

SHADOW WORK AND INNER ALCHEMY · COMPREHENSIVE COURSE SYLLABUS

Course Overview:

This four-week comprehensive course blends psychological shadow work, mystical inner alchemy, and devotional practices.

Main Topics:

1. The Shadow Self and Dark Archetypes
2. Left-Handed Path and Spiritual Rebellion
3. Tools and Rituals of Dark Magic
4. Integration, Empowerment, and Transformation

Week 1: The Shadow Self and Dark Archetypes

- Introduction to Jungian shadow theory
- Exploring dark deities (e.g., Hecate, Lilith, Kali)
- Archetypes of transformation, mystery, and death

Coursework:

- Reading: "The Shadow and the Self" + "Dark Goddesses and the Shadow Path"
- Journal prompt: Reflect on early shadow experiences and deity connections
- Meditation: Connect with a dark archetype

Week 2: Left-Handed Path and Spiritual Rebellion

- Philosophy of the left-handed path
- Autonomy, taboo, and magical ethics
- Misconceptions and empowerment

Coursework:

- Reflection: What does spiritual rebellion mean to you?
- Group discussion: Navigating taboo in magical practice
- Exercise: Craft a personal magical creed

Week 3: Tools and Rituals of Dark Magic

- Magical tools: obsidian, black salt, mirrors, bones
- Rituals for emotional release and shadow exploration
- Creating sacred space for deep work

Coursework:

- Create a shadow altar with symbolic tools
- Guided ritual: Mirror work and invocation
- Journal: Document emotional and energetic responses

Week 4: Integration, Empowerment, and Transformation

- Alchemical transformation and inner healing
- Rituals for reclaiming power and authenticity
- Working with archetypes and inner allies

Coursework:

- Final project: Design and perform a ritual of integration
- Peer sharing and feedback
- Closing circle: Celebrate your journey through darkness

Learning Outcomes:

- Understand psychological and spiritual dimensions of the shadow
- Develop relationships with dark deities and archetypes
- Apply left-handed path principles ethically and effectively