

PART 7

ALIVE AND THRIVING

- ▶ Develop and Empower Self
- ▶ Build New Skills and Muscles
- ▶ Care
- ▶ Reprocessing
- ▶ Self Knowledge
- ▶ Wheel of Change
- ▶ Goal Setting and Intention
- ▶ Will Power
- ▶ Word Power
- ▶ North Star Mapping
- ▶ Tricks and Self Protection
- ▶ Tools for Success



DEVELOP and EMPOWER YOURSELF



BUILD NEW SKILLS AND MUSCLES



BE YOURSELF *and* CARE ABOUT OTHERS

- ▶ Happiness is not a selfish endeavor based solely on pleasure seeking or hedonism. At the same time, pleasure is not wrong or sinful. Pleasure can certainly be a pathway or tool to gaining knowledge.
- ▶ True Happiness is possible when we are in a state of CARE for truth and all of humanity, and when we recognize that as long as another person suffers, we ourselves are not free from suffering.
- ▶ If we act inconsiderately of another, our outcome will not be freedom because of the consequences of inconsideration.
- ▶ Agape Love: a Greco-Christian term referring to love, “the highest form of love, charity” and “the love of God for man and of man for God.”
- ▶ Agape Love is a sacrificial love that voluntarily suffers inconvenience, discomfort, and even death for the benefit of another without expecting anything in return.



Freedom Isn't Selfish.



Lawrence Wasson:
www.ThePrincipleOfCare.com

CARE

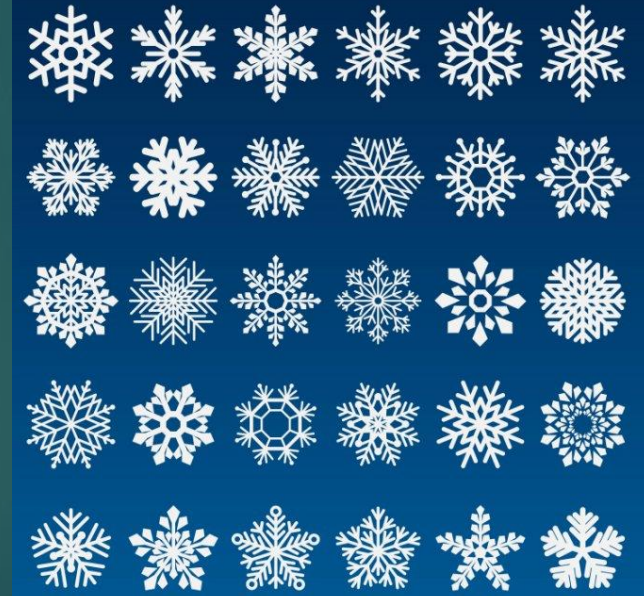


CARE is the second dynamic we must embody to be able to manifest the conditions we wish to see in the world. WITHOUT CARE, IT DOES NOT MATTER HOW MUCH KNOWLEDGE OR COURAGE AN INDIVIDUAL HAS. To CARE is to live in alignment with **Natural Law** and to serve **Truth**. CARE is also the driving force which governs what our energy is being generated towards. If we are in possession of knowledge but do not CARE enough to apply it to our own lives and share it with others, then what good is the knowledge? Likewise, if we have the courage to take action, let our voices be heard and help ourselves/others but do not CARE to do so, then what good is our courage? We must embody CARE to be able to embody both KNOWLEDGE (Truth) and COURAGE (Action).



DIRECT your FREE WILL to EXPRESS YOUR INDIVIDUALITY and YOUR GIFTS

- ▶ Your life and your voice are needed here on Earth. These are gifts waiting to be offered.
- ▶ We each have a unique vibrational signature.
- ▶ There are receivers waiting who are needing and resonant to your unique gifts.
- ▶ Each of us was born with a unique personality, a unique voice and our own tapestry of talents and potentials.
- ▶ To identify and express the gifts we were born with is a marvelous adventure.
- ▶ Someone in the world needs what we are offering. It is sad and a loss for someone somewhere if we do not share our gifts back into the world.
- ▶ Realizing this eliminates the need for competition and eliminates fear of lack.
- ▶ There is enough to go around. There is an abundance available for each one of us.
- ▶ While you clearly have the free will NOT to follow these suggestions, I believe that doing so will add to your happiness and will also help the world.



INVENTORY YOUR STRENGTHS, SKILLS AND TALENTS



Self Inquiry

List your
Strengths.



Reprocessing Strategies

- ▶ UNPLUG
- ▶ Stop your Addictive Behaviors
- ▶ Get Unbiased Feedback
- ▶ Educate Yourself
- ▶ Use the Trivium
- ▶ Balance Your Brain
- ▶ Find a Positive Support Network
- ▶ Identify and Process Subconscious Beliefs
- ▶ Metabolize Unresolved Emotions
- ▶ Know Your Worth and CLAIM IT.
- ▶ Set Healthy Boundaries.



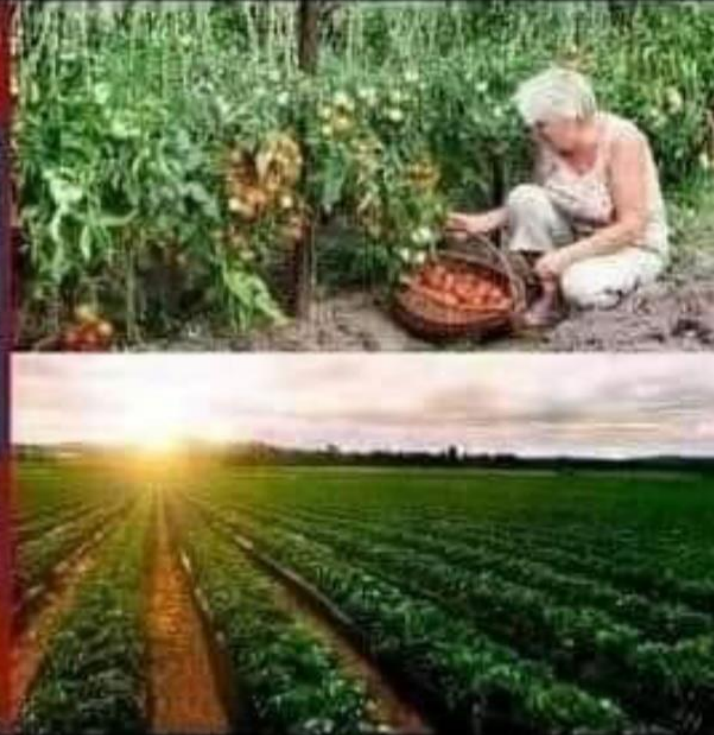
If you become aware
of your automatic habits
and you are conscious
of your unconscious behaviors, **so
you cannot go unconscious again,
then you are changing.**

Joe Dispenza

satsfrees.com



DID YOU KNOW?



"When it comes down to it, the only knowledge that really matters is, how to purify water, how to grow your own food, how to cook, how to build, and how to love. And funnily enough, we're not taught any of it in school." ❤️

@8116W1116_8.11



WHAT
HAS TRUE
INTRINSIC
VALUE?

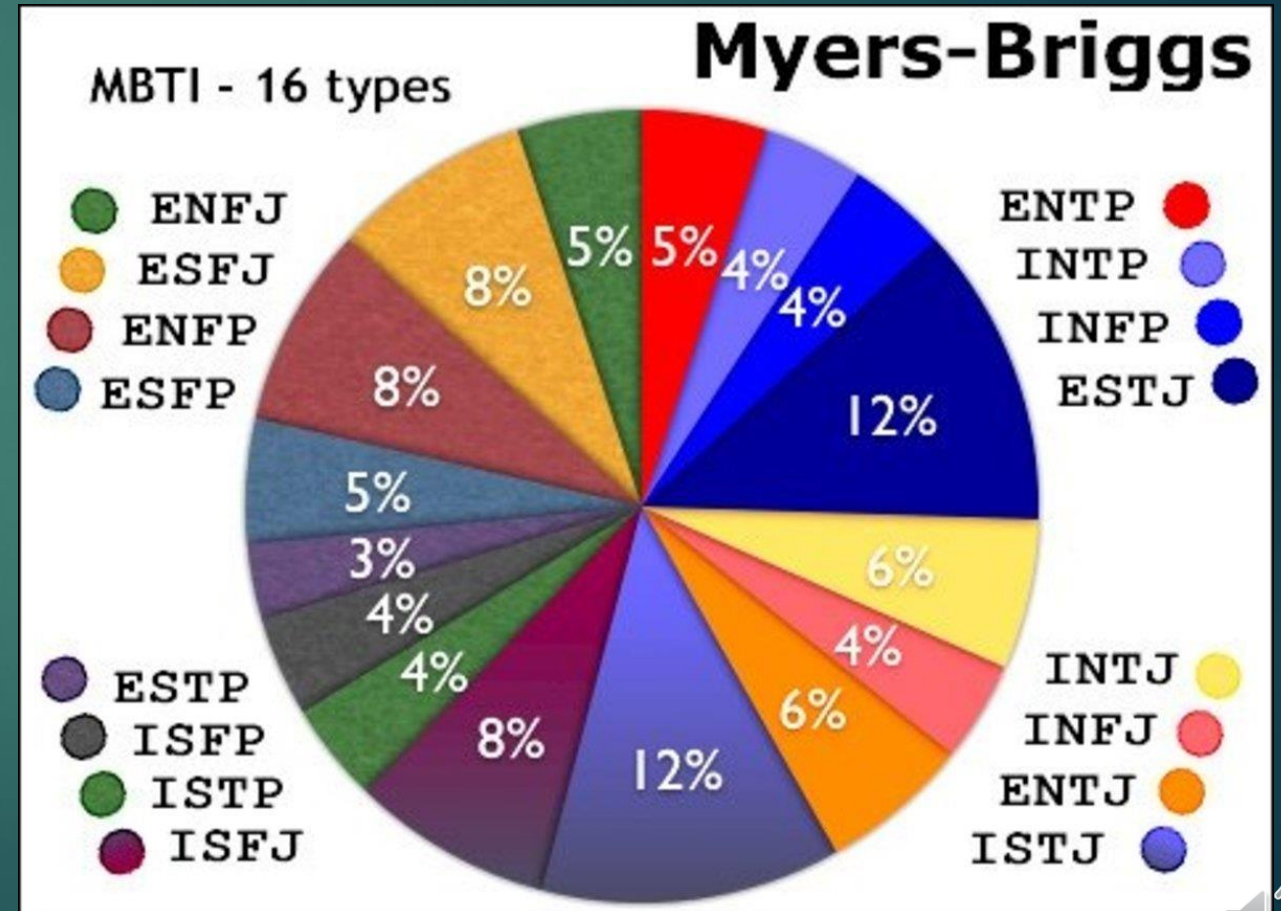


SELF KNOWLEDGE

Self Inquiry

What's your Personality Type?

| | | | |
|--|--|---|---|
| ISTJ Responsible, sincere, analytical, reserved, realistic, systematic. Hardworking and trustworthy with sound practical judgment. | ISFJ Warm, considerate, gentle, responsible, pragmatic, thorough. Devoted caretakers who enjoy being helpful to others. | INFJ Idealistic, organized, insightful, dependable, compassionate, gentle. Seek harmony and cooperation, enjoy intellectual stimulation. | INTJ Innovative, independent, strategic, logical, reserved, insightful. Driven by their own original ideas to achieve improvements. |
| ISTP Action-oriented, logical, analytical, spontaneous, reserved, independent. Enjoy adventure, skilled at understanding how mechanical things work. | ISFP Gentle, sensitive, nurturing, helpful, flexible, realistic. Seek to create a personal environment that is both beautiful and practical. | INFP Sensitive, creative, idealistic, perceptive, caring, loyal. Value inner harmony and personal growth, focus on dreams and possibilities. | INTP Intellectual, logical, precise, reserved, flexible, imaginative. Original thinkers who enjoy speculation and creative problem solving. |
| ESTP Outgoing, realistic, action-oriented, curious, versatile, spontaneous. Pragmatic problem solvers and skillful negotiators. | ESFP Playful, enthusiastic, friendly, spontaneous, tactful, flexible. Have strong common sense, enjoy helping people in tangible ways. | ENFP Enthusiastic, creative, spontaneous, optimistic, supportive, playful. Value inspiration, enjoy starting new projects, see potential in others. | ENTP Inventive, enthusiastic, strategic, enterprising, inquisitive, versatile. Enjoy new ideas and challenges, value inspiration. |
| ESTJ Efficient, outgoing, analytical, systematic, dependable, realistic. Like to run the show and get things done in an orderly fashion. | ESFJ Friendly, outgoing, reliable, conscientious, organized, practical. Seek to be helpful and please others, enjoy being active and productive. | ENFJ Caring, enthusiastic, idealistic, organized, diplomatic, responsible. Skilled communicators who value connection with people. | ENTJ Strategic, logical, efficient, outgoing, ambitious, independent. Effective organizers of people and long-range planners. |





WHAT MAKES YOU TICK?

Self Inquiry

- ▶ Learn about your individual make up, motivations, personality features, etc.
- ▶ **KNOW THYSELF**



Delphi Oracle :

“Heed these words, You who wish to probe the depths of nature: If you do not find within yourself that which you seek, neither will you find it outside. In you is hidden the treasure of treasures.

Know Thyself and you will know the Universe and the Gods.”



OUR SEARCH FOR A STATE OF BEING....

Self Inquiry

- ▶ When you grasp for short term pleasure, what feelings are you really **SEEKING**?
- ▶ What are the underlying needs you yearn to fill?
- ▶ WHAT BRINGS YOU **TRUE JOY**?
- ▶ What creates **REAL PEACE**?
- ▶ What naturally gives you **ENERGY**?
- ▶ What gives you a sense of **MEANING, PURPOSE OR TRUE CALLING**?
- ▶ What gives your life **VALUE**?
- ▶ What makes you feel **USEFUL**?
- ▶ Discover your unique formula for **THRIVING**



There is no help for you outside of yourself; you are the creator of the universe. Like the silkworm you have built a cocoon around yourself.... Burst your own cocoon and come out as the beautiful butterfly, as the free soul. Then alone you will see Truth.

Swami Vivekananda

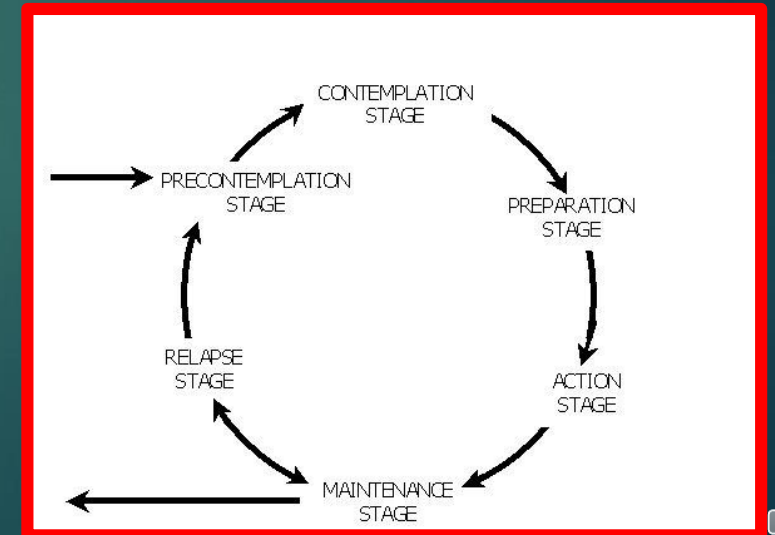
www.idlehearts.com



WHEEL OF CHANGE (more like a spiral)

Where are you on this wheel?

- ▶ **Pre Contemplation** – “I don’t know there is a problem.”
- ▶ **Contemplation** – “I’m starting to see a problem.” Consequences are accumulating. I am contemplating the problems in my life and looking at possible changes and potential decisions and consequences. I start to see myself as an agent of change.
- ▶ **A Decision** – “I see the need for change and choose a direction.”
- ▶ **Planning and Preparation** – Getting yourself ready.
- ▶ **Action** – Move forward on a plan. Change Steps.
- ▶ **Maintenance** – New Habits become Routine.
- ▶ **Relapse** – Learn from slips and setbacks.
- ▶ START OVER



INTENTION and GOAL SETTING STRATEGIES

- ▶ Set Intentions and Write Them Down
- ▶ DO IT NOW!
- ▶ List: Things you want to **HAVE, DO, BE, and SHARE**
- ▶ Be **Specific**
- ▶ State the accomplishment in the **positive, present tense**, i.e. "I am confident and articulate when talking to others".
- ▶ Imagine each goal COMPLETED imagining what it would be like using all your senses.
- ▶ With each goal, note a **time frame** for its accomplishment
- ▶ Connect with each goal EMOTIONALLY.
- ▶ Write down **WHY** each goal is **IMPORTANT** to you?
- ▶ Be sure to include goals around HEALTH and DIET, WAYS of BEING, YOUR BEST DAY EVER, and ABUNDANCE.



Strategies Borrowed from David Avocado Wolfe



USE YOUR WILL POWER

- ▶ After Contemplation
- ▶ Make a decision. (Decide what's right using the Trivium in combination with your Intuition/Inner Knowing/Self Knowledge)
- ▶ Will Power is the force which moves you from Inaction to Action.
- ▶ Plan and Prepare.
- ▶ **TAKE ACTION!**
- ▶ Will Power partners with **COURAGE**.



“YOUR WORD IS YOUR WAND”

- ▶ Mind is Causality
- ▶ Words have a deep and often hidden power.
- ▶ Be mindful and selective in your use of words.
- ▶ Keep your words consistent with your goals and intentions.
- ▶ Speak about yourself as having become the person you strive to be.



ABRACADABRA
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The Magic of Words

SHE WAS FASCINATED WITH WORDS. TO HER, WORDS WERE THINGS OF BEAUTY, EACH LIKE A MAGICAL POWDER OR POTION THAT COULD BE COMBINED WITH OTHER WORDS TO CREATE POWERFUL SPELLS.

DEAN KOONTZ

WWW.MYBEAUTIFULWORDS.COM



MARRYING INTENTION WITH WILL

Self Inquiry



- ▶ Left Hand is Intention
- ▶ Right Hand is Will
- ▶ Aligning our Personal Will with Divine Will
- ▶ Being in the Flow
- ▶ The Real Law of Attraction, Aligning THOUGHT, FEELING and ACTION
- ▶ If we are using our will power to do things that are not consistent with our sincere intentions (goals, true purpose, etc.) then you will have strain, unwanted consequences and set backs .
- ▶ The grains in the shell will rub you in the direction of creating a pearl.
- ▶ Will you respond to the friction and heed the call to Growth (Generative Principle).

WHERE ARE YOU OUT OF ALIGNMENT WITHIN YOURSELF? BETWEEN YOUR personal will and DIVINE WILL?



FINDING YOUR NORTH STAR

(Orlog, Dharma, Purpose, Soul Desire, etc.)

Self Inquiry

- ▶ THE CROOKED BUT PERSISTANT PATH
- ▶ It's about Both the Journey and the Destination.
- ▶ A Pathway to Mastery
- ▶ Persisting through Failures
- ▶ Looking out for detours, dead ends, cul de sacs and eddies
- ▶ Rising above Conditions
- ▶ Persevering
- ▶ The Hero's Journey
- ▶ Activating your Will in the Direction of Your
- ▶ True Heart's Desire



Ask yourself this question: If money were no object and you could not fail, what would you really truly want to be doing with your life?

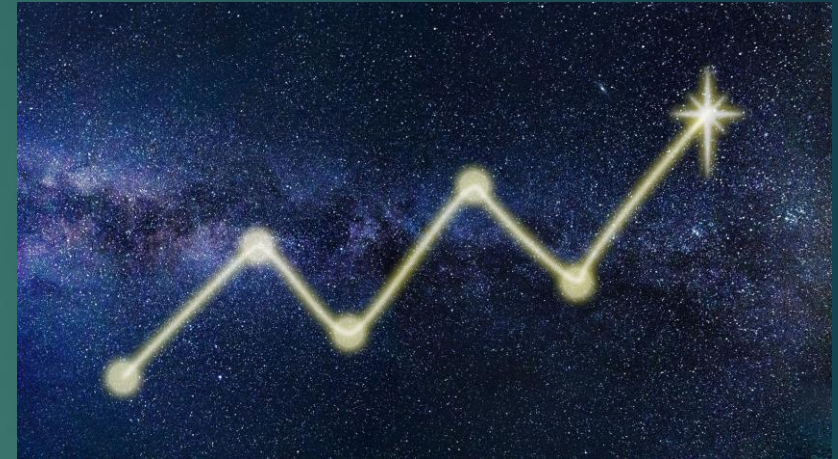
YOUR NORTH STAR IS YOUR SOUL PURPOSE



DEVELOPING YOUR INDIVIDUAL NORTH STAR MAP

Self Inquiry

- ▶ WHAT IS YOUR NORTH STAR?
- ▶ MILESTONES ALONG THE WAY
- ▶ SMALLER GOALS AND MARKERS
- ▶ BEHAVIORS THAT ARE REQUIRED FOR PROGRESS
- ▶ ONGOING EDUCATION
- ▶ SOURCES OF INSPIRATION
- ▶ SKILLS NEEDED TO DEVELOP FOR SUCCESS/MAINTAINANCE AND INTERVENTION
- ▶ SUPPORT SYSTEMS/SCAFFOLDING/MENTORS
- ▶ SIGNS YOU ARE OFF TRACK OR STUCK IN AN EDDY
- ▶ INDIVIDUALIZED TOOLKIT
- ▶ INDIVIDUAL RISKS AND WEAKNESSES, TEMPTATIONS AND BLIND SPOTS



WATCH OUT FOR TRICKS

- ▶ TRICKS that PULL US OFF PATH
- ▶ COMMON PITFALLS
- ▶ Psychological Defenses
- ▶ Pleasure Seeking/Reinforcement Pathways – Brain Chemistry
- ▶ Religions: Organized Religions, Scientism, Politics/Government, New Age Movement, Money, Accumulating Stuff
- ▶ Technology/Social Media/Algorithms within that take advantage of our brain chemistry
- ▶ Mind Control Strategies
- ▶ Inversions of Truth
- ▶ It's easy to be spellbound by imposters and actors.

BUILD SELF
PROTECTION



Don't stop half way up the hill.
Persevere until you get to the top!

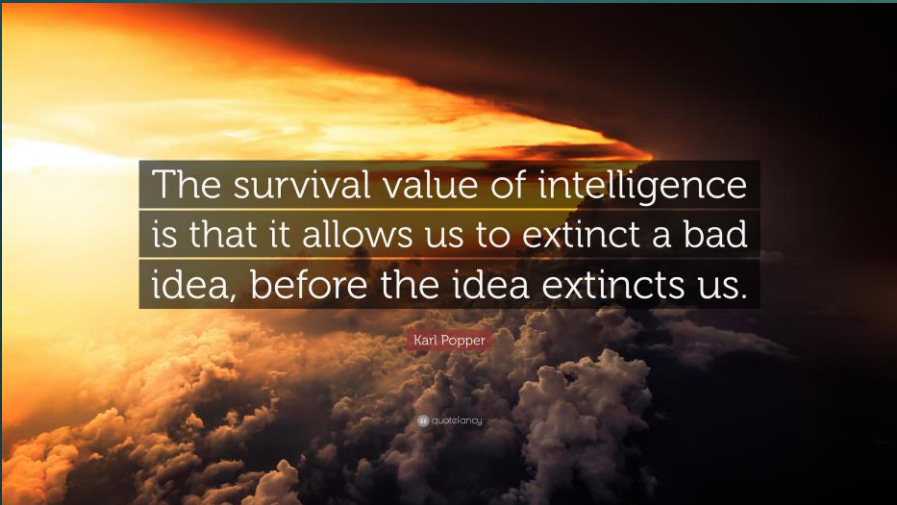


SEEK TRUTH. SEEK ALIGNMENT. NOT STUFF, NOT POWER

- ▶ Money is a most powerful religion.
- ▶ Accumulation of \$ and Material Comforts is like a drug. It numbs us from our pain and gives us the illusion of happiness.
- ▶ What has **INTRINSIC VALUE**?

Something has true intrinsic value if it directly provides survival benefit. For example: cloth for clothing, material for shelter, garden for food, a well for water.

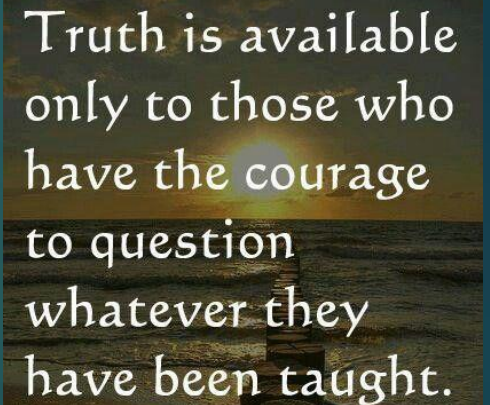
Money is a symbol, a false god, without actual intrinsic meaning beyond that given to it. Money is a control tool.



The survival value of intelligence is that it allows us to extinct a bad idea, before the idea extincts us.

Karl Popper

@quotefancy



Truth is available only to those who have the courage to question whatever they have been taught.

Deep Alignment



Skills for Success

Self Inquiry

One of my mentors once told me that there are three important skills to create success:

- ▶ Set GOALS.
- ▶ Manage your TIME.
- ▶ Get along with PEOPLE.

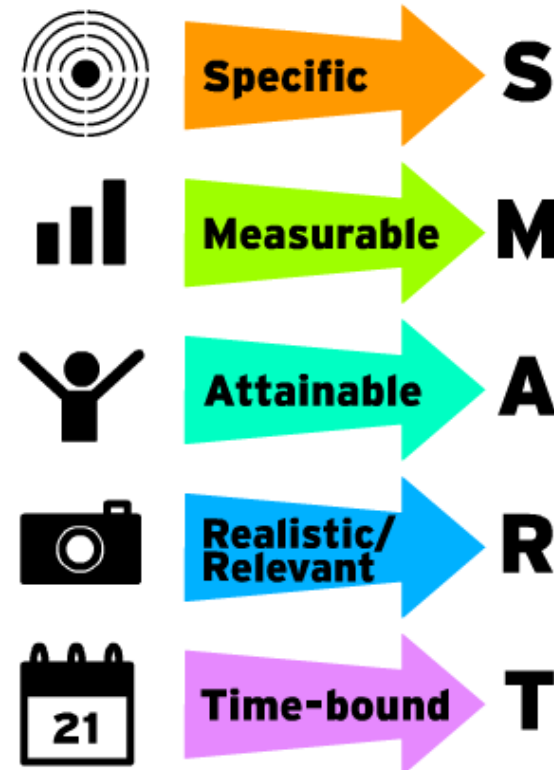


How well are you doing in these 3 areas?



GOAL SETTING

- ▶ Similar to Intention setting, goals involve the step of choosing a specific focus, defining a goal, and the action steps or tasks along the way to its completion.
- ▶ Goal setting involves specificity and behavioral steps.
- ▶ Goals setting involves a time frames including dead lines.
- ▶ Goals are measurable.



TIME MANAGEMENT

Learning the skills to master 3-D life demands is IMPORTANT.

Our physical bodies are as important as our spiritual, emotional and intellectual bodies.

The domain of time is something we can use to our benefit in the endeavor of setting and achieving our goals.

Cultivating Discipline.

Goal Setting.

Time Management.



ORGANIZATION



noticetheLITTLEthings.com



Getting Things Done (GTD) Flow Chart
By David Allen



SIMPLIFYING

10 Frugal Simple Living Tips

1. Establish routines to keep focused.
2. Clear the clutter and stop the inflow.
3. Take control of your money.
4. Streamline Your Shopping Trips.
5. Make a habit of meal planning.
6. Stockpile reasonably.
7. Cut back on clothing.
8. Set up home systems.
9. Clean as you go through your day.
- 10 Live intentionally.

©FrugalFamilyHome.com

"The ability to simplify means to eliminate the unnecessary so that the necessary may speak." – Hans Hoffman

likeasaturday.com

The simplification of life is one of the steps to inner peace. A persistent simplification will create an inner and outer well-being that places harmony in one's life.

- Peace Pilgrim

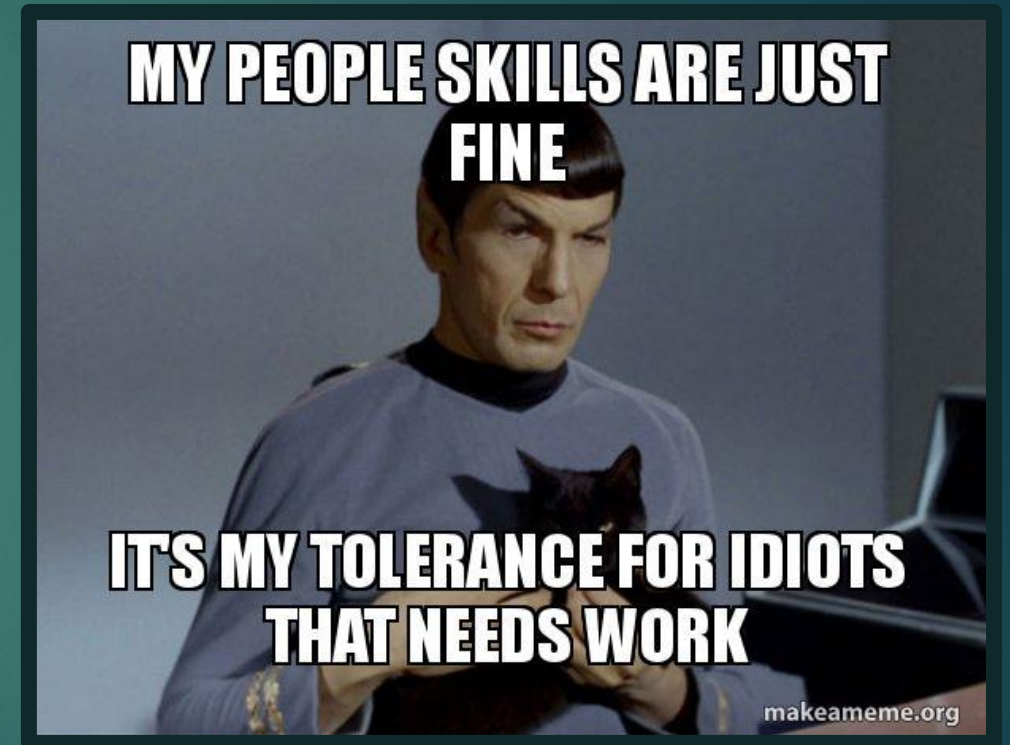
30 Rules to Simplify your Life

- | | |
|--|--|
| <input type="checkbox"/> Prioritize | <input type="checkbox"/> Watch less TV |
| <input type="checkbox"/> Make time for mental health | <input type="checkbox"/> Make a budget & pay off debt |
| <input type="checkbox"/> Get a planner | <input type="checkbox"/> Downsize or reduce |
| <input type="checkbox"/> Daily 10-min de-clutter | <input type="checkbox"/> Say no more often |
| <input type="checkbox"/> No social media 1 hour before bed & after bed | <input type="checkbox"/> Eliminate toxic people from your life |
| <input type="checkbox"/> One garbage bag of junk | <input type="checkbox"/> Take a Timeout |
| <input type="checkbox"/> Give yourself a day | <input type="checkbox"/> Make home sanctuary |
| <input type="checkbox"/> Clear your work space when finished | <input type="checkbox"/> Gather in smaller groups |
| <input type="checkbox"/> Spend more time in Nature | <input type="checkbox"/> Pick up a hobby |
| <input type="checkbox"/> Create a morning routine | <input type="checkbox"/> Value your time and others |
| <input type="checkbox"/> Properly unwind before bed | <input type="checkbox"/> Reduce how much news you consume |
| <input type="checkbox"/> Read motivating material | <input type="checkbox"/> Reduce hypotheticals |
| <input type="checkbox"/> A little physical activity each day | <input type="checkbox"/> Drive slower or leave earlier |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Don't invest in your expectations |
| <input type="checkbox"/> Do your least favorite tasks first | <input type="checkbox"/> Ask for help |



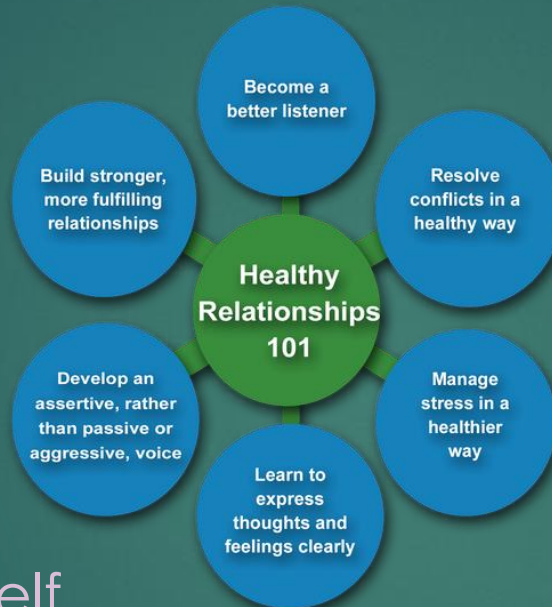
PEOPLE SKILLS

- ❖ Communication
- ❖ Empathy
- ❖ Body language
- ❖ Tone of voice
- ❖ Networking
- ❖ Initiate conversations
- ❖ Taking chances (emotional risks)
- ❖ Connect and Repair, Connect and Repair



HEALTHY RELATIONSHIPS , NOURISHING CONNECTIONS

- ▶ Affection
- ▶ Laughter
- ▶ Conversation
- ▶ Honesty
- ▶ Integrity
- ▶ Inspiration
- ▶ Freedom to be yourself



Relationships: Healthy vs. Unhealthy

Healthy

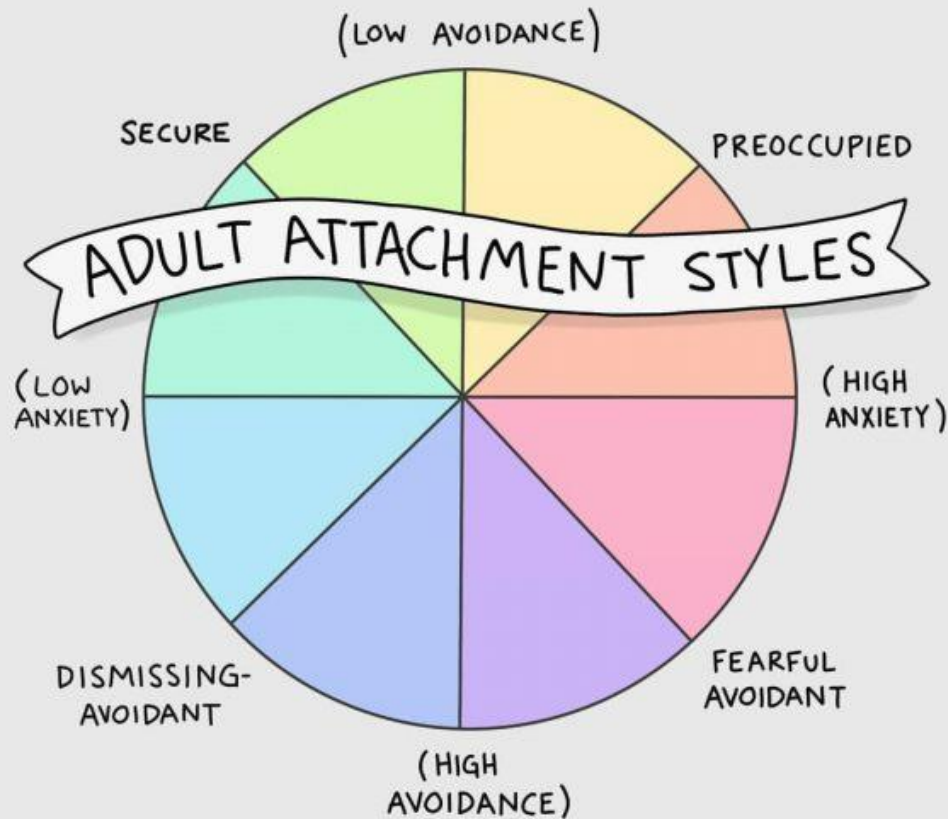
Has trust
Is supportive
Isn't controlling
Doesn't play games
Encourages growth
Accepts boundaries
Respects differences
Isn't afraid of conflict
Encourages individuality
Wants the best for the other person
Doesn't try to change the other person

Unhealthy

Fuels fear
Is obsessive
Is isolating
Is controlling
Doesn't trust
Plays mind games
Ignores boundaries
Tries to get something by giving
Tries to change the other person
Doesn't encourage individual growth
Needs others to feel happy or valuable



ADULT ATTACHMENT STYLES



CONCEPT: R.C. FRALEY & P.R. SHAVER, 2000.
THIS VERSION ILLUSTRATED BY @LINDSAYBRAMAN

The relationships we have as a child with our Caregivers creates the template for our relationships when we are adults.

The Attachment Styles

SECURE

- 1-Can trust fairly easily
- 2-Is attuned to emotions
- 3-Can communicate upsets directly
- 4-Leads with cooperative and flexible behavior in relationships

ANXIOUS

- 1-Has a sensitive nervous system
- 2-Struggles communicating needs directly
- 3-Tends to "act out" when triggered (i.e. makes partner jealous)

AVOIDANT - DISMISSIVE

- 1-Downplays importance of relationships
- 2-Is usually extremely self-reliant
- 3-Can become more vulnerable when there is a big crisis

AVOIDANT - FEARFUL

- 1-More dependent in relationships than avoidant - dismissive
- 2-Strongly fears rejection
- 3-Has low self-esteem
- 4-Has high anxiety in relationships

@silvykhocasian



“When these needs are not met, we become codependent + seek adult relationships where our worth is met through another person. We betray ourselves to find love. These cycles are the familiar unconscious cycles of our childhood.”

@the.holistic.psychologist

In addition to seeking our sense of self-worth through other people, we seek it through obtaining material possessions, social status, and through power and control.

Our dysfunctional relationships, or co-dependencies, can be with individuals as well as systems.

HEAL YOUR TRAUMA

- ▶ Make peace with your past
- ▶ Make peace with your parents
- ▶ Make peace with your family
- ▶ Make peace with your ethnicity
- ▶ Make peace with your ancestry
- ▶ Make peace with your schools
- ▶ Make peace with your gender
- ▶ Make peace with your enemies
- ▶ Healing yourself can heal generations of trauma and stop the cycle of pain for future generations



FREE YOUR MIND: DO YOUR INNER WORK

- ▶ If you do not consciously choose your own thoughts and values, someone else will choose them for you.
- ▶ Human beings are programmable from birth.
- ▶ In order to free our minds, we need to look within and see how we were already programmed (by our parents, schools, friends, government, media, jobs, etc.)
- ▶ Access your subconscious
- ▶ Excavate your shadow material
- ▶ Do the work of mental, emotional and spiritual alchemy
- ▶ Align your Behaviors and Circumstances along with that work
(This may look like job changes, downsizing, clearing out things, ending relationships, beginning creative projects, etc.)



“WHAT IS MENTIONABLE IS MANAGABLE.”

... Mr. Rogers

- ▶ Shine light on what has been hidden.
- ▶ Hidden Inside Yourself
- ▶ Hidden In the World Around You
- ▶ Become a De-Occultist



“If you bring forth what is within you, what you bring forth will save you.
If you do not bring forth what is within you, what you do not bring forth
will destroy you.” ...Gospel of Thomas:



DO THE SHADOW WORK: YES, IT'S UNCOMFORTABLE.

Self Inquiry

- ▶ What issue from your past do you avoid talking about?
- ▶ What tasks do you procrastinate on?
- ▶ What are you doing to distract yourself from your thoughts and feelings?
- ▶ What happens when you are still and silent?
- ▶ What disappointing patterns keep showing up in your life? Your relationships?
- ▶ What are your self doubts?



hey, listen to your emotions...

Bitterness shows you where you need to heal, where you're still holding judgments on others and yourself.

Resentment shows you where you're living in the past and not allowing the present to be as it is.

Discomfort shows you that you need to pay attention right now to what is happening, because you're being given the opportunity to change, to do something different than you typically do it.

Anger shows you what you're passionate about, where your boundaries are, and what you believe needs to change about the world.

Disappointment shows you that you tried for something, that you did not give in to apathy, that you still care.

Guilt shows you that you're still living life in other people's expectations of what you should do.

Shame shows you that you're internalizing other people's beliefs about who you should be (or who you are) and that you need to reconnect with yourself.

Anxiety shows you that you need to wake up, right now, and that you need to be present, that you're stuck in the past and living in fear of the future.

Sadness shows you the depth of your feeling, the depth of your care for others and this world.

14-Day Shadow Work Challenge

| Day 1 | Day 8 |
|---|---|
| Artistic Expression: <i>How Do You See Yourself?</i> | Emotional Awareness: <i>Observe Your Unadulterated Emotions</i> |
| Using an artistic medium of your choice, illustrate or create a visual representation of how you perceive yourself. | Let your emotions flow freely today; don't muffle them. Try to observe and understand them without judgment. Don't escape, express. Don't deny, accept. |
| Day 2 | Day 9 |
| Introspection: <i>What Don't You Like About Yourself?</i> | Journaling: <i>Write A Short Story</i> |
| Identify things about yourself that you don't like or that you feel insecure about. | Write a short [creative] story based on some sort of dilemma you are currently experiencing. |
| Day 3 | Day 10 |
| Artistic Expression: <i>How Do You See The World?</i> | Artistic Expression: <i>Illustrate Your Fears</i> |
| Using an artistic medium of your choice, illustrate or create a visual representation of how you perceive the world around you. | Using an artistic medium of your choice, illustrate your fears and how they make you feel. |
| Day 4 | Day 11 |
| Introspection: <i>What Bothers You About Others?</i> | Journaling: <i>Map Out Your Dissatisfaction</i> |
| Identify things about others (or the world in general) that get under your skin. | Write down any areas of dissatisfaction in your life. Try to map out what these discontenting circumstances stem from and what they branch out to. |
| Day 5 | Day 12 |
| Artistic Expression: <i>How Do You See Your Shadow?</i> | Critical Analysis: <i>Assess Your Core Beliefs</i> |
| Using an artistic medium of your choice, illustrate or create a visual representation of how you perceive your Shadow. | Analyze your fundamental beliefs. Ask yourself if these beliefs are reasonable and worth keeping or if your life would improve if you were to eliminate them. |
| Day 6 | Day 13 |
| Introspection: <i>What Do You Need to Work On?</i> | Artistic Expression: <i>Forge Your Shadow</i> |
| Identify what aspects of your self could be improved by discerning which areas of your life you find disconcerting. | Create a puppet that represents your Shadow. While making it, project onto it all of the shadow aspects you have explored in the past twelve days, as well as any others. |
| Day 7 | Day 14 |
| Critical Analysis: <i>Dissect An Unhealthy Habit</i> | Meditation: <i>Embrace Your Shadow</i> |
| Analyze a habit that serves as a distraction from yourself and/or impedes your well-being. Ask yourself when you developed this habit, what caused you to develop it, and how it affects your life. | Meditate with your shadow puppet. Visualize it being encompassed by white, healing light. Direct as much love and acceptance towards it that you can possibly muster. |

Self Inquiry



SHADOW WORK JOURNAL PROMPTS

1. How does the feeling of envy show up in my life? Where does the envy that I'm feeling stem from? How would I feel if I obtained the things that I am envious of?
2. How can I be kinder to myself? In what ways do I consciously or unconsciously punish myself?
3. What is something that I should forgive myself for? Why haven't I forgiven myself before & can I forgive myself now?
4. What is my definition of failure? What's something that I've failed at previously and what emotions did I feel? How do I move forward from failure?
5. What unhealthy attachments (things, places, &/or people) do I hold onto? What fears do I have around the idea of ending these attachments? What do I have to gain from ending these attachments?
6. What negative emotions am I most comfortable feeling? How often & why do these emotions show up in my day to day?
7. In what ways do I hold myself to a higher standard than others & vice versa? How can I equal out the playing field?
8. What is a grudge/incident that I am holding onto? Why do I choose to hold onto this weight? How can I let this weight go?
9. How do I show up for others but fall short on showing up for myself?
10. How important am I to myself? How high do I prioritize myself? How do I rate importance?

@LIBRAMONSTONE

shadow work journaling prompts



remember to be kind to yourself. this is not an exercise in bashing yourself- it's an exercise for self-awareness so betterment can be found. please practice self-care before and after journaling and try to find compassion and understanding for yourself, no matter what you find out about yourself. attempt radical self-love: finding self-love no matter what.

1. what emotion do you try to avoid (e.g. anger, sadness, jealousy...)? what makes you afraid to feel it? what are you afraid will happen if you feel it? (credit: paranormal sarah)
2. in what ways are you privileged? what do you take for granted? (credit: paranormal sarah)
3. pick an adjective from the list below that would trigger you if someone would use it to describe you and then ask yourself: "why would this trigger me? what would be bad about it being true? is it the accuracy or inaccuracy that bothers me? what could be a positive aspect to being that way?"
 - a. list: arrogant, liar, jealous, mean, cruel, possessive, bitchy, bossy, loser, greedy, mysterious, sneaky, co-dependent, sick, fat, disgusting, stalker, stupid, idiot, fearful, unconscious, masochistic, narcissist, insignificant, frigid, sexist, manipulative, racist, victim, egotistic, arrogant, ugly, careless, passive, aggressive, lame, boring, tactless, irresponsible, incompetent, lazy, unfair, childish, know-it-all, insensitive, psychotic, sad, ordinary, hypocritical, reproachful, gloomy, jealous, envious, dirty, tyrannical, inflexible, heartless, resentful, dominant, bad, ignorant, uneducated, tasteless, insecure, depressed, hopeless, not good enough, cry baby, paranoid, pushy, stubborn, inferior, weak, impatient, unreliable, self-destructive, over-sensitive
4. what is the biggest promise you made to yourself that you have broken? how does that make you feel? (credit: paranormal sarah)
5. how do you lie to yourself in daily life? what are you trying to avoid? (credit: paranormal sarah)
6. what do you think is your worst trait? why is it "bad"? what positive aspects does this trait bring with it?
7. if you truly loved yourself, what would your life look like? is it very different to how it actually is? and if yes, why?
8. think of a time someone broke your heart. could you have been responsible in some way as well? (credit: iyanla vanzant)
9. do you hold grudges against someone? if so, why are you not letting them go yet? (credit: paranormal sarah)
10. what do you need to forgive yourself for?
11. think back on the last time a person triggered you: can you see how the aspects of that person that triggered you are also in you?
12. ask yourself: "if... were true about me/my current life situation, i'd be terrified" (try to fill out this sentence as often as possible) (credit: teal swan)
13. think back on your last argument/fight: did you actively try to see the other person's viewpoint and would there have been a way to be more compassionate with the other person and yourself?
14. think about a time in your childhood when you felt unhappy (small or big moment) and write a letter from your child self to the present you about how you felt and how you perceived the situation: try to take on that child as much as you can and write from its perspective as automatically as you can
 - a. then write a letter back to that child, explaining the situation, showing empathy and understanding and asking how you can help now or which needs have to be met for that child to feel good again
 - b. if you get answers from that child, then try to meet those needs today



STAGES OF ALCHEMY

Spiritual Alchemy

| | |
|---------------------------------------|---|
| CALCINATION | Recognition of faults |
| DISSOLUTION | Engaging with our faults |
| SEPARATION | Releasing our faults |
| CONUNCTIO | Union of opposites: the Lesser Stone |
| FERMENTATION | Initiation |
| SUBLIMATION / DISTILLATION | Raising of passions and period of introspection |
| COAGULATION | Attainment |

Self Inquiry

Transformation transcends the mundane and yet is present in everything.

The alchemy of change transcends logic to merge with the heavenly.

Transcendent Personal Change involves ...

- ❖ Activating the Mystery of the Universe,
- ❖ Partnering with Spirit, and
- ❖ Recognizing that our potential is far vaster than ever previously realized.





Carl Jung's 4 Stages of Transformation

- **Confession/Catharsis** (becoming conscious, separating and extracting elements of your psyche, the shadow work, understanding what you project onto others and the world. Becoming aware of your own darkness; creates the possibility of change)
- **Illumination/Elucidation** (amplification, association, creative imagination, symbolization of the problem. Applying analysis. Increased awareness of unconscious processes, changes of attitude, going beyond the intellect)
- **Education** (enrolls the ego and persona in reference to issues, consciousness is used to interpret an issue in realms of both thinking and feeling, rational and irrational.
- **Transformation** (this stage re-imagines your relationship to a problem. Transformation as an alchemical process of internal metamorphosis, transmuting poison to medicine. Includes a partnership with Spirit, that force vaster than us and not reducible to its parts.



Hel

The Norse Goddess of the Underworld



Her hall is called Sleet-Cold; her dish, Hunger; Famine is her knife; Idler, her thrall; Sloven, her maidservant; Pit of Stumbling, her threshold, by which one enters; Disease, her bed; Gleaming Bale, her bed-hangings. She is half blue-black and half flesh-color (by which she is easily recognized), and very lowering and fierce.

Hel guards the dead and she has a glowing eye that sees all truth. She can not be lied to.

From Gylfaginning, chapter 34



FEEL ALL YOUR FEELINGS. REGULATE YOUR EMOTIONS.

Learn the Tools to manage your emotions

- ▶ Build up your tolerance for discomfort and emotional distress.
- ▶ Learn a variety of Emotional Regulation Skills
- ▶ The Wave – Mindful Emotions

