturn strong man protecting someone weaker than himself.

THE SOLUTION

When reading about these archetypes, I realised that this was the answer to my problem. Using these archetypes, we could go deeper into the psyche of Masters and slaves. We could understand the beneficial aspects – the light of a Master or slave. And we could also understand their shadow.

LIGHT AND SHADOW

We all contain light and shadow. We all contain good and evil.

WHAT IS THE SHADOW

We all have emotional wounds from being hurt in childhood, trauma, the shame we have experienced as gay men, along with the shame of wanting to be a Master or slave and our fetishes.

The shadow is where we put parts of our archetypes that were not welcome. Thoughts, feelings and behaviours.

Alice Millers spoke about how we arrive into the world in trailing clouds of glory – we come into gifts just as we are and were supposed to be.

But over time, as children, we learn to suppress part of ourselves to maximise the love we can receive from our parents. We put the parts that are not welcome into the shadow.

These things we put into our shadow can impact us hugely in later life.

As gay men, we have all put a lot into a shadow to be accepted or survive in a family and society that did not accept us. Later on, this can lead us to repeated patterns of behaviour and emotions that are not healthy. These then play out in our relationships, including Master/slave.

Over time we must heal what was hurt and put into the shadow. We must bring it back into the light to become healthy men and healthy Masters and slaves.

But there is another shadow.

THE COMPELLING PULL TO THE DARK SIDE

As Masters and slaves, we also have other pulls into the shadow. We can go places where it might not be the healthiest to go as a Master or slave.

And these places can be beautiful to us. And very compelling.

Rather than a place with warning signs and some *Jaws* movie music in the background, we can feel very attracted to move to these shadows.

I often think of Masters and slaves as dancing on a cliff. Some of us dance well away from the edge, but others who like to go deep into control dance very close to the cliff edge.

We do this as we want to go deep and play with these primal energies we feel inside us. But the closer we dance, the more pull we can have to some of the shadow aspects of the Master and slave.

And if we are not careful, we can fall off the cliff into shadow.

For example, I have an overwhelming pull to lose myself in service to a Master. To give up everything to serve him. This does not feel like a danger to me, but something beautiful and compelling. It has taken me years to ensure I have boundaries here, to ensure I am not giving up too much or giving it to the wrong person.

Later in the book, we will discuss this as part of the Nihilist shadow.

To protect ourselves and the others we play and choose to have a relationship with, we must be aware of our pulls to this shadow and where we might give in and jump off the cliff. And in doing so, we can avoid falling into the seductive shadow.

WHAT ARE THE ARCHETYPES?

This book will detail the four Jungian central archetypes:

- Warrior
- Magician
- Lover
- King

We will cover each archetype's light and shadow aspects, unpacking them to be more understood. For example, the light aspect of the King archetype talks about how a good King empowers those who serve him to fulfil their full potential. One of the King's shadow aspects is the Tyrant – someone afraid of losing their power and destroying all those around him to try and feel safe in his power.

Each archetype will discuss the archetypes as they concern the role of a Master and the role of a slave. I advise reading both parts to gain a fuller understanding of the archetypes and also help you understand how to protect yourself.

All of these archetypes exist in both Masters and slaves. Does a slave truly have a King aspect? They do! Whether Master or slave, we have all these archetypes – good and bad.

HOW CAN YOU USE THE INFORMATION IN THIS BOOK

By reading about these archetypes, both the good and the bad, you can do the following:

- Understand where you are already good and working well.
- Understand where you can improve. Places where you might not be in the shadow, but are not yet good. Places you can choose to improve so you can become a better Master or slave
- Places where you might have been wounded in the past.
- Start to understand the shadow – parts of yourself you might have repressed – for example, shame.
- Understand your pull to the shadow – places we feel strongly attracted to but are unhealthy.

PROTECT YOURSELF WHEN TRYING TO FIND A MASTER OR SLAVE

Many of us are trying to find a Master or slave. Identifying traits in a potential Master or slave allows you to protect yourself from connecting to someone who might be unhealthy. For example, finding a Master and then understanding they are in the shadow of the Tyrant or finding a slave and finding them in the shadow of the manipulator.

By understanding what to look out for, you can protect yourself from connecting too much too quickly to someone who might hurt you.

And in combination with understanding your own impulses, you can protect yourself further. Perhaps as a

slave, you have a solid pull to Masters that are Tyrants. By understanding you might have an unhealthy pull to this type, you can be aware of your attraction and protect yourself.

UNDERSTAND AND IMPROVE YOURSELF

By understanding these facts about yourself, you can move forward to improve yourself. And you can protect yourself and others from moving into the shadow.

It can be tempting to think you have no shadow or are perfect. But this is not true. We all have shadows, we all have faults, and we all have pulls to the dark side. Looking at your own shadow can be uncomfortable. And because of this, you can discount that feeling.

You can also fall into the trap of feeling you are not good enough – often because of shadow. I urge you to ignore this feeling. We all have issues and parts of ourselves in the shadow. It is part of human nature.

Instead, you can see these as the start of an action plan to become a stronger, more robust Master or slave.

IMPROVE A CURRENT MASTER/SLAVE RELATIONSHIP

Well done for finding your Master or slave! But this is just the start of another journey. As you go deeper into control and power exchange, awareness of our shadows can be as essential.

By improving yourself, you can become a better Master or slave for our partners (or household if it is a leather family).

But it also protects you, allowing you to go deeper and deeper into power exchange if you wish while also having boundaries to protect yourself from going too far and entering the shadow.

UNDERSTAND WHY YOU DO THE THINGS YOU DO

Understanding why and how you work will also allow you to understand why Masters and slaves think and act in the way they do.

For example: why does a slave suddenly disappear when you talk to them, or why can some Masters turn so cruel?

ARE WE ALIKE?

By the time I had finished my research, I had understood that using this framework, maybe now all happy Master/slave families are alike. But the intention, mindset, and how they think and operate is alike. Each individual is doing the work to be a healthy Master or slave. One that is in the light. And they are doing the work of dealing with their shadows. Using this framework, you can understand common patterns and thinking of good and bad, as well as the light and shadow in Master/slave relationships.

BOOK BREAKDOWN

The book is split into a part for each archetype. Each part is broken down as follows:

- A brief summary of the archetype
- The gateway emotion - you can access a particular archetype through a particular emotion - we call this the gateway emotion. By being able to feel and utilise this emotion well, we can often grow our respective archetype. For example the use of anger

allows you to access and fully utilise your warrior archetype.

- How the archetype relates to a Master
- How the shadow of the archetype relates to a Master, this includes a brief overview of the shadow of the archetype in general
- How the archetype relates to a slave
- How the shadow of the archetype relates to a slave
- Actions you can take to grow and develop your archetype

At the end of the book there is a final summary, and final advice on how you can improve and some external resources.

THE MASTER/SLAVE QUIZ

On masterslavelifestyle.com, there is a Master/slave quiz that tests you to understand where you are strong and what your own pulls to the dark side might be.

👉 Check it out masterslavelifestyle.com/quiz

COMPANION PODCAST EPISODES

Along with this book, several episodes will be released over 2023 on the Master/slave Lifestyle Podcast.

👉 [Listen and subscribe to the podcast here.](#)

Consider staying subscribed to the mailing list if you want to be alerted to new episodes as they come out.

BOOK UPDATES

As the podcast episodes are released, the content in this book will change. Please stay subscribed to the mailing list; you will receive updated copies of the book as they are released.

👉 [Subscribe here](#)

WHY FREE?

I have released this book as a free resource as I want it to benefit the Master/slave community. To help people move forward and improve.

👉 If you wish to support free content such as this, think about becoming a [Patreon member](#) or [buying me a beer](#).



PART TWO

The Warrior

INTRODUCTION

The Warrior is also known as the action taker. It is the part of yourself that allows you to move forward without purpose and mission in life. It is the part of yourself that gives us a sense of power and agency in the world and to take affection action.

The word warrior can provide many impressions, both positive and negative. Warriors are the people who go to war, kill, and may rape and maim. In societies, we have used warriors to idealise conflict and show masculinity's more toxic side.

But when we speak about the archetypal warrior, we mean a person of integrity. A person who will give themselves to a higher cause – their purpose – and will train to become the best they can be.

Warriors appear in many of our stories. Russell Crowe playing the Maximus in the movie *Gladiator* or a Jedi Knight in *Star Wars* are examples of the warrior archetype.

ANGER

The gateway emotion to access our inner warrior is anger. When used well, anger allows you to know when your boundaries are crossed so you can defend yourself. Often if someone struggles to feel anger, they struggle with their warrior.

But at the same time, when you cannot control your anger, or you only act in anger, it might be your warrior is too large – it is too inflated.



MASTER AS WARRIOR

Master as Warrior can be broken down into several areas:

- Boundaries
- Self-discipline – Leads with Justice and Wisdom
- Resilience
- Protector
- Understands the limits of his power

BOUNDARIES

Boundaries can be physical, emotional and psychological. They provide a safe place for you to inhabit yourself and, in a Masters's case, what they own. A good warrior has territorial instinct allowing them to claim and defend territory. For a Master, this includes the slaves he owns.

And when those boundaries are crossed, you feel angry – the fundamental emotion of the warrior.

When we talk about boundaries, we can imagine they are fixed rules for treating others and protecting ourselves. Whereas in reality, boundaries are flexible and changeable. What we hold to be true in one situation might be dealt with differently in another.

For example, how much you support or do not support a slave could change depending on their situation.

We must be careful in the Master/slave community around boundaries in general. According to mainstream society, we have already chosen a lifestyle that can be seen as taboo or crossing the boundary of what is acceptable.

And because we have broken these boundaries, we might want to think there are no boundaries for us in any area of our life.

But of course, there will be boundaries, what is acceptable, and what is not.

Consent is an example of this.

Consent is one of the core parts of BDSM and Master/slave, meaning what we do is ethically and morally right.

Mutually fulfilling each other's needs in a Master/slave relationship is another boundary between what is ethical and proper and what is toxic Master/slave relationships. There are many Master/slave relationships out there where either Master or slave might have stopped fulfilling the needs of the other. These are often unhealthy relationships.

Understand who you are

To understand your boundaries, you must clearly understand who you are. What are your values, what do you stand for, and your beliefs? If you struggle to answer those questions, working and understanding who you are, is the first step to knowing your boundaries.

And be alert when you feel anger. Is this a sign of a boundary being crossed? If so, make a note so you can start to build your knowledge of your boundaries.

SELF-DISCIPLINE – LEAD WITH JUSTICE AND WISDOM

A Master has a good sense of justice and wisdom. A Master always makes decisions objectively from this point of justice and does not act out of anger. A good Master always works to let go of his anger before acting on a slave – in training or punishment.

So although you can feel anger, this anger can lead us to act and make decisions. You should not act in the heat of anger.

There is a story of a samurai who vowed vengeance on a killer who had killed his Master. He found the killer and was about to enact vengeance by killing him. But just as he went to make the killing blow, the person spat into his face. The samurai stopped and, rather than killing him, let him

go. Why? Because if he felt rage at this moment, he would not have acted from a warrior's self-discipline.

And this is true for a Master's self discipline as well. A Master does not act out of anger but with justice and wisdom to get the best from the slave as possible.

How can you become wise? Wisdom comes from life experience. Only through living, growing and reflecting can a Master accumulate wisdom and make decisions based on justice and wisdom.

PROTECTOR

A Master protects those who serve Him. Many true slaves have a wonderful childlike innocence about them. It is a pure, beautiful energy from a being that wants to please and serve. But the unpleasant fact is that we live in a world where many people see this energy and want to abuse it or take advantage of it.

Therefore, a Master, to allow His slave to really embrace his submission, must also protect the slave against these people who want to take advantage of it. So a good Master protects.

The Mandalorian is an excellent example of the Protector Archetype, with the main character looking after and protecting Baby Yoda. Another example is the recent series *The Last of Us*, where a hardened survivor of an apocalypse reluctantly protects a young 14-year-old girl on a journey. Pedro Pascal, who plays Mandalorian and the hardened survivor in *The Last of Us*, embodies the Protector Archetype.

UNDERSTAND THE LIMITS OF HIS POWER

A good Master understands the limits and constraints of his power.

Many myths and tales talk of heroes who refused to understand their limits and ended up in tragedy. The story of Icarus is a good example.

Icarus and his son are trapped in a labyrinth to escape. Icarus fashions wings for his son and himself so they can fly and escape. He warns his son not to fly too close to the sun. But when they escape, the son is so taken with the power of flying that he ignores his father's warning and flies up close to the sun. The sun's heat melts the wax in the wings, and the wings break, causing Icarus's son to plummet into the sea and die.

The story is a warning of what happens if you do not understand the limits of your power and believe yourself to be all-powerful and invincible.

It is easy when you have an adoring slave staring at you to believe you are invincible. As a good Master, you must remain honest with yourself about your limits and work within the limits of your power. By embracing the limits of your power, you can strategise and use the correct tactics to move forward and succeed.

Such a skill is also essential when training slaves. A clear understanding of the limits and constraints of both the Master and slave allows the Master to use the most effective tactics and approaches to train a slave.



SHADOW MASTER AS WARRIOR

THE SHADOW OF THE WARRIOR

YOU DO NOT EXIST

One of the leading shadow states of the warrior can be the thought or feeling that you have no right to exist. That you have no identity. This might seem more of a slave state. But it can heavily impact Masters as well.

No right to exist can come from our past:

- Shame of being gay when you were growing up in childhood
- Shame of your fetishes
- Shame of being a Master or slave
- Shame of wanting to control and own someone

This shame can impact you hugely and go into your shadow.

A Master might struggle with confidence with this and show up as deflated and lacking confidence.

But often, with Masters, this can manifest oppositely.

SHADOWS OF MASTER AS A WARRIOR

Shadow Master as Warrior can be broken down into several areas:

- Overinflated
- Bigging yourself up
- The Contradiction
- Master as a Non-Consensual Predator
- Dehumanising the other

OVERINFLATED

A Master might overcompensate for their shame and uncertainty and then project this insecurity onto others. They do this to make themselves feel better.

Examples of such behaviour of when Masters make slaves feel insecure. For example, a dysfunctional master messages slaves to put them down as unworthy, as they

are not acting and behaving correctly. That they do not deserve to be a slave.

Correcting slaves for bad behaviour is good. But when done to attack someone's identity and make them feel worthless or inadequate about themselves, that they should not exist or be a slave, is unhealthy and toxic.

The worst example I have encountered was one I experienced shortly after breaking up with my Master in 2017. I was in a terrible place, I had been very ill with tonsillitis and had been out of the gym for two months, and the repeatedly aggressive courses of antibiotics were ripping the muscle out of me. I had moved from a fantastic body to one that could be improved.

I reached out to a Master, who did not like that I had put on weight. And he decided to fat-shame me on his Tumblr blog. You can imagine how I felt when I went to his website and found a picture of myself in an article about how slaves should not look.

It destroyed the remaining confidence I had left at the time.

But what was interesting was that this Master was very overweight. He was taking out his insecurity of himself onto me.

BIGGING YOURSELF UP

Other behaviours a Master can do when they feel deflated are:

- Argumentative and combative
- Inflexible

- Stonewalling
- Not listening to other people's opinions
- Flatten others around them

By making themselves bigger, by pushing other people's boundaries, and by generally being a pain in the arse, they can feel secure that they do exist and can prove they are, in fact, a Master. These are often signs that someone is feeling insecure.

If you find yourself doing this, steps to improve are to build your confidence, how who you are, and find more healthy techniques to exert your dominance.

THE CONTRADICTION

The Master's need to own and protect can lead to a shadow state.

Many Masters have this territorial instinct to claim and own someone as a slave – this is why we often use the word ownership when discussing Master/slave relationships.

A slave can often see this need to claim and own in how a Master stares at you.

In this stare lies part of the tension between healthy and non-healthy Master/slave relationships. At the height of an intense Master/slave scene, when you see that stare, it can be the most erotic and fantastic thing to see as a slave.

There is nothing wrong with this stare; it is a healthy part of the relationship.

But when this leads to unhealthy actions and behaviour, it is toxic.

So part of this is healthy, and part of it is not.

How far you go depends on the sort of relationship. But at a certain point, you can fall off the cliff's edge into the shadow. This is an example of that pull to the edge of the cliff.

How does this unhealthy part come out in a Master?

MASTER AS A NON-CONSENSUAL PREDATOR

Connected to the Tyrant, a Master can also start to persecute. They cannot take no for an answer and will keep coming after someone, and in some cases, this turns into full-on persecution.

The Predator will do anything to keep or claim the slave. They cannot have a life if they cannot have the person.

This is a Master who cannot take no for an answer. They want the slave, and they will do anything to get them.

Or when they have a slave, they will not let the slave go.

An example of this is a Master/slave couple whose relationship was coming to an end. However, the Master did not want the slave to leave, so he started to blackmail the slave by saying he would tell the slave's family the truth about their Master/slave relationship.

When the slave still left the Master, the Master carried out his threat, destroying the slave's relationship with his family.

Consent

When a Master cannot take no for an answer, this becomes a topic of consent. So a Master as a Predator has turned

into someone who ignores consent. The consent for a slave to say:

- No, I do not want you
- No, I do not want to do that
- No, I wish to leave

And rather than hearing that consent, they will do anything to get what they want. And the further into the shadow a Master goes, the more they will do that is toxic and unethical.

DEHUMANISING THE OTHER

The other aspect of Master as a Predator is dehumanising the slave and giving in to the demon of cruelty.

This is not to be confused with sadism. Many healthy Master/slave relationships contain sadists and masochists who mutually fulfil each other's needs.

When we fulfil each other's needs – even in strange and beautiful ways – all is healthy and good.

But when a Master starts to make a slave suffer just because they can. When a Master starts to ignore the slave's needs, when the joy starts to leave the relationship, the Master has given in to the demon of cruelty.

A popular phrase in M/s is that a slave has no needs. This is not true.

A slave does have needs. This can be basic such as health, structure, control, humiliation etc. Though in most relationships, there are many other needs as well. A Master/

slave relationship can exist where none of these things is given to a slave. This is toxic.

A good Master/slave relationship makes sure that the mutual needs of each other are taken into account.

In a relationship that does want dehumanisation, a healthy version of this is when the Master still remembers that the slave is human and does have other needs. For example, the need to vent after a bad day at work. Or the need for care and love. As well as all the other depraved needs as well.

When a Master ignores all needs of a slave, then they are heading into the shadow.

A good sign of a healthy master/slave relationship is how much joy there is. If both sides are fulfilling each other's needs, there should be joy in the relationship. Not all the time, as this is not possible. But most of the time.

Suppose the relationship has no joy. If the slave finds themselves never enjoying serving the Master – something has gone wrong, and it might be the Master has given into the shadow. As someone who does enjoy the dehumanisation aspects of slavery, this is something I always need to watch out for.

 [Check out this article on a slave's needs](#)

KNOW YOUR BEAST

When coaching clients, I talk to Masters about befriending your beast. We all have a beast inside us. The monster inside that wants to do whatever it can and wants to a

slave. Regardless of consent, regardless of ethics or morality.

Many Masters can be fearful or anxious about their beast. Then other Masters let the beast rule them and often are dangerous people.

Repressing something will fight us and often emerge when we least expect it, leading us to actions we regret. Because of this, many Masters keep even tighter control of their beast in case they do something they regret.

Although this keeps the slave safe, the Master often cuts themselves from what they really need as a top.

Instead, a Master can befriend their beast to listen to its needs truly. And then create rituals and scenes that allow that to happen consensually.

Often when you listen to your beast, what comes out can be very strong and, at first glance, something you cannot do. But when I work with clients to go deeper, we often find what the beast wants out of what it asks—for example, total control or consuming the slave.

Once we understand what is needed, we can create scenes that will allow those needs to be met without going into the dark side.

In these scenes, it is essential to note that the beast is not in control. Another part of the Master remains in control. But the scene is created to provide the beast with what it needs without needing that control. This way, the Master and beast can get what they need while the slave remains safe.

This way, a Master can balance his beast and the need for heavy control, along with the realisation that this slave is still a human that needs to be looked after.

Movie recommendation

I recommend watching the movie: *The Northman*. Near the end of the first third of the movie, there is a warrior ritual. They perform a ritual to let out their inner beasts and for their warriors to come out. And shortly after, we see them treating the people of a conquered village as chattel burning and killing those with no value. Here is an example of the Warrior moving into the shadow and dehumanising human life to kill and sell it without feeling or emotion.



SLAVE AS A WELL- TRAINED WARRIOR

The heart-centred slave as a warrior can be broken down into several areas:

- Action Taker
- A Higher Cause
- Strength
- Discipline
- Boundaries
- Protective

ACTION TAKER

The Warrior is also known as the Action Taker. It is the part of ourselves that helps us to achieve our purpose.

For a slave, one of these purposes is to serve a Master. And if we do not have a Master to find one.

Slaves genuinely trying to find a Master – taking concrete actions are strongly using their warrior. However, many people do not move forward. And do not take action.

They might frequently talk online, sometimes opening a profile to talk intently before deleting it after a few days because of the shame and self-doubt. Others might talk, always scared to take the next step but not doing anything to overcome that fear.

These people have weak warrior. Either they struggle to take action to achieve finding their Master (or slave), or their shame has deflated their warrior so it can no longer take action.

And this is why a Master can find slaves that disappear and who change their minds.

It is in strengthening the warrior part of ourselves we can move forward.

Tip: It is also why a good test a Master can perform on a slave is to ask them to do some tasks. For example: providing three options for a coffee shop to meet up that the Master then chooses or asking the slave to perform some small research task. Those that do not do these tasks usually have a weak warrior. And those that do – it is a signal you might have a slave that will meet up and serve well.

To serve well

The warrior part of ourselves also allows us to serve our Masters well. To improve our service to them – be it domestic, sexual, BDSM or in other areas of our life.

As a Master, this is the part that learns how to use a flogger or some other technique well or expertise in controlling and training a slave.

Our warriors have a strong need to serve a Masters's will and, in doing so, find completion and centredness that we struggle to find on our own.

We all have warriors inside us, and our king archetypes should harness this – this is covered in the King Chapter. What distinguishes a slave is that we want another man – a Master, to be the King we serve. Our warrior wants another Master to direct and shape us. Whereas for a Master and people who are not slaves – their warriors serve their own King rather than another person.

The Master's direction gives our slave warrior the purpose to move forward and take action.

The catch

But here is the contradiction. Our warriors work better when serving a Master, but we must be strong warriors to take action to find that Master. Unless we strengthen our own warrior, how can we find someone?

So we as slaves must still learn to grow and harness the warrior to find our Master and inner strength to understand who we are and move to live our authentic selves as a slave.

A HIGHER CAUSE

Slave carries considerable warrior energy with them.

A warrior will give up on materialist things for a higher cause. In the case of the slave, they give up things for the Master.

At its simplest, a slave gives up power and control to a Master to shape them. But depending on the form of slavery, a slave may give up on many other things as well, including:

- Not wearing clothes
- Sleeping in a cage or on the floor
- Eating from a bowl
- Eating different food
- Chastity
- Not owning many possessions

The slave will give up on many things in service for the Master. Giving up on things and items most people take for granted can sound barren. But often, a slave has a deep need for this and seeks it in return for the benefit and joy of serving a higher cause – serving a Master.

Last year I slept in a crawl space for two months with the Masters I was serving, and I was perfectly content to do so. It helped me feel more joy as a slave.

An example of this from a recent movie is *Dune*. At one point, a warrior, Duncan, returned from a trip to visit the tribal people. He is a warrior of explicit skill. But now they are back in the soldier's barracks, simple and functional without more space for personal items. A simple life there,

the soldiers focus on protecting and adding to the greatness of House Atreides.

Like a warrior, a slave may also wear a uniform. Examples are wearing no clothes, chains, manacles, wrist cuffs, collars, chastity, jockstraps and butt plugs. This is just a selection of items a Master might choose for a slave to wear or not wear to symbolise their slavery and service.

STRENGTH

A slave often has a significant degree of strength, often more than the Master. That strength is used for many things.

Strength to give up on worldly things that someone in mainstream society might want.

A slave taking pain in service for the Master is another example of strength. It is an act of service for some, and the slave can take great joy in that service to the Master. Not all slaves are masochists and have sexual pleasure when experiencing pain. But they experience pleasure in taking the pain in their Master's service.

When training a slave, there are times when the Master creates a more intense experience to help the slave move to a deeper level of submission – these experiences require strength.

But when we talk about strength, we also talk about the slave's strength of will to become a slave.

In Western society, the ideal man is the alpha male. Western society looks down on men who want to serve and put someone first. It takes tremendous strength and

courage for a slave to embrace their need to submit and serve someone. Something that we all need to work to create and we can all achieve.

It also takes strength of will to give up control to someone. When you strip back the fantasy, giving up control to someone else and taking the slave warrior path requires a unique strength of will.

Finally, growing, reflecting, and developing based on good and bad experiences takes strength of will – which is essential on the pathway to slavery or Mastery.

DISCIPLINE

Related to strength, a slave must have discipline.

A slave is trained to become the best they can be; like a warrior or soldier training, a slave practices and trains to improve and provide the best service they can achieve.

An example is when slaves are under a protocol. In relationships where protocol is used, a high standard of training and perfection is expected from the slave. Similar to the training of a warrior or soldier.

Often a slave enjoys and needs this training and discipline. In a non-protocol example: I have found when a Master requires me to do well at the gym, I often work and perform much better than on my own.

In general, a slave will work hard to improve and develop based on his Master's directions. This can be learning how a Master works to provide a better service. It can be in learning a new BDSM technique. Or it can be learning a new skill at work and making the Master proud.

An example of this is Jeeves – who was a Butler for his Master and gave excellent service.

Discipline also relates to living a life of service where you give up on worldly things. The previous section mentioned how a slave might sleep differently or eat differently. An analogy is to think of a warrior living in a bunker, a soldier's barracks, or a monk living in a monastery. Both have aesthetic lifestyles that require discipline.

BOUNDARIES

Boundaries are a vital part of the warrior archetype – this includes slaves.

A slave must clearly understand their boundaries and state this to the Master, including physical and mental limits.

Physical limits are what we negotiate for a scene. What do we allow from a Master or top, and what do we not? For example, what size dildo (if any)? Or what sort of pain can take and how – for example, do we allow tit torture.

The slave needs to be verbal about their limits during a session. Often Masters will have a way for a slave to communicate this. If a slave gets to the edge of their limits, they communicate this to the Master. A slave must still be clear and verbal when a limit is reached – a Master cannot guess and know everything.

Tip: One technique I use to communicate boundaries with a Master who is just getting to know me is using the traffic light system.

- *Green is good*
- *Yellow is uncomfortable but continue*
- *Red is stop*

I have found using this useful as I can communicate to a Master where I am and often before I will ever reach a red. This way, the scene can continue, and the Master remains in control. With this technique, I am providing information for the Master so he can adapt if needed.

A slave's mental limits are as important – what control is acceptable and what is not. Does the slave want to be completely controlled, or is this just one aspect of their life that they wish to keep segregated?

Further up – I spoke about the slave's need to connect and how this can lead to a deep need to give everything to a Master. A slave must use the warrior's energy to understand their boundaries, what connection is appropriate for them, and what is unhealthy.

Shadow Masters out there believe they can ignore a slave's limits. It is appropriate in this situation for a slave to use their warrior energy to protect and defend themselves vigorously.

It is never OK for a Master to override limits on a slave because they feel they can ignore those limits.

If someone is starting this journey, they might not know their boundaries. In this situation, the slave's role is to experiment and explore to find them out. They do this by choosing experiences with people that are happy to take on a new person and to help them explore. Not to find the most intense experience possible and then find out they do not like it.

PROTECTIVE

A slave is often very protective of their Master and those dear to them. There are times when a Master might need to calm down a slave when a slave is urged to protect against the Master. You should feel sorry for anyone that gets on the wrong side of a protective slave.

Concerning the section on boundaries, a slave should also channel this protective warrior energy for themselves in a situation with a Shadow Master.



SHADOW SLAVE AS A WARRIOR

SHADOW SLAVE AS A WARRIOR

The shadow slave part of the warrior can be broken down into:

- The Boundless
- The Nihilist
- The Perfector
- Don't exist are you are
- The Warrior Wound

THE BOUNDLESS

A slave must also watch out for having no boundaries. Any slave has mental and physical boundaries; a slave should know what they are. Although a no-limits slave is a sexy thought, this only comes from intense consensual training.

A slave can decide to be trained by a Master they trust to remove these limits slowly, but it should only be with a Master they have good trust.

To seek out no limits with anyone could lead to abuse.

Slaves and anger

A key emotion to connect to the warrior is anger. Feeling anger is a sign that a line or boundary has been crossed.

But should slaves feel anger? My experience has been that anger is not a welcome attribute in a slave. It goes against ideas such as submission and giving up power for another person's will.

And when a Master consensually educes a slave's ego, anger can be a natural reaction to these boundaries being eroded. A sign of success is when a slave stops feeling angry that they have reached a new level of submission.

Yet suppose we repress the anger of a slave too much. In that case, we end up with someone that cannot defend themselves when they need to, especially against a shadow Master or someone in mainstream society that would be happy to take advantage of a slave's personality.

Therefore, allowing healthy anger when a boundary is crossed is essential for a healthy slave psyche. In doing so, a

slave can still articulate their needs and defend themselves when needed.

When anger is repressed, we can become deflated. That no matter what happens to us, we do not react. This might be the ultimate dream of a 24/7 slave. But what we are saying here is that no matter how awful the transgression or the boundary being crossed by the Master, all is OK.

This describes a toxic relationship.

A Master slave relationship may consensually agree to push past boundaries and limits or even reduce them. But this usually creates a healthy Master/slave relationship where the slave is open and submissive to the Master.

But a relationship that destroys all boundaries – that moves a slave into a dissociated state like being in the dentist's chair is often not healthy.

Boundaries and Breaking up with a Master

Often in a Master/slave relationship – especially a deep one, a slave will open up more to the Master and let more boundaries go. But when that relationship finishes, the slave needs to reclaim themselves again. This includes their appearance, their boundaries and their identity.

Often a slave in this position is discovering who they are and what their boundaries are. When I broke up with my Master in 2017, later that year, another Master offered to mentor me to help me heal. I gracefully said no, as by that point, I did not want another Master in my head. By this time, I had created stronger boundaries to reclaim and understand myself.

THE NIHILIST

The basis of the word nihilism comes from the Latin "nihil", which means nothing. I use this word as some slaves can feel the pull to give up on all boundaries and to live as an extension of their Master. For some, it is to be transformed or dehumanised. To become nothing.

A slave with this desire must have solid boundaries and protection to ensure they do not serve a Master in their shadow or give too much of themselves.

This is the opposite of the Master's shadow around dehumanisation. Just as a Master wants to forget about the slave's needs and treat the slave as an object, a slave can have a similar calling to want to be that object.

But in both cases – there should be limits and boundaries about how much is taken and given so that Master and slave do not fall into the shadow. This often requires good communication between both Master and slave, that want to go into very deep control to make sure both are having their needs fulfilled and neither is moving into the dark side.

I have an extreme desire to completely give myself to a Master in a nihilistic way – where I destroy all of myself to serve a Master.

But over time, I have learnt to set boundaries to protect myself. Three of the main ones are:

- My health – will my health be looked after
- How happy or not will I be? I am choosing this life not to suffer but to feel fulfilled. If a Master does not

want a happy slave or does not care if I am happy, they are probably not the right Master for me.

Any person with this pull needs to create boundaries that protect themselves, both when finding a relationship and when in a relationship. But what is appropriate or not is based on the Master and slave to decide. And what might be appropriate for one Master/slave might not be appropriate for another.

I suggest that any slave who needs to serve intensely should have explicit boundaries with themselves. When a situation comes up where a boundary is crossed, the slave must decide whether to move their boundary or keep it. It is critical for the slave to explicitly think about it and take responsibility.

Suppose you decide to go more extreme. You must educate yourselves on the risks and issues. If you decide to dance very close to the cliff edge with your boundaries, you must take great care not to slip and fall off into the abyss.

THE PERFECTOR

Previously I mentioned how a slave wants to be trained to be as good as possible. This can move to the shadow of perfection. Where nothing is ever good enough, no matter how much work or effort is put in.

In a career, this can be the leader or manager who works themselves to burnout to be the best, but they destroy the rest of their life in the process.

As a slave, we can slip into the shadow of perfection where no matter what we do, it is never good enough.

Once, when I started to date my Berlin Master, we headed to a bar in Berlin called Mustchmanns. While there, he took me down to the darkroom into a private cubical, and there I served him, and we had a fantastic experience.

Later on, when we were back upstairs at one point, I found myself crying at his feet. I had felt that my service to him was insufficient no matter how much I had tried.

He paused more than the average period of time before saying in His beautiful baritone voice: "No slave, that was good, that was very good. I did not need anything more from you."

He hugged me, and I moved from tears to happiness.

Here is an example of how the shadow of perfection can start for a slave. Those who want to please always want to become better and do more. And that is noble and good. But we fall into shadow when we look at everything we do as not being good enough, and we place unrealistic expectations on ourselves when the thought of not being good enough turns into a pattern.

When it keeps repeating, when it turns into a habit, this is when the slave has entered into the shadow of perfection.

Masters can also push a slave into this space. A Master can push the slave to be better, but when the slave reaches a milestone, rather than rewarding and validating the slave (part of the King archetype), they change the milestone and push the slave to the next milestone, or dismiss the achievement only asking why they could not have done better. This can lead to an overriding cycle, a joyless venture where nothing is ever good enough. A tunnel with no end –

as the slave will never be able to please a Master who always asks for more rather than rewarding the slave for how far they have come.

DON'T EXIST AS YOU ARE

One of the most significant parts of the shadow for the warrior archetype is to feel we should not exist as we are. And this can be a large part of the slave shadow.

We might feel that, as slaves, we have no right to exist and that what we are is wrong.

Society tells us our wants and needs are wrong. That how we wish to live is wrong. That a genuine and authentic part of our identity is wrong. And so rather than embracing this natural, true and authentic part of ourselves – our slave selves we instead suppress this into our shadow

We can do this in many ways. From ignoring and suppressing these needs. Or telling ourselves we are wrong to want this and to feel shame about ourselves.

But let's say we come out and embrace our slave selves. We can still struggle. Even if we are on the fetish scene, we can struggle if we do not quite fit in, impacting our confidence in who we are.

And then we have Masters – there are many shadow Masters out there that will often take their insecurities out on a slave. To say we are weak and wrong. That we are flawed in some way is why the Master does not want us.

And this also pushes or to question whether we should exist or not.

THE WARRIOR WOUND

We can come across people who have a warrior wound. A warrior wound is when someone has been deeply manipulated and hurt. This can happen in childhood when we are told we cannot exist as we are. Both Masters and slaves alike can suffer from this.

But Shadow Masters can also cause this in slaves. When a Shadow Master has manipulated a slave and caused severe injury. Perhaps by making a slave repress all boundaries and needs or by making a slave feel they cannot exist or be valued. That their identity is flawed and that they can never be a good slave.

This can lead to slaves struggling to speak for themselves or articulate boundaries or needs. Or it can lead to an overinflated warrior where the slave becomes very closed and will not open up and become vulnerable. Or the slave reacts with much more anger than would be expected. Rather than the anger being deflated, it is inflated. And this anger or closeness will occur, especially if a Master is brushing against a boundary where the slave feels wounded.

If the hurt has come from manipulation, the slave will be very sensitive and aggressive against that hidden control.

In such cases, it is best to be open and honest with the slave about the sort of control and healing to help build trust.

Along with this, a Master may need to help a slave grow their boundaries or encourage them to express and find out their needs.

With slaves that have repressed boundaries, a Master might need to help build them and let them know it is ok to have boundaries.



ACTIONS TO GROW YOUR WARRIOR

Actions you can take to grow your warrior are:

- Know who you are
- Have your own boundaries
- Make friends with anger and control your anger
- Find a physical outlet
- Know your purpose and mission

KNOW WHO YOU ARE AND HAVE YOUR OWN BOUNDARIES

The warrior often feels angry when our boundaries are transgressed. But if you struggle to know who you are, you can struggle to know your boundaries.

How to know who you are

In my coaching, I advise people to:

- Understand their values and strengths
- Understand their needs
- Understand their beliefs

You already have these, even if you do not know them, but often they are hidden in your mind. By working with yourself to understand what they are, you can understand who you are and what you stand for.

Boundaries

And once you know this, you can easily identify your boundaries.

You can also think back to when you were angry with people in the past and objectively understand why you were angry and what boundary of yours did they break. For example, do you value fairness, and you felt someone's action was unfair or they mistreated you? Or perhaps you price integrity in someone and felt their actions were unintegral?

Once you explicitly know and understand your boundaries, you can enforce them. When someone goes over your boundaries, you can push back and correct the person.

I have coached many people on this, and there can be a lot of nervousness about enforcing your boundaries. This often comes from the fear of being rejected.

You need to think if you want to continue having a relationship with someone who would reject you for enforcing your boundaries, especially if the same person regularly makes you angry or makes you feel bad for going over your boundaries.

Some friendships and relationships can struggle during this, and some do end. But people end up being happier as they find themselves in relationships with people where their boundaries are respected.

A large part of my coaching is helping people to understand who they are, including their boundaries, and how they can live their lives with integrity. So if you need help with this, **please get in touch.**

MAKE FRIENDS WITH YOUR ANGER AND CONTROL YOUR ANGER

The gateway emotion of the Warrior is anger. Anger allows you to know when your boundaries are crossed. When you struggle with anger, you can repress it and try not to feel it, or it comes out of you in uncontrolled bursts.

Instead, you must learn to use anger effectively.

Firstly it is by identifying anger and boundaries; think back to when someone has angered you. Rather than going into story mode of what happened and what you would like to do to the person, sit and meditate with the anger.

Allow the anger to sit with you; feel where it is as a physical sensation in the body.

I often try to repress anger, but when I allow it to sit within me and meditate on it, I am always surprised by how it feels in my body. It is not an unpleasant sensation; it makes me feel powerful. This is why some people like to feel angry all the time – which is not healthy. Instead, we need to use our anger healthily.

Control your anger

You need to direct this anger in healthy ways.

By using meditation, you can allow yourself to hold the anger more healthily. To honestly sit with the anger. As opposed to ruminating and thinking about it all of the time. For example: Something I used to do a lot, and still do too much, is to have stories about the anger in my head. Although this feels good, we are not sitting with the emotion but instead stuck in an endless cycle of thought, emotion and rumination.

You can also examine why you are angry and identify the broken boundary. Is there something you should say to the person? Is there an action you should take?

This allows you to take *good* action with your anger. Instead of doing something in the heat of anger you might regret. Or doing nothing at all and not protecting your boundary.

Through experiencing anger through meditation and then looking at it objectively as to why you are angry and what you should do, you can become friends with anger.

Master/slave relationships

Anger in a slave is complex. In a Master/slave relationship, anger can be seen as being wrong in a slave. It can be seen as a sign of pushing the slave's ego aside for more submission. Or it can be an honest expression of a Master going over a slave's boundaries when they should not have.

Masters and slaves in a relationship must communicate honestly and transparently about this to determine what is best for them.

FINDING A PHYSICAL OUTLET

A way to channel your warrior energy is to find a physical outlet. Often this is sports.

For myself, the gym is an excellent way to channel my warrior energy. When I am ill for an extended period, I feel on edge as I cannot give my warrior what it needs.

Other people might choose adrenaline sports.

And, of course, there is BDSM!

As a slave, I find a sensual and good flogging or all-body caning can help give my warrior what I need. A Master can find this from the other side as well as they need to keep excellent technique to do this well (and warrior has a need to train to perfection).

It can also include protocol and service and working to do something as well as possible (while not giving into the shadow of perfection).

BEFRIEND YOUR BEAST

With my clients, I often ask them to take some time to sit down and really listen to what your beast wants. Perhaps have an intense masturbatory session where you bring out your most extreme fantasies, or perhaps you meditate to listen to this part of you.

List down these fantasies and needs.

Then with your more objective self (covered in the Magician part of the book), think about what the beast needs from this fantasy. What are the underlying needs? Your beast might want something you know can never happen, but by looking deeper, you can understand the underlying needs and find a way to serve them.

Then ask how to make these needs happen safely, perhaps in an intense scene or ritual.

It is important to note that such a scene allows the beast's needs to be served, but the beast should not be in charge.

KNOW YOUR PURPOSE AND MISSION

I cover what I mean by purpose more in the King Chapter.

Your warrior is your action-taker. It is part of you that helps you take action on your purpose. If you do not have a purpose, what does your warrior do? Does it storm about, making a mess around you and those close to you?

Your warrior needs a purpose to work towards.

So you need to know your purpose for your warrior to work well.



PART THREE

The MAGICIAN

INTRODUCTION

The Magician Archetype is the part of us that is your objective problem solver and advises you in making decisions. It reserves judgement, allows you to see things from different perspectives, and in doing so, generates new solutions.

The gateway emotion for your Magician is fear. You need to be willing to face your fear rather than avoid it or become paralysed by it, to access our magician. For many of us, this is not the most straightforward task. I will cover the role of fear further in the slave as a Magician chapter.

Advisor

You can think of the Magician as an advisor to your king archetype. The magician tends to see himself as the equal to the king and must be treated with respect.

But if you have an overdeveloped magician without a king – you find yourself in endless cycles of thinking and ruminating rather than taking action. Something that might stop you from finding a Master or slave or moving forward with training a slave.

The best way of harnessing your Magician is:

1. Your King asks the magician to go and get information. This information could be problem-solving
2. Your King makes a decision based on the information the magician provides
3. Your warrior goes into the world to act on that decision.



MASTER AS A MAGICIAN

Master as a Magician can be broken down into several areas:

- Transformer
- Facilitator and Guide
- Intuitive
- Jester

MASTER AS A TRANSFORMER

A significant role the Master plays is as a Transformer. A slave cannot become the slave they were meant to be

without the Master and the training that the Master provides.

The Magician is our problem solver. It allows us to see situations and problems objectively and from different perspectives. And when we see things differently, we can have a paradigm shift that can be transformative.

A Master needs these skills to train a slave successfully. For example: to figure out how to move a slave to a deeper place of submission or how to train a slave to get the most service from them.

Each slave has different ways of working, with particular issues and barriers a Master needs to help them overcome. Therefore, a Master must adapt and change their approach for each slave. It is the magician inside the Master that allows them to do this.

The Master is a **facilitator and guide** to the slave through his training. This enables the slave to embrace his full power as a slave and in other parts of the slave's life.

A skilled Magician Master, through training and skill, can shift a slave's perspective to understand new concepts that deepen their submission. This can also help slave overcome their limits in thinking and their perspectives of Mastery and slavery.

For example. In 2016, when I moved to Berlin to be with my Master, I was under cum control. However, the Master wished me to play with myself while still not cumming. However, as you can guess, I played a little too much one day and came.

After I told the Master, he thought about what happened, and rather than punishing me, he set up a series of sessions where he painfully edged me. The pleasure and sensation were so intense that I desperately wanted to move away and stop it. Instead, I had to learn to remain still and not move of my own accord (rather than being bound). As the Master did this and I struggled not to move, I had to say, "For your pleasure Sir."

Over time I learnt that even my pleasure was a service and gift to him, something that he did for his pleasure. It was a profound shift of thinking for me that I take to this day in my submission.

Incidentally, I was also warned that if I did cum without permission the next time, I would be most painfully punished!

MASTER AS AN INTUITIVE

In addition to an objective problem-solving way of working, a magician can also be intuitive. Sometimes logic itself is insufficient, and more information can come by connecting deeper into the scene's energy, the slave, and even the connection and power dynamics itself.

If you are more logical, it can be easy to discount this as mumbo jumbo. But much of the power exchange can come from a spiritual and primal place.

This can manifest in the Master or slave as wisdom that comes from nowhere and often is acted on instinctively.

Another way this can manifest is by asking the universe what one should do – or asking a higher power. Should you

break through a limit with a slave? How should training with a slave continue?

For example. Often a Master might find themselves with a slave who has consensually agreed to something. But at some point, the slave decides this is not what they want. For example, they might ask to be released from a cage. Or they might be begging for flogging to stop. Or something else.

What does a Master do at this point? As the slave consensually agreed can they continue? Or is it the slave did not truly understand what they agreed to, and to continue would destroy all trust between the Master and the slave? Or worse, the slave is so traumatised they would never serve or do BDSM again?

Or is it the slave is struggling, and if the Master pushes through the slave's boundary, the slave will move to a deeper level of submission or experience a paradigm shift that will make them a better slave, and they will thank the Master for doing this.

Either option is a possibility. And there is a terrible responsibility on a Master to decide what to do.

If you find yourself in this position, a recommendation is to ask the universe (as well as common sense). Many spiritual tops/Masters in this position will check in with this higher power to see what it says and whether they should continue and push through the slave's boundaries. This deeper power, this intuitive place, can answer.

This involves the Master placing their ego aside. All Masters have a large ego. And the trap can be to use one's ego to

decide what to do in every situation. Using one's ego will often lead to the wrong decision in the situation mentioned above.

In checking and trusting a higher power, the Master keeps his own ego in check and ensures that if they decide to move forward, they are not doing so for selfish, egotistical reasons.

👉 [Check out this article where I talk about using meditation in Master/slave to connect to this deeper place](#)

RITUALS

One way of helping to transform a slave is through rituals. This includes protocol, training, or a series of training.

A simple example is the placing of a collar on a slave. This ritual of claiming ownership (even if just for a short scene) is a ritual and symbol to help both Master and move into their roles.

With some of my coaching clients who are Masters, I have recommended using an initiation ritual when collaring and starting a scene with a slave. The Master adapts the scene to the best format for Himself and the slave he will be training. It can be done as a meditation. Or it can be done as a series of protocolled statements and answers.

The results are remarkable, with a richer connection, sometimes with joyful tears and emotions, as the slave opens themselves up to the Master more profoundly than they would without this initiation ritual.

Rituals can be used:

- To start and end scene – moving people in and out of roles
- When taking ownership of a slave
- Or moving the slave deeper into submission
- Created a paradigm shift
- Or even deal with trauma

Rituals can be very intense or very simple. They can involve anything from pain to caging to acting a role. It can even be as simple as extended eye contact from positions of power and submission. The possibilities are endless.

I know of some Masters and slaves who view their playroom as a temple of transformation, and the BDSM scene and the power exchange that happens in them are transformative to both Master and slave.

JESTER – TO DEFLATE THE KING

Another aspect of the magician is the Jester. In olden times the Jester performed an essential role to the King in his court. The Jester's role was to ensure the King did not become too inflated with his own importance.

Imagine a King in his court, the trumpets playing, people chanting to his greatness, and himself high on his throne.

And then the Jester rolls in front of him and farts.

The Jester was there to ensure the king did not become too full of himself and remained grounded despite the pomp, spectacle and people around him.

Masters also need a Jester so they do not become too full of themselves. So they remain grounded despite their ego.

Unfortunately, in the 21st Century, it is rare to find Jesters looking for employment, so what does a Master do today? Remember that this is an archetype, so it is part of ourselves and therefore is already part of a Master. A Master can use this part of themselves to poke fun at what they do and to keep them grounded.

It has been detailed to me how many Masters at Delta when meeting up together, will have a good laugh with each other about what they do as Masters. This is their Jester in action. A way for their Magician to healthy deflate their egos and keep them grounded.

 [Why a Master needs humility article](#)



SHADOW MASTER AS A MAGICIAN

THE SHADOW OF THE MAGICIAN

The Magician's shadow is that you are bad and deficient somehow, and something is wrong with you.

This can be the hard, stern voice inside you telling you that you are wrong. That what you want is wrong. It is our inner critic, and it can be very harsh.

You can believe you are awful in some way when you listen to this voice.

SHAME

You often experience this feeling of being wrong and deficient as shame.

Many of us might have also faced this with our kinks and fetishes, along with wanting to be a Master or slave. Slaves especially can struggle with the concept of being a slave in today's society. I often get clients and emails asking if one can be a leader at work and then a slave at home. The answer is yes, you can. But many of us can struggle with that contradiction so much that we do not want to move forward to find a Master.

Masters tend not to have as much shame as they are taking a dominant role, and society often approves of dominant people. But I have also coached Masters, who did experience the shame of wanting to take control and power over someone (as this also can be frowned upon in today's society).

False validation

As gay-identified men, we can also experience shame from our sexuality, leading us to live a life we do not find validating.

In *The Velvet Rage*, Alan Downs talks about the three stages of coming out:

- Stage 1: Overwhelmed by shame – you are overwhelmed with shame for being gay
- Stage 2: Compensating for shame – you find tactics that allow yourself to fit in – such as being successful

at work, but this leads to false validation that does not fulfil you

- Stage 3: Cultivating authenticity – finding what truly validates and fulfils you and brings you joy

So regardless of identifying as Master and slave, many gay and queer men will find a false way to validate themselves. Examples are: Helping and supporting people, being successful at work, or having sex with as many people as possible. Whatever we do, it allows us to fit in and feel accepted. We might even create a false persona.

But it does not fulfil us. And over time, this false validation stops working. When the false validation breaks down, we can go into depression, addiction (be that drugs, overworking or sex addiction), and can even lead to suicide.

We can dissociate from who we truly are with devastating consequences.

We need to find what truly gives us the joy to break out of the false validation. This can be in finding our passion – which I will cover in the King chapter – but also in truly living in the way we were meant to be – such as Master or slave.

In summary, to fit in, we can ignore what we need that will truly give us joy – never living to our full potential, feeling fulfilled and joyful, or living the life we honestly should.

And if we have a pull to the Master/slave Lifestyle, we might never take those steps to discover what we want, as we are still trying to fit in with false validation and find ourselves living a life without joy.

Instead, we must step forward into our fear and look at how we can move forward to find what we truly need. Be that living our purpose or as a Master or slave.

OVERINFLATE OURSELVES

We can also inflate ourselves and think we are better than those around us. To always think we are the best and to look down on others and their opinions and ideas. This can link up with the Perfectionist in the Warrior, where we want to be perfect and better than all around us and create a toxic mix.

SHADOWS OF MASTER AS A MAGICIAN

Shadow Master as Warrior can be broken down into two areas:

- The Manipulator
- The Persecutor

Shadow Master: The Manipulator

The Master's need to transform a slave can be misused as a Manipulator. Whereas the Master as a Magician will transform a slave into the best slave and person they can be, a manipulator is selfish.

They only manipulate people for their own needs, not caring about the slave's needs. A manipulator would take great joy in manipulating a slave to believe they are wrong in their needs.

Other times it can be like a cat with prey – manipulating and playing with someone just because they can.

Often Manipulators can be cruel. We have all come across these people before. The people who, through a supposed compliment, make a cutting comment that make us feel bad about ourselves. Or the people that when they see someone succeed, shine, or attempt to grow, do their best to destroy the light in that person. Especially if they are overinflated and must be seen as the best.

The Manipulator often does not want to give their knowledge to others to help for fear that they would lose control. Instead, they only give a part of what someone needs, holding back to keep the slave in control. This can often give rise to control tactics and other methods of mind control that are not consensual or healthy, such as what is used in a sect.

An example is a Master who is very limited in describing his household. He drops just enough breadcrumbs that a slave can become so invested and desperate to serve the Master that they overlook that what the Master is telling him is untrue. This technique is the same that is used to get people to join sects.

Consent

Another example is consent.

Some Masters like to trick a slave into giving consent. And when the slave realises they have made a mistake, the Master turns it around, saying the slave agreed to it.

This is not valid consent.

When you trick someone into ownership, or you trick someone into consent for something you know they will

not like, you are merely trying to create the appearance of consent while ignoring the true principle of it.

Masters like this operate from the shadow, and slaves should avoid them.

👉 [Read the Kinky Circle of Consent article](#)

Taking no responsibility for their actions

Often the Manipulator does not care about the consequence of his actions. He transforms and plays with someone to see what happens without considering the consequences to the slave. Many Masters want to go into deeper control but then run away from the consequences of that control, leaving the slave on its own to deal with the damage and fallout.

If you combine the Manipulator with the Tyrant (which you will find in the King chapter), you get a full-on psychopath.

PERSECUTOR

This is also an aspect of the predator in the Magician. In the past, we needed to be hunters to survive. This aspect of the magician allowed us to be dispassionate in hunting and killing creatures so we could survive.

This hunting instinct can play into a Master trying to find a slave, to hunt for someone and take them, regardless of their wants. They might have said no repeatedly to you, but the Master, as a Persecutor, will keep hunting you and wear you down until you give in and they win.

The Master is ignoring consent and is using the genius of the magician to take down the slave as theirs.

With some Masters, the aim was to prove that they could take the slave. Once they have the slave, they lose interest, and the slave is left lost and wounded.

HOW CAN THE MANIPULATOR AND PERSECUTOR COME ABOUT?

The Magician is more interested in thinking than feeling. What makes the Magician such a good problem solver is his ability to look at a problem dispassionately.

But this objectivity can lead the Master to detach emotionally. They do not care about the slave and the impact of what they might do upon him. They are more interested in seeing what happens.

Many Masters want to take deep control of a slave. They try new techniques to deepen their control of their slave while also increasing their knowledge. They leave satisfied with what they have learnt but not taking responsibility for what they have done to the slave.

This objectivity can also lead to a Master being as interested in destroying someone as in building them. Just to see what happens.

For example, they might, through their training, have a slave entirely in love and dependent on their Mastery, and who will be completely lost when the Master drops them for their next challenge.

I have come across some Masters like this. They take on a new slave every year or two, dropping the old one when they have done all they can with him.

To counter this, the Master must use empathy and connection to understand what the slave needs and provides the journey and path for the slave to embrace its submission and service. We shall cover this more in the Lover chapter.



SLAVE AS A MAGICIAN

slave as a magician can be broken down into several areas:

- Openness to training
- Growth and reflection
- Safety Officer

OPENNESS TO TRAINING

A critical part of the Master as a Magician is to help guide and transform a slave. Therefore, a critical part of a slave is being open to transformation.

No slave is born perfect for a Master, and a slave needs a Master to help develop their submission and slavery.

This can only happen if the slave is open to being developed and trained.

Many Masters, when vetting a slave, will check for the slave's ability to be transformed as it is so critical to training a slave. If a slave is fixed in their point of view or unwilling to be developed, they can never change to serve their Master well.

This is why a good Master will test to see how open a slave is to being trained by a Master.

GROWTH AND REFLECTION

One of the central tenants of this book is that both Master and slave need to be on a journey of growth and reflection. Therefore, a slave must cultivate a growth mindset and one where they learn from their experiences. To move from a shadow into our light is a lifetime process. There is no start or end.

We all must mature, understand ourselves better and heal ourselves from our past, constantly growing and developing.

This is as important when the slave is not owned or sees a Master. It can be easy to fall into a trap to wait for the Master to come and save you. Or serving a Master means you can escape from your problems.

But many of our issues can only be solved by us. The Master can guide and support, but a Master cannot do the heavy

lifting of internal growth for a slave; only the slave can do that.

Masters

Although this is in the slave section, growth and reflection are as crucial for Masters as well. I have often encountered Masters who decided to be Masters so they no longer had to change and deal with the uncomfortableness of growth. When a Master does this, they decide to stay in the shadow.

Another aspect of this is when challenging issues arise for a Master, and rather than learning and growing, they blame everyone else around them for the issues. By blaming others, the Master then does not need to change, as everyone else did something wrong, not them.

SAFETY OFFICER

Another aspect of the Magician is our Safety Officer. The part of ourselves that protects us and keeps us safe.

If we had a difficult childhood with much fear, we would often develop an active magician. This magician works as a Safety Officer, finding ways to protect us from a young age.

As gay men, many of us will have felt unsafe in our homes, families, schools, and society. So many of us have strong Safety Officers due to this. I have a friend who called this "The Wolf." I called mine "The Protection."

It will come into play in different situations, such as a new workplace, when we go to a fetish bar or fetish conference for the first time, or when we meet a new Master.

It is strange as slaves, we want someone to take power over us. And despite its attraction, giving that power to

someone can be terrifying, so the Safety Officer will come to protect us.

Although the Safety Officer can protect us, it can also get in the way of what we want.

It is also worth noting that many of the Safety Officer's tactics come from where we were young – sometimes very young. It might be that these tactics we used when we were five or even fifteen no longer serve us well. And so we need to do the work to heal our shadow in these areas. And create tactics that better suit us now we are older.

For example, when we visit a Master for the first time – decide what safety tactics best suit you now.

 [Protect yourself from dangerous people on the scene article](#)

Wounded as a slave

We can also be wounded by a Master.

A Master I once fell in love with used powerful manipulator skills on me, creating a complex, confusing web of the logic of why I was struggling in his stable. If I looked back into my journals at the time, I would find entry after entry of this confusing time where he was “teaching” why my view of slavery was so wrong.

A year and a half later, along with a lot of therapy, I found myself in my flat, suddenly felt all the confusion and cobwebs blow away, and realised the truth. I have been a piece of meat for the stable, something to keep one of his favourite slaves in the stable. But when we grew too close (due to his urging), I became a risk to the slave leaving. So

he needed to find a way to move me out of the stable while keeping the other slave. He did this by manipulating my mind so much that my behaviour became erratic, and he could then push me out of the stable with no consequences to the favourite slave.

I have worked with other slaves who had similar wounds from a Manipulator. They all described a similar process of finding the cobwebs of manipulation blowing away in their mind to discover the truth that their Master had completely manipulated them.

Since my experience, I still experience a powerful fear from my safety officer when I serve a Master for the first time.

In the past, I have tried to ignore it or fight it. Or I have fallen into a shadow state and judged myself harshly as unworthy of serving a Master.

Finally, I realised that rather than ignoring, fighting or judging, I needed to sit down and have a discussion with my fear. By doing so, I could get important information on protecting myself. But I remain in the driver's seat, deciding what to do.

Stop us from moving forward

As our Safety Officer keeps us safe, it can also stop us from moving forward, for example, in finding a Master. Perhaps the fear overwhelms us. This might stop a beginning from taking any step forward. Or it might be a slave that a Master has deeply wounded.

How do we move forward?

Remember, the magician is the problem-solving part of ourselves. So although the Safety Officer can be the source

of our fear and stop us from moving forward, it is also the solution to show we move forward. It helps us find solutions in how we protect ourselves and take steps forward in achieving our purpose, finding a Master and moving deeper into submission.

I have found my safety officer to be a good source of information. It provides me with new perspectives, and by genuinely listening to some of the fears, it allows me to change approaches,

In doing so, I have made more significant decisions and felt safer and more secure.

Check out [this article on the Master/slave Lifestyle](#). In this, I talk about how to decide to become a 24/7 slave. But the technique I describe can also be used at any step in the Master/slave Lifestyle – even the first step.

I now use a more profound technique that I teach in the [How to Become a Master/slave video course](#).

👉 [How to use Fear Article](#)

👉 [How to Become a Master/slave course](#)



SHADOW SLAVE AS A MAGICIAN

SHADOW SLAVE AS A MAGICIAN

The shadow slave as a magician can be broken down into:

- The Innocent one and The Manipulator
- The Escaper
- Shame

THE INNOCENT ONE AND THE MANIPULATOR

When a Master trains a slave, the Master often works to bring out the true slave, including the slave's submission. A natural part of this process is that the ego of the slave (or the more mainstream human part of the slave) is being trained to let go of control. Another way to look at this is that the ego is being harnessed to focus more on the Master.

However, the slave can push back on this. This is a natural reaction of the ego in this process.

The slave can act stupid, pretending not to understand the Master or playing stupid. This is a way for the slave to keep power and control rather than give it up. This is not in the essence of slavery, and a slave should not fall into this trap.

Manipulation

A slave might also use manipulation to gain control from the Master. Some examples of manipulation are:

- Using their body and looks to try and get their way.
- Use logic – disagreeing with the Master and getting the Master to do something different through logic. It is not the Master has made the wrong decision; just the slave would like a different decision and now is trying to bring this about.
- Wanting to approach a task in their way rather than the Masters.

It is worth noting that playing innocent and manipulative can happen on a conscious level or a more subconscious level. To lose control is hard, and often when one truly experiences this, it can feel very uncomfortable to the slave. Fantasy is one thing, but the reality is another.

Sometimes a slave's natural defences might bring up some of these tactics.

I have done this in the past. It has only been through the reflection of experiences, meditation, and mindfulness that I have moved out from the shadow. So if you are a slave or want to be a slave, be aware of this. You can do it more readily than you think.

I would advise being open and honest with a Master when you are struggling rather than manipulating. It is more ethical and honest. The Master might still decide to proceed with his original decision. But rather than creating confusion, you create more honest and straightforward communication between you.

THE ESCAPER

The pathway to becoming a slave can be very tempting to escape from issues a slave has in their life.

The thinking can be that the Master will save them and solve all of their issues. Or by moving in with a Master, a slave can leave their issues behind.

Unfortunately, this does not work. The problems will come and find you. Many of our problems are internal. Often we are dealing with past hurts or traumas or hiding from issues we may have – our shadows. It does not matter where one runs to; they will find us.

This can be true even in the fantasy of being a caged dungeon slave. There are no distractions when sitting in a cage like in the real world. Anything we have pushed away or tried to hide from will play in our minds.

After the Master I had described in the Safety Officer chapter had manipulated me, I tried to avoid the issues that came up with me by finding other Masters to serve. In one situation, I came to Berlin (I lived in London then) to be a caged bondage slave for a Master. I found myself once caged, unable to distract myself from the issues and trauma this Master had created. It was a terrible experience, and eventually, the Master agreed to let me go. This is the only time I have pulled out of a multi-day experience.

The caging created an experience where I could no longer escape the issues. I left humbled by this experience and with the knowledge I could no longer hide from the issues and trauma and that I needed to start the journey to heal.

This can also be true of slaves that find a relationship where they do not need to work but stay in the Master's household. Often you will find yourself on a journey of needing to heal from the trauma and shadow of the past as your mind now has the time and space to deal with it.

In addition, when doing intense BDSM or bondage, you can often find this intensity can trigger and relate to your problems.

A slave can also look to the Master as a rescuer or persecutor. Either a Master to rescue them from all their issues or as a persecutor to carry on attacking them as they have been in the past.

Both Master and slave need to watch for this. A slave who has been a victim might consciously or subconsciously seek a persecutor in their Master. This is known as the drama triangle.

It can be easy for the Master to move into the shadow of the Persecutor based on the subconscious need of the slave looking for a persecutor.

One of the central principles of this book is that both slave and Master can only find success through growth, reflection and development. Therefore, a slave *must* have the courage to do the heavy lifting of their own development to deal with their past hurts or traumas. A Master cannot do it for them.

A Master can act as a guide and a facilitator, but the slave needs to do the hard work.

Let us be clear. It is not to say that one must be perfect and have no issues finding a Master. Often our traumas and hurts can only be healed in a relationship. But when this occurs, the slave must do their work to heal and not assume the Master can do it for them.

There is also a tension between the slave's needs for structure and direction by a Master and a Master who is saving them. We must be aware of a grey area between the two and be mindful of where we might inadvertently fall into the shadow.

SHAME

Previously in the Shadow as a Magician section, I spoke about shame. Slaves in particular, can struggle with shame. How can they be something society looks down on and

believes is wrong? How can they be open about what they need when they fear what friends and other people think about them?

Many slaves have contacted me over the years struggling with the idea they could be a leader at work and then a slave at home. Where, in reality, many 24/7 slaves are leaders at work and do serve at home.

I love this phrase by Brene Brown:

If you put shame in a Petri dish, it needs three things to grow exponentially: secrecy, silence and judgment. If you put the same amount of shame in a Petri dish and douse it with empathy, it can't survive.

Therefore, we must find others to talk to about these thoughts and feelings to overcome the shame. Going online and speaking with people who celebrate who you are can be an excellent first step. I still remember the validation I felt when I spoke to my first Master, and he replied by calling me slave.

But I also suggest meeting people in person. Examples are:

- Heading to fetish bar – many will have a night for people who are known to the scene - for example, in London there is [SM Gays](#)
- Going to a BDSM education group
- Or heading to a fetish conference – I have a fondness for [CLAW](#) as it specialises in education and connection, making it easier to know people
- Joining a Master/slave group - There are many Master/slave groups out there, including

[MAST.net](#). Master/slave Lifestyle has a [virtual group](#) you can join and a [support group](#).

I also suggest a Master or slave suffering from shame work on understanding who they are. Who are you as a person? What are your values and beliefs? And what fulfils you and brings you joy. By truly understanding yourself as a person and creating a solid inner identity, shame will naturally start to decrease.

👉 [Article dealing with Fear](#)

👉 [Article dealing with Shame](#)

👉 [Check out the external resource section on Master/slave Lifestyle for groups](#)



ACTIONS TO GROW YOUR MAGICIAN

Actions you can take to grow your magician are:

- Study and learn
- Be creative
- Connect to your inner world through sacred spaces
- Create rituals

STUDY AND LEARN

The magician is curious and a problem solver. So one of the best ways to engage it is to study and learn. This is about everything and anything. Read books, watch documentaries or find groups where you can learn.

There are many things you can learn in the Master/slave lifestyle.

With Mastery and slavery, think about new techniques you want to learn. As a Master, do you want to explore more bondage or learn shibari? Maybe you want to get into CBT and candle wax and want to learn how to do this to your slaves.

As a slave, perhaps it is learning new ways to serve – what is the best way to pack a suitcase, how can you give a good massage, or how could you serve as a butler?

Or perhaps you want to learn more about power exchange and the Master/slave Lifestyle and deepen what you do (and this is why you are reading this book).

There are many groups around the world that are focused on learning BDSM – perhaps join one of them. Along with this, there are conferences, and virtual groups, [along with websites and podcasts](#).

👉 [Check out the external resource section of Master/slave Lifestyle for help](#)

Outside of Master/slave and BDSM

Perhaps if you now know what your purpose is (explained in the King's chapter), there are many more things you need to learn to live your purpose.

But whatever you do, be it Master/slave, BDSM, service, purpose, or in many other parts of your life, learn.

BE CREATIVE

The magician is a creative problem solver. To improve your problem solver skills, get creative – for example, art, woodworking, mechanical, computers, writing, and so much more.

It is common for many of us to lose sight of what we do enjoy as we grow older. If my clients struggle to know what they enjoy, I ask them to reflect on their childhood and teenage years. What gave them then, is often what will give them joy now.

You can also bring this into Master/slave relationships. As a Master, perhaps there is something you have always wanted to do or a fantasy you have wanted to fulfil. Use your magician to think about how you could do this realistically and consensually instead of fantasising about it. How could you create a scene that would allow this to happen?

I talk about speaking to your beast in the actions to grow your warrior chapter. The magician is the perfect part of you to find creative ways to safely serve your beast's needs.

As a slave, you can also think about scenes that you could suggest. Note do this without being too pushy to the Master – sometimes it can come across as if you are giving

a shopping list of things you want to be done to you, which can annoy the Master. Instead, check if the Master would be happy for you to do this, and perhaps think about what you and the Master want to do together.

Explore yourself

Go deeper to understand yourself and who you are with therapy, coaching or other work such as workshops. Allow yourself to understand your shadow and do the healing work to move into your power.

Connect to your inner world through sacred spaces

Create a sacred space in your life where you can connect to your inner world. Some examples are:

- Meditation.
- A precious space such as a garden where you can connect to your inner world.
- Groups such as a Master/slave support group.
- Groups such as meditation groups and others that focus on your inner world – the Stretch Festival in Berlin is an example.

I like to head to Tiergarten, a park in Berlin, to some unique sacred places to connect to my inner world.

Create Rituals

Think about rituals you could have that help connect to deeper places of Mastery and submission. From collaring to more involved ceremonies that help move the mindset of both Master and slave to the right place, or help to move into deeper levels of Mastery and submission.



PART FOUR

The LOVER

INTRODUCTION

When we talk about the Lover, the first things that come to mind are love and sex. And let's face it; when discussing Master/slave and our fetishes, sex can be the more important thing in our mind.

CONNECTOR

More importantly, the Lover is about connection and the desire for connection. And this is true about Master/slave relationships. Although you might be searching for sex and the fulfilment of your fetishes and fantasy, beneath this, you are often trying to find a deep connection as a Master or slave.

The Lover is also how you connect to yourself.

Much of my coaching when helping clients move forward in the Master/slave Lifestyle is to help them understand themselves better. By knowing themselves better, they can move forward to find what they truly need. At its essence, this is connecting with oneself to truly understand what one needs to be happy and fulfilled.

Unless you can connect and understand yourself, you often cannot move forward successfully in the Master/slave lifestyle.

GRIEF

The gateway emotion for the Lover is Grief. This is the grief of losing something. Perhaps a Master/slave relationship that ended. Or the ending of another relationship in the past. And death.

It can also be the grief of never having something in the first place.

Grief in never having the connection to our parents that we needed or friendships at school. Or grief in never having the Master/slave relationship that would truly fulfil us and allow us to live the lives that would make us happy.

You can only be open to connection and the lover when you embrace the grief for what you have lost or never had.

As I write this, I feel much grief for two Masters I loved and lived with for some time, who ghosted me and cut off all contact. At first, I tried to cut myself off from the grief and not allow myself to feel it. But over time, I am slowly learning to accept it and allow myself to feel it, as unless I do so, I will not be able to connect with the next Master.

But along with the grief of the relationship and love that existed there, I also feel the grief of being unclaimed and unowned, along with the grief of what could have been. I also need to allow myself to process this.

You must allow yourself to grieve to connect and feel joy again.

Grief can also stop you from ending a relationship or a lifestyle. You often need to let go of something old to start something new. When embracing a new lifestyle, such as a Master/slave, you might need to let go of something – for example, finding a vanilla relationship or leaving a current one. The fear of grief can hold you back from moving forward.



MASTER AS A LOVER

Master as a lover can be broken down into:

- The Connector
- The Vulnerable Master

THE CONNECTOR

To train a slave well, a Master must have a good connection and empathy with his slaves.

Empathy enables a Master to understand what a slave needs and put in the proper training and path for the slave to reach their full potential.

A wonderful part of the Master/slave relationship is the connection between Master and slave. The energy that flows between Master and slave is greater than the sum of either Master or slave (or even more people). The only way that this can exist is if a Master can connect to a slave.

Often, there is the myth that the Master must be unfeeling towards a slave. But even in a more intense situation, such as objectification, the Master should still connect to the slave. We discuss this more in the shadow.

👉 [Check out this article where I talk about using meditation to build connection between Master and slave](#)

THE VULNERABLE MASTER

Another aspect of connection is vulnerability. We can only connect when we allow ourselves to be vulnerable to each other. But often, the gay fetish scene is portrayed as not having vulnerability. From Tom of Finland to the porn we watch to the alpha masculine look of the leather man, Masters are often showcased as unfeeling people – someone who does not show their true self, failings or vulnerability.

Successful relationships only work when both Master and slave can be vulnerable. For Masters:

- It is OK to ask for what you want
- It is OK to share when you are struggling in life in general
- It is OK to share you are a person

Slaves must understand that a good Master also allows himself to be vulnerable. If you are looking for a Master/slave relationship as opposed to play, you need to be OK with the fact Masters are human and need to share their vulnerabilities with you along with their strengths.

This can be hard for both slave and Master. Slaves project much strength and invulnerability onto a Master, and seeing them as more human can be challenging. But it must happen for a Master/slave relationship to be viable long term.

Many slaves often want the harsh Master that will not care for them. This can be a great fantasy and fine for a play session. But it does not make for a good Master/slave relationship.

Genuine connection and a good Master/slave relationship can only exist with vulnerability.

I recommend reading a chapter in a book called: *Sacred Power – Holy Surrender*, edited by Raven Caldera. The chapter is called "M/s Relationships as Vehicles For Salvation," written by slave Rick. In this chapter, he describes the relationship with his Master and a point when his Master experienced a death that made him unable to control and master slave Rick like he would

normally. Slave Rick details his anguish but how both he and His Master deal with the situation in an emotionally mature way.

Slave Rick has also written a biography of himself in *Jolted Awake* that I recommend.



SHADOW MASTER AS A LOVER

THE SHADOW LOVER

The shadow state of the Lover comes about from the lack or loss of love and connection. This can be in childhood. Perhaps you were abandoned when you were young, or you did not have your needs met.

Many Masters often found when they were growing up that they did not have their needs met. I have found with some

clients and in my workshops that often one of the reasons why a Master wants a slave is that they want someone who will fulfil their needs as they were not fulfilled when they were young.

Many gay-identified men will have suffered from the risk and, in some cases, the loss of parental figures because they were gay. This causes trauma and shadow within us. Perhaps we acted in a “gay way,” and we learnt quickly this led to a loss of love.

For others, we might have been sensitive boys, and that sensitivity was frowned upon. I remember when I was very young, watching a sci-fi movie called *Silent Running* and being distraught by how the movie ended. But I was told off for crying and being upset. It was not what boys do. I learnt not to cry at movies afterwards, as boys should not cry.

In adulthood, I know I am incredibly empathic and sensitive to people. I increasingly hid it as I grew up as I knew how unwelcome it was. Essentially, I moved a normal authentic part of myself into the shadow. Now I see it as one of my strengths, making me a good slave and coach.

SHADOWS OF MASTER AS A LOVER

Shadow Master as Lover can be broken down into several areas:

- Unfeeling and unconnected
- The Addictor
- Connecting too much

UNFEELING AND UNCONNECTED

Some Masters believe they must cut off all empathy and connection with the slave. They see the slave as a soulless thing that they can do whatever they want to regardless of the cost to the slave – to see it as a being that has no needs to consider. Often these Masters cannot keep a slave long term and wonder why.

But even in extreme slavery, [there are needs that a Master must serve](#) – control, structure, allowing a slave to provide service. In most cases, there are human needs as well.

A good Master must take all of these into account.

Masters can fall into the shadow trap of not wanting any connection, cutting themselves off from any connection with their slaves.

Speaking with [Master Drew from the Duality blog](#), he has often said that he must always stay aware that his slave is human first and object second. That when the slave comes back from work, he might want to have the slave beneath his desk sucking his cock. But if he has seen the slave had a bad day that he must tend and deal with that. This is something as a proper Master he must do rather than ignoring it and treating the slave as an object.

👉 [Does a slave have needs article](#)

👉 [Master Drew from the Duality blog](#)

CREATES MANY OTHER SHADOW STATES

It is worth noting that many of the other shadow states listed in the other archetypes often come from NOT

connecting. From dehumanising the slave in the Warrior Shadow to the manipulator and persecutor in the magician shadow, they all come about from not seeing the slave as a person, from not connecting.

Therefore a good functioning Master needs to ensure he does not cut himself from connecting to be a Master.

THE ADDICTOR

Like a slave, a Master can have this urge to connect through power exchange on a deep level.

This can manifest in a desperate need for a slave to connect to. The Master in this state can ignore what the slave is saying and needs and ignore warning signs the slave might not suit them. They might rush to have the slave move in with them and then find more issues with the slave than expected.

When this need takes over in such a manner, it can lead to the shadow aspect of The Addictor.

Addiction can also include addiction to sex, drugs, shopping, or even looking endlessly on a BDSM site for "the slave." A Master much watch out for this addiction energy and not give in to it.

Currently, the gay BDSM scene suffers from an epidemic of crystal meth abuse. Often, people who take it believe they connect more and move closer to the everlasting orgasm. But this leads to much suffering from Crystal Meth addiction.

Therefore we all on the scene must watch out for and not give in to the addictor in its many forms.

If you are suffering from addiction, help can be found:

- In the US, SAMHSA's national helpline is at 800-662-4357
- In the UK, Action on Addiction is available on 0300 330 0659.
- Other countries can be found at <https://www.helpguide.org/find-help.htm>

CONNECTING TO MUCH

An interesting issue that can arise in some Master/slave relationships is connecting in a way that means that as the relationship continues, the Master wants to stop treating the slave as a slave. For example: because they now love the person, why would they want to humiliate or flog them?

This often can lead to the relationship ending or the Master/slave component dying out. When I coach clients with this issue, I recommend that they look at it differently.

We all have needs, and as Masters and slaves, we have particular needs that the other provides. Therefore, if a Master stops doing things to a slave, they decide to stop giving someone what they need. Rather than an act of love in stopping to do something, the Master is stopping to provide the person they love with what they need. Is this, therefore, an act of love?

One way both Master and slave can help with this is by having good frequent communication. This can help validate the Master to know they are giving the slave what they need and the slave is enjoying it.

Only when both sides can honestly talk about what they need and their doubts (linking to vulnerability) can the relationship continue to work well.



SLAVE AS A LOVER

Slave as a lover can be broken down into several areas:

- Empathy
- Connect to Master
- Innocent energy
- Vulnerability and ego

EMPATHY

One of the most amazing things about a slave is their ability to connect with people. We use this connection to

understand people and often use it to support and help people.

The slave commonly has a high degree of empathy. This empathy is what allows a slave to understand people. A slave has a desire to please and serve the Master. The empathy of the slave helps a slave look at and understand what the Master needs.

With a Master's training and the slave's empathy, a slave can start to predict what a Master needs and wants.

For example, I once used to serve a Master who liked chicken. At the end of the meal, he would pick up the chicken leg and eat it. After he had finished, his fingers would be sticky from the chicken, and he would want a napkin to clean them. The first time he told me to bring Him a napkin. The second time, I was on the way to get the napkin before I was asked. The third time, the Master looked at his sticky fingers and then noticed a napkin waiting for him at the side of the plate just for this moment. He did not even need to ask.

CONNECT TO THE MASTER

A slave also has a great need to connect to the Master. For many slaves, this is a much deeper connection than one would find in a mainstream relationship.

For some, it is to connect at such a deep level that they aim for a union of Master and slave – with the slave giving his mind, body and soul in service to the Master.

For me, this need can be overwhelming at times. To have a boundless existence where I am part of the Master. This can

lead to the shadow state of giving too much too quickly to someone.

Other slaves may feel something much less extreme but still with a drive to connect and serve.

Slaves also need to be vulnerable. In the [Master/slave support group](#) I run, we often discuss this topic. The true submission of a slave is not obedience but when the slave can genuinely open themselves up and become vulnerable.

To do this, the slave needs to trust the Master. So a good Master will focus on building trust with a new slave. Then, as trust builds, the slave can open up and become vulnerable. It is when the slave opens up the true magic of a Master/slave relationship can happen. When the Master (as a Magician) can transform and grow the slave and move them to new areas of submission

Some Masters require only blind obedience from a slave. But when both sides can open up to each other when they become vulnerable, the true magic of a Master/slave relationship can happen.

 [The Master/slave support group](#)

INNOCENT ENERGY

The energy and connection from the slave have a very innocent feel to them. Many authentic slaves have this beautiful, almost childlike innocence about them. It seems a bit contradictory for many of us slaves; we like BDSM and other acts of perversion and even humiliation. So to speak

of this innocent energy simultaneously as we engage in acts of BDSM can feel odd.

But it is a common pattern I have seen in many true lifestyle slaves.

You might have noticed this in yourself in how people react to you. I have noticed since childhood that many people can be triggered by this innocent energy I have. Behaviours in people triggered by this innocent energy include an unhealthy fascination in myself, a person acting strangely when I am around them, or someone abusing and taking advantage of me.

Over time I have created a thick layer of protection around myself from such people.

This is why it is so important for a Master to protect. As a Master brings out deeper submission in a slave, this innocent energy grows and shines. Because of this, the slave must be protected from others who would take advantage of him. This is the role of the Master – and why the Master as a protector is so important.

VULNERABILITY AND EGO

With a Master a slave can trust, a slave will open up more and more. To open more, the slave becomes more vulnerable. Often we walk through this world with a strong ego and protection – especially if we have innocent energy that people in the past have taken advantage of.

But with a Master, a slave can open up and allow their innermost selves out to the Master. This is not something we do in everyday society, and often, many mainstream relationships do not do this.

A most simple example is when you see Master/slave couples who stare at each other for a long time.



SHADOW SLAVE AS A LOVER

SHADOW SLAVE AS A LOVER

The shadow slave as a lover can be broken down into

- The Addictor
- The Disconnecter
- The Nihilist
- Lost connection as a slave

SHADOW SLAVE: THE ADDICTOR

As mentioned in the Shadow Master, a slave similarly can have this urge to connect through power exchange on a deep level.

This can manifest in a desperate need to find a Master to connect to. The slave in this state can ignore clear warning signs that the Master might not be suitable for them or that a Master is in the shadow.

When this need takes over in such a manner, it can lead to the shadow aspect of The Addictor.

Addiction can also include addiction to sex, drugs, shopping, or even looking endlessly on a BDSM site for "the Master." A slave must watch out for this addiction energy and not give in to it.

Currently, the gay BDSM scene suffers from an epidemic of crystal meth abuse. Often, people who take it believe they connect more and move closer to the everlasting orgasm. But this leads to much suffering from Crystal Meth addiction.

Therefore we all on the scene must watch out for and not give in to the addictor in its many forms.

If you are suffering from addiction, help can be found:

- In the US, SAMHSA's national helpline is at 800-662-4357
- In the UK, Action on Addiction is available on 0300 330 0659.
- Other countries can be found at <https://www.helpguide.org/find-help.htm>

SHADOW SLAVE: THE DISCONNECTOR

A slave can also close down with a Master. When there is no trust, or the Master is in the shadow state, this is for a good reason.

But it can also happen because

- The slave is not ready to connect
- Or as mentioned above, the slave's ego is resisting
- The slave is distracted by events going on in his life

A slave can close down but still pretend to be open and serve the Master,

I would suggest that if a slave finds themselves in this situation, and if the Master is a good person and not in shadow, be open and transparent about this.

Once, I headed to a Master, and when I was there, I realised that I was very distracted. Someone at my workplace was sabotaging me to try and get me fired, and as a result, I was looking for a new job and had done four job interviews the week before I met the Master.

It was only when I was with the Master I realised how distracted and stressed I was and that I could not properly focus on the Master. When he checked in with me to see how I was doing, rather than being dishonest and closing down, I was transparent and told him what was happening.

He was thankful for my honesty. Being transparent allowed him to decide how to organise the rest of the weekend.

When I was younger, I would have closed down and pretended everything was ok.

THE NIHILIST

We have also mentioned the slave as a well-trained warrior section of the book. I will not repeat what this is. But as well as belonging to the Shadow Warrior, this belongs to the Shadow Lover.

The Nihilist comes from no boundaries, but we often want no boundaries because we want to connect so wholly to a Master.

LOSS OF CONNECTION AS A SLAVE

We can also experience this loss of connection as Masters and slaves. Previously I mentioned that to embrace the lover; we must be vulnerable. When I was young, I found myself opening up to Masters very naturally. But I opened up too quickly to Masters before enough trust was built.

One Master, in particular, took advantage of this and was responsible for traumatising me. This has created a deep wound within me, making it hard to trust and open up. Many total power exchange (TPE) slaves had a similar injury where they trusted a Shadow Master too quickly and ended up with a deep wound.

I often think of this as a loss of innocence, from implicitly trusting Masters to do right by us to not trusting Masters at all. And then, as we heal, allowing ourselves to trust a Master over time.

Many new slaves interested in TPE can avoid a similar wound by not trusting too quickly as I and others have.



ACTIONS TO GROW YOUR LOVER

Actions you can take to grow your lover are:

- Be sensual and vulnerable
- Dive into your shadow
- Indulge your sensitivity

BE SENSUAL AND VULNERABLE

The Master/slave scene already has a lot of sex in it. But to fully embody the lover, you must open yourself up to be sensual and vulnerable.

The Master/slave relationship can be full of amazing connections. But it can be used, so you do not need to connect (and stay safe).

Leather sex can be an example of this. To men fucking or serving in full leather. It can be a horny scene full of connection. But the trappings of the leather can also be used, so neither side has to be vulnerable. Rather than connecting, there is anonymous sex where no one connects.

Don't get me wrong, people who like this as part of their fetish keep doing it. But if you are using it so you never have to connect – you are not embracing your Lover.

In addition to this power, exchange can get in the way of connection. Not staring without permission can change to never staring and not needing to open up. It can be used as a way to avoid being vulnerable.

The most successful Master/slave relationships are when both Master and slave can open up and be vulnerable.

Can you ask what you truly want (be you Master or slave)? Are you scared of being shamed or rejected if you ask for what you truly need? And if you are in a relationship currently, do you hide what you want?

Many of us struggle to really ask for what we need. Masters, in particular, can struggle with asking for what they might desire.

It is how you move past these fears that you can solidify your relationships and start to open up and connect.

To ask what you really want is to be vulnerable. To be vulnerable is to risk rejection. But you will never fully connect unless you take that risk with people you trust.

DIVE INTO YOUR SHADOW

With the lover, this is often the grief we feel. Are you ready to dive into the past and grieve for the things you have lost and for the things you never had?

This can be grieving for the father figure you never had. The lack of a male mentor or even the Master/slave relationship you always wanted but could never have.

INDULGE YOUR SENSITIVITY

When I use the word sensitivity, I mean the softer things in life. Beautiful music, touch, affirmation and affection. The things that can touch our hearts and make us cry.

When I am mourning someone, I often listen to “Hallelujah”, allowing me to tap into my grief. In certain power exchange workshops, I will play movie soundtracks to deliberately help people connect more deeply to each other, compared to the techno music played in many Berlin bars that can get in the way (though techno is very effective for getting a good rhythm when sucking someone’s cock).

As mentioned in Be Sensual and Vulnerable, there can be a contradiction to how the gay fetish scene is generally portrayed. When I look at Tom of Finland or the pictures of men in leather or other fetish wear, they often have a hardness and alphaness.

This is fine for a turn-on, but for you to connect, you must go deeper and indulge in your sensitivity.

Have you ever wanted a leather man to hug and caress you just as you want? To have someone comb their hands through your beard or hair. To stare and say I love you. To be a Master and slave in positions of dominance and submission, just connecting and being.

The gay fetish scene can also be this. Both alphaness and sensitive. But only if you ask for it. And only if we as a communicate push it.



PART FIVE

The KING

INTRODUCTION

The King archetype is what gives you the potency and power to make decisions and move forward with your life based on your purpose. It is what makes you the head of your kingdom or the leader of your world. This could be the people you manage at work, your Master/slave household, your family, or your influence in the world around you.

The primary task of your King is working towards your purpose and mission in life – or helping you to find it.

When discussing the King, I mean balanced, wise, compassionate leadership.

To meet or see someone that truly embodies king energy is rare in today's society, as we do not see it in most of our respective county's leaders or at work and often not in the families in which we were brought up.

JOY

The primary emotion of the King is joy. When you know your purpose and work towards it every day, you feel joy.

Some people dislike the word joy, so I also like to use the word flow. A flow state is when you do something, and time seems to stop. The work can be challenging and demanding, yet you are in the zone and your element working. This is also joy.

THE IMPORTANCE OF MENTORING

To create good Kings, you need mature mentors – older wise men who can help you to find and develop your inner King.

This is why so many of us hunger for that strong mature male energy that can help us. It is why so many of us can look for a Master – for someone who can guide and help us grow. It is why so many of us have an ache in our hearts when we look at the myth of Old Guard with its mentoring and brotherhood from one older man to another and feel we no longer have it in the scene today.

I remember once a time with a great friend who was in his 60s. He took me aside one night at the London Comptons at the Leather Social and told me a part of his story. He did this as he could see how much I struggled to move forward after I had been manipulated so severely by this Master I mentioned in the Magician chapter. I still remember his story and what he told me, as it was one of the few times at this point I had an older, wiser man take me aside and help me move forward, out of my shadow and into the light. And how much he helped me.

As a community of gay-identified men, we have some particular struggles with mentoring in our community.

Often many of us in the gay scene have been unable to rely on our fathers for that, many of which struggled with us being gay, let alone their trauma. Meaning we miss out on one form of mentorship.

But we also struggle because of what happened to the community in the generation above us.

Due to the AIDS epidemic, the older generation was almost wiped out by this horrific disease, and most of the effort in this generation was to survive and help others.

Not many did survive, and many of those that did survive understandably withdrew from the community from the trauma of so many of their friends, brothers, lovers, Masters and slaves dying.

A few years ago, I was part of a meeting discussing the gay community in general, and someone exploded in anger, asking why there was so little mentoring and support in the gay community. I answered it was because most people in the generation above us died or had been focused on trying to survive.

And so we are the generation that needs to create this supporting and mentoring to help each other grow into the Kings we all have inside us. We can all play this role in the community to help each other grow, become exceptional, and embrace our light and King.

The Green Knight

If you struggle to understand the King, I recommend a fantastic movie called *The Green Knight*. In the movie's first act, we see King Arthur and Queen Guinevere as the archetypal King and Queen, showing the behaviours of the archetypal king and what you can aim to become.



MASTER AS KING

The heart-centred Master as King or Leader can be broken down into several areas:

- Lives for his purpose
- Maintains order and stability to nurture those He leads
- A good decision-maker and listener
- Holds the wounds of the household and Himself
- Blesses others
- Resilience
- Pressure and support

LIVES FOR HIS PURPOSE

A Master knows his purpose in life and works towards it. A Master living for his purpose uses his masculine energy in the most constructive way possible to build and create his purpose and vision.

A purpose is a reason why we exist. For example, one of my central purposes is to serve, help, and support people – especially around the Master/slave lifestyle. A Master's purpose might be to have a BDSM household they are the head of, or it could be something they want to achieve in the world.

It takes time to find your purpose, so if you do not have one yet, do not worry. But when you do not know your purpose, you should take the steps to determine your purpose.

We live in a materialistic society, so we often confuse a true purpose with collecting material goods. Or a shitty business vision around making money. A genuine purpose is about what you did, your difference in the world, and how you made your life worthwhile. Think of a purpose as to how people will remember you – your legacy.

What would you like to be remembered for when you die? Or what will you remember as having made your life worthwhile on your deathbed?

For myself, Master/slave Lifestyle is part of my legacy – not the website or podcast itself. But the change it helps bring in others. That it helps people to truly live the life they were meant to.

To live my purpose, I work as a coach, helping Masters and slaves, a career coach for those wanting to change their

career to one that is more closely aligned with their purpose, and a leadership coach.

For each of these, I help people to understand who they truly are and to live their lives with authenticity and integrity, and how they, in turn, can help others. I then see them in turn help others.

So my legacy is to bring about a wider change in the world, each person helping the next to live their lives authentically, all of us part of a vast ripple bringing about positive change.

Each year I will ask myself, if I was to die in a year, what would I regret not doing? This is no trivial question for me as I have seen so many people die over the past four years, and most were under sixty.

This question helps me stay true to my purpose and ensure that I express my life's purpose each day.

A GOOD LEADER

A king is a good leader. In reality, many people who desire leadership desire power with little interest in those they lead. As a business coach, I have been surprised by the number of people who do anything to try and gain power. Many struggle to gain it as they never have the respect of the people they lead. They are always insecure in their power as they do not win their team's hearts and minds and always want more.

Some have no values and integrity and will do anything to gain that power, from threats to manipulation. Unfortunately, I have seen too many of those people

succeed. This says a lot about the state of leadership in business and how little king we find in many of our leaders.

Others want leadership for the money or the materialism that can come from it. I have found that many of these people burn out at a certain point because their leadership holds so little joy or they do not have a purpose.

A good leader is often one that uses servant leadership that they use their power to empower and ensure the well-being of their team.

A good Master will find much to learn in best practice examples of servant leadership.

Integrity and authenticity

A good leader and king have integrity and authenticity. They do not put on a performance or have a fake facade; instead, they are themselves. They role model the behaviour they want to see in others. Not by pretending but because this is who they really are as a person.

A good king knows the values they hold as a person and Master and will truly live by them. They do this despite the challenges that they might have in living those values.

In the Master as Warrior section, I spoke about punishment and the need to lead with justice and wisdom. A good Master knows the best way to punish is by using the justice and wisdom they have built up with their king.

This is how a Master can hold good boundaries with a slave. Correct them when they cross a boundary, but they do this from their wisdom. And in doing so, help the slave to grow and become the best they can be.

Guide and support

A good leader also guides and support helping their slaves and other to fulfil their potential and helping them find their way.

MAINTAINS ORDER AND STABILITY TO NURTURE THOSE HE LEADS

A Master provides structure, order and stability to those he leads. He keeps his kingdom in check and working well.

But importantly, the structure and stability provided are not just to serve his needs but also to allow his slaves to flourish. A good Master helps his slaves become the best they can be, not only in their service to the Master but also in other parts of their lives – the structure the Master allows His slave to thrive. A true Master helps a slave become the best and most authentic person they can be – in all parts of their life.

A GOOD DECISION-MAKER, LISTENER AND SPEAKER

A good Master can make good decisions. Note I said *good* decisions. Too often, Masters believe that a quick unchanging decision is best. A quick decision is made based on assumptions and can often turn out not to be true.

Often Masters (and leaders in general) can refuse to change decisions based on new data or refuse to accept new facts or data. When this has occurred, the Master has tied his ego and sense of identity to the decision. It means that if the decision needs to be changed, they did something wrong and failed somehow.

Good Masters and Leaders are good at making good decisions. But, as new information is available, they can change their decision without any emotional upset based on the facts. Think back to many Hollywood movies of the ship/submarine captain and his first officer. The archetypal good Captain/Skipper is the one that listens to feedback and changes his decision when he realises he is wrong.

Crimson Tide is an excellent example of this, with the Captain not listening to the First Officer and trying to sideline him, and with the stakes of a wrong decision being a nuclear war.

Another good movie to watch is *13 Days*. This is set in the White House during the Cuban Missile Crisis, and it shows how Kennedy refused to make a quick decision not to be boxed in a corner, and the quick decision would have led to World War 3.

A good Master listens to His slaves; He takes in information to truly understand the situation and decide. And if He realises or receives information from someone (even a slave), He has made the wrong decision, He will change it or adapt it.

 [Article on How to mature the Master mindset](#)

HOLDS THE WOUNDS OF THE HOUSEHOLD AND HIMSELF

A good Master can deal with issues and conflicts within his household. Too often, I have seen Master/slave relationships break down because of a real-world event – for example, a family death, a family member's health, or redundancy. The relationship between Master and slave was often so brittle

and unchanging that a regular life event brought about the end of the relationship.

This does not need to be the case. A good Master can deal with these events and impacts. The structure He has created is malleable and flexible enough to deal with these events while allowing His slave to thrive.

When these regular life events occur, the Master holds things together – looking after the slaves, adapting and ensuring His kingdom/household will survive.

A Master also must heal and deal with his wounds while dealing with slaves and his household. He does not act out and take his issues and stress out on others. And he can do so while being in charge. After all, the cost of being in control and in charge is that you must do this in good and bad times.

A good Master, and King, has learnt how to do this.

Many Masters believe that asking for help – whether with his slaves or outside the family – or admitting they are struggling is a sign of weakness. This is wrong. It is a sign of strength, allowing the Master to hold his wounds while tending to his slaves. This also includes asking for help when needed.

Earlier in the book, I recommend reading a chapter in a book called: *Sacred Power – Holy Surrender*, edited by Raven Caldera. This reflects this situation well. Check Other resources at the end for more information.

BLESSES OTHERS

A good Master bestows his blessing on people beneath him. In olden times a King would hold court and reward good service and expertise. Not because he needed it but for his people. Recognising, blessing, validating and rewarding them was something they needed.

And so, with the kings of old, it applies to the good Masters of today.

The Master provides his blessing to the slave for good work and service. Not only for exemplary service to Him but also for the slaves' accomplishments in the real world.

The movie, *The Green Knight*, shows an amazing example of this blessing a leader can provide to another.

RESILIENCE

A heart-centred Master must be resilient. Not only because of the points above but also because of how people see Him

We can think of Masters as leaders. Good leaders tend to shine differently from most other people. They stand out, and we often look up to them. This is true for both Masters and slaves.

But as you shine, you are more noticed. This can lead to people projecting onto you. People project their hopes, dreams and beliefs onto these people – seeing them more as divine than a person. And this can lead to expectations that no one can match up to. The same person is subject to disappointment and bitterness when people find out they are human.

In addition, other people can look at this shining with envy and jealousy. Sometimes, they attempt to sabotage what the person has – including the household.

Because of this, a Master must be resilient. Resilient against the projections and unrealistic expectations people might have towards them, and resilient against people who would try to attack and sabotage themselves and their household.

PRESSURE AND SUPPORT

There is a lot of pressure to be a good King; how does one person do all this? A good king will ask for help from those he leads, as will a good Master.



SHADOW MASTER AS KING

THE SHADOW KING

A person that genuinely embodies the King knows their worth. They have repaired many of their own wounds and shadows, so they can truly glow.

But if we were always told to do better, give more, and achieve more in childhood, we can believe that goals and achievements are the only worthwhile things.

This occurred because we were always criticised for never being good enough – no matter how much we succeeded or tired. It can also happen from receiving covert criticism. Someone that softly dismissed our achievements rather than affirming us. Or we received no praise at all for anything we did.

From this, we begin to believe we are not good enough, and over time it becomes part of our identity.

It can lead us toward expecting materialism to bring us happiness and joy rather than living our purpose.

It can bring us to the shadow of perfection (mentioned in Warrior and Magician). We believe that if only we were good enough, that if we achieved one more thing, we would finally be perfect and complete. And this cycle ends up never-ending, as there is always something else.

Or it can mean we do nothing at all, as why bother? To give up to hopelessness and despair.

All these possibilities lead to the shadow that you are not good enough to be king in your own world and that you are not good enough.

Several years ago, I realised I was doing little with my life. Most of my days were spent working, watching TV, and occasionally socialising with friends. As I asked myself why, I had an insight that when I was growing up, it never mattered how well I did at my school work or in any of my hobbies; I would never achieve praise. And in my later teenage years, I instead received shame for being good at school and not being sporty.

This then led me to stop most hobbies or push myself forward. This realisation made me start writing a book (not this one) and keep going when it became hard. That began an ongoing process to move my King's energy from the shadow.

WOUNDED

Many people with good king energy no longer have their wounds and issues hidden in the shadow.

Many of us are still dealing with wounds or do not even want to do the work of healing. We walk the world with rage, shame, and anger. This reduces our power and potency. You can often come across Masters and slaves who are very easily triggered or are full of anger. These are often people with deep shadow wounds. They will struggle to show their king energy until they start the healing process.

People who have done their healing become people we notice and glow with the fact that they have done much of their inner work.

SHADOWS OF MASTER AS KING

Shadow Master as King can be broken down into several areas:

- The Tyrant Master
- The weakling
- Lacking resilience
- Saviour

THE TYRANT MASTER

Rather than a Heart-Centered King that helps the slave become the best they can be, a tyrant only cares about themselves.

A narcissist at heart, the Shadow Master in the tyrant aspect only cares about himself and often cannot even recognise someone else's needs. Not even needs such as health.

The Tyrant Master only cares for one thing: to stay and keep in power, and they will do this in any way possible. If it involves destroying someone, they will do so.

A Tyrant Master only knows one to exert and use power by putting other people down and making them feel uneasy.

A tyrant often hates and fears others and is constantly aware of their own vulnerabilities and weaknesses. They see other people's achievements or attempts to grow as threats and will put them down and try to stop them.

When the Tyrant Master comes across capability and joy in others, he is only interested in destroying it.

The Tyrant is often sensitive to criticism – deflecting or distracting away from it. He often reacts in anger to criticism. When harnessing the Manipulator (mentioned in the Magician chapter), he will try and turn it onto you rather than face responsibility himself. Any decision cannot be corrected because this would mean he failed.

You can also see this on a small scale when someone tries to bulldoze you to get what they want. Rather than asking, they usually assume, crossing over several of your

boundaries. Typically someone who does this is scared to make themselves vulnerable and ask, so to keep themselves safe; they will try and force what they want on other people.

THE WEAKLING

The opposite of the Tyrant is the Weakling. A Master that does not accept his power. Although this can feel less toxic than a tyrant, the impact on a Master's household and slaves can be as toxic.

There are many 24/7 Masters with owned slaves who are in the shadow of The Weakling.

These Masters expect the minimum from the slave, never pushing them to become the best they can be.

Often the Master will not take charge or provide structure or affirmation to the slave. Instead, the household is stuck in an apathetic twilight state or is slowly dying.

Usually, slaves in such a household do not know what is wrong, but inside themselves, they are screaming for masculine energy to help provide them structure and purpose and to help them grow.

Often slaves with a Master in the Weakling shadow will be drifting, unable to move forward to fulfil their potential.

LACKING RESILIENCE

I have also noticed an interesting pattern with a particular group of Masters over the last few years.

These Masters led a blessed life without many challenges. I noticed when they did experience a tough time for the first time that, they have not survived. Some have withdrawn

entirely from the scene, others have gone into drug addiction, while others blame everyone around them.

They did not have the resilience to deal with a hard time.

Some of us can be lucky to lead blessed lives with not much hardship. At the same time, others can have lived with many issues that lead us to struggle.

Those with a blessed life will eventually experience hardship unless someone is exceptionally fortunate.

So whenever you experience hardship, whether it is the first time or another of many, you must use these times to grow your resilience. Those who build resilience through hard times are building part of their King.

Do not project or judge others

With many of the Masters, I mentioned who did not survive their hard times, I noticed they were often swift to judge slaves and others as weak when they saw other people struggle through difficult times.

These struggles bought up insecurity with the Masters, and rather than helping, they projected their insecurity onto the slaves, labelling them as weak.

Anyone – be it a slave or Master, and anyone - be it someone with a blessed life or not, should focus on helping and learning from others who are struggling rather than projecting insecurity, and in doing so, learn how to build their own resilience.

SAVIOUR

It was mentioned in the shadow slave as a magician that a slave can look for a Master as a rescuer. Due to the drama triangle, it can be easy for a Master to move into a saviour role for a slave.

A Master can experience the pull of being a saviour to deal with the shadow of feeling they are not good enough. By taking this role, they can feel they are important.

I am not saying a Master should not take responsibility for helping a slave. But if they do this as it is the only way they feel they can connect to someone, or it is a strong pull to allow them to feel important in the relationship, they might need to understand if part of this is in dealing with their own shadow.



SLAVE AS KING

The slave as King can be broken down into several areas:

- Mission/Purpose
- Service, help and support
- Be a King in their own right

MISSION/PURPOSE

Purpose to serve a Master

Many slaves wish only to serve a Master. Their purpose is to serve someone, and then they would feel complete. And

when a slave finds a Master, the Master directs the slave's purpose, and a significant part of the slave's purpose will be to serve the Master and take the Master's purpose as its own.

I know one slave who will help edit his Master's writing and books.

When a slave does not have a Master, it is easy to think that the slave's primary purpose should be to find a Master.

I know I do not feel complete when I do not have a Master to serve.

Struggling with that purpose

Many slaves who struggle to find a Master can find their Warrior is in their shadow and not working towards their purpose. But it might be that they doubt this purpose to begin with. That their king doubts whether they should serve and therefore do nothing in moving forward. This can be due to doubt, fear, shame and many other shadows that might stop us.

Slave's own purpose

But in my experience, slaves also have their own purpose in addition to serving someone, and it is imperative for a slave to identify their purpose and work towards this.

This is so we can fully come into our own energy as King

I have already described how my purpose is to help other Masters and slaves, as well as other people to find their purpose, and others on how to become good leaders.

You will notice that much of my purpose is helping others. It is part of my service to the world. So although I wish to find a Master to serve and improve his life, I also have a greater service to the world.

This is true for all slaves.

I was initially taught that a slave should put all their effort and money into finding the Master for them. However, I now believe it is as important for a slave to also work to their own purpose as it can take time to find a Master. Especially if you are looking for 24/7, finding the right person can take some time.

If you only focus on finding a Master, you can become tunnel-visioned, not finding joy in anything. And if it does take some time to find a Master, you are living a life without joy.

By living our purpose and looking to find a Master simultaneously, we can experience joy while making an impact in our world.

It is also essential in helping us if we lose our Master. Like all relationships, Master/slave relationships can end. If our only purpose was to serve, we now find ourselves wholly adrift and broken.

I have made the mistake of becoming a one-legged stool, only focusing on a Master. When I first moved to Berlin to be closer to my Master, I only focused on pleasing and serving him. For some time, I had struggled to find joy in my work (as it was not in touch with my purpose). Rather than dealing with this issue, I could ignore it as I had found my Master.

Later the relationship stopped due to his partner becoming jealous.

I struggled after this, including severe depression. Part of this was being in a new city with no support network.

But a large part of my struggle was that I had allowed myself to become a one-legged stool where my only joy was serving a Master.

I have also seen this in other slaves I have helped; often, when the relationship stops, they lose all joy.

Since then, I have worked hard to identify and work toward my other purposes.

This has helped me to feel joy when not being owned.

Recently I lived with two Masters who then ghosted me. The grief of being unowned and losing my purpose in serving someone is still pronounced and hard to deal with. But it is not like before, as my other purpose helps me keep going.

In fact, I have been surprised that amidst the severe grief, I feel in my heart, how much joy I can also feel is due to working towards my own purpose.

So all slaves should work towards their purpose (or find their purpose) while trying to find a Master or serve a Master.

And this is why Masters must encourage and help slaves find their purpose. I know many Masters who take great pride in being in the background of their slave's success

and knowing their role in helping their slave achieve their purpose and achievement of that purpose.

SERVICE, HELP AND SUPPORT

One of the most amazing things about a slave is their ability to connect with people and use that connection to support and help people.

Most slaves have a deep need to help and support people.

It is this need that makes a slave what they are. It allows slaves to connect and understand someone and give them what they want. And through service, they get much joy from helping someone.

Be a King in their own right

I have often mentioned that a slave can also be a leader at work. This is leadership. For a slave to be a good leader, the slave must also work to create a healthy king so they can also be a leader.



SHADOW SLAVE AS KING

SHADOW SLAVE AS A KING

The shadow slave as a King can be broken down into

- Golden Shadow
- Understand their own needs

GOLDEN SHADOW

When we talk about the shadow of the king, we must also talk about the golden shadow. Often when we have spoken about the shadow, we have talked about the trauma and hurts and that we had to repress part of ourselves.

Part of the shadow is the stuff that makes us extraordinary. This is called our golden shadow. Often we have learnt to repress it. Often when we were young, we learnt to hide our light when we received messages such as, "Don't get above yourself," "stay small," and "Don't think you are better than us."

And so we learn to hide our abilities and the magnificence of who we are into our shadow.

Golden shadow in a slave

This very much links into the slave shadow as well. Part of Mastery and slavery can be to make the slave feel small – to move them further down into submission. Part of this can be healthy – for example, part of a scene or as a healthy expression of a fetish. But part of this can be unhealthy. When a Master permanently tries to squash a slave's magnificence and brilliance down into the shadow.

Slaves may purposely look for this as well. In our childhood, we learnt to hide our brilliance, and now we look for a Master/slave relationship where we can do this.

This is why a good Master helps bring the full potential out of a slave. Rather than making them small, a good Master makes them glow with magnificence.

But a Shadow Master in the thrall of many of the previous shadows described in this book might think to take

advantage of this. Maybe to control a slave more or to make themselves feel better in their own insecurity.

Like many gay-identified men, I was bullied when I was young, shamed by people, including my father for being gay, and learnt to make myself small. It was easy for unhealthy people and Masters to take advantage of that and validate that I should be small. And I thought it was OK to receive the unhealthy projections and insecurity of Masters in thrall to the shadow.

Instead, slaves, along with Masters, should learn to reveal and celebrate their power and light. To learn it is ok to be brilliant and talented and that we are worthy.

I have met very few people, Masters or slaves, who have done this, but those who do have this solidness to them which is fantastic to be in the presence of.

UNDERSTAND THEIR OWN NEEDS

A slave should also be aware of their needs, including human needs, slave needs, and health needs.

I have served a couple of Masters who decided not to fulfil my needs, including health. A Master in this position can be very happy as they have everything they want while taking no responsibility for the other person in the relationship.

 [Should a slave have needs article](#)

Whereas for any relationship to succeed, be it mainstream or Master/slave, both Master and slave must take responsibility for each other's needs.

A slave entering a relationship with their needs not being fulfilled by the Master will eventually leave. This is because they will end up feeling very unfulfilled and unsatisfied.

As a slave has a deep need to serve the needs of others, it can be effortless to forget about your own needs and subsume them for someone else's. But it is only where both Master and slave have their mutual needs met that a long-term relationship can be successful.

After my more dysfunctional masters, I had an outstanding Master in Berlin. After the relationship finished, about a year later, I attended a non-BDSM workshop, and one of the actions was to go around to other attendees and ask them to do something you wanted or needed.

I was stumped at this stage as I was so divorced from knowing what I needed. Part of this was that I had become so focused on pleasing the Master that I lost sight of what I liked. And this was not because of a dysfunctional Master, I had just finished with an amazing one. It was because I had lost touch with my needs.

It took me a long time to rediscover what I liked – including the fetishes I enjoy.

This can be common among slaves focused on serving and pleasing the Master. We end up losing sight of what we enjoy.

When we fall into this trap of forgetting our needs, we cannot even answer what we want when asked. Only by knowing what we want and need can we look for a Master suitable for us, and be an agent in making sure an existing Master/slave relationship remains a good one.



ACTIONS TO GROW YOUR KING

Actions you can take to grow your king are:

- Find a Mentor
- Speak to others who are working to improve themselves
- Develop your leadership
- Find your purpose and mission
- Start working towards your purpose and mission
- Develop integrity and know what you stand for

FIND A MENTOR AND SPEAK TO OTHERS WHO ARE WORKING TO IMPROVE THEMSELVES

Find people who can help mentor your growth. Not just as a Master or slave but in all areas of your life.

- Speak to others who are working to improve themselves.
- Find groups that help you grow and improve. Master/slave Lifestyle has a [support group](#) with a group of people who are all committed to growing themselves. There is also [an online Master/slave community](#).
- There are also other BDSM and Master/slave groups worldwide you can join. Check the [external resources section](#) of Master/slave Lifestyle for what is available. There is also a non-gay, non-BDSM male group known as i-groups, generally run by the [Mankind Project](#), that also focuses on this work.

DEVELOP YOUR LEADERSHIP

Learning to be a good leader is a fantastic way to become a good Master.

[I have created a small sheet of recommended books to help.](#)

FIND YOUR PURPOSE AND MISSION.

If you are unsure of your purpose or mission, you need to start the process to figure this out.

Three questions I use with clients that help are:

- If I was to die in a year, what would I regret not doing?
- What will you remember as having made your life worthwhile on your deathbed?
- What is my legacy?

Often our purpose is related to what we enjoy. Sometimes what we enjoy of what we enjoyed when we were young.

Or it can be what we always think about but are too scared to do.

If you want help to find your purpose, I also work as a coach to help people find meaningful life and their purpose. [You can find out more about my coaching here.](#)

STARTING WORKING TOWARDS YOUR PURPOSE AND MISSION

Once you know your purpose, you need to start working towards this. Sometimes we can have blockers and fears we need to overcome.

- Every day, remind yourself of your purpose and what you will do today to move forward.
- Set yourself actions and goals for the week that help you achieve your purpose.
- Remind yourself of your purpose at the start of the day so you can move through your day with the right intention.

DEVELOP INTEGRITY AND KNOW WHAT YOU STAND FOR

Part of being a strong King is understanding who you are and acting with integrity. You can only do this when you understand yourself and know what you believe in.

In my coaching, I advise people to:

- Understand their values and strengths
- Understand their needs
- Understand their beliefs

We all already have these, but often they are hidden in our minds. By working with ourselves to understand what they are, we can understand who we are and what we stand for.

And once we know this, we can ensure our actions align with who we are.

If you are acting contrary to what you believe, then areas what you believe is true, are you being honest with yourself? Or do you need to change your actions and behaviours to align better with what you believe?

Know your true self

This includes knowing your true self.

- Are you a Master or slave?
- How can you fully embrace this rather than hide from it?
- How can you act with integrity and make sure every day you are being true to who you are, your true self?

A large part of my coaching is helping people to understand who they are and how they can live their lives with integrity. So if you want help with this, [please get in touch.](#)



PART SIX

Heart-Centred Master and Heart-Centred slave

A Master or slave who becomes whole in acting from their King, Lover, Magician and Warrior as opposed to their Shadows becomes a Heart-Centred Master or the Heart-Centred slave.

The journey to becoming whole takes a lifetime to do.

In the book *Adam's Return*, the author mentioned that it is not until we are in our 50s that we reach a stage of healing where we can become whole.

What has been written here as a Heart-Centred Master or slave is a beacon or a north star for you. Something any new or existing Master or slave can head towards on their path to becoming the extraordinary Master or slave they deserve.

The Shadow Master and Shadow slave is there to allow you all to figure out which parts of yourself may be in shadow. We all have aspects here. There is no shame in that. It is important that without ego or hubris, you identify where you have something in your shadow and start the path of growth to the Heart-Centred Master and slave.

THE DIFFERENCE BETWEEN THE LIGHT AND THE SHADOW

One of the main differences between the Heart-Center and the Shadow is in the

- Intent
- Consent
- Empathy
- Mutual fulfilment of each other's needs

For example, the Transformer and the Manipulator. Both require the same skills and abilities, but the intent is different. For a Master, one is the intent to help a slave become the best slave and person they can be. In contrast, the other (for a Master) is to manipulate and change someone regardless of their needs or the cost to that person.

While for a slave, it is to remain in control and to get what you want through subterfuge.

Have strong connection

Many of the shadows on the Master's side come about with a lack of empathy. When you reduce a person to a dehumanised object you can do anything with, regardless of the consequences, you are at high risk of moving into the shadow.

Having the right amount of connection will protect you from this. And having the proper communication with your slave so you know you can go deeper or keep doing the things you want are how you can validate you are on the right track.

Watch out for reinforcing the shadow

You also must watch how a shadow slave and a shadow master can reinforce each other. Both urge each other on into the shadow until one or both realise they are now in a toxic relationship.

So when you are unsure, check your intention. Are you listening to consent, are you being listened to, and are your needs being fulfilled? And most importantly, are you feeling joy?

If you can honestly answer yes to these, you are on the path to the Heart-Centred Master and slave.

HEALING YOUR SHADOW

It can be challenging to heal your shadow. I have been working on a shadow in my warrior as I write this. I have often found that when I go out on the fetish scene and in some other group, I try to make myself disappear and appear invisible. To help heal this shadow and wound has involved putting myself in very uncomfortable positions in making sure I go out on the scene and interact with people.

It has been challenging. But as I see the healing and change into a better person and slave, it is worth the challenge.

ENJOY AND GROW

We must remember that when that domination and submission are used to grow and bring the best potential out of both Master and slave, it can be beautiful.

It is when the domination becomes selfish and stops caring, or we take out our own shadow and negative projections onto the slave or Master that it becomes toxic.

Instead, a Master who focus on domination and brings out the best in a slave, growing them to their full potential, and a slave that helps fulfil the Master's needs, both in a joyful union – this is where you want to be.

And remember, enjoy the journey.




PART SEVEN

What do I do next?

WHAT DO I DO NEXT?

You got to the end of the book; thank you so much for reading!

If you know someone who would benefit from this book,  [send them here](#).

NEXT STEPS:

If you have not done so yet, take the Master/slave Quiz. It tests you to understand where you are strong as a Master or slave, and where your own pulls to the dark side might be.

 **Take the quiz:** masterslavelifestyle.com/quiz

No pressure, but I want you to know there are three other resources to help you.

- **Take the next step coaching session:** In a 50-minute 1:1 coaching session with me, get help with an area in this book, and gain clarity for your next action with concrete steps to move you forward. Or help in removing a blocker that would stop you from moving forward. All in a safe & confidential session.

 [For slaves](#)

 [For Masters](#)

- **My online video course** will help you find your Master in making the fantasy a reality. With 2.5 hours of videos in small bite-sized chunks, I help you figure out what you want and how to find it safely. Includes how to deal with blockers, including shame and fear, and how to split large decisions into small, easy steps - plus much more.

👉 [Learn more](#)

- **The Bespoke Signature Coaching Package:** Transform yourself and make the fantasy a reality. Build confidence and pride rather than conforming and feeling shame. Take action to find your Master or slave and go deeper into life rather than staying still. Explore and discover your dark side rather than hide.

👉 [Learn more](#) or 👉 [Email me](#)

NEED HELP AND SUPPORT?

You can always email me at

contact@masterslavelifestyle.com, I answer all emails that I receive.

If you want to connect to a wider group, check out the [Master/slave support group](#) and [online community](#) if you are looking for a supportive group to help you in your Master/slave journey.

A highly muscular man is shown in profile, kneeling on his right knee with his left leg raised and foot resting on his right thigh. He is holding a small, ornate golden cup with both hands. He is wearing a golden loincloth and a black ankle strap on his left foot. The background is a plain, light grey.

PART EIGHT
Other Resources

FURTHER READING

[Master/slave Lifestyle Website](#) and [Podcast](#) – the website contains helpful articles to help you move forward and understand more about domination and submission. [The Master/slave Podcast](#) has interviews with real-life Masters and slaves to help you understand the reality of the Master/slave Lifestyle.

If you are interested in learning more about the Jungian archetypes, I recommend these books (links are affiliated):

[Warrior, Magician, Lover, King: A Guide To The Male Archetypes Updated For The 21st Century:](#) A guide to men's archetypes, emotions, and the development of the mature masculine in the world today, Rod Boothroy, 8 Oct 2018

[King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine](#)

English edition, Robert Moore and Doug Gillette, Aug 1991

I also recommend Facing the Dragon, which through its analysis of evil, gives a good overview of the concept of grandiosity – which all Masters and slaves should be aware of

[Facing the Dragon: Confronting Personal and Spiritual Grandiosity](#)

English edition | by Robert L Moore | 1 Jan 2018

OTHER READING

I mentioned this book around validation and shame. I like about 60% of it. His model resonates and works. However he does not like BDSM or polyamorous relationships, and his examples of achieving your purpose appear to be cashing in on your very successful pension, which is not helpful for most people. So read it to understand about shame, but make your own judgements on some of the other things he writes about.

[*The Velvet Rage: Overcoming the Pain of Growing Up Gay in a Straight Man's World*](#), Alan Downs, 5 Jun 2012

I recommended a chapter by slave Rick in this book:

[*Sacred Power, Holy Surrender: Living a Spiritual Power Dynamic*](#), Raven Kaldera, 30 Jul 2015

He has also written a biography:

[*Jolted Awake: An Unconventional Memoir*](#), Richard Levine

FILMS

- *The Green Knight* is an amazing movie that covers many Jungian archetypes – much more than I have explored in this book.
- *The Northman* – this covers the Jungian Warrior, more in its shadow state and the toxic masculinity that can result from it
- *Crimson Tide* for examining leadership and how it can go wrong. Warrior and King archetypes

- *13 Days*. This is set in the White House during the Cuban Missile Crisis, and it shows how Kennedy refused to make a quick decision not to be boxed in a corner, and the quick decision would have led to World War 3. For the King Archetype.
- *Extraction*, *The Mandalorian* and *The Last of Us* for the Protector archetype (part of the Warrior)
- *Dune* for the Warrior Archetype

I have not seen these movies yet, so I cannot personally recommend them, but *The Witch* and *The Lighthouse* also cover Jungian Archetypes.

OTHER GROUPS

There are many Master/slave groups out there, including

- MAST.net
- <https://www.titansofthemidwest.org/>
- <https://www.sfldg.org/>
- [London – SM Gays](#)
- [CLAW](#)

And many, many more – google for your location to find something.



PART NINE



Summary of Master and slave archetypes

SUMMARY OF MASTER

	The Heart-Centred Master – What the Master should be	The Shadow Master – What the Master should avoid
King	<ul style="list-style-type: none"> • Lives for his purpose • Maintains order and stability to nurture those He leads • A good decision-maker and listener • Holds the wounds of the household and Himself • Blesses others • Resilience • Pressure and support 	<ul style="list-style-type: none"> • The Tyrant Master • The weakling • Lacking resilience • Saviour
Warrior	<ul style="list-style-type: none"> • Boundaries • Self-discipline – Leads with Justice and Wisdom • Resilience • Protector • Understand the limits of his power 	<ul style="list-style-type: none"> • Predator and Persecutor • Overinflated • Bigging yourself up • The Contradiction • Master as a Non-Consensual Predator • Dehumanising the other
Magician	<ul style="list-style-type: none"> • Transformer • Facilitator and Guide • Intuitive • Jester 	<ul style="list-style-type: none"> • Manipulator • Persecuter
Lover	<ul style="list-style-type: none"> • The Connector • The Vulnerable Master 	<ul style="list-style-type: none"> • Unfeeling and unconnected • The Addictor • Connecting to much

SUMMARY OF SLAVE

	The Heart-Centred slave – What the slave should be	The Shadow slave – What the slave should avoid
King	<ul style="list-style-type: none"> • Mission/Purpose • Service, help and support • Be a King in their own right 	<ul style="list-style-type: none"> • Golden Shadow • Understand their own needs
Warrior	<ul style="list-style-type: none"> • Action Taker • A Higher Cause • Strength • Discipline • Boundaries • Protective 	<ul style="list-style-type: none"> • The Boundless • The Nihilist • The Perfectionist • Don't exist as you are • The Warrior Wound
Magician	<ul style="list-style-type: none"> • Openness to training • Growth and reflection • Safety Officer 	<ul style="list-style-type: none"> • The Innocent one and The Manipulator • The Escaper • Shame
Lover	<ul style="list-style-type: none"> • Empathy • Connect to Master • Innocent energy • Vulnerability and ego 	<ul style="list-style-type: none"> • The Addictor • The Disconnecter • The Nihilist • Lost connection as a slave