

DISCOVERING
YOUR
SACRED LOVERS
WITHIN

WEEK 1: DISCOVERING YOUR SACRED LOVERS WITHIN
STUDY GUIDE

Practice 1: What area of your life would you like to focus on during the next six weeks?
(You can write your answer in your journal/notebook or here below if you are using this study guide as your primary notebook)

What were some of the problems that resulted from training women and men to exclusively develop their Sacred Feminine?

What did Tiziana discover during the first “Descent?”

What conclusion about the feminine and the masculine did this discovery lead to?

How are societal gender roles as different from the essential principles of the masculine and feminine?

Under what circumstances are the inner masculine and feminine a source of personal power, inner love, and creative force?

Our definition of the inner masculine and feminine:

What are some of the characteristics of the healthy masculine?

What are some of the characteristics of the healthy feminine?

Our definition of the shadow:

[Please find the two-page PDF file of the *Sacred Lovers Within* quiz and have it printed and ready to use during the session. Please do not take the quiz on your own. We'll have plenty of time to do it during the first session.]

What are the two types of inner male and the two types of inner female?

1. _____
2. _____
3. _____
4. _____

What are some of the strengths and what are some of the areas of undeveloped potential for the Hero Inner Male type?

What do we call the archetypal shadow aspect of the Hero Inner Male type?

What are some of the characteristics of the shadow of this type?

What are some of the strengths and what are some of the areas of undeveloped potential for the Provider Inner Male type?

What do we call the archetypal shadow aspect of the Provider Inner Male type?

What are some of the characteristics of the shadow of this type?

What are some of the strengths and what are some of the areas of undeveloped potential for the Humanitarian Inner Female type?

What do we call the archetypal shadow aspect of the Humanitarian Inner Female type?

What are some of the characteristics of the shadow of this type?

What are some of the strengths and what are some of the areas of undeveloped potential for the Mystic Inner Female type?

What do we call the archetypal shadow aspect of the Mystic Inner Female type?

What are some of the characteristics of the shadow of this type?

Write down any thoughts or questions you might have about what you learned tonight. You can ask them either live during a coaching session or any time via the Member Page of the website.