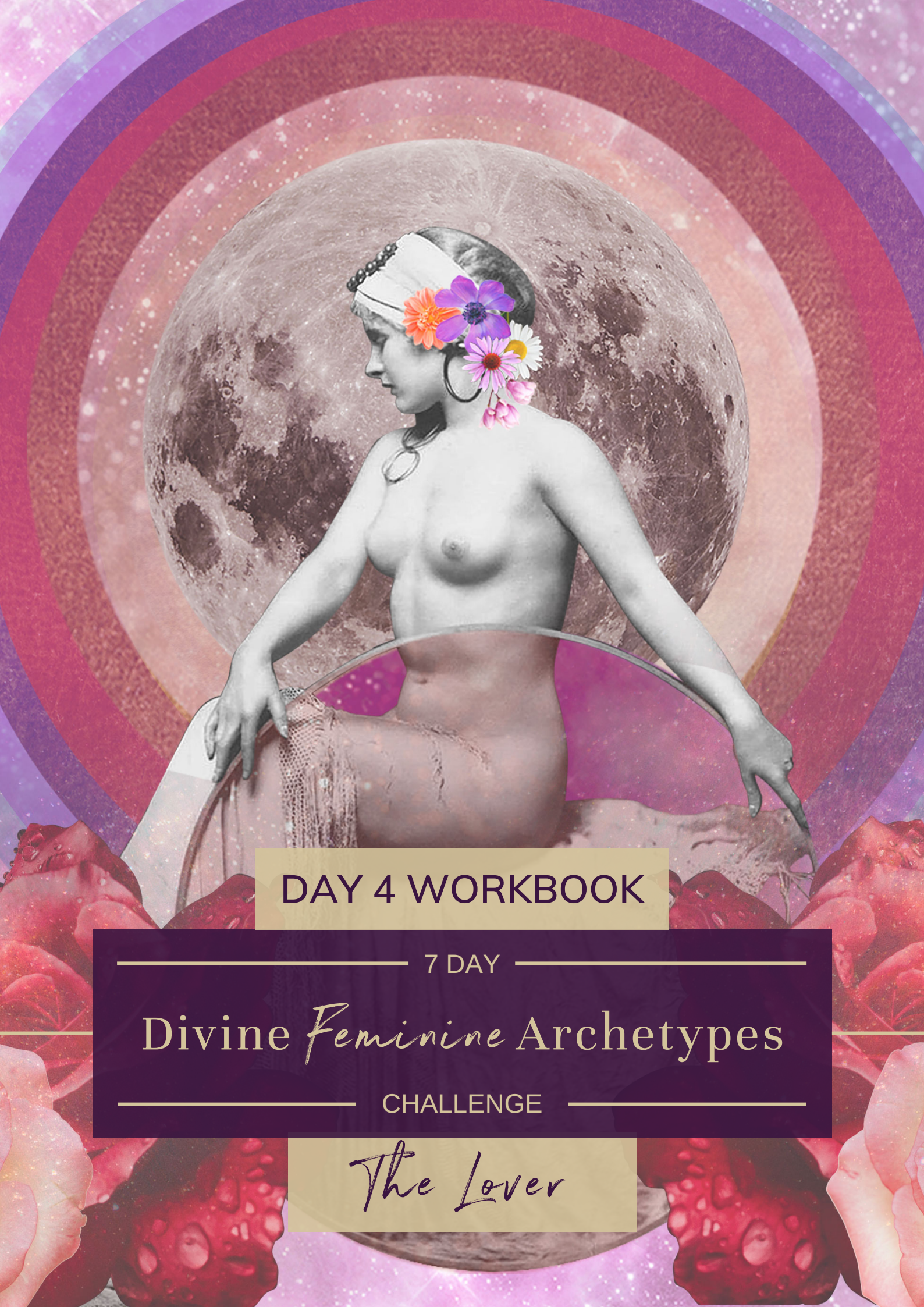




DAY 4 WORKBOOK

7 DAY

Divine *Feminine* Archetypes

CHALLENGE

The Lover



This Week's Schedule

Be sure to pop these dates somewhere you know you can't miss 'em!

8:00am

Head to your inbox... you've got mail! This is where you will find your workbooks each day.

8:30am

Open up that workbook gorgeous, juicy journaling prompts await!

12:00pm

Check in with the Facebook Group, there's so much cosmic conversation going on in there that you don't want to miss.

2:00pm

Have you been posting about The 7-Day Divine Feminine Archetypes Challenge? Remember there are Daily Giveaways up for grabs just for sharing how much you're LOVING this work!

5:30pm (BST)

9:30am (PDT)

12:30pm (EDT)

Join Mel inside our exclusive Facebook Group or Instagram Live for a deep dive into our daily work.

8:00pm

Think about how to put today's lessons into practice. What goals need setting? How can you apply more self-care to your life? What key things have you learned today? Journal them down and sit with the answers in meditation.

The Lover

Qualities of The Lover

Your energy is magnetic as not only are you feeling more love and passion in your life, but you are creatively charged with a deep desire to connect with others. The deeper you come into self-love, the more healthy love you'll attract.

How to Embody The Lover

Take this opportunity to indulge in self-pleasure or massage, feast on delicious foods, express yourself through dance and wear the clothes that make you feel most divine (because if you haven't realised already, YOU ARE)!

The Shadow Side of The Lover

The Lover may welcome in the energy of desire, but she can also take on the role of the temptress or seductress, using her sexuality to manipulate, break hearts along the way and find herself in unwanted drama.

Mantra to help rebalance Lover energy:

More important than others wanting and desiring me, is wanting and desiring myself.



8 Tell Tale Signs Your Lover is Out of Balance

1. You feel disconnected from your sensuality
2. You do not feel at home in your own body nor do you feel connected to it
3. You avoid sex or intimacy with partners
4. OR - you sleep around and do not value who you share your body with, you have lost connection with the sacredness of sex.
5. You use your sexual energy to manipulate others or seduce to get what you want, using sexuality as a weapon
6. You find yourself in constant drama fuelled relationships or flings that don't lead anywhere good.
7. Sex is transactional or a chore, not enjoyable or pleasurable
8. You do not have any real pleasure in your life

Ways to Heal The Lover

Practice love making, slow sensual self pleasure and bringing pleasure into your daily life.

Invoke more of the Queen archetype so that you feel more sovereign and empowered in your sensuality, and choose to not share your sexual energy with people you do not trust.

Create a Lover playlist that helps you tap into your sensuality and seduce yourself!

Spend more time naked, eat sensually, paint, dance, be in nature.

Detox your lingerie drawer and treat yourself to something new that makes you feel like a goddess.

Heal your relationship patterns, and practice more self love, so you can begin to call in healthier love and intimacy into your life.

Homework

How do you understand The Lover archetype?



Where is this archetype showing up for you right now in a positive way?

Where is this archetype showing up for you right now in a negative way?

List 3 ways in which you can work to rebalance or nurture this archetype:

1.

2.

3.

Homework Task

Share your answers above with the group, in a post inside the [Facebook Group](#), or share what you're doing to work with The Lover archetype today within your post on Instagram!

Remember, if you're taking part in the competition to win some AMAZING prizes, tag me in the post on Instagram ([@iammelwells](#)), and use the hashtag [#ArchetypesChallenge2021](#) so we can easily find your shares!