

AN INVITATION TO KINGSHIP



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Introduction

In our previous book we discussed how DNA uses our neurochemistry to choreograph relationships towards genetic diversity, leaving broken hearts and families in its wake as well as what we can do to reclaim our power and chart our own romantic destinies.

In this book we will address another genetic drive programmed into our species. That of pack dynamics. DNA programs 95% of males in pack animal species to be followers but only 5% to lead. This evolved because it is the most effective ratio of leaders (alpha) to followers (beta). Too many betas and the alpha cannot keep order. Too many alphas and they will fight until one either leaves, dies or accepts a lesser position.

Like wolves and apes, we humans evolved as pack animals. As such we carry the same genetic programming. 95% of men are more comfortable in a support (beta) role with only 5% being natural leaders (alpha). This has had some unintended consequences, the worst of which being war. Wars are only possible with pack animal dynamics. As soon as enough men become evolve, wars will end. A psychopath, even if he were to make it to a position of power, would simply be ignored when he called for a war of aggression. No one would follow him except for the small percentage of other psychopaths.

Most humans are good. Only 1% are true psychopaths and over half of all crime is committed by just 7% of the population. While in order to improve our species, we will need to learn to create less psychopaths and criminals, we also need to know how to recognize and deal with them as they still live among us.

Why be a King?

A King is the term I use for an evolved man. Kingship takes tremendous work. To reach this state, we must first deconstruct the personality our parents, society and our own mind has created for us and forge a new, intentional version of ourselves. Then it will take continual vigilance to maintain. Why do this?

So that your children can imprint properly.
So that your woman will be attracted to you.
To minimize violence and keep predators in check.
For your own evolution as a man.

As men, our children, our women and our society need our protection. Simply the presence of a King in a situation often is enough to keep predators from preying on the weak. Those familiar with criminology know that predators 'interview' their potential victims. This is a twisted version of social play (more on social play shortly). On the street, such an 'interview' may last less than a minute. Predator interviews are done to determine the alpha:beta quotient of a potential victim. If a person gives enough submission signals, then after a quick glance around to see if there are any Kings in the area that might intervene, violence ensues.

What about women? Can they be 'Kings' too?

The lessons of Kingship apply to both men and women. A woman who understands Kingship is better suited to teach her children the same necessary lessons if there isn't an evolved man in their lives.

She will be better able to handle herself in a male dominated environment.

She will be more confident in her own power and less likely to attract 'predator' energy.

She will be better able to recognize an evolved male as a potential mate.

She will be able to invite her man to Kingship when he falls from grace in his behavior.

Imprinting

We learn how to behave as men from our fathers, but not all of us had good role models, or even a father present at all. Most of us (95%) had beta fathers and so could only imprint on their submissive behaviors. Some of us had alpha fathers, but not every alpha is a King (noble). Many alpha men are toxic alphas. They prefer to keep other men down so there is no challenge to their authority. When a boy is raised by a toxic alpha, he usually either collapses psychologically into a beta role or becomes a toxic alpha himself. Modern culture is of no help either. Media gives us either hen-pecked men in sitcoms or violent criminals and gangsters to choose from.

For the fortunate young men that are raised by a King, they can learn how to behave without any formal instruction. Simply by observing how their father speaks, holds himself and handles situations, the boy can learn to be a King himself.

Since most of us have not had the opportunity to be raised by a King, we have imprinted improperly. For us it will have to be a conscious learning experience. We will have to study Kingship, understand the principles behind the behaviors and mannerisms,

then make these behaviors our own. That then is the purpose of this book. This is your invitation to Kingship.

Social Play

One of the first lessons of life is social play. You see this in the animal world. Two lion cubs, rolling on the ground, learning how to fight and kill prey. Social play follows a few simple rules:

1- No one gets hurt: Whether you are wrestling or sparring, it is not done with an intention to hurt the other person.

2- Alternate the ‘winner’ and ‘loser’: If you are wrestling, alternate who is on top. If you are sparring, alternate who is throwing jabs and hooks and who is blocking and redirecting.

3- Don’t excessively escalate: If you see that the intensity of the exchange is increasing too much, cool it off a bit.

4- Call out aggression: If your partner is too rough with you, call them out on it immediately.

5- Take responsibility: If you are too rough, take responsibility for it and be more mindful.

6- Forgive and move on: If someone was too rough and you call them out and they show proper respect, let it go.

Animals (that includes humans) that do not experience social play are more likely to experience violence later in life and be less successful finding a mate.

This is because they either do not respond aggressively enough to other males or too aggressively. If a male is tested by a toxic alpha (criminal or psychopath) and he does not display healthy boundaries, he is telling the toxic alpha male that he is easy prey and will not fight back. This often leads to more and more testing that can become more and more violent. Kids that get bullied are in this category. On the other hand sometimes a male will snap and become excessively violent to something that was only playful social play or pecking order dynamics. This is also seen in bullied kids who then go on to become school shooters.

What is 'pecking order dynamics'? It is the testing all animals do to determine the pecking order. From schoolchildren to office workers, it always takes place. Sometimes it is subtle, sometimes violent. As men, we will always be exposed to it and if we do not know how to respond we will either move to the lower end of the order, or may end up escalating something to a violent encounter unnecessarily. Pushing back with too little or too much force invites violence. Pushing back with the right amount of force is the best way to minimize violence.

A person receiving a 'push back' should think to themselves: "I had that coming. That was fair. This person isn't a pushover but neither do I need to retaliate."

Social play teaches us how to find the right response to situations. It teaches us to be provokable (see Book One) and proportional.

In the animal kingdom and in tribal groups, social play emerges naturally but few of us in modern times experience

healthy social play. When siblings roughhouse, often the older will dominate the younger and neither learn good lessons.

The best form of social play I have yet encountered is the martial art form known as Brazilian Ju Jitsu. Unlike striking forms like boxing or karate, the focus is not about injuring an opponent but maneuvering into a position where your opponent has the choice between giving up or being injured. Since no one wants to be injured, once this position is attained, the loser 'taps out' by tapping the mat 3 times. This indicates that they recognize they have lost that encounter and the match is over.

Whether you are a parent that wants to give your child the benefits of social play or an adult that never had social play growing up, consider taking a few classes of Brazilian Ju Jitsu. Social play is a necessary rite of passage for the development of the healthy masculine.

Social play and Pecking order

In groups, pecking orders form with the most Alpha at the top and the most Beta at the bottom. Pecking order is an emergent phenomena. 5% of us will want to rise to the top, the other 95% of us being satisfied with being in a support role to a leader. As the order is being established, various dominance and submission signals go back and forth between group members both with body language and linguistics until the order is set. Minor scuffles and occasional violent confrontations can occur if two high ranking Alphas are in disagreement as to who is above whom since toxic Alphas try to rise as high as possible in the pecking order by making as many people as possible submit to them.

A Beta either feels comfortable at the lower levels of the hierarchy or justifies to himself that in truth he really is Alpha but

doesn't want to be bothered with all the competition and that his submission is only feigned.

A King will decline any Beta invitations but does not seek another's submission. This often confuses Toxic Alphas as they are used to domination and submission. As you continue to decline their invitations to take a Beta position without getting angry, you leave them to wonder: "*Why is this male not submitting to me like all the others?*" The only answer is that you simply don't see them as a threat. The cognitive dissonance they experience usually makes them either accept your status as King, their equal, or they leave. One way to frame this is to consider yourself as a visiting King from another kingdom. You are not looking to dominate anyone, but you will not accept anyones domination over you either.

Sometimes however a Toxic Alpha will continue to be aggressive with you. For this reason, a King should know some form of self-defense. A man that cannot defend himself and protect those around him is not yet a King. There are many styles of martial arts, pick one that suits your body type. Earlier we talked about Brazilian Ju Jitsu. This is excellent for social play, but as it requires a person to go to the ground, it is not a complete system. Going to the ground in a gym with a padded floor and a single unarmed opponent is one thing. Going to the ground onto concrete with an opponent that may have a weapon and friends that can kick you while you are trying to work your submission hold is a recipe for disaster. You will need to learn some 'stand up' game.

Find a school and style that suits your strengths. Be mindful that many schools will only show you techniques that work when your partner is feeding you slow choreographed moves that you

expect. To be realistic, it should work during the full speed chaos of a real encounter.

Bullying

Bullying is another toxic genetic program that nature gives us. Many animals bully the lowest in the pecking order. This is often triggered by lack of resources, whether that be food, water, living space or fertile females. Nature uses toxic alphas to attack the weakest member of the tribe under conditions of lack so that only the strongest survive. This is why capitulating to a bully only worsens the situation. Capitulation only confirms that the bully was right and that the weakling should be further harassed. Learning to respond to bullies is part of the what a King must learn.

The handshake

When primates touch hands, the Alpha male always has his hand on top. When a Beta shakes hands, it is often limp and with the palm facing up as if he is supplicating.

When a Toxic Alpha shakes hands, they may try to put their hand on top, put both their hands around yours or squeeze your hand to try to hurt you.

The King shakes hands firmly, with thumb side up. If a Toxic Alpha tries to put their hands on top, rotate your hands until they are in a neutral position. If they double handshake you placing both hands around yours, counter by placing your free hand on the back of their neck. This stimulates the vagal nerves and can trigger involuntary submission. If you've ever seen a kitten go limp when it's mother lifts it up by the skin of it's neck, you've seen this in action.

If a Toxic Alpha is crushing your hand, you have three choices. You could wait for the pain to end, but that is Beta and only invites that man to bully you further in the future. You could pull him towards you and head butt him in the face, but that would escalate the situation. Social play says to respond with an appropriate amount of force and call out aggression. Firmly palm strike his wrist while pulling your trapped hand back with a yank. A palm strike as opposed to a chop with the edge of the hand will release your hand without injuring the other person and escalating things. Then look the fellow between the eyes, shake your head, look them right between the eyes and tell them firmly “Don’t do that.” Then smile to de-escalate.

The stare down

In the animal world when a male and female lock eyes, it is considered an invitation to mating. When two males lock eyes, it is considered an act of aggression.

Another way that the pecking order is established is with eye contact. One way Toxic Alphas like to dominate other men is to stare them down. When two men lock eyes, the more submissive of the two will look down. Never look down if you lock eyes with another man. Instead, stare back for 2-3 seconds, then nod your head in acknowledgement, then look sideways (never down) and give your attention to someone or something else. If you look away too quickly or look down, you are signaling submission. If you lock eyes longer than 2-3 seconds, it can be considered an act of aggression. By keeping it in the 2-3 second range you decline any submission invitation while at the same time making it clear that you have nothing to prove in a pecking order match. The nod invites them instead to an relationship of equality.

Verbal domination

If a Toxic Alpha is speaking to you disrespectfully, it is the verbal version of a crushing handshake. You can ignore them or call them out on it, saying: “Don’t speak to me like that.”... which brings us to language.

The Language of Kings

Betas, Toxic Alphas and Kings respond very differently to situations both in what they do, but also, in how they communicate. Language is also a kind of social play. Again, we are tasked with finding the right balance. The Kingly response is that balance.

How Betas Speak	How Toxic Alphas Speak
Permission	Bullies
Complains	Blames
Defends	Interrogates
Self deprecates	Braggs
Stays quiet	Bosses others
Makes excuses	Counterattacks

Beta implications

Look at the Beta column. Who asks whom for permission? A Beta asks an Alpha. Who complains to whom? A Beta complains, either to another Beta or to an Alpha in hopes of help. Who defends against whom? A Beta defends against a Toxic Alpha interrogation. The very act of speaking in any of these ways implies a Beta position.

Take responsibility

How we respond to our mistakes defines us in many ways. There are many poor ways to respond to valid criticism. Common responses are to make excuses (Beta) minimize, distract or lie* (Mixed) or counter-attack (Toxic Alpha) but these are not how a King behaves. Make a study of yourself and your common responses. Catalog the patterns that you fall into and be vigilant. When you notice your mind offering you a narrative as to why your mistake wasn't really a mistake, stop and take responsibility. Even if it is hours or days later, take responsibility. When a King recognizes that he has made a mistake it is time for an apology and action. How we apologize is important.

Calibrating apologies

You made a mistake, you're human. How you handle it is what makes you a King. Take responsibility, be accountable and apologize one time (and no more).

There is a continuum for apologies, and it is important to apologize correctly. The extremes we can call hard and soft apologies. An example of a hard apology would be simply:

“Yes, I could have handled that better.” or “My bad” or “My mistake.”

A hard apology is appropriate when the mistake was simply strategic in nature. What is required is to take responsibility.

A soft apology is appropriate when your actions caused another to suffer. An example of a soft apology is:

“I’m really sorry about that.”

The language of your apology should be proportional to the nature and size of the mistake. If you offer soft apologies for tactical mistakes, you are being Beta. Likewise, if someone wants soft apologies from you when you made a tactical mistake, they are inviting you to be Beta. In this case, decline the invitation.

On the other hand, if a softer apology is in order and you don’t give one, then you are being a Toxic Alpha.

The first mistake was the mistake itself, but this is acceptable if it is not a recurring mistake or an obvious miscalculation. If it is part of the learning process, admit your error and don’t repeat it.

Don’t compound the acceptable mistake of lack of experience with an unacceptable mistake of failure to take responsibility. Until you take responsibility for a mistake, you are open to being continually harassed. An King does not put himself in a position to be harassed.

It is only when you take responsibility that you are King. Once you take responsibility for the mistake, it’s time to move on. It is appropriate to give someone a moment to vent their frustration at your lack of impeccability, but if after a reasonable amount of time, if someone keeps berating you about it, they are now inviting you to take a Beta role and you are within your Kingly prerogative to make it clear that while you did not act impeccably, you have apologized and their attitude will not be tolerated.

More on speech

The language of a King consists not only of what he says, but also how he says it. The time delay between when we are spoken to and when we respond, the resonance of our voice, the speed of our speech, the words we use, the messages we convey, when we choose to speak and even speaking at all are all things to master.

First....1...2...3...4...5, always respond after a pause. A King never hurries. Hurrying implies that there is not enough time, and Kings are ever abundant, even with time. Hurrying also suggests that you must get your message out quickly before you are interrupted or you lose someones attention.

Speak with a deep voice

When you speak, lower your voice from your sinuses, throat and chest to your belly. Find the lowest range you can comfortably speak in.

A lower voice signals higher testosterone, greater relaxation (what would a King worry about?) and low levels of inflammation (King's have healthy bodies).

One way to remind yourself to bring your resonance down to your belly is to grunt from time to time. Try it right now. Yes, right now. Grunt. There should be a kind of roaring sound deep in your throat. This will also activate baroreceptors (blood pressure sensors) in that area that will further relax you.

Imagine that you want to speak in the lowest register you can. How would you prepare yourself? You would need to relax from your mouth and tongue through your throat all the way down into your belly. This is what would give you the deepest voice.

Now, hold this relaxed awareness... all the time, not just when you are about to speak. This 'dropping' of your awareness to your belly is what skilled martial artists do to generate power and it will help you maintain a King's frame.

A King keeps conversations positive and speaks for the group

When you say things like:

"We all appreciated..."

"We all enjoyed..."

...you are guiding the group language towards the positive

Respect your time

A Beta will wait until dismissed to end an encounter. A Toxic Alpha likes to be the first to end an interaction as a dismissive power play. A King chooses to end an encounter at the appropriate time. If you see the person you are speaking with is giving you body language cues indicating that either the topic of the conversation or the length of time it is taking is making them uncomfortable, pre-empt the situation and gracefully end the conversation first and spare them the discomfort. You can see this when a person points their body (feet, torso or head) away from you. This leads us to body language.

The body language of Kings

With spoken language you are only communicating when you are speaking and by your absence of speech when it is expected. With body language you are communicating all the time.

Fetal position and posturing

Beta body language is a shift to fetal position. In fetal position, the head bows down signaling submission. The throat and genitals are protected. The shoulders rise protecting the neck and the back curves forward and shoulders rotate inward protecting the heart. Betas also tend to cross arms and legs. The Beta's desire to return to the womb is visible in his body language. On the other hand, a Toxic Alpha postures to intimidate those around him, like an ape puffing out his chest.

The King is comfortable in the world, and keeps his genitals, heart and throat exposed. His head is held up, shoulders relaxed and rotated backwards opening the chest and exposing the heart. A King keeps his arms and legs uncrossed and his hands are visible, never in pockets or covering his groin. Hands are our primary weapons or hold weapons. Putting them into your pockets broadcasts submission.

Don't swaddle

Putting hands or fingers in pockets and crossing arms are also a sign of wishing to return to the womb. Keep your hands visible.

Nervous tics

Nervous tics or shuffling of the feet indicate a background level of anxiety. A King has no nervous habits.

Let go of oral fixations

Oral fixations like smoking are another infantile Beta response. The Beta male is still subconsciously looking for his mothers breast.

Don't auto groom

Auto-grooming refers to rubbing, stroking, scratching or compulsively grooming oneself. It broadcasts is that the person doing it has no grooming partner and thus is not high in the social hierarchy, thus Beta. If a King wants a nurturing touch, he finds a Queen.

Fitness testing

There are three kinds of ways in which women challenge men. The first is at the beginning of a relationship to determine a man's value. This is called fitness testing. The second is during a relationship when a man fails to act impeccably. The third is when a woman is behaving in a Toxic Alpha way.

Fitness testing

DNA has evolved women to be attracted healthy, powerful men, high in social status that can provide and protect her and any children they might have. A woman who raises children with a man who posed as a powerful and evolved leader, but turned out to be a weakling or a bully is a terrible fate indeed. For this reason, women must test men.

If a woman sees a potential mate in a social context, she can tell how powerful he is by his position in the hierarchy. There is no need for her to test his position since she can see that he has the respect of other men and the attention of other women. He has been socially 'proofed'.

If a man is courting a woman and she does not have the opportunity to see him in a social context, she will need to test him. This is called a fitness test. In the animal kingdom, this might mean a courtship dance or a chase. She is not only probing your Alpha quotient but also seeing if you can respond to social play. If a potential suitor passes the fitness test, then the female is more likely to accept his sexual advances.

A failure to respond to teasing and social play appropriately indicates emotional damage, which will result in poor parenting, low social status and possible violence. A Beta will not respond with enough counter teasing while a toxic Alpha will over-react. A King teases back just enough to show his emotional balance and Alpha status.

A man should expect the occasional fitness tests from time to time. Unless a man exercises, eats well and works on himself, he may become weak or lazy with age. In a woman's subconscious, if you can't handle a little of her attitude how can you handle the predators in the world? How can you keep her and the children safe and provided for?

One way to trigger a fitness test is to demonstrate beta/submissive behavior in a social context. Remember, a female will experience stress if she is not confident in her man to provide for or protect her or their current or potential children. This can generate the hormone cortisol which will usually manifest as poor behavior... and a fitness test.

If a man responds to a fitness test with only kindness, it can be interpreted as submission (Beta) which only exacerbates the situation. This will cause a rise in her testosterone and a drop in her estrogen so that she can provide and protect herself any children. In other words, if you fail a fitness test, your partner will become more masculine. The tests will continue until either you pass the test, she resigns to a life with a Beta man or she either breaks up with you or cheats on you with a more Alpha male.

A toxic Alpha Female

Once a month, most women get a cortisol spike. This is PMS and can lead to toxic alpha behavior on her part. The only winning response to a Toxic Alpha behavior from men or women is to call them on their behavior. Yes, we are back to social play again. In this case, demand that she not speak like that. It is also beneficial later when her cortisol has calmed down to take her to bed and ravish her.

You may also find that you have a full blown Toxic Alpha female on your hands. Some women enjoy bossing men around. They enjoy the power they have during courtship and don't want to let it go. In a world full of Beta men they get used to their power. Perhaps they learned it from a Toxic Alpha mother and a Beta father as role models growing up. If you find yourself with a Toxic Alpha female who is unable or unwilling to soften and treat you with kindness and respect, find someone else.

No porn

What male watches another male have sex in the animal world? Beta males watch the Alpha male have sex. Watching

other men have sex (porn) subconsciously affirms your Beta status. A King will give up porn and masturbation (auto-grooming). If a King is feeling sexual, he finds a Queen to take to bed.

The aging King

In men, testosterone lowers and estrogen rises until we can actually have more estrogen than testosterone in our bodies. I call this a hormonal inversion and it happens as early as in a mans 40's. In women, the opposite happens with estrogen dropping and testosterone rising. Once men and women are in their 50's, the woman can have more testosterone than the man does. Exercise and cold exposure both help with testosterone levels.

Ejaculation

Ejaculation weakens a man. The Biblical story of Samson and Delilah was not about his hair, that was a metaphor for his seed (semen). Elite athletes know this and will abstain from sex for days before important competitions.

Some genetic superstars can spill their seed daily until their entire lives. On the other hand, I also know of a porn addict whose excesses led to a stroke in the brainstem. Most of us are in the middle. We can spill our seed, especially in our youth, but as we age, we pay a price.

Physically, semen is very expensive to make, biologically speaking. It contains the best of a mans physical essence and we cannot lose it without cost. It is very similar to cerebral spinal fluid. Brain and nerve tissue both suffer if we spill to excess. What is excess? That depends. The Taoists have three types of

formulas for ejaculation. One based on sexual frequency, one on the seasons and one based on your age. The maximums are as follows:

Teens and twenties	2x a week
Thirties	1x a week
Forties	1x every 2 weeks
Fifties	1x every 3 weeks
Sixties	1x a month
Seventies+	none

How often should you spill? You must decide for yourself. Personally, I made the decision to stop spilling in my late 40's. It took me about a year to develop such control. What I can tell you is that the first 100 days are the most difficult.

What will you experience as you hold your seed? On day 7 a 145% increase in testosterone. The longer you go, the stronger you become in mind and body. As your brain regenerates, you may notice a greater spiritual presence as well. Personally, I would never go back. To trade my strength, will and spiritual connection for 15 seconds of pleasure is not worth it.

Caution: Some schools teach you to press on the perenium so that you can have an orgasm without ejaculation. This 'cheating' backfires. First, the orgasm itself causes the male brain to degenerate (decreases testosterone and raises estrogen and prolactin). Second, it can cause prostate problems.

All this does not mean not to have sex, it means not to ejaculate. This takes a lot of practice and a female that is cooperative with your intent. Once you master this, you can have as much sex as you like and still retain your vigor.

Practice makes perfect

Where to start. If asserting your new Alpha nature feels inauthentic and is a challenge, then practice being Alpha in an environment where you already have natural authority. This can be in the workplace if you have staff and employees, in any situation where you have recognized expertise, and with servants.

Restaurants are a great place to practice since wait staff want good tips and know that treating you like a King is just good business. Rather than saying you'd like a steak and a glass of wine please, say "I'll take the steak and have a glass of wine." If a waiter or waitress comes over in the middle of your conversation, don't be interrupted. Finish what you have to say before you turn and greet them. If you've been Beta for a while, do this with your woman next to you. Let her see you in an Alpha state at the restaurant. Then when dinner is over and you are helping her into the car, give her a playful smack on her bottom and tell her that when you get back, you're going to ravish her. See what happens...

A little more challenging is with a new group of people. Here, the pecking order has not yet been established and if people don't know you, there is no preconception about where you belong in the hierarchy, but there will be jockeying for position and possibly a Toxic Alpha or two to deal with. Simply practice Kingly body language, linguistics and respond to Alpha challenges appropriately and you will move up.

The hardest situation is when a pecking order has already been established and due to a history of past Beta behavior, you are low in the hierarchy. If their position is due to your submission, they may try to keep you down. This takes focus and

determination. Regardless of where anyone else thinks you belong, just remember, you are a King. Submit to no one.

Debrief

At the end of the day, it is useful to debrief. Go back over the day and make note of what situations you handled well and those that still need improvement. Did you:

Have courage in the face of fear or uncertainty?

Forgive others their weaknesses but stay ruthless with yours?

Display generosity with your time and resources?

Stay honest with yourself and others?

Meditate on how you can improve?

With introspection, you will see patterns. Places where being a King was easier than others. This transition can take months or longer. Be patient and persistent and you will change.

Kings, Allies and Advisors

There are times when a King should let others lead. One example is when another person has a superior skill set to handle a given situation, as well as the interpersonal abilities to manage the group dynamic and delegate authority. In other words, when there is already a King present. A King is always a King, and never a follower. What you become in this situation an Ally.

An Ally is a King that recognizes when he is in the presence of a another King and has the wisdom and confidence to support that other King when it is in the best interests of the group.

In the event that the person with the skill set lacks the confidence to lead (is not yet a King himself) a King will take a

leadership role, but has the wisdom to let the other man provide the tactical role as to how to move forward. This other man is an Advisor.

Kings and Tyrants

Another name for a Toxic Alpha is a Tyrant. Tyrants move up the pecking order by pushing others down. If a Tyrant gets to the top, he rules by fear, not respect. Kings on the other hand do not need to dominate anyone. Where a Tyrant pushes a King naturally rises. Kings are abundant and prefer as many other people become Kings as possible. They invite them to become Kings themselves. The more Kings that are out there, the more potential allies a King has.

The Kingmaker

Tyrants quash other men to consolidate their power. Kings raises up those around him. Kings are not weakened by the presence of other Kings, rather they are strengthened by them. Kings know that the world needs more Kings. More men willing to provide and protect for their loved ones and their community. The greatest of Kings is thus the Kingmaker. The King who teaches other men to be Kings in their own right. You have the knowledge now. Master it, and become the greatest of Kings, the Kingmaker.

Cultivating Kingship and your Conscience

It has been said that to create a habit takes 500 repetitions, but to change a habit, 5000. In the beginning, you may only notice unimpeccable habits hours after the fact, during your debrief. Over time, you will notice them faster and faster, until you notice them in *live time*, as they are playing out. This is where

you have your greatest power to change them, in the present moment. Beta mannerisms are bad habits, but there are others.

From this point on, the journey becomes more personal. Your guide will be your conscience. When you find yourself with a choice to make, your mind will calculate the most tactical solution, but not necessarily the most impeccable, the most noble. It is his conscience that the King must follow, but the voice of the conscience is quiet, while the advice of the amoral mind is loud and often deceptive.

How do we cultivate our conscience? We can divide the decisions we are faced in life into 3 categories. The first situation is one in which we know what the impeccable thing to do is and... we do it. Congratulations.

The second situation is where we know the impeccable thing to do, but we do not do it. We lack the Will. We let our minds give us justifications as to why we should do something else.

The third situation is where we do not know what to do. We lack Wisdom.

So, to be Kings, we need to increase both our Will and our Wisdom. We start with Will. Consider the second situation where we know what to do... but do not want to do it. In this case, our actions (or inactions) injure both our Will and our Wisdom. We become both weak and ignorant. To know what to do, and not to do it damages our conscience.

This is what then leads to the third situation, where we do not know what to do. We lack Wisdom. Why? Because in the second situation, we damaged our Wisdom, our conscience.

So, to cultivate our conscience, we must focus on the second situation. We must be impeccable, even when, especially when it is difficult. This cultivates our Will and Wisdom. As we do this, there are less and less times when we find ourselves in the third situation, where we do not know what to do.

In order to hear his conscience, the would be King must understand the nature of his own mind. The mind can be an excellent tactical advisor, but it is a pretender to the throne. It must be put in its proper place. It must serve the King, not control him, otherwise it injures our conscience.

To be an impeccable man begins with impeccable actions. To take responsibility for what we do. Yet, actions arise from thoughts and feelings, so then we must also have impeccable thoughts and feelings. We must also take responsibility for our thoughts and feelings.

In ancient philosophies, students who wanted to understand their minds and emotions were given a teaching called 'The Five Elements'. This book has been your introduction to evolving the Fire Element, the element associated with leadership and courage. I now invite you to continue your journey with the next book in the series, Purification of the Five Elements where we will look into how to take responsibility for our thoughts and emotions as well.