

AN INVITATION TO KINGSHIP



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Introduction

This book will address three archetypes, Beta, Alpha and Sigma. To live a good life, a man should know which archetype best represents his personality, and how best to cultivate that archetype. To get the most out of this book, let go of any preconceptions as to what Beta, Alpha and Sigma mean that you may have learned from social media. For the purposes of this book, I will define them as follows:

Beta: A team player. Betas get things done.

Alpha: A team leader. Alphas organize the group.

Sigma: Someone that is neither Beta nor Alpha. The visionary, guide, mentor or shaman.

In Arthurian lore, King Arthur would be the Alpha, and the Knights of the Round Table the Betas. Contrary to social media, Beta does not mean weak. It means team player. (Merlin would be the Sigma.)

While pure Archetypes are rare, with most men being a combination of the three, one will usually be dominant. If you do not know which archetype is dominant in your personality, then you may end up choosing the wrong friends, the wrong wife, the wrong job, the wrong home...

Neither of the 3 are superior, but they do have different pros and cons.

The pros of being Alpha are more sex and greater financial success. The cons are continually dealing with up and coming Alphas that wish to take his place and the drama and dynamics of keeping the group functioning.

The pros of being Beta are a community of other Betas you can rely on for help. The cons are being led to slaughter by Toxic Alphas (take that hill soldier, inject this vaccine citizen).

The pros of being a Sigma are peace, but the cons are loneliness and the potential for madness.

Once you know your archetype, the next step is to become the most noble form of the archetype. Fortunately, the path of cultivation for all three is nearly identical.

If you are female reading this book, you may find this useful in:

- 1- Raising a son
- 2- Recognizing a good man as a life partner
- 3- Understanding a male workspace
- 4- Cultivating your own inner nobility

So, let us begin.

The Three Archetypes

So, which archetype is dominant in your personality? If you like team sports (but are not chosen to lead the team) and are satisfied being an employee, you are likely Beta like 95% of all men.

If you like team sports (and are usually the team leader) and are usually a boss with employees you must manage, then you are likely Alpha, which is 5% of all men.

DNA programs 95% of males in pack animal species to be Beta and 5% to be Alpha. 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.

If the sports you are attracted to are solo sports, if you have your own business (neither being a boss nor an employee), if you like to be on your own and are not easily made lonely, then you are likely a Sigma. True Sigmas are less than 1% of men. Perhaps 1 in 500.

There is a trap here. Some men that are low on the Beta hierarchy may choose to 'opt out' or 'go their own way'. If a Beta tries to be a Sigma against their natural personality, they will be lonely and unhappy.

Beta has a hierarchy, a pecking order. If you are Low Beta, I suggest you learn to move to the top of the hierarchy. You will have more success finding a quality partner (psychologically healthy women are not attracted to Low Beta men), be more successful in business and be a generally happier man. I will discuss this in more detail later.

Cultivation

Each of these archetypes has a Toxic, Low and Noble form. The Toxic form is evil and sadistic. The Low form is selfish but not sadistic. The noble form is... noble. To best explain Toxic vs. Noble, I will use characters from the Lord of the Rings.

Toxic Beta: Grima Wormtongue.
Deceptive. Betrayer.

Noble Beta: Samwise Gamgee.
Honest. Loyal.

Toxic Alpha: Sauron.
Violent. Rules by fear.

Noble Alpha: Elrond (Elf King).
Wise. Rules by respect.

Toxic Sigma: Gollum.
Selfish. Friendless.

Noble Sigma: Gandalf
Independent. A guide.

Since few of us are actually evil, it is more a matter of us being a Low form of our archetype. A Low Alpha uses their position for personal gain but is not interested in the good of the group.

A Low Beta does the minimum work required to keep their position. They will also be at the bottom of the pecking order.

A Low Sigma will decline to engage in humanity, even though they may have insights to help.

In history, Hitler would be the Toxic Alpha, the Gestapo and Nazis the Toxic Betas and Nietzsche the toxic Sigma whose philosophical teachings that God is Dead and we should go beyond good and evil the justifications for the Nazi atrocities. Nietzsche is a poster child for the Toxic Sigma. He spent the last 10 years of his life dependent on others and descended into the madness of syphilis.

What is Kingship and Why be a King?

I would define someone that knows their archetype and cultivates its highest and most noble form, a King. Not King in the sense that they have power and rule over others (Alpha), but King in that they have power and rule over themselves. Hence the title of this book, An Invitation to Kingship.

Why be a King?

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 noble behaviors from you.
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.

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. Modern culture is of no help either. Media gives us either hen-pecked men in sitcoms or violent criminals and gangsters to choose from.

Fortunate is the young man raised by a King. He can learn how to behave without any formal instruction. Simply by observing how his father speaks, holds himself and handles situations, the boy can learn to be a King himself. He may not be the same Archetype as his father, but he will learn what nobility looks like.

For those of us not 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. So, we begin with the first lesson of 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.

When I do workshops, I pair people of similar bodyweight and have them push each other. If one person is uncomfortable as the 'pusher', then the one being pushed must demand they push harder. In a tribe or pack of animals, one weak member weakens the tribe. It is social play where we learn to have boundaries and the proper use of force.

You might be surprised to know that during this 'social play' people are always laughing and happy. We don't get enough social play as a species...

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.

At this point in the workshop, I will have someone push me and I will demonstrate 2 failed strategies. In the first I will collapse and beg for mercy. I explain this only emboldens the bully. In the second, I will pull out a hidden mock pistol and 'shoot' the pusher. This is to explain that those without social play can go from zero to 60 in one step. You push them, they shoot you. This is important to understand in a world full of people who did not get social play. They may not escalate in steps...

Then I demonstrate the correct response. I push back, just as hard. This idea is to respond to force with equal force. The other person should think to themselves..."Well, I had that coming. This person isn't a pushover, but didn't escalate either." Finding the right force to respond with is a Kingly cultivation.

Pecking orders

What are 'pecking order dynamics'? It is the testing all animals do to determine 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 minor into 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. 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 tribal groups, social play emerges naturally but few of us in modern times experience healthy social play. If when siblings roughhouse, the older always dominates the younger, neither learn good lessons.

An excellent form of social play is the martial art form 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 or his opponent's body 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 Lowest Beta at the bottom. Pecking order is an emergent phenomena. 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.

A Sigma should understand pecking order dynamics even though he does not take part in it. He should understand how to present as either High Beta or Alpha depending on the nature of the situation. This will help him gain the respect and help of other men when needed.

Bullying

Bullying is another toxic genetic program that nature gives us. It is how DNA keeps weak men from propagating. 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. So, let us discuss some bullying tactics you may encounter.

The handshake

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

Handshakes are an example of social play. 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.

Once in a great while, you will encounter a Toxic Alpha that likes to crush your hand, you have three choices. You could wait for the pain to end, but that is Low 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 should call them out on it, saying something like: “Don’t speak to me like that.”... which brings us to language.

Language

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

Low Beta implications

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

Take responsibility

Taking responsibility is perhaps the most fundamental lesson of cultivation. 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 (Low or Toxic 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 Low Beta. Likewise, if someone wants soft apologies from you when you made a tactical mistake, they are inviting you to be Low 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 Low 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 someone's 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.

Respect your time

A Low 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

Low 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. Low Betas also tend to cross arms and legs. The Low 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 are the low 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 Low 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.

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 King, 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 Low Beta will not respond with enough counter teasing while a toxic Alpha will over-react. A Toxic Sigma will just walk away. A King teases back just enough to show his emotional balance.

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 Low 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 (Low 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 Low Beta man or she either breaks up with you or cheats on you with an Alpha.

The 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 Low Beta men they get used to their power. Perhaps they learned it from a Toxic Alpha mother and a Low 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? Low Beta males watch the Alpha male have sex. Babies watch parents having sex. Watching other men have sex (porn) subconsciously reinforces a Low Beta and infantile 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. If you want maximum vitality and longevity, consider the following:

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. In the last ten years, I spill about 1-2 times a year just to keep the 'pipe clean' as it were.

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

A high Beta will be relatively Alpha (in a leadership position) to lower Betas so part of the cultivation of a Beta is to learn how to be Alpha when needed. If this is difficult for you, 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 Low 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 Low 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.

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 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.

Apologies... part two

Few people other than Low Beta's like to apologize. It is a submissive act. There are three ways not to apologize. One is to be a toxic Alpha and counter attack. One is to be a Low or Toxic Beta and make excuses. The third is not to make mistakes. How do we do that? How do we know the right thing to do?

Summary

If you are a low Beta, cultivate to become a high Noble Beta. Stop making excuses, learn to work towards the group goal without needing to be micromanaged. Don't follow authority blindly (Toxic Alphas), but always reserve the right to challenge those above to if they become toxic.

If you are high Beta, cultivate Alpha. You may be called to take the role of the Alpha from time to time. Study leadership skills. Learn how to delegate authority and conflict resolution. It may never feel natural, but as a High Beta, you are the 'backup Alpha'.

If you are Sigma, it can take decades of study and meditation before you have grown in wisdom enough to be a guide and a mentor. This is a slow road and you may be 50 years old before you hit your prime. Still, come down from your mountain and get involved. Help your fellow men with what you know when you can.

Cultivating your Conscience

Social play teaches us to call out aggression and take responsibilities for our mistakes. When you hear your internal

dialogue giving you excuses, rationales and justifications, that is the sign that you are about to violate your conscience. The language of Kings is not just how you speak to others, but how you speak to yourself.

Your conscience is how God speaks to you. It is the work God gives to you. It is your 'Spiritual Employment.' If you ignore your conscience enough times, the voice of your conscience can become very hard to hear. You will become 'Spiritually Unemployed'. Evil revels in this 'freedom' but for those that are not truly evil, Spiritual Unemployment will create Existential Crisis. Why am I here? What is the meaning of life? It leads to despair and emptiness.

To climb out of this self imposed depression, you will need to become Spiritually Employed again. However, you may not be able to do that right away. Full Time Spiritual Employment may not be on the table for you. As such, you will have to take Spiritual Odd Jobs until a job offer is made to you. Fix the strangers flat tire, help the neighbor fix their porch. Look for anything you can do to help other people. Do this long enough and you may hear a knock at the door to your heart. That will be your conscience asking if you'd like to work again.

The mind is a powerful tool, but it can also give us the excuses that lead to Spiritual Unemployment. As such, it is good to know the nature of your mind. If you would like to begin to tame your mind and make it an ally and troublemaker for you, I 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.