

The Legend of the Warrior and Maiden



The relationship between the warrior and maiden is one of the most potent highlights of the Emotional Mastery program. The results I have seen, with clients that have worked this model, have been astounding!

In my last Ottawa workshop, a few weeks ago, one of my students after day one, did a phenomenal vision board of her absent maiden. She depicted the attributes she longs for in such a creative, astonishing way. She glowed as she stood up in class on day two, sharing her beautiful attributes of her now present maiden.

She then after class proceeded to continue working with the maiden, along with the other tools, and has found herself awakening to the missing part of herself, and embracing her beautiful maiden and finally giving her back her voice!

I feel in this summertime issue, it is important to review the process of the inner Warrior and Maiden, and to dust off this valuable model, and pull it out of the toolbox! Let's blow some heat into the lungs of less dominant aspect of self!

The Inner Warrior

So many that I have taught in class, both men and women, often find that the warrior within, is alive and well!

The traits that are often shared in class are that of the provider, protector, the logical thinker, and proactive one. The warrior often strives to protect the maiden, often silencing her with his determination to get the job done, and to get it done now. People can often relate to the 'warrior of survival', after all how can there be time to be creative, and allow my true purpose to emerge, when there are bills to pay?

I often depict the warrior, as wearing a full set of armor. He is heavy laden with responsibilities, and doesn't ever seem to have time to reflect. The bills have to be paid, and he often takes on the burdens of other people in his life. He often feels alone, as though there is no one there that truly understands his plight. He offers very little time to 'enjoy' life, and has no time to smell the roses.

The overly used and under paid warrior often speaks of shoulder, neck issue's , lower back pain, hip knee and sciatic nerve issues.

The Inner Maiden

Often people report an absence of the inner maiden. Please don't get me wrong, there are many people who report a strong maiden, and absent warrior. However, for the sake of percentage ratios, I will write the scenarios as such. You will know your experience!

Often people with an absent maiden, report a heavy feeling in their chest, a sore neck and shoulders, there can be elbow and writ issues, and perhaps a numbness in the upper limbs. They often have throat issues, clearing their throat, a weak sounding voice at times. It is as though at times an actual feeling of being strangled. Often there can be a ring literally, around the neck, and often the neck will appear red, for no apparent reason.

When people report the missing maiden, there can often be an expression of endless tears. If they report, they don't know her at all, there is a feeling of desperation that comes over them, with exhibits of extreme sadness and endless tears. People will often report a sadness that cannot be explained.

The attributes of the maiden, are that of gentleness, kindness, creativity, a sense of openness, artistry, a strong spiritual connection, strong, developed intuition. She may be sensuous, graceful, and have a strong sense of 'knowing'.

People often ask, "How can I best get in touch with the Inner Warrior and Maiden?"

It is powerful to begin the inner journey of the connection you presently have with these two aspects of self. Often even given was discussed above, you can have a strong sense of where you are at, and which aspect may be more dominant.

Is either the warrior or maiden missing? Start a warrior and maiden journal. Each day, check in with both. Make a list of the present traits of the warrior and maiden. In doing so, you can clearly see where each are at. Often we can assume one is not present, however when you do this exercise you may be surprised at your actual familiarity with the less dominant aspect.

Now, make a list of your DESIRED attributes of each. You may want to take this a step further and do a vision board for both the warrior and the maiden, as you would desire to see them.

The ultimate end result is union between the two. Then, and only then might you report a feeling of completeness!

Through awareness and intention, you will instantly connect with these two powerful aspects of self. Listen for the voice of the maiden. Ask her a question, and open your heart to her response. An example would be "maiden, how would you respond to this current situation? "

Watch for signs of exhaustion from the warrior. How does your body feel? Is he in fight or flight, or is he strong, self assured and balanced?

The unity of the warrior and maiden is the intended goal for all of us. Please see your dominant aspect of self, as potent and powerful. You present attributes are amazing! There may simply however be a bit of imbalance. At any time your maiden can call on several attributes of the warrior, to help her with any given situation in life! This of course is vise versa , as the warrior call on the potent attributes of the maiden , to focus on more of an inner knowing, a 'gut' feeling on how to handle this situation. It may perhaps require a little more gentleness and spiritual involvement, instead of bashing forward, as typically programmed. How can I become the observer and respond, as opposed to react?

Sole to Soul Holistics

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