



## Module 2. Embracing the Shadow

In this session you will learn how to see the shadow for what it really is: a gift waiting to be discovered once you recognize the strength, power, elegance and courage in you to transcend fear. Those early formed shadow identities have served you well, and now you are called to take stock in what is working in your life, and what you have outgrown and are now ready to let go of. Any need to defend or protect the roles that you have carried forward for the purpose of projecting an identity is to be put down. These roles cause you to create a mask in which to hide behind, and hiding only perpetuates unhappiness. This module will provide you with some core tools to help you to put all that down. Doing your shadow work transforms resistance into the gift of self empowerment.

### **Skills you'll learn in this module how to:**

Clear Fear to eliminate internal blocks by:

- Living from conscious choice-making
- Letting go of the overwhelm when fear strikes
- Recalibrating your energy field by re-centering yourself

Gain clarity on the future by;

- Mirroring your past in your present moment
- Letting go of the stories that keep you in fear

Clear the projection of blame

- The blame game
- Inner sabotage
- Secrets and guilt

## Concept 1: Understanding and Neutralizing Fear

Shadow means hidden from plain view. In the emotional body it feels dark and heavy. It's fear of the unknown that brings about the greatest tension. Fear is the body's way of communicating danger. Fear triggers the fight or take flight emotional response and there might be a small or large part of you that got stuck in the trauma that comes over you when you feel unsafe.

Like any other emotion, fear is just a vibration. It triggers your emotional body in such a way that your mind sits up and pays attention and would have you believe that you are in immediate danger until it decides otherwise. But the mind is the doer, not the decider. The heart is the central intelligence center while the mind is like a two year old. It only knows what you tell it. Keep telling yourself that you have something to fear and your mind will ensure that you do. The heart is receptor to the soul. The two—heart and mind—as communication systems, are designed to work together as one integrated whole.

The heart's job is to:

- 1) bring calm and peace to the body's consciousness by communicating with the mind,
- 2) ensure its safety in the physical world by listening to body's consciousness, and letting the mind know that all is truly well, and
- 3) take direction from the soul and clearly communicate the specific directives to the mind.

### Exercise: Clear Fear

SETUP: You might think of yourself as a character in a play as you are acting out a particular role. Can you imagine having to play that role for years without fail? Your fellow actors are counting on you to deliver just the way the script reads, and the public has come to expect a particular pattern of behavior because of your choice to play that same role one performance after another. Like any actor that has played that role time and time again, you program your emotional body to believe that you are that for the finite time that you are immersed in the play.

Just as in life, the choice you made before can become so familiar that, over time, you forget that you can step out of the play just by making a different choice.

INSTRUCTION: From the **Clear Fear worksheet**, look at the list of fears that you are holding in your body. Which of these fears are most closely tied to the identities, roles and expectations that you have identified within you and have grown tired of, and why?

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*Key: Transformation takes place in the moment of making a different choice about how you want to feel then back it up with an action.*

**Tool: Re-Centering**

Pay attention to how you feel. Your body never lies. If you feel any inner tension when you are around another person or situation, listen to your body.

First discern the emotion that is running through you. Then take a moment to stop what you are doing. Take a breath, as you turn your attention inward. Thank your body for sending you this signal. Inwardly ask what you want to feel. You might even ask yourself, "What do I need to do to make myself feel more comfortable right now? Or another question, "What [body] are you trying to tell me here?"

As you step back from a situation and inwardly re-center yourself by feeling the core of you against what you are experiencing, it just takes a moment. You may not have the answer for how to react in that moment but just identifying and acknowledging how you are feeling, and dropping into the stillness of your heart, will help you to find your center again.

This action of re-centering yourself is the key to clearing any fear. As you do, you are learning to listen to your the signals of your body while also consciously aligning with your heart. the more you put this simple tool into practice, you'll feel stronger and more peaceful inside.

NOTE: Don't be surprised as you do this work, if you feel a deep sadness or a deep sense of loss. It's your consciousness. Once you begin making choices that are more honoring of self, the sadness is merely the last in the cycle of transformation. It's the recognition that you are leaving that way of being in your life and evolving into a more empowered you.

You may even feel empty for a time after the sadness goes away. Be patient and resist falling back into the old role. It's a very simple process but takes great courage and compassion to stay the course and allow for the expansion.

## Concept 2. Gain Clarity

The experience of **mirroring** represents a state of awareness where someone else's behavior is, on some level, conscious or unconscious, providing a direct feedback loop to your own emotional, mental or physical state of awareness. You don't have to go very far to see what life is trying to teach you. Once you are triggered by someone else's behavior, you have all the information you need right in front of you. Rather than making the angst you feel about the other, just look to your emotional body to discern what pattern needs to be cleared within you.

You are in constant relationship with others. Just look to your emotional reaction to discern where you might have been triggered by another's behavior. If you are the one being pinged or disturbed, then it's about you. The irritation that you are experiencing about the other is providing the very answer you are seeking and wishing to unravel about your very own self.

*Key: Rarely does the irritation mirror the actual circumstances. You'll need to dig deeper to find the answer that is staring you right in the face.*

### **Exercise: Clearing Your Past Through the Practice of Mirroring**

List one person in your life right now that irritates you the most.

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What is or has this person taught you about yourself?

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NOTE: Remember that whatever is reflecting back to you is showing you what you have already created in your life and that you have either outgrown it or are still trying to figure out the puzzle of what it means to you.

*Key: Address the pattern of fear by deciding who is in charge (mind or heart) in that moment then make the decision that most honors your heart.*

### **Masks:**

#### ***The nature of projection and the masks we wear***

We all need a way to better understand our reality and in the unconscious state, our problems are often viewed as someone or something out there as opposed to inside of us. We are the creators of everything we are experiencing whether unconsciously or consciously created. When you are projecting, there is no awareness of or accountability for how you are projecting your energy.

A **mask** is an extension of that unconscious state simply because it is learned behavior and / or we don't feel safe behaving in any other way given the environment. The mask is like the store front of our lives. We project a certain face to the world. It's what we do when we are choosing to behave in such a way that is acceptable to others. It's like a computer interface that does what it needs to do in the background while presenting a different face to the user. We have many masks, chosen both consciously and unconsciously. The unconscious part of self decides that someone else is causing you to create that mask because he or she is inflicting pain upon you. But the conscious part of you knows better.

The act of dissolving the facade will bring you a greater sense of clarity about what your heart has been trying to tell you all along. Letting go of the mask and showing up as your most authentic self is what allows more light into your life.

**How do you dissolve or put down the mask completely?** Lead with your vulnerability. Start showing up as your authentic self, not the one you think others want to see. Be yourself. Speak more transparently about who you are and what you want. Be prepared for adverse reactions. That's okay. You are showing up differently now, and let the people in your life know that you are making different choices now, especially the ones closest to you.

Masking your true identity is what you do when you have outgrown the role but don't know what to do to change the situation. You feel that you have to be a certain way to be in the world because you have built a part of your life this way and people have come to expect you to show up a certain way. Remember: This was and is always your choice no matter how much you try to convince yourself otherwise.

*Key: Showing less than your own self expression is at the very core of your unhappiness.*

Once you are self-empowered, your authentic self leaves you naked to the world with nothing at all to hide or to defend against. At first it takes the courage to change but after a few successes, you'll feel the rush of joy that comes with honoring your heart. The authentic you makes choices that will have you surrounded by others that love and appreciate you for who you truly are. You'll make more choices that will find you experiencing your greatest joy of all: freedom of self expression in all areas of your life.

### **Exercise: Removing the Mask**

Allowing your mind to go into those dark spaces where your imagination runs wild is a good thing if you are seeking to let go of those life choices that find you feeling so constricted. In this exercise, allow your mind projections to go wild and write down the very worst thing that could ever happen to you if you continue to feel constricted.

*Clue: Just naming the fear clears the pattern.*

The very worst thing that could happen to me if I drop the illusion of what I am sitting inside of right now is:

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*Key: Feel the fear. Then repeat that same story from the viewpoint of how you want to feel.*

Remember that you are in charge. You are the one making the choice to stay in the pattern or to drop it. The people in your world will continue to project those same fears onto you for as long as you are playing the game. The first step to showing up more authentically in your life is to accept where you are now. Recognition is a huge first step. Second is the realization that you have your own tune to sing, your own way of being in the world, your own unique purpose. You are not here to fulfill someone else's life for them. That's their job.

### Concept 3: Clear Projection

There are many schools of thought that teach that one must go back into early childhood and review every trauma since that time and root out what ails us, but I have discovered quite a different methodology. Rather than focusing on forgiving the transgressions of others, all forgiveness, at its root, is actually about the self. No matter who did what to whom — and after all the forgiving of others — in the end, we are each guided to look inside to find the answers to our own choices.

I have received many questions over the years about those horrible things that happen in childhood. On the surface of life, it makes no sense but when I look at the incarnational pattern of the soul, I see the pattern quite differently. The purpose of the soul is to deepen in compassion, peace, unconditional love, and joy. Your darkest life challenge is your most profound teacher. As much as I am saddened to hear such horrible stories, I am more deeply affected by someone who perpetuates the abuse or neglect by telling and retelling it to such a degree that he or she never progresses out of that vibrational resonance.

Of course, this happens on many different levels.

If you keep perpetuating the story of what was done to you, to remember all the pain and anguish, the sadness of what happened and when, you are only reinforcing your choice to sit in the familiarity of misery. It takes a lot of energy to sit in those identities and puts nothing toward your joy.

It's like that actor that never stops playing his or her role one performance after another. When you grow tired of feeling dissatisfied with where you are in life, you simply make a new choice just by starting from where you are and let the rest go.

*Key: Any **story** that you tell yourself and others about yourself is simply that: a story.*

**Exercise:**

**Moving from the unconscious to the conscious way of making choice**

Look at your life span. Remember the balance of all those moments when you have experienced fear (regret, anger, frustration or resentment) then add up all the times that you have felt truly happy (passionate, peaceful or joy-filled).

To what percent (10 being fearful and 100 being joyful) have you lived your life? Now describe the prevailing beliefs that has been driving you to sit in that energy of how you have been experiencing your life.

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What is the predominant emotional state that is running as a theme through your life right now?

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What would you choose to experience as you move forward?

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These are foundational questions that inform the emotional body of what you want and who is in charge. Remember that the mind is hard-wired to your emotions while the heart is flowing light through your feeling / sensing body, your light body.

*Key: Knowing what aspect of self is in charge and making a conscious choice to align with the heart changes your emotional climate almost immediately.*

**Exercise: Removing Blocks**

An internal block is a product of the mind and has no relevance to the heart. In this exercise, as you move down the list of your desires, pay attention to any self defeating thinking and write it down. The more you write down the more likely you are to see the pattern. Patterns form from making the same choices, which finds you telling the same story about various parts of your life. Are you ready?

What I desire

What holds me back

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_____	_____
_____	_____
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**Tool: Dropping the Story**

So now you have some of those limiting beliefs above. Each one of those has a story behind it. The first step to shifting the energy of any self defeating pattern is to first recognize the heaviness as you retell the story of what is holding you back.

You can do this by journaling or choosing a partner, a friend who is not likely to jump in with judgment or try to solve the problem for you.

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As you repeat your fear-based story to yourself or to the rocks or the trees, you'll find that eventually a deep peace will come over you. Here is just one example of free flowing through the getting it out of your system part of offering up forgiveness to the Self.

**Example A:** *I feel stupid and insecure when he tells me that he loves me because I know he doesn't really mean it. How can he? If he only knew how awful I am inside, spoiled goods, rotten to the core. I hate myself. No one understands me. I'm lazy, stupid, and insecure. No one will ever love me.*

**Second.** Repeat your story again; this time to your self in the mirror or while you are taking a walk by yourself. While doing so pay attention to the emotion that flushes up as you repeat it. Exaggerate it out as much as you like. The point is to get it out of your system. It doesn't matter how dire or ridiculous the story may sound as you repeat it. Keep repeating it until the poison is out of your system. As you keep it going, emotion is bound to come up. Let it out; let it flow. You'll know when you're really finished with this first part because you'll come to a place of pure sadness but at least the anger will be gone.

**Third.** Transform these emotions by offering up forgiveness to the person who did this to you, to yourself. Release yourself from judging them, for judging yourself; give praise and thanks for the learning that came your way even if you don't understand the bigger picture yet. Release yourself from all harm by telling yourself you did the very best you could, and offer it up to the universe to show you the wisdom that will come in time. Keep going until you feel a sense of peace settle in. If you are angry, still, keep repeating the process as many times as it takes. I find that the body first registers anger (fight or take flight) then sadness. When you get to sadness you are almost there.

**Fourth.** Now, replace the feeling nature of your statement with something that you do want.

**Example A:** *I am loved beyond my wildest dreams. I am loving and being loved by the one that is best for me. I am wise beyond measure. I am industrious; secure about who I am...*

**Fifth.** Now close your eyes, and sit inside the peace that washes over you when you are calm. Receive the blessing of self acceptance.

Now choose a new scenario that better aligns with your true nature. When you retell the story and choose to talk about what this situation has taught you, what you feel grateful for, what you are looking forward to, you will find that your energy will shift and considerably lighten up. Letting go of the resistance to whatever is causing you to defend or to protect your position will help you to drop the story right along with it.

### **Your Practical Life Assignment**

For the remainder of the week, Pay attention to how you are showing up with the people in your life. First, ask yourself, “What *face* am I showing in this situation?”

Second, pay attention to your stories. How are you showing up in your life now, and what are you choosing in this moment?

Notes:

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**Check out the terms below to familiarize yourself with the concepts presented in this module.**

### **Emotional Clearing**

Emotional clearing is the process of releasing lower or denser frequencies from the emotional body. Emotional clearing can be experienced in a variety of ways, most typically through tears, illness, angry outbursts or feelings of sadness. The emotional body is the release valve for the body consciousness. As we release the lower frequencies that cause us pain, the higher waveforms fill us and we continue the natural spiral upwards.

Lower emotions simply hold a lower frequency. If we want to raise our vibration to a higher frequency that allows for a higher vibrational flow, the lower ones simply have to go. We can either release them by clearing or receiving higher vibration into our bodies. Clearing the lower energy allows more light in; receiving more light "crowds / shines" the lower ones right out of existence. Either way, it is clearing. Emotional clearing engages the mind and the body in the soul's effort to awaken and to begin aligning and amplifying the light of the soul in this human incarnation.

### **Distortion**

Distortion in your field is caused by an energetic misalignment between your thoughts or actions and your Source or heart's desire. When distortion is present, you feel out of sorts and uncomfortable in your body. In its more subtle form, distortion can be experienced at a deeper level of consciousness as a nagging feeling that something is not quite right.

### **Discerning energy patterns**

The energetic patterns that flow through any creation born from unconscious or conscious choice, over time, form a pattern. Discerning an energy patterns requires us to listen and to feel the vibration of the voice, body and emotions. If we are at peace or feel joy, excitement or fear, these are all cues that point us in the direction of the pattern itself. Follow the pattern of joy, and discernment quickly sets in as an alignment with the soul's expression. Feel fear, and the discernment will lead you to sense the chaos

beneath the story or the actions called forth. With each energy pattern, there is an underlying current that rules the behavior of the pattern. Feel your way into the current and there you will find where it leads.

### **Entrainment**

In order to clear any lower vibration from the body, it's a physical alchemical process that is doing the work. Entrainment happens when we intentionally move into the stillness and align with Source energy. This simple act of aligning sets into motion a systematic reorganization of everything that does not resonate with your heart. Like two vocalists who harmonize, together they create an overtone (a third sound), the multiple vibrations held in the body reorganize and come into a higher resonance with what you desire.

When you are clearing fear you are holding your awareness by embodying the higher vibration so that the lower can reorganize itself. That's why the statement *you are the company you keep* is a literal statement. You are vibrating in a collective consciousness together. That's why once you start making positive changes in your life, you will often be called to leave behind those who no longer resonate.

### **Feeling nature**

The feeling nature describes the way the soul expresses through the senses of the body, which is a flow through to connect with your direct knowing without the filter of the mind. As our human consciousness is first awakening to our soul's presence, it may experience the soul as a subtle field of light or decide that we are feeling something outside ourselves, or going crazy because we have no context for what is occurring within us. Over time, the awareness of the soul becomes the dominant frame of reference. From that point on, the feeling nature is experienced as the heart connecting to the soul.