

THE DEEP GAME OF LIFE

A Mini-Book on Depth Psychology & Florence Scovel Shinn for Modern Manifestation

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INTRODUCTION — Why This Book Matters Now

Florence Scovel Shinn wrote during a time when spiritual laws were presented as absolute, simple, and optimistic. She taught that life follows precise principles:

- what you expect manifests
- what you speak takes form
- what you fear attracts itself
- what you resist persists

Her work is elegant, practical, and spiritually poetic.

But many modern readers struggle because:

- **affirmations feel fake**
- **fear doesn't simply vanish with a verse**
- **trauma undermines confidence**
- **manifestation clashes with psychological wounds**

Depth psychology fills this gap.

Jung, Hillman, and post-Jungians teach that the psyche is layered, symbolic, autonomous, and shaped by early experiences. Shadow elements sabotage intentions. Archetypes influence behavior. Unconscious complexes interfere with goals.

By combining these worlds, we create something new:

A manifestation model that honors both desire and shadow, both destiny and psychology.

A system where Shinn's spiritual laws meet Jung's psychic laws.

This is *The Deep Game of Life*.

SECTION I — THE INNER ARCHITECTURE OF REALITY

1. The Psyche as the Real Playing Field

Shinn says:

“Man’s word is his wand.”

Depth psychology responds:

“A wand only works if the magician believes in it.”

The true field of manifestation is the **psyche**, not the external world. Your reality reflects:

- conscious intention
- unconscious expectation
- emotional memory
- archetypal identity
- shadow material

Shinn taught that life is a game governed by law. Jung clarifies:

The game is played between the ego and the unconscious.

The ego sets goals; the unconscious responds with symbols, obstacles, synchronicities, and insights to shape you into the person who can achieve them.

Nothing is random.

Everything is reflective.

Life becomes meaningful when you learn to read it symbolically.

2. The Law of Mental Equivalents

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Shinn believed that people attract what matches their dominant inner picture. She called these “*mental equivalents*.”

Depth psychology reframes this as:

Your external circumstances mirror inner psychic patterns.

If you habitually experience:

- chaos → inner disorder
- rejection → inner belief of unworthiness
- opportunity → inner readiness
- conflict → inner fragmentation

This is not punishment—it is reflection.

Shinn said life is a mirror.

Jung said the world is symbolic projection.

Both teach the same truth:

What you hold inside becomes the world you walk into.

3. Desire as a Message From the Self

Shinn believed that desire is divine guidance.

Depth psychology agrees:

Desire is the voice of the Self calling you into individuation.

Your healthiest desires:

- arise naturally
- energize you

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- bring clarity
- feel meaningful
- expand your life

Neurotic desires feel grasping or compensatory, but true desire points toward purpose.

Therefore:

- Wanting control → Sovereignty
- Wanting financial stability → Order & Responsibility
- Wanting love → Connection & Vulnerability
- Wanting purpose → Calling from the Self

Your desire is not a random wish.

It is the next chapter of your psychological growth.

SECTION II — THE SHADOW AND THE BLOCKS

4. How Complexes Sabotage Manifestation

Shinn talked about “failure pictures” and “fear pictures.”

Depth psychology calls these **complexes**.

A complex is:

- a cluster of emotion
- wrapped around a belief
- energized by past experience
- stored in the unconscious

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- activated by present triggers

You say: *“I deserve success.”*

Your complex says: *“Success will make me unsafe.”*

You say: *“I want love.”*

Your complex says: *“Love means betrayal.”*

Until shadow material is integrated, it **overrides all conscious affirmations.**

This is why people “manifest the opposite.”

The unconscious is stronger than the ego.

5. Fear Pictures, Archetypes, and Inner Opponents

Shinn’s “fear pictures” are inner images we replay that generate negative outcomes.

Depth psychology explains why:

Images are the primal language of the psyche.

The unconscious responds to symbolism—not logic.

A fear picture activates:

- the Shadow
- the inner Critic
- parental complexes
- trauma memory
- archetypal energies of doom or chaos

These inner opponents behave like characters in a story.

You cannot outrun them.

But you can transform them.

6. Nonresistance as Psychological Alchemy

Shinn's law of nonresistance aligns perfectly with Jung's alchemical work.

What you resist persists.

Resistance feeds complexes.
Nonresistance dissolves them.

To be nonresistant is to say:

- "I can witness my fear without being ruled by it."
- "I can feel discomfort without collapse."
- "I can allow growth to unfold without grasping."

This is not passivity.
It is **inner fluidity**.

The iron mind becomes golden when it stops clashing with itself.

SECTION III — THE POWER OF THE WORD

7. Your Word Is Your Wand — Reinterpreted

Shinn meant this literally: spoken words manifest outcomes.

Depth psychology explains:

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Words are **symbols**, and symbols activate the unconscious.

The spoken word becomes a “wand” when:

- emotion is aligned
- imagination is activated
- identity matches the statement
- behavior reinforces it
- shadow is acknowledged
- the archetype is invoked

A word from the ego is weak.

A word from the Self is unstoppable.

8. Identity-Based Affirmations

Traditional affirmations often fail because they are **ego-level**.

Identity-based affirmations work because they activate archetypes.

Instead of:

- “I am successful.”

Use:

- **“I act as one who succeeds.”**
- **“I move like a person in control.”**
- **“I decide with clarity.”**

Identity speaks directly to the unconscious.

9. Ritual, Symbol, and the Spoken Spell

Shinn's methods are rituals disguised as affirmations.

Depth psychology reveals:

- ritual creates safety
- rhythm calms the body
- repetition forms identity
- symbolism bypasses resistance

A spoken spell works by:

1. Naming the identity
2. Speaking the command
3. Embodying the state
4. Holding the emotional tone
5. Releasing the outcome

This is manifestation with psychological depth.

SECTION IV — THE ARCHETYPES OF MANIFESTATION

This section expands Shinn's idea of "divine selection" with Jung's approach to archetypal roles.

10. The Sovereign — The Archetype of Control, Authority, and Order

This archetype governs:

- boundaries
- decisions
- finances
- leadership
- clarity
- responsibility

Sovereign statements:

- “I command order in my life.”
- “I choose with certainty.”

Shinn would call this “divine authority.”

Depth psychology calls it *ego strength aligned with the Self*.

11. The Warrior — Action, Energy, Courage

The Warrior:

- takes initiative
- cuts through distraction
- protects purpose
- fuels momentum

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Shinn said, “No man is your enemy,” meaning the battle is inward.

The Warrior confronts complexes without fear.

12. The Magician — Skill, Insight, Creativity

This archetype manifests results through:

- skill
- clarity
- insight
- ingenuity

Shinn praised intuition as the guiding force of life.

The Magician is the intuition-driven self who knows *how* to bring desires into form.

13. The Lover — Connection, Beauty, Attraction

The Lover governs:

- relationship
- compassion
- inspiration
- aesthetic alignment
- emotional harmony

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Shinn's teachings on love map perfectly here:

“Only love can draw love.”

14. Integrating the Archetypes

A balanced psyche uses all four archetypes.

Too much Sovereign → rigidity

Too much Warrior → burnout

Too much Magician → detachment

Too much Lover → dependence

Manifestation requires wholeness.

SECTION V — THE METHOD: HOW TO PLAY THE DEEP GAME

This is your signature framework, grounded in both Shinn and depth psychology.

15. Step One — Reveal the Desire

Ask:

- What is the genuine desire beneath the social mask?
- What part of me is calling to be expressed?
- Which archetype does this desire invite into my life?

Desire is destiny's whisper.

16. Step Two — Reveal the Shadow

Ask:

- What fear contradicts my desire?
- What memory shapes this fear?
- What belief anchors it?

Shadow is not an enemy.

It is the gatekeeper to the next stage of your evolution.

17. Step Three — Choose the Archetype

Select the identity needed to fulfill the desire.

Ask:

- Am I becoming the Sovereign?
- The Warrior?
- The Magician?
- The Lover?

Identity precedes manifestation.

18. Step Four — Speak the Word

Craft the Shinn-inspired command:

- short

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- sharp
- declarative
- emotionally aligned
- archetypally grounded

Examples:

- **“I move with clarity and purpose.”**
- **“I act with courage now.”**
- **“Order unfolds through me.”**

This is your wand.

19. Step Five — Embody the State

Here is where *your* methodology shines.

To embody:

- shift posture
- adjust voice
- change breath pattern
- act as the archetype
- move with intention

This imprints identity.

20. Step Six — Release Resistance

Use Shinn's nonresistance:

- Do not force
- Do not cling
- Do not chase

Hold the desire lightly.

Let the psyche reorganize itself.

21. Step Seven — Walk the Path of Individuation

Every desire has two purposes:

1. The object itself
2. The person you must become to receive it

The second is always the true goal.

SECTION VI — LIVING THE SECRET DOOR

22. Success as a State of Being

Shinn said:

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“Success is inevitable when you are in the right vibration.”

Depth psychology says:

“Success emerges when the ego aligns with the Self.”

Success is not a result.

It is an orientation.

23. Failure as Transformation

Shinn saw failures as “detours.”

Jung saw failure as necessary descent.

Failure means:

- the wrong identity was dissolved
- the shadow is being integrated
- the psyche is preparing for renewal

Failure is alchemy.

24. Meeting Fate Without Fear

Fate is simply the unconscious made visible.

When you no longer fear your shadow, life stops frightening you.

25. A New Life From the Inside Out

Shinn ended by saying:

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“There is a divine plan for your life.”

Depth psychology reframes:

“There is a psychological blueprint—your individuation path.”

Living the Deep Game means:

- responding instead of reacting
- creating instead of compensating
- choosing instead of drifting
- speaking from identity
- walking in alignment

You become the cause, not the effect.

Conclusion — The Game Is You

Shinn taught that life is a game.

Depth psychology teaches that life is a journey of integration.

Put together:

The game is won by becoming the person your destiny is asking you to be.

You are not manifesting things.

You are manifesting your Self.