

Module 5:

The Shadow

When I first started singing I felt incredibly insecure. Moments where I needed to practice or perform were areas where I'd shrink, feel inadequate and try to hide my insecurity. I eventually stopped singing for a band that I would practice with. One day after a long hiatus, I walked into a band practice. The group had replaced me with another woman. She was not only tall, beautiful, sensual and confident, she was also an incredible singer. My body shrank. I was overcome with a jealousy or feeling I had rarely experienced & I walked out the door. I later realized that the Universe was trying to show me a version of myself that I wanted to become.

The Shadow

We are only as free as our triggers. Our triggers hold deep truths about aspects of ourselves that we have not yet made peace with. Some people like to call this our shadow side. Some see the shadow as 'negative', though this is not really true. The Shadow is rather what you perceive as dark and weak about yourself, and therefore needing to be hidden and denied. But this depends on your own perspective on life, and your self-esteem.

One person's shadow might have elements like sadness, rage, laziness, and cruelty, which might lead to them hiding their personal power, independence, or emotional sensitivity. When we recognize and face our shadow, we can become more whole and balanced.

For example, if we accept and face our anger, we can then set better boundaries. And if we fully accept our sadness, we can also feel joy more fully, and are more likely to find a middle ground of contentment than be stuck in one side of the emotional spectrum. Knowing your shadow side will also improve your relationships. What we can accept and understand about ourselves we are then more able to accept and understand in others.

If you feel uncreative in life, working to understand your shadow might help. Carl Jung connected the shadow to the creativity. Perhaps the more free we feel emotionally, the more free we are in the ways that we think and accomplish things. Note that when we repress and deny things about ourselves, they do not disappear. Rather, they can grow in power and cause us distress. Often our repressed shadow side will do this via what is known as psychological projection.

Projection:

Psychological projection is when we attribute an unconscious thought, feeling or even talent of our own onto another person. It will be a seemingly 'unacceptable' attribute you see in another person, and sounds like blame.

For example, you might feel that everyone around you is lazy and selfish. The reason you never get ahead in life is because they are all too self-absorbed to help you. If you looked at yourself honestly, you would likely find it's you yourself who have a tendency to be self-centred and inactive. A modern-day version would be the tendency to consider all Muslims as dangerous and potential 'terrorists', denying how our Western society is dangerous with a long history of terrorism against other groups.

The Mirror

One tool to use to world and others around me are a mirror for myself. This theory came from the book *Clear Your Shit* by Dane Tomas. We can either look at the world as "it's happening to me" or in the context of, "I perceive what's happening to me."

If we walk around thinking things like, "my partner annoys me," or "I don't make enough money", it is likely that we are blaming external things as the source bothering us. Why is this important? Our judgments become the reasons we stay small. If I see others speaking their truth as "whiny, know-it-all, attention seekers", then there is an element of this judgment that impedes myself speaking my truth in this way. The mirror tool helps us look internally and reveal deep truths about ourselves that, if we are open, can help heal us and guide us into incredible growth and new ways of being.

To utilize the mirror tool, see the prompts below:

- Make a list of those you have negative energy with and why. What annoys you? Who are you judging? (ex: my niece is greedy)
- When you've completed your list, cross out the name of the person or situation and replace it with your name
- For each item, what is your shadow side that is suppressed or projected to another? Write down whether you are OK or NOT OK being that thing. (Ex: Which part of you would like to be more selfish, or greedy, or sensual?)
- How can we make peace with this part of us? What shift can we make to integrate this side of us?

For example: a) I dislike Josh because he's selfish. b) NEW: I dislike Julia because she is selfish. c) I'm ok with being selfish d) I might put myself first.

Module 5:

The Mirror: NB

A new note about the Mirror from my own mentor, Yana Fay:

"Initially when I came to "the work" (The Spiral, emotional clearing, self development) there was a strong message of "Everything in the world is a reflection of yourself." And it kind of ended there.

After journeying for quite some time in very close dynamic with Nyaniso who trained as a practitioner at the same time as me, I realized that the mirror isn't everything.

*THE MIRROR is *incredibly* powerful when we choose to look into it ourselves. The mirror also has the potential to be really isolating and damaging when it's held up to someone without consent. Nyaniso and I call this "weaponizing the mirror."*

Example of weaponizing the mirror:

Person 1: "Hey, I feel really upset about that thing you did"

Person 2: "Well you should look at what my behaviour is reflecting back to you about yourself / how are you manifesting this? etc."

At times, asking someone to look at the mirror and take responsibility can be a hindrance to emotional process, real human connection and an honest sense of safety.

We are social creatures, and learning how to navigate social dynamics is equal to learning how to navigate our connection to self. THE CONNECTION PIECE has to do with knowing how to communicate, sense others, express self, hold an awareness of social spaces, identify if a place or person is safe or honest or not etc. It is what takes care of community, family, friendship etc. It has everything to do with vulnerability in its purest sense.

Ways to work on the connection piece:

- Learn how to COMMUNICATE your needs, desires, boundaries in a way that feels open, relaxed and emotionally stable.
 - Learn how to identify when it's time to "stay in the fire" for growth and when it's the time to step away to give your nervous system space to settle.
 - Take space from people and places when you need space rather than forcing yourself to self-reflect and grow through everything.
 - Express a need or desire (not a command or hard expectation) for a person / people to show up for you in a particular way. eg. "I'd really love a hug right now, is that something you have capacity for?" or "I need to cry, can you hold space for me?"
- Ultimately the connection piece is about acknowledging that whilst YES we are sovereign creatures who command much of how life orchestrates itself around us...*

We are ALSO (EQUALLY SO) in dynamic with other complex, powerful, emotional, growing humans. And these humans affect our life in various ways. Acknowledging the many ways other humans affect us can support us in journeying life more powerfully.

*Understanding that sometimes (actually, ALWAYS) we do *need* healthy connection with other humans to thrive is important to thriving. There is as much room for life transformation in learning how to connect (or disconnect) with others as there is in learning how to connect with self. Hope this helps. Happy to answer any further questions.*

Reflection Questions:

- 1) Where might you have dismissed someone's concern about you? Where might you have projected something onto them?
- 2) Where is there a wall you may have put up to someone or something out of fear of a vulnerability? Who could you reach out to in order to connect with and unite and drop the wall?
- 3) Where can we express or communicate our needs or desires or boundaries to another?

Deserving

As we move on from our cares, we start to claim our worth. We stop trying to please others and we start to understand what we deserve for ourselves. Does my Higher Self align with my current lifestyle and boundaries that I have in place currently? If I were to upgrade my sense of self worth, what might change? One way to discover this is to be mindful of our YES and our NO. Where are we saying YES when we'd like to say NO? Do we care so much that we are willing to overstep our personal boundaries for this person/ thing?

Task 2: List 100 things you won't stand for anymore. Which of these can we create healthy boundaries for? Share your boundaries in the group.

Task 3: Write your response to the following:

If I had the capacity to say NO, I would _____

If I honoured my YES, I would _____

My triggers want to teach me _____

I am reclaiming my inner prosperity and abundance by creating boundaries with _____

When I know what I deserve, I will _____

Prayer & Power Thoughts

Mindful Attention

Many people spend time thinking about how they have been hurt, damaged, or injured by others. What marvellous things they could do if only this thing hadn't happened to them, or if it was not for others messing with their peace. So long as this is your belief, you cannot move past this internal experience. As soon as you know no one can hurt you (from the outside), you are free to overtake any mistake or situation that may currently be blocking you. No one can kill your character, peace of mind, your reputation. Only you can.

Although there are many things outside of our control, we can choose:

- a) what we focus on,
- b) what we tell ourselves about what happens,
- c) how we engage with the emotions, and
- d) what happens next

When you communicate with your Inner Power, you elevate your energy and self worth. When you start to learn who you are, you can rise above your circumstances. As we speak out, we pray. Meditation is the listening to that Source. As you start to develop your connection to your Higher Power, speaking aloud to Him/Her will commence that relationship. Below you will find some starting points to start the dialogue with you and your Higher Power. This will need to be elaborated on and built over time and practice.

See the examples of Power Thoughts below. Feel free to create your own Power Thoughts in the space below using your current conception of a Higher Power / universal Presence.

Examples: Creator knows me, loves me and cares for me. Creator has every quality of personality except limitation. Nothing can touch me but the direct action of Spirit. There is no problem bigger than Love. God is instructing me and will show me my next right step. The Will of God for me is true place, peace, joy and unbroken progress. I am thankful for this.

Universe, Help me forgive my mistakes of the past. Help me forgive those who denied me my good. Show me the innocence in all of us. I am willing to see that only love is real. The pain of circumstances holds a grip on my heart. Flood my mind with divine perception, that I might see through the veil of illusion. And be free to begin again. Thank you.

A note on BELIEF: Our beliefs will determine the course of our lives. Dare to believe in your gifts, talents, and blessings more than you believe in your doubts and insecurities and you will shift. Believe that when you speak your power thoughts, Spirit has heard and answered you. Hold this confidence in your mind. What you undertake with God must succeed, regardless of what the outcome looks like (it won't look the way you think it will). Then let the power of Your Creator work in you and through you.