

Queen

Empress ~ Warrior Queen ~ Mother Queen ~ Mystical Queen ~ Benevolent Queen

Goddesses ~ Mary (Mother of Jesus later elevated in Catholic tradition to Queen of Heaven); Mab (Queen of the faeries and often a trickster who steals babies, possibly derived from the Welsh Mabb or Gaelic Maeve); Anatu (Mesopotamian queen of the sky); Antiope (in Greek myth, the queen of the Amazons); Marisha-Ten (Japanese queen of heaven); Guinevere (King Arthur's queen), Greek goddess Athena, Celtic queen Bodicea, Egyptian pharaoh-queen Hatshepsut, Elizabeth I, Marie Antoinette, and Egyptian goddess Isis, African goddess Obba, Cleopatra.



Modern Day examples ~ Joan Crawford in Queen Bee; Marlene Dietrich as Catherine the Great in The Scarlet Empress; Geraldine Chaplin in The Three Musketeers; Greta Garbo in Queen Christina; Judi Dench in Shakespeare in Love; Cate Blanchett in Elizabeth.

Shadow examples ~ Snow White, Cinderella, Ice Queen, Queen Bee, Evil Queen

The Queen archetype is primarily represented as evil and dark in our culture's fairy tales and Disney movies. But when she is in her healthy vibrancy, she represents feminine power and leadership. She is the domain of material manifestation, family, "kingdom" (sphere of life influence), also material wealth and abundance.



Qualities ~

Self-worth, regal, grace, resilience, poise, self-assurance and a dynamic presence, claims her sovereignty, lives her life in receptive devotion to the Truth, serves her community whether that be a state, corporate, family or local town. "She gets her "orders from headquarters" from Ma, and her life is lived through the heart in service and in surrender to Love."

Shadow ~

Think of the Queen of Hearts in Alice in Wonderland: “off with her head!” The shadow queen rules like a tyrant - dominating, controlling, manipulative and forceful. This happens when she feels threatened and losing control, like her position of power is being challenged. This ultimately comes from her fear of unworthiness, disconnection from source, and lack of balance from not getting her sacred needs met.



Activate the queen archetype to ~

- ★ Set firm personal boundaries
- ★ Connect with your sacred needs
- ★ Become a motivational speaker
- ★ Serve from the heart
- ★ Speak the Truth with conviction, love and grace
- ★ Build teamwork to serve a higher mission
- ★ Open your heart to receive
- ★ Enroll others in your mission
- ★ Own your self-worth and value

Affirmations ~

I honor my sacred needs as important.
I speak my truth with grace and ease.
I serve from my heart for the highest good of all.
My life is lived through the heart in service and in surrender to Love.
I take orders from headquarters.
I live my life in receptive devotion to the Truth.
I surrender control and serve from humility and grace.

Sources: Caroline Myss, Sunyata Satchitananda, Sheila Foster



Journaling ~

What does *sovereignty* mean to you?

Where do you feel like you are losing control or someone is threatening your sense of power?

Make a list of your sacred needs. Which ones are not getting met? Where do you feel burned out, resentful and perhaps even rageful?

What would it feel like if your life was lived through the heart in service and in surrender to Love? What would then be possible?

