

WINGS – OPPOSITES & SHADOWS

1	I must be good, and my Shadow is bad, so I'm not allowing any of it to surface.
1w9	9s mellow and relax 1's black and white thinking, enabling 1s to see other perspectives. 9s desire to get along softens 1's judgment and concern about people not behaving correctly.
1w2	2s help 1s get out of the bondage of self by developing compassion. 2s soften the rigidity of 1s so 1s can see what others need.
2	I must be seen as loveable and helpful, and my Shadow probably isn't.
2w1	1s know who they are, which can balance 2's giving away too much of themselves. 1s bring rationality to 2's emotionality, enabling 2s to be more principled in helping others, despite their feelings.
2w3	3's overt desire to look good and perform can bring out 2's hidden desires. 3s bring charm, confidence and enjoyment to 2's sense of helping. 3s also bring an unpretentious sense of recognition to 2s.
3	I must be seen as successful and valuable, and uncovering my Shadow would threaten that.
3w2	2s help 3s access and express their compartmentalized emotions. 2s help soften 3's direct approach in getting what they want.
3w4	4s bring authenticity and balance to 3's self-deceptiveness in wanting to look good on the outside. 4s bring emotional awareness and an inward focus to 3's outward focus on others.
4	I value my ability to go deeper and darker, and my Shadow would uncover something good.
4w3	3's extroversion and demand for attention help 4s be more social and action-oriented. 3s help move tasks along without getting bogged down in feelings and help 4s savor their accomplishments.
4w5	5s bring cognitive/head intelligence and the ability to analyze and discriminate to 4's emotional intelligence. 5s help reduce 4's social insecurity by deepening their understanding of others and the world.
5	I am smart and capable, and anything in my Shadow would limit my mind's capabilities.

5w4	4s bring intuitive understanding to data and information, synthesizing new ideas with creativity and allowing for forward movements in leaps and bounds, versus dry, linear steps.
5w6	6s bring practicality and the desire to participate with others, which can lessen 5's heaviness of being deep and internal.
6	I am already scanning for negativity so why add more things from a Shadow?
6w5	5s bring solitude to 6's need to join in with others. 5s help 6s stand alone for what they believe, instead of constantly having to double check themselves.
6w7	7s bring friendliness, play and spontaneity to balance 6's fear of the worst, and also so 6s can recharge their batteries.
7	I focus on fun and positiveness, and anything in my Shadow would be a painful killjoy.
7w6	6s slow down 7s with cautiousness so 7s can focus their energy. 6s bring camaraderie and the desire to connect with others, instead of hiding in the group.
7w8	8s bring power and life force to balance 7's desire to hide, which helps 7s be more forthcoming with their opinions and also able to complete projects.
8	I am strong and in control, and my Shadow would reveal my loneliness and neediness.
8w7	7s bring fun, adventure and agreeableness to 8's steadfast need to defend and protect. 7s bring expansion and novelty to 8's tunnel vision. 7s bring joy and charisma to 8's entrepreneurial leadership.
8w9	9's peacefulness softens 8's need for control and vengefulness. 9s bring acceptance of life obstacles which balances 8's efforts and strivings.
9	I question my place in the world, and anything in my Shadow would make matters worse.
9w8	8's practicality brings 9s down to earth and able to enjoy their bodies and the material world. 8's add energy and persuasiveness to 9s need for their comfort zone.
9w1	1's bring objectivity, fairness and principles to 9s ability to mediate. 1s help 9s make time to expand their spiritual life.