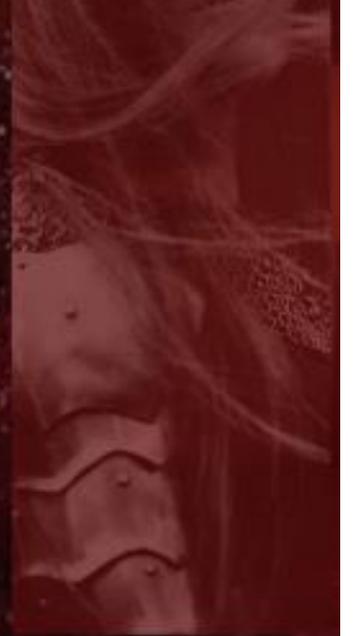


Book of Shadow Healing



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"Acceptance is the absolute first step in any magickal working. We need to put our energy into solving a problem rather than resisting its existence. When we do this, we clear the path for developing intentions that will lead to the outcomes we desire. Resistance is like spiritual or energetic dirt. We need to be purified from it through acceptance."

from Lesson 1: Healing and Purification

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Get real.
Feel.
Deal.
Heal.

Keeping Her Keep

**“We never see what we are not ready to see.”
- Jonathon Lockwood Huie**

Growth requires of us that we seek the Divine as we understand him/her/them/it. This can be challenging work. Take great care of your physical body as you engage in the activities of The Real Work. Avoid excessive consumption of alcohol, sugar, dairy and processed foods. Use the activities as you will with much peace and blessings.



Greetings,

Healing the shadow is an important – and necessary – part of The Witches' Journey. Through this transformation, we are reborn as our true selves, sovereign witches of might and wisdom. This is choosing fierce love and true magic.

It's tempting to dive right into the depths of shadow work at the beginning. However, I recommend easing into the depths one step at a time. In this first lesson, you'll find exercises, practices and rituals designed to do just that.

Remember that compassion is the dominant energy for shadow work. Releasing your anger, hurt, frustrations, etc. must flow from a position of compassion. Take good care of yourself while doing this work. This is not the time to start other major personal development projects or do a lot of socializing. However, reach out to me, the group or a trusted friend when needed.

Yours in healing,

A handwritten signature in black ink that reads "Cyndi". The script is fluid and cursive, with a small dot above the 'i'.

Cyndi Brannen, PhD
Developer of The Sacred Seven
Founder of Keeping Her Keys



I am healed from my past experiences
I am healed from painful past relationships
I am healed, my true self is free
I am healed, I approach all things with love
I am healed, I think and speak my truth
I am healed, I act for my highest good
I am healed, I am connected to my Guides and
Divine Source.

I am healed, I walk the path of acceptance,
sovereignty and fierce love.
This is the way of truth,
And I claim it now.

As within, so without.
As above, so below.
This is so!

Keeping Her Keep

Shadow Syndrome is characterized by feelings of unworthiness, of being a fraud, and looking to others for validation. While this can be debilitating, it's actually a gift that can lead us towards our truth. One of the costs of witchcraft is learning to understand the darkness, including that which lives within us. Often these symptoms arise because the authentic witch within is telling us that it's time to walk our authentic path. This is the calling to heal our shadows and claim the title of real witch, however we define it.

When it comes to being a witch these days, there's so many "experts" explaining exactly what we need to do in order to be "authentic". I'm telling you to cast aside what anyone else says and define your witchiness in the unique way that it's authentically you. Through understanding Shadow Syndrome and healing your shadow you can unleash the real witch that's within you.

Have you ever noticed that the only people to ever get Imposter Syndrome are the ones who aren't imposters? If you're here reading this article, chances are you've struggled with feeling like a fraud or being unworthy.

Back to those who seem to have absolutely zero depth to their practice are out there flaunting their fakeness like it's going out of style. Think about that for a moment, especially if you've ever struggled with feeling like you're not the real deal. Chances are, you are. And those faker pants? What seems super faux to me might to them be entirely authentic. The thing I've noticed is that those who worry about being a real witch almost always are, and those who never do are often inauthentic. To me, being a real witch requires self-reflection. Developing an awareness of our shortcomings. Most importantly, it's about healing the shadow. Part of that work for many is overcoming what is known as Imposter Syndrome.

The Problem With "Imposter Syndrome"

Although I recognize the merit in calling the collection of symptoms associated with Imposter Syndrome as such, I wholeheartedly dislike the name. **Shadow Syndrome** is a much more appropriate label, since it is our shadow selves who convince us we aren't enough and block us from living our authentic lives.

For many of us, the shadow got control when we were victimized, either through invalidation or trauma. Somehow we became convinced that whatever we are wasn't good enough. That our authentic selves weren't safe to share with others. We internalize this further to the point where we question whether or not what feels true to us actually is. Feeling like a big fraud in our own skin sucks out loud. However, this uncomfortableness is actually a good sign. The challenge is to feel, deal and heal our feeling like an imposter. As long as we remain comfortably numb to our own shortcomings, then we truly are imposters. Healing the shadow takes time and effort. We're never done. I'm convinced the great work of our lives is to dance with our darkness. Denying that it exists makes it worse. Trying to kill it only makes it stronger, including feeling like an imposter.

Imposters, The Shadow Self And Pointing Fingers At "Fake Witches": A Tale of a Book Cover

I'm starting Book of Shadow Recovery with a confession. Every June, I focus on shadow healing work, offering a free class. The class you are now taking. I feel very privileged to do the work that is Keeping Her Keys. I get to be an out-loud witch. My realness is on display. For me this only happened after healing my own shadow. I do this in June as a sort of birthday present to myself, since shadow work is never done, and for everyone who supports my work. Going into dark corners is one of my favorite things, after all. There's a balancing act to this, though. While I firmly believe that witchcraft is of the dark, whether I call it deathwalking or by another name, I appreciate that not everyone shares this perspective. I want to teach shadow work that helps those who feel called to witchcraft, how they define authenticity.

This year, as I was planning for the two-week course that I'm offering in The Witches' Realm, I received a message from a friend with a link to a book cover. This happened around the same time as the very authentic John Beckett published his article on dealing with [imposter syndrome](#). I love it when the powers-that-be drop such wonderful fodder for my work right into my laptop. Much better than the times I have to climb mountains for to hear them.

This writer is not someone who I know or follow or whose work I read. I'm being honest in saying that I find the image ridiculous. When a friend sent me the link to the image, I was first amused and then a bit pissed. Because, while the individual's right to self-determination is important to me, equally important is that witchcraft doesn't look silly. It seemed contrived to me. Such a fake witch. But who I am to say what is authentic and what is imposter? I'm happy to leave that for others to determine. Then, I started getting these memes made using the image sent to me. Some of them were hilarious, but they really grated me. I found the ridiculing of the author to be just as tasteless as the actual cover. A lot of these memes implied that the other person wasn't a real witch.

Why The Real Imposters Are the Ones Who Ridicule Others

I started thinking about the possible reasons why someone would take their valuable time to create a meme like that. It could well be because they, like me, felt that the cover defiled witchcraft with it's over-the-top-ness. Whenever someone makes a point of publicly attacking another, it's a good opportunity for us to contemplate why they felt compelled to do so and our involvement in it. Are we reacting from our shadow side or our authentic self? What is being triggered in us? Is there something we can learn from the situation?

Picking on others is a sign of insecurity unless, of course, the person in question has actually done something harmful. The thing with these small-minded types that ridicule in public is that they almost never suffer from Imposter Syndrome themselves. They think they are 100% legitimate, a true authority of everything to do with witchcraft, and never welcome honest debate about important topics. It's all about ramping up that fragile ego of theirs. On the other hand, those of us working on our shadow selves admit to feeling unworthy, and less than perfect. We're trying to heal our Shadow Syndrome. Does that make us real witches? You betcha. As long as "witch" is authentic for you.

The Shadow And Self-Confidence: Blocking Authenticity

Often, this behavior is an attempt to treat their own shaky self-concept. When our shadow is running our lives, our self-confidence plummets. This happens for two reasons. First, the very reason that our shadow took control is likely because our self-confidence was attacked through trauma and/or invalidation. Second, the shadow can consume what confidence remains until we find ourselves feeling worthless. That's all Shadow Syndrome symptomology. The healing begins when our authentic self starts to reclaim power, making us aware of our feelings of inadequacy. We are healing. In contrast, when we pick on others - who've done nothing worse than perhaps be a bit different than us - the shadow grows stronger. At times, all that's left of a person is completely fraudulent. The thing is that some people are completely ignorant to this. They're the real imposters.

I've debated leaving out the book cover story, but the lesson in it is too great to ignore. Judging a book by its cover can be troublesome, just as our own appearance can be deceiving. We may look like we have it all together but feel like a complete fraud inside. That's because our authentic, real witch is screaming to be unleashed. You don't have to cover yourself in witchy tattoos and start evangelizing your version of witchcraft to be a real witch. I would argue that just about the only thing required is to commit to healing your shadow.

Symptoms of Shadow Syndrome And Ways To Heal And Be The Real Witch You Are

Symptoms of Shadow Syndrome include perfectionism, chronic social comparison and feeling that you're not enough. Sufferers of Shadow Syndrome often take no pleasure from their successes and dwell on their failures. One of the most telling external symptoms is the perpetual engagement trying to one-up others' struggles with their own tales of woe. This is the shadow claiming their pain to be the greatest of all. Only through shadow healing can your unique, "real" witch inside of be unleashed.

#1 Being Paralyzed By Fear

Absolutely, the biggest problem of Shadow Syndrome is being paralyzed by fear. The shadow tells us that, since we are fakes and completely unworthy, there's no point in trying to achieve our dreams. That whatever we say to someone else will be stupid, and that we can't solve our problems. Complete rubbish. [Witches are both born and made.](#)

Practice: The key to overcoming this most disabling symptom is to start with small, specific goals. Whenever you are faced with fear about doing something, say to yourself, "just for this moment, I am choosing _____." Making huge plans with vague details almost never works. This approach to spells leaves them weak and likely to fail, or manifest in bizarre ways. Don't say "I am releasing all that blocks my path." Get specific. If you don't know what it is that's blocking you, consult your cards, bones or stones. Ask them to reveal your way and for guidance on overcoming your paralysation.

#2 Striving for Perfection

We are simply not meant to be perfect, although there are times when things can appear to be so. No one is perfect. Stop trying to be. Do the best you can with what you have. Commit to growth, not being the best. Those suffering from Shadow Syndrome always have perfectionism. This can lead to being overly competitive, but also freeze us from pursuing our dreams. Our spells and rituals don't need to be perfect; they should be well-planned and powerful. It's not always possible to achieve this. Instead of worrying about perfection, put your effort into crafting a working that speaks truth for you. Honestly, the spirits are less concerned with perfection than they are with authenticity.

Practice: Intentionally arrange your altar with at least one object not in the place where you think it should be. Or perhaps even create a "messy" altar. Go a step further to only put objects on that altar that you love. No objects that follow what you think should be done. Your altar is your connection to the forces you work with, an expression of your truth, and is about as real as a witch can get. The altar should be "whole" not perfect.

#3 You Are More Than Enough

Perhaps the most troubling symptom of Shadow Syndrome is the incessant feeling that we are not enough. Listen to Lady Gaga, okay? You were born this way. Exactly as you were meant to be. No, you're not perfect. We all have limitations in varying degrees. As you release the need to compare yourself to others and to find validation from external sources, the more you'll feel more than enough. It's those nasty voices of others who convince us that we are unworthy.

Practice: A daily affirmation practice creates the energy of authenticity. While looking in the mirror each morning (as you brush your teeth, perhaps) list off your attributes. Be specific.

#4 Feeling Like A Fraud

The shadow whispers that we aren't actually the real witch we know that we are. Tricky little devil, that shadow, with its insidious hints and allegations that magick is foolishness and that we certainly aren't a real witch. Proving that magick - with the "k" since I'm talking about intentionally working with spirits and forces rather than the general magic of life - is real is not my point here. I've made my peace with it being true to me. That's all that matters. As for being a real witch, there's no other word that is as true to who I am than this one. I struggled with this for years until I finally gave up. I believe that questioning the reality of witchcraft is necessary for effective practice, but not that we should feel like frauds for doing so. Run in the direction of your truth and away from those whispers of your shadow.

Practice: There was a time when I was involved with someone who wanted me to convince him that witchcraft was real by doing party tricks like manipulating fire. I replied that wasn't how witchcraft worked. That it was about the subtle influence in a desired direction. Then I let him make me feel like a fraud. Looking back, I only succumbed to his abuse because I wasn't yet sure I was a real witch. No, I was sure, but I was still concerned about what others thought and that I might be crazy. I've since decided that if I'm nuts, then I'm happy this way. Being sane in the eyes of society made me insane because I was being a fraud. The practice I am recommending here is to develop a relationship with a spirit, be it plant, stone or otherwise, that completely accepts you the way you are.

#5 Looking to Others for Validation

Are you looking to others for validation? This is a huge thing. We all do it to varying degrees. The problem with expecting others to validate our existence is that we'll always end up feeling less than. While learning from others is important, relying on them to quench our fears about being authentic isn't at all. Authenticity comes from within.

Practice: Make lists of the things that speak truth to you. Music, books, movies, clothes, etc. With each list, ask yourself why you enjoy these things. If the answer involves either the opinion or pleasing of another, cross the item off your list. Keep only the things that you love because they speak only to you. This is an intense process when taken seriously. Work slowly through your list. Witch it up by adding the dominant energy of your list to your arsenal of forces you work with. If you have mostly "sad" songs, for example, summon the spirit of the list in a spell to transmute your melancholy into contentment.

#6 Fawning Over Others

Do you adjust your behavior and beliefs to suit those who you admire/care about? Known as fawning, this practice often happens in those of us who have been traumatized. We've learned that the only way to ensure our safety is by making ourselves appealing. This is how the shadow protects us, but it's also a symptom of imposter syndrome. If you're still in a situation where you have to adapt to the demands of others, then you have my support. However, if you're doing this chronically because of past trauma when there's no need, it's time to have a chat with your shadow. Let her/him/them know that while you appreciate their protection, you're ready to stand in your truth.

Practice: Fawning can be so tough to get over. Trust me, as long as you are shifting who you are to please others, you're not being authentic with anyone, especially yourself. When it comes to claiming our witch-truth, it can be so difficult. We may not be in a position to externally display who we are on the inside. That doesn't need to be an impediment to being a real witch (however you define it). Stopping fawning is all about knowing and enforcing your [boundaries](#) and enacting [healthy self protection](#).

#7 Your Suffering Doesn't Define You (NO, it doesn't)

Do you have a chronic need to contemplate and share your pain? I'm giving some harsh truth: this is only blocking you from being the real witch you were born to be. There comes a time when it's over. Put that shit down. I'm not trivializing the healing process, but, honestly, as long as you are spending most of your time thinking about everything that's been done to you and/or is wrong with you, the shadow is in control.

Practice: There are two techniques that really help with over-focus on suffering. The first is to limit the amount of time that you give energy to your pain each day. We are the energy of our thoughts and emotions. Our witchcraft is only an extension of our personal energy signature. The more we focus on our pain, the more influence it has on our workings. Set the timer for ten minutes, create your closed space using a black candle and then delve into the pain. Whenever a harmful thought or memory comes outside of this time, tell it that it must wait until the allocated time. The other practice that should be done in conjunction with this is a [daily gratitude practice](#). Take a few moments to give energy to the good in your life.

#8 Being Consumed By Worries

We all have concerns, but constantly obsessing over them is the work of the shadow. The energy shift from shadow to truth occurs when our focus is more on solving the problems we have instead of spiraling round and round about the issue.

Practice: Use a cauldron or bowl (with a lid if possible) to cast in your worries. Make a list of the things that keep you up at night. Beside each item write what you can do to solve the problem. If there's nothing that can be done, relinquish the worry entirely. Rip the list in two. Burn or shred the worries while releasing their hold on you. Keep the list of solutions. Focus on those.

#9 Being A Control Freak Witch

One of the most debilitating symptoms of Shadow Syndrome is the excessive need to control everything. That's because our shadow needs to maintain rigid order in order to continue to prevent us from being our truest witch selves. There are some things we can't and shouldn't attempt to control.

Practice: We often get into being a control freak witch when we feel like we have no control over our lives. An energetic inventory of the things that are within your control can remind you how much power you do have. Stop obsessing over minor details that don't matter. Figure out substitutions for spells using what you have on hand instead of waiting until you can afford that mandragora root, for example. Letting go of minor details helps. What else helps is the energetic control inventory.

#10 Not Standing In Your Own Power

When the shadow is in control, we often engage in pursuits that directly diminish our power. The shadow feeds off weakness. The more disempowered we feel, the stronger it grows. We make stupid decisions. Our spells don't work as planned. We can't connect to the spirits and deities we are drawn to. All because that shadow blocks our power. We are the universe wrapped in skin. It can be overwhelming to embrace this truth. However, once we begin to see how powerful we are, then our realness naturally emerges.

Practice: "Air my breath, water my blood, earth my body, fire my spirit" is much more than a chant, it's a method for claiming your power. As you recite the chant, feel the connection of these forces within you. Open up to them all around you. Spending your time doing this instead of looking to others for validation, engaging in social comparison, clinging to the past, and worrying will starve that shadow.

#11 Denying And Loathing Our Bodies

This one is a challenge for me. The lure of the being fully disembodied is strong for me. However, I do have this physical being that is just as important as my spirit self. The shadow wants us to deny our physical beings, or, better still, to loathe them. Chronic pain, disability and other forms of dis-ease can make it easy to resist our corporeality. As long as we do this, we're letting that shadow run the show. Wanting to have a perfect

body is a sign of that shadowy perfectionism I previously discussed. No one has a perfect one. We all have pain. No matter what your corporeality is, it is beautiful. Pain brings strength. Being different is a gift. Feeling out of place is your own skin is horrible. I want to mention that for those of you who have a mismatch between your authentic self and your outward appearance, I'm not diminishing your pain. I am saying that making peace with your current body as you work on transformation is necessary.

Practice: Dance on the earth, beloveds. Whether on a grassy field or by connecting your roots to the earth far below your apartment, join together with the natural world and then dance like no one is watching. They're not, they're on their devices. Get your music list from the self-validation practice, put on those headphones and move however you can. Chair dancing is perfectly acceptable. If that's not possible, get comfy and envision your body swaying to the tunes.

#12 Having a Fixed Mindset

Here's the thing with the shadow: it hates growth. Think of the shadow as the necessary force that tempers excessive growth. When it is too powerful, there's no growth. When we are in control of it, we can learn from it. That's wisdom. The shadow works on our beings as the periods of destruction, death and decay work in nature. Those forces actually create more growth when they are in accordance with the natural order. Things like global warming mess up the system. Too much invalidation, trauma and pain do the same to each of us. The destructive energies take over. Destruction looks busy, but it's the opposite. Then there's the times when we are stuck. Also necessary, but spending too long in the mud prevents authenticity. No matter what is going on - whether you feel stuck or are in a destructive cycle - you can still create the energy of growth.

Practice: A fixed mindset is characterized by resistance to change and the belief that we are not powerful. Since I've already talked about standing in your own power, the practice I'm suggesting now is focuses on growth energy. There's so many ways to connect to this force. You can develop a relationship with a botanical or animal spirit, observing how they change over time. A challenge is to learn a new witchy skill. The more time you spend on learning, the less that shadow can hold you back.

You can read more about stone spirit witchery [here](#) and animal spirit witchery [here](#).

#13 Never Taking A Rest

The shadow is weird. On one hand, it can paralyze us from acting, but on the other it can drive us to be constantly busy. Often this busyness is counterproductive. We're overly involved in [gossip](#) (part of looking to others for validation), we're hyper-controlling

everything, or we're obsessive worriers. When we do try to take a break, we're antsy, always needing a distraction. Sound familiar? The witch standing in her/his/their power knows when to rest.

Practice: Meditation is the antidote to this symptom. It's not necessary to engage in sixty-minute sessions in an ashram. Set aside a few minutes each day to quiet your mind. Unplug from everyone else. Be within yourself. Notice your thoughts. Then release them. Breathe all the way in, filling your belly, drawing it right down to your toes and up to your crown. This also helps to be a more embodied witch.

Do these symptoms describe you? Then read on...

PS: You are here in this moment because you are being called by your truth. Now is the moment you've been waiting for you. You are ready.

Shadow Bypassing on the Road to Authenticity

I wrote recently about the [True Costs of Being a Witch](#). In that article, I listed many of the tolls we need to pay to claim our title - and power - as a witch. This article is the follow-up to that one in many ways. In my experience, those who call themselves a witch, but don't appear to have done the deep shadow healing work required as part of the payment plan, are imposters. Some of you may disagree with that statement, that's fine with me. My point is that initiation into witchcraft really does come with a price. Witchcraft is about power. We summon spirits and direct energy currents to achieve goals. Until we get ourselves in the position of authenticity, then all of our workings are wishcraft. Moreover, they can be downright dangerous. Way back when I first started to seriously pursue this path, I wanted the power, and not the costs. I've learned that shadow bypassing only leads to disaster. Shadow healing, including working with the thirteen practices I've described, will unleash your inner witch. The power to create your authentic life awaits, but we have to earn it.

The Keeping Her Keys Tradition

The Keeping Her Keys tradition merges the best of witchcraft with modern spiritual and personal development practices. This is practical magick that helps you find “better living through witchcraft.” Part of that work is healing. For many of us this involves diving into the depths of past hurt and trauma. This is where the shadow resides. Before discussing the shadow, a bit about how the true self is in order.

[Read more](#)

The True Self

When we are born, we bring with us into this life a self that is true and essential. This Self is our combined experience from previous lives, infused in our very DNA. It is who we are.

As we grow, many of us experience people, ideas, and events that teach us that our Self is wrong.

When we are very young, our brains don't have the capacity to accept when others negatively judge us, but around the age of 5 we begin to develop the capacity to examine our thoughts.

At this critical time, we also develop the ability to process what other people think of us. We'll come back to this idea in a minute.

But what can happen to our True Self as we develop and then master the very necessary ability to contemplate other's feelings and opinions, is that by learning we don't measure up to their ideas (and this is usually just what we think, not based on any factual information) that we have to develop a shell around our True Self in order to protect her.

What was whole, meaning the connection between our True Self and the Divine becomes fractured due to the imposition of this barrier. We can no longer directly connect to the Divine, the energy source, because of this wall. As we grow, if our beliefs about our True Self continue to NOT receive validation, the wall gets taller and wider until as adults we find ourselves feeling empty and utterly alone.

Disintegration

Disintegration is the process that I just discussed. As the wall around our True Self gets stronger, the True Self becomes neglected and withers. What was once whole is not disintegrated – a series of disconnected fragments separated where the wall grows too

thick. Oh yeah, many wise people have referred to this wall as the Shadow. It is that shell from which we operate as the wall becomes so thick that the True Self can no longer directly connect to others, let alone the Divine. But what can happen is that the fractured bits of our True Self, those that are particularly resilient, will leak through into the Shadow. When this happens, we may be fooled into believing that we are actually acting as our True Selves when in fact the opposite is true. This is the lie of disintegration. We become so fragmented that we cannot know, in our conscious mind, just what part of ourselves is real or Shadow.

In this state, we are at perilous risk to become depressed, anxious, and highly stressed. We will act under the guidance of the Shadow and make stupid mistakes, take unnecessary risks and enter into inappropriate relationships. With the Shadow running the show, we will try to fit in with what we think is the norm.

One offshoot of this predicament is that we often physically disguise ourselves as a means of keeping people from seeing what we have become. Another way of understanding this is that we fear, intensely, that if someone gets a glimpse of our True Self they will recoil in shock and horror. That is the Shadow speaking. She seeks to protect the True Self the only way she knows how, by deceit and destruction.

Integration

Integration is the true goal of the work. Once we return to a state of integration, we operate as our True Selves. One of my favorite quotes is “courage is tiny bits of fear all pieced together” by Terry Guillemets. The piecing together of those tiny bits of fear is where we stitch our True Self back together. This is an admirable undertaking. It requires a journey through the underworld, and it is a process wherein we learn to disempower our Shadow, tear down that wall.

The Surface Self

The Surface Self is the self we choose to present to the world. When we are under the power of Shadow, that Surface Self is Shadow driven when the True Self is integrated (and therefore in control), it runs what is presented in the Surface Self. When the Shadow is in control of the Surface Self, maybe for a while you'll function, or at least appear to. But in the end the mix will come undone. Perhaps that is where you find yourself today. It might even be why you are here.

The Voice of Others

This is the collection of ALL the voices in your head that tell you are LESS THAN...we start accumulating them early in life and just keep adding to them UNLESS we are functioning from our TRUE SELF. Only the True Self can deactivate the power of negative incoming messages.

The True Self can hold thoughts just for what they are...passing images...and the thoughts we have about what others think about us are just thoughts. They aren't usually based in any sort of reality and if they are they are more about the other person than ourselves. We'll spend a chunk of time exploring how the voice of others operates in our lives.

The Shadow

The Shadow is the part of ourselves that rises to dominance when we experience all forms of trauma. This can be from childhood maltreatment, abuse or neglect. It can arise when we undergo trauma as adults. Shadow dominance also can be triggered by empathic absorption of others' shadow energies. We can inherit shadow energy from past lives and our ancestors. The shadow is a necessary part of who we are. It is our companion along our Witches' Journey. However, dominant shadow energy, except in times of crises, almost always causes great distress. The goal of shadow healing is to tame this energy and increase your true self dominance.

We can tame the Shadow when we operate from the powerful position of True Self. This is what the Shadow Healing Course will help you do.

The “Uncomfy Spot”

I just want to remind us all that this The Real Work requires us to go to places that we may have been avoiding, and that taking control is frightening. Change is difficult. It takes us out of what we know which is what we crave. As humans we are creatures of comfort. My youngest son has this space he calls his comfy spot...a folded up futon mattress, pillows, blankets, stuffies. It's great. Shadow Healing is going to be the opposite of that, so let's take a break and get ready for the “uncomfy spot.”

Remember that old patterns often become the strongest when we are healing them. The sun shines just as bright at sunset as it does at sunrise. However, this turmoil is fertile soil from which you can heal.

Walking with Your Shadow

“Because it appears to me a hazardous thing to exchange my soul for my shadow.”
- [Adelbert von Chamisso](#)

Nothing about the shadow is wrong nor does she need to be destroyed. The shadow teaches us, protects us and represents our pain. One of the main functions of the shadow is to protect aspects of our True Self that have been invalidated by others. Thus, we have often been convinced they are inappropriate or dysfunctional. By learning to accept these parts of us can we move forward into the beings we were born to be, our integrated selves.

Our Triple Nature: The Three Functions

The image of the Triple Goddess is central to modern witchcraft, but we also have our own three-formed nature consisting of our thoughts, feelings and actions.

Thoughts (The Higher Self)

“I know my thoughts well enough not to be fooled by them.”

The witch’s work is **mind work**:

“A Witch's work is mind work and utilizes powerful metaphors, allegories, and images that unlock the powers of the mind.”

– [Laurie Cabot, *Power of the Witch: The Earth, the Moon, and the Magical Path to Enlightenment*](#)

That is one of my favorite inspirational witchy quotes. The energy of thoughts is primarily more refined and thus situated in the Upper World. Our thoughts are the gateway to mystical experiences and are the core of our witchery. However, thoughts are deeply intertwined with emotions. The thoughts themselves don’t cause a lot of trouble, it’s the associated feelings that can lead us astray.

I want you to think of your thoughts as the verbal expressions of emotional energy. Emotions don’t have words. It’s the connection between the two that can give rise to destructive ways of thinking. The processes in this lesson are designed to remove the emotional attachment to your thoughts, particularly regarding painful experiences. Therefore, the practice of distress tolerance is introduced in this lesson. See your thoughts as the natural products of your emotions. They come and go. They don’t control you, you are their master.

Actions (The Middle Self)

Our behavior is another natural result of our emotions. The interconnections between our Three Functions are complex. Behavior that is self-destructive is the result of shadow energy, which is often caused by the harmful actions of others. Our addictions are the proof of the power of shadow energy transformed into actions. However, through the exercises in this lesson, you'll tame that shadow self. Whether the shadow is running our lives, or our true self is, this energy creates our reality. Truly in life, as in magick this is so.

“As within, so without.

As above, so below.”



Feelings (The Lower Self)

Emotions fuel our thoughts and behaviors. Our emotions are our internal thermometer. Emotions are neither good nor bad. They simply ARE. All emotions have uses. What can happen when we are functioning from our shadow is that our range of emotions becomes truncated. We are left with anxiety, aggression, fear, hostility, frustration and their counterparts. Now all these feelings become destructive when they are the only ones we feel. They fuel the shadow which leads to higher levels of them being produced. So, it becomes a vicious circle. As humans we are wired to feel things. If we deprive ourselves of the range of emotions that we are capable of, the Shadow emotions just continue to fill the void left by the other feelings. It sounds a bit complicated, but it's like eating junk food. Sticking with the fast food metaphor, how many of us have experienced that “Did I really just eat that?” moment after we've lost control? The feeling of loss of control is a key symptom that the Shadow is running your life. When you feel in control of your life, you are operating from a place of alignment with the true self.

Each of our three selves has a shadow component. Contemplate each of them in your journal. What emotions does your Lower Shadow have? How does your Middle Shadow behave? What are the thoughts of your Upper Shadow?

Acceptance

It's easy to write “be gentle with yourself,” but much more difficult to practice. Acceptance is the way to finding self-compassion. You may wonder why I put acceptance here in the very first lesson. It's because we must accept what has happened before we

can sever the emotional tether to it. Regarding witchcraft, this is the absolute first step in any working. We need to put our energy into solving a problem rather than resisting its existence. When we do this, we clear the path for developing intentions that will lead to the outcomes we desire. Resistance is like spiritual or energetic dirt. We need to be purified from it through acceptance.

Radically accepting the past is an incredibly healing experience. It's also liberating when we cut the emotional cord with those memories. I like to think that the cord between emotions and painful memories is the fuel line to the shadow self. Cut it and the shadow's tank is quickly emptied.

About This Course

Healing the shadow takes a lot of effort, what I call *The Real Work*. Watching the classes is not enough, you need to do the exercises. You need to journal. You need to feel, deal and heal. If you are not at a place where you can devote an hour a day to the practices discussed in The Witches' Hour of Power below, then it may not be the ideal time to undertake this course.

Watch: Shadow Healing 1

<https://www.youtube.com/watch?v=qqc1xpnNLHg&t=14s>

Daily Work: Witches Hour of Power

By dedicating one hour per day to spiritually-based personal development, you can achieve the meaningful life you seek. Shadow healing involves two parallel process: removing the shadow's power and activating your true self power. This is accomplished through the practices of The Witches Hour of Power, including:

- Affirmations
- Divination Work
- Energy Work
- Journaling
- Knowledge Building
- Meditation
- Ritual

Witches' Hour of Power Practices

Below is a list of practices that will help activate your true self while you are doing shadow healing work. Use them as you feel led. There are probably a million different practices that can be included in the Witches' Hour of Power.

Watch this video to learn more:

1. The Unity Meditation

<https://www.dropbox.com/s/8dgwk3vxm741ar3/The%20Unity%20Meditation.mp3?dl=0>

2. Five Minutes of Gratitude: Write for FIVE minutes a day about the things you are grateful for.

<https://www.patheos.com/blogs/keepingherkeys/2018/07/be-a-grateful-witch-the-importance-of-daily-gratitude-and-a-simple-ritual/>

3. Five Minutes of Freedom

You'll need a black fine point marker and plain paper. This one works very well, but it's a bit weird to do at first. Set aside five minutes a day for this practice. Continue with your normal activities. However, every time you have a judgmental thought about yourself, you have to stop what you're doing and write it in black marker on the plain paper. Every. Time. If self-criticism is a problem of yours, you'll see how much time you waste on it. The practice also teaches self-control by successfully completing the activity.

There are so many other techniques and practices to include in your Hour of Power. Learn about them with me in *The Sacred Seven: A Course in Applied Modern Witchcraft* or *Hekate's Modern Witchcraft: The First Key*.

Commitment Ritual

In this ritual, you'll be making a personal commitment to shadow syndrome recovery. Any ritual is an extension of an intention. Indeed, all energy work is based on the notion that the intention is the most important part of any working. Perhaps you are already familiar with this idea. Setting intentions is a vital part of witchcraft, so it's fitting that you begin your journey of shadow syndrome recovery at the beginning.

Guidelines for Writing Intentions

1. A strong intention needs to be very specific and use as few words as possible. An intention is a way of summarizing our desired outcome. By going through the process of thinking about what we hope to achieve, we can narrow our focus to exactly what we want. The more precise an intention, the more effective the working.
2. In addition to their magical proficiency, specific intentions help to activate our behaviors, thoughts, and emotions towards manifesting our desired outcome. We'll be motivated to do all we can to manifest our goal. Thus, a great intention brings into alignment our magic, actions, feelings, and thoughts.

Steps for Developing a Great Intention

- Write down all your initial ideas.
- Once you've got them all down, study them for common themes. Connect the themes using lines or circles. Whatever makes sense to you.
- Next, use these common themes to identify the main intention. Be as precise as possible.
- Write the one intention on a separate piece of paper. Be very specific and use as few words as possible. You may want to write your intention on a piece of durable paper since you'll be posting it somewhere to remind you of the intention while you work develop your new practice of feeding your soul. If you're so inclined, you can use decorative paper (there are lots out there that have keys on them) or decorate a plain sheet using symbols. While I'm making the symbols, I concentrate on my intention and develop the words for the rituals and make an action plan.
- Here are some suggestions that may be helpful in determining your intention for shadow syndrome recovery:
 - How will I recover from shadow syndrome?
 - How will I overcome the power of my shadow?
 - What will my life look like when I am living as my authentic self?

Shadow Syndrome Recovery Commitment Ritual

Once you've determined your intentions, it's time to do a short commitment ritual. For this ritual, you'll need a candle of some sort, preferably white. It's fine if its battery operated – not everyone can have an open flame in their homes. You'll also need a single sheet of paper to write your intention on. It's helpful to have an image or symbol of a deity or entity that you work with, too. This can be something you've drawn or printed from the computer. Petition this entity for support and intervention along your journey. If you don't work with deities or entities, you can summon the elements to support your work.

Requirements

- Your intention written on a single sheet of paper
- White candle
- Image or symbol of deity or entity either your matron/patron or one well suited to shadow syndrome recovery, such as Hekate or Isis.

Directions

- Find a quiet place where you can be alone for 15 – 30 minutes. Ensure that you have a clean and quiet area.
- Wash up before beginning.
- Set your candle, intention, and representation of deity or energy near each other in a clean space.
- Light the candle. Say, "I light this candle to activate my intention to recover from shadow syndrome." Read your specific intention.
- While holding your intention in both hands, hold it towards the sky and say, "may my Higher Self realize this intention." Now point your hands towards the ground and say, "may my Lower Self realize this intention." Finally, hold your hands over your heart center and say, "may my Middle Self realize this intention."
- Now turn to the symbol of deity, entity or the elements while holding the paper near the flame, saying, "I release this intention into _____ may you guide my thoughts, feelings, and actions so that I manifest my desired outcome."

- Pause for a few moments so you can contemplate your intention being released into your chosen deity, entity or the elements. You may receive a message at this point. Be sure to write it down.
- Once you complete releasing your intention, thank your chosen deity, entity or the elements and extinguish the flame.
- Write about your experience during this ritual in your journal.
- Keep the intention in a spot where you'll see it several times a day – like on your bedroom mirror or bulletin board near your workspace.

You can adapt this ritual for any type of manifestation work

Hekate Shadow Healing Ritual

This ritual is a great place to start your shadow healing journey.

Purification and sacred space creation should be done before this ritual. You can find info on these techniques at the end of this Guide. Refer to the Correspondences below for the optimal days to do this Ritual and useful colors. I've listed some herbs below that should be burned during this Ritual for maximum impact. If you are unaccustomed to meditative work, you can find some general guidelines on my website.

The image of this Ritual is that of a crossroads. If at all possible, be at an actual crossroads. If not, envision a crossroads near you. Find a spot where you can lay down the pain caused by the damaging aspects of the Shadow. You can use objects, especially stones, as symbols of your Shadow Themes.

Suggested Text for the Ritual

*In this sacred night of the dark and new moon,
I call upon the eternal Triple Goddess,
Hekate, Hekate, Hekate.
Guardian of the Crossroads,
Allow me to pass through unified with my Shadow,
As I seek full integration of my True Self,
To end the Shadow's control,
And move forward along my journey,
Unified.
Grant me thy protection as I do this Work,
May the damaging powers of my Shadow be released from within
As I lay them down here at your Divine Crossroads, (mentally lay down your pain at
the crossroads)
For you are ready to accept the pain,
And here I willingly leave it behind.*

*The pain is released.
The unity begins.*

*Hail to thee Hekate
Hail to thee Hekate
Hail to thee Hekate.*

*From perfect love and perfect trust,
Does my True Self emerge whole and in control.
As within, so without.
As above, so below.
It is so.*

Daily Petition to Hekate and Isis

Imagine Hekate's crossroads and the wings of Isis supporting you as you go through the Process and proceed into this prayer.

Hail Hekate, Wise One, Dark Mother of the Crossroads,
I lay down the pain caused by my Shadow,
Safely to your keeping.
Guide me safely through this time of transition,
As I move forward whole.
Hail Isis, Great Mother of Rebirth,
Grant me wisdom to emerge from this transition
Unified.
Hail Hekate,
Hail Isis,
I am grateful to thee for thy divine guidance.
Blessed Be.

Watch the second talk:

<https://www.youtube.com/watch?v=RTDtCmoRKwU&feature=youtu.be>

Correspondences & Considerations

- The dark/new moon (approximately 14 days after the full moon) is the best time to do Shadow Healing. There is a lunar phase widget on my website if you need to check the dates. Wednesday is a good day to work with Hekate.
- Black is the color of the Shadow. Use the color that best represents you for True Self. The Divine can be represented as White or Purple. Blue or orange should be incorporated into your color work for healing. If you really hate these colors use whatever color works for you.
- Individual Tarot cards for exploration: the Two's (for integration), the Empress and Rebirth (for rebirth as an integrated Self), and the Moon and Sun (duality).

- Crystals and stones: Clear quartz for clarity (put one in with the damiana if you buy some and use in Ritual), Aventurine to keep you grounded while you do the Work. Citrine to help with the spiritual healing/integration.
- Music can help set the tone for the Ritual. Cherokee Fire by Native Spirits, Alice DiMichele's Mother of Darkness from Circle of Women, Godsmack's Voodoo or Voodoo II (especially acoustic versions) are my favorites for this sort of Work. Also check out Byron Metcalf for amazing shamanic beats.

Hekate's Shadow Revelations Tarot Spread

After doing the ritual, you can seek Hekate's guidance for your shadow healing work. For me, Tarot cards are a way to access Hekate's wisdom while helping me self reflect. I've use the cards this way much more often than for divination. I figure if I am communicating with Our Lady and processing my own shit, then I really don't need prescience since I'll be on the right track. One of the biggest obstacles I've had in my life is my shadow self. You know that side that everyone has – the dark, fear based creature that has long dirty hair, unkempt nails and smells like a nineties grunge band? Wait. She doesn't always appear that way. She is just as likely to show up in six inch bitch boots or worn out Doc Marten's. The shadow can show up in any form. We can be easily confused and fall victim to her energy.

Ms. F U

Don't get me wrong here – there are times when we need the shadow. Ms. F U (Fear and Underworld) comes along when we have been deeply hurt, giving our authentic selves much needed time to heal. But, then it's time for her to get back into her padded cell. That can only happen if we know she is in control and if we have the tools to help tame her. A lot of times, I've been blissfully unaware that my shadow was in control. I've done some weird things while she was driving the bus. Let's just hold on a minute before we get all shadow-trashing here. The shadow is a wise creature. We have much to learn from fear. She is the container for all our pain and disappointment. She is our connection to the underworld. She knows things. We need to listen to her AND we need to keep her under control.

The Hekate Shadow Taming Tarot Spread is designed to help us figure out if the shadow is in control and to let us tap into her wisdom.

What Was I Thinking?

I had that moment of clarity. That second of realization when I became aware of the fact that I was completely in the wrong. I couldn't breath. After all these years of believing that I had been innocent, I now knew that I was at the very least an equal partner in the situation. Looking back, I just kept saying to myself "what was I thinking?"

Indeed, that is the question. There's been many times in my life when I have just messed things up. No other explanation beyond my own ignorance, arrogance or stubbornness. Then there are the times that I seemed to be acting completely out of character – bad relationships, bizarre financial decisions, and cavalier career moves. What was I thinking?

During those times, my shadow self was in control of my life while my authentic self took a back seat. Looking back, I can see that fear – and the emotions associated with it – was the dominate energetic force in my life during those times. Fear based living gives license to our shadow self to grab control from our true selves. How do we get ourselves in this situation? Often, the shadow emerges as a protector for our authentic selves after trauma, like abuse or assault. The problem comes in when we fail to recover from the trauma and return to living from the position of love based energy. I'm not talking about happy kitten sort of love, I'm referring to the vital force of compassion that fuels all living things.

The Shadow, Hekate and the Underworld

Our shadow selves are of great interest to Hekate, who will willingly help us tame them by taking their fear based energy back into the underworld from whence it came. Like her guidance of Persephone to and from the underworld, Hekate will lead us through our own personal underworld journey to emerge as our authentic selves.

There are times we don't know we are living under the direction of our shadow selves. In addition, there are times when we need to revisit our own personal underworld of the shadow. The shadow for all its capacity to do harm in our lives also can be both our greatest protector and source of personal growth.

Shadow Magick

I've explored the problems of shadow self magick in a recent [blog](#). I developed this as a tool for helping clients work with their shadow self. By shadow, I am referring to our fears, experiences and aspects of ourselves that we keep hidden from ourselves and others. There is much to be gained from confronting, understanding and learning to use these things to our benefit. Our thoughts, emotions and behaviors are energy that we can use to our benefit or detriment. By working with our shadow, we can tap into this energy for healing and personal growth.

Hekate and the Shadow Self

There are countless ways that Hekate can help us work with our shadows if we choose, here's a few examples:

- Hekate, as the Torchbearer, can shine a light on our darkness and help us to overcome our fears.
- Hekate, as the Key Holder, can open doors to the aspects of ourselves that we are too afraid to confront.
- Hekate, as Soteira, offers us the wisdom necessary to not only confront, but understand and incorporate our shadow energy.

You can visualize any of Her aspects that appeal to you for doing this reading.

The Hekate Shadow Revelations Tarot Reading

IMPORTANT: Clients have told me repeatedly that this is a very powerful spread, please make sure that you are in a stable state of mind when you approach this reading. This reading is not for when you are significantly depressed or very ill in other ways.

Instructions: This reading is designed to be done alone or with a trusted guide, either in the living sense or of the spiritual kind. You should prepare yourself as you typically do for a reading. If you are new to doing your own readings, please contact me for guidelines. You should place an offering to Hekate in your space.

The Three Arms of the Spread

The spread consists of three arms, like in a triskele. The first arm represents your authentic self, the second your shadow self and the third represents Hekate. Before setting the three arms of the triskele, it is necessary to pick a card that represents your authentic self and one for your shadow self. Place these two cards in the center of what will become your triskele.

Significators

Card 1 (Significator/True Self): look through the deck until you find a card that you think represents your True Self. If you aren't experienced with your significator card, it's fine to just pick the card that appeals to you the most. Take your time doing this.

Card 2 (Emergent/Shadow): shuffle the deck any way you choose. While shuffling concentrate on your shadow (themes, experiences, images). Sooner or later one card will emerge, either literally by flipping over or by you sensing a strong energy/attraction to that card. This is your emergent card representing your shadow.

Laying Out the Cards

Then lay out the cards face down as per the photo. The three arms will be: 1. True Self (cards 3-15, the earth arm), 2. Shadow, (4-16 the underworld arm) 3. Guidance from Hekate (5-17, sky arm).

Complete the arms by placing the corresponding cards of the same position in each arm before moving onto the next card. All the cards in the first position in each arm go first and so on. That connects each card to each other across the arms, so the probability of an accurate reading is increased. The cards within the arms are connected to each other by their shared space in that arm.

Card Meanings

The first card in each arm represents the dominant theme of the arm (aka the aspect).

The second is the root or core of the aspect.

The third reflects the emotions of the aspect.

The fourth reflects thoughts of the aspect.

The fifth card represents behaviors associated with the aspect.

For the authentic and shadow self arms, there may be some overlap amongst the cards. This is especially likely if your shadow self is the dominant energy controlling your life. For the guidance from Hekate arm, each card will provide insight on how to tame your shadow self and move towards living an authentic life.

I recommend a mix of your intuitive and standardized interpretations of each card and then each arm and then how each arm relates to the others. If you would like help interpreting, let me know.

Read the article: <http://www.patheos.com/blogs/keepingherkeys/2017/11/piercing-the-internal-veil-hekate-compassion-and-your-shadow-self/>

Watch the video: <https://youtu.be/zvch3HEjOwo>

You may also be interested in the [Enodia Two Card Daily Tarot Spread](#).

Activity: Problem Solving and Shadow Healing

This activity is a great practice to reveal the differences between shadow energy and true self energy as they play out in specific situations.

1. Narrow your focus: Choose one issue in your life that distresses you. ONLY ONE! In the middle of the blank page, describe your problem using LESS THAN FIVE WORDS.
2. Your Shadow's Voice: Around the problem, write down what your Shadow has to say about the situation. Don't hold back!
3. Own the Shadow's Voice: Draw a BIG circle around the perimeter of the page. NEXT, read each of the Shadow's messages. Look at how each sits within the large circle, your Self. Cross out the Shadow's messages or draw a big heart around them. Whatever works for you as long as you can still read what you wrote.
4. Receive the Shadow's Message: Look at the messages for underlying themes. What are they? Using ONE or TWO key words write the themes around what the Shadow says about your problem. This is the message of your Shadow.
5. Release the Power of the Shadow: The Shadow does NOT want to be in control. When s/he is anxiety, doubt and chaos reign. By releasing her power, you can accept her Gifts (next step, don't read ahead!). Contemplate or meditate on how the Shadow control's your life. Once you have finished, take her power from her.
6. Accept the Gifts of the Shadow: Before moving on, first write the positive aspects of your Shadow themes around them. When have these things served you well? Compare the usefulness of the Shadow to times when you have been under her Power? Contemplate or Meditate (see following pages for some tips) on this duality.
7. Integrate the Shadow into your True Self: Remember that one problem? Now go back there, holding your Shadow's hand. Listen to what s/he says. But pay more attention to your True Self, the listener. You have the solution inside of you already. Write possible solutions, where you should best direct your energies, between your big circle and the Shadow themes. Look at your complete image. What do you notice?

Build this approach into your Witches' Hour of Power...see how quickly your internal energy changes...and then so will your environment.

Watch the third video class:

<https://www.youtube.com/watch?v=MB2lSVLNtdA&t=7s>

Constructing a Life Line

Creating a detailed timeline of your life allows you to contemplate everything you've experienced. As you create the timeline, concentrate on just reporting the facts and not the emotions. Practice intentionally detaching from the events as you record them on the timeline.

This intentional approach helps to rewire the brain, acting as an actual cord cutting for those shadowy neural networks that hold our true self prisoner.

You'll need a black marker, paper and tape to hold the paper together. You can use other colors to signify different types of events. This Life Line will be used throughout the lessons.

This can be done over a few days. I suggest using one 8 ½ x 11 sheet of plain white paper for each decade. Start with your birthdate and end today. You'll need a notepad (not your Witches' Journal) for drafting the Life Line.

Everyone has a unique timeline. It consists of a series of events, trends and turns that culminate in producing cycles of positive and negative shifts, highs and lows in the course of a lifetime from birth. Since you have committed to doing shadow healing, you've reached a major crossroads of your life.

Benefits of Creating a Life Line

Creating a Life Line helps you organize all your experiences. Often, we'll notice that the traumatic events are few but powerful. The good is more frequent by often less intense. This is symptomatic of shadow domination. Through shadow healing, the intensity of our painful experiences will lesson, and the memories of positive events will become stronger.

Creating the Life Line can be intensely emotional. Set aside at least a couple of hours for doing this. I suggest doing The Unity Meditation prior to beginning and then doing the "Feel, Deal and Heal" ritual soon after. Then move onto the cord cutting exercise.

Putting your life on a straight line without emotion, helps you:

- See the themes that connect and cut across seemingly different events.
- Recognize patterns in relationships and other choices.
- Find compassion for yourself, and pride in all that you've achieved.

Guidelines:

1. Gather materials, create sacred space as you typically do. Ask you guides and guardians to protect you and bless this activity.
2. The exercise usually takes a couple of hours to complete.

3. Write events on the note pad. You should have a major event for most years. Don't worry if you can't remember the exact timing of childhood events, just the rough age is fine. Write them as they come to you, then add your approximate age.
4. Once you're finished with the list, number the events so they are in chronological order.
5. Place a "+" sign in front of events that are overall positive, and a "-" sign in front of ones that were overall negative – and then rate the positive or negative intensity of each event on a scale of 1 to 10, low to high.
6. Now take the sheets of paper. Use one sheet for every decade, turning it to "landscape." Draw a horizontal line on each sheet. Divide the line into ten "years" by placing a dot on the appropriate spot on the line.
7. Above the horizontal line, write the events that you scored as positive and put the negative ones below it. Use the numbers you assigned when you made the list or key words, so the line doesn't get too crowded. You can situate them according to intensity. For example, a "7" would be higher than a "3".
8. After completing the timeline, process it for patterns. What sort of experiences have you recorded the most? The least? How many of these events were initiated by you? How many were done to you? Can you group them into categories – relationships, work, family, etc.? What can you learn from the categories?
9. Write a summary of the experience in your journal, noting the overall emotions and thoughts that you are having.
10. Roll up your Life Line, releasing your connection to the emotions that were triggered. Store it in black fabric, even a towel will work. Keep it out of your energetic space, like in the basement or front hall closet if at all possible. You'll finish releasing these in the ritual below and then in the stone spirit cord cutting activity following the ritual. Don't get rid of the Life Line because you'll return to it at the end of the course.

Watch the final video class before doing the MAJOR HEALING RITUAL in the following section:

https://www.youtube.com/watch?v=I8G6s_8NWIA

“Feel, Deal and Heal” Ritual

This ritual takes you through feeling shadow emotions, dealing with them (release) and healing. It's perfectly suited to follow your Life Line exercise.

A black candle and a white candle can be used. The black represents releasing of the destructive forces at work in your life and the white is for protection.

If you have something that is symbolic of the destructive forces at work in your life, including your shadow self, place it between the two candles. Remember that the shadow served a purpose, so approach all this work with loving care. Treat the shadow with compassion. you can use this as the physical manifestation of what you need to cleanse yourself of. It is very beneficial to this ritual if you have a physical representation that you can actually destroy. You can burn the representation, tear it up, and bury it.

You can create the meditative space however you usually do. Sage is a powerful protective herb. Smudging yourself, your home, etc. is most helpful. Smudge the space before beginning this ritual

Suggested text:

I light this candle, black as night

To send my shadow's energy a flight.

I am released from its destructive power.

I light this white candle to bring to me healing and protection.

Out of pure love and pure trust do I commit to ending the reign of my shadow,

And I am protected safe within,

The circle of light and strength,

From which my true self can emerge.

As within, so without.

As above, so below.

It is so!

Concentrate on the meaning of the two candles. First the black, then the white. When you study the black candle, flood your mind with the difficult experiences (shadow energy, trauma, etc.) you've been having. Feel the emotions that were activated when you created your Life Line. Hold them tight. Feel their weight in your mind (somewhere in the front of your brain, behind your Third Eye). Once they are collected, recognize the emotions you are feeling. Take the time to label them. Fear, guilt, shame, frustration, aggression, remorse may all be there. Thank each one for their contribution, then let

them go one at a time. Feel the candle absorb them. Your Third Eye (Higher Self) connection may naturally activate after the “dealing” part of this ritual. Pay attention to messages.

At this point, you should destroy the symbol you have chosen. Rip it or burn it. You may pray to the God or Goddess of your Understanding. If you have no preference, the Dark Mother, Hekate will accept what you have released if you are so inclined. You are no more going to be controlled by life’s destructive patterns.

Now move onto the white candle, feel the protective energy. Draw in the Dark Mothers love. She accepts you just as you are. Holy. Her perfect creation. Concentrate on surrounding yourself in her protective circle of the white energy. Turn inwards and feel the calming of the protection. See that the shadow energy of chaos and lack of perceived control have decreased a great deal. Absorb the calm that fills you in your protected space. Ask your guardians, spirit guides, departed ones, the God or Goddess of your Understanding to protect you and yours. Envision their protection enveloping your family, home, etc.

Sit with the candles and the destroyed symbol for a while, absorbing the protective energy.

You can sit within the meditation until the candles expire on their own or pinch/snuff them out. Get the black candle and destroyed symbol off your property. Keep the white candle nearby.

Creating a Protective Touch Stone Charm

You'll need a piece of black obsidian or jet, two pieces of paper and string. A black candle should be used, although white will work fine.

Releasing the pain of the past is one of the most challenging aspects of our Witches' Journey. This ritual will help you to let go of all that no longer serves you. If you are in significant distress, please contact your primary health care provider. This exercise is based on a similar one in *The Sacred Seven: A Course in Applied Modern Witchcraft*.

Black obsidian has several properties that are well suited for our emotional healing using removal magick: death, emotions, emotional transformation, grounding, magick, personal growth and protection.

The charm is made now to offer protection as you continue onto the more intense work in the Words of Power exercise.

Preparation

Getting any object ready for magickal use requires two steps: purification and activation. Cleansing can be easily accomplished by placing the black obsidian in a salt bag for a few days. You want to remove any gunk on it as well as nonessential properties. You'll know the obsidian is ready when it feels noticeably lighter than it did before. Activation occurs when an object has specific properties released for work while others are subdued. This can be accomplished by "smoking" the herbs by passing them through the smoke from the incense you made. Although the overall energy is of removal magick, in this step you are performing attraction work because you want to bind the properties of the incense to the stone, attracting like to like to activate the obsidian. So, pass the stone through the smoked in a clockwise (attracting) motion. Seven passes should do it. If the stone still feels heavy, do it a bit more.

Stone Spirit Connection

Now that the obsidian is attuned to the intended purpose, it's time to connect with it to infuse your intention into it. Once this occurs, it has become a charm (or amulet if you prefer). I usually use the term "charm" to indicate a magickal object consisting of a single item and "amulet" to denote multiple objects fused together into one magickal creation then you practice transferring energy into it to achieve a grounded state.

Creating a Protected Magickal Space

The first step in communicating with the stone is to create a protected space. This is a form of purification of the energies in our external environment.

- Choose a location where you won't be disturbed for the duration of the exercise.
- Wear comfortable clothing.
- Tidy the space and make sure you wash up before beginning the activity.
- Once you are comfortably seated, without your energy centers crossed (i.e., arms and legs don't overlap), begin to create the space.
- Taking your right arm, draw an energetic circle in front of you. Envision this circle expands to include your space (i.e., any props or tools are included). See the circle become a sphere that extends above your head and below your feet. Do this three times.

When your working is complete, in this case the charm activation, you need to release the space.

Creating the Charm

Greet the stone. Let its color and energy travel across the cord to you. State your intention of asking the stone to become a receptacle for your excess emotions and energy to help you become grounded. Contemplate the emptiness of the stone. It is waiting to receive that which no longer serves you. In the protected space, release any excess emotions down through the cord. Experience the feeling of release. On the in-breath, pull the cord to your emotional seat in your root energy center (chakra). On the out-breath release all the excess down through it into the stone. Repeat several times. When finished, thank the stone for their service. If the stone is already heavier, cleanse it again in the salt. Once it is purified again, activate it with the incense and carry it with you so that you can do an energetic "dump and run" anytime you need to ground.

Opening the Energetic Circle

Now that you've finished the activation of the charm, open the circle. Envision the protective circle shrinking to include only you and your charm. Journal about the experience and record the technique in your BoS. If you aren't familiar with creating sacred space this way, you can practice it until you feel comfortable.

Cord Cutting Ritual

Once your obsidian is ready for use again, you are ready to do the working below. You'll need black paper and a white marker (paint pens work great) or white paper with black marker. Use a piece of white or black string to represent the cord between your

emotions and the memory along with scissors to cut the cord. You'll also use the incense again in the working and use the circle technique from the charm creation exercise.

There are two techniques used in this working: removal and reversal magick. You've done removal magick in the grounding charm exercise. It is simply a working that takes something away, like excess energy a toxic person or obstacles. Removal magick is best done during the waning moon. Protection magick is a type of removal work since it removes existing negative energies and potential ones. Reversal magick goes one step further by taking that which we removed and reversing its properties to our benefit. The type of reversal magick you'll be doing is known as transmutation.

Voces Magicae Working

This exercise brings emotional healing by releasing the connection of our emotions to a painful memory. Voces Magicae is an occult term meaning "Words of Power." This refers to the power of words in magick. While we can work with elaborate Words of Power, there is real energy in all written expression.

Begin by organizing your space with paper and markers, a fresh black (or white) candle, the incense (yarrow or benzoin are recommended, sage will also work) and your grounding stone. Follow the steps from that exercise to create your sacred space. Once created, light the candle (which you'll throw out after this working) and the incense. Keep the stone nearby. If you start to feel overwhelmed during the working, do the release technique to ground yourself.

Envision yourself completely surrounded by a protective circle. Nothing can harm you here, not even the memory you are about to evoke. When you are ready, record the memory on one of the blank sheets. Ground as you need to.

Next, write a list of the emotions you feel now that the memory has been activated on a separate sheet. Choose one memory from your Life Line. Roll up each sheet. Tie the string to each roll. Continue to ground as necessary into your charm. You may be feeling intense emotions at this point. You are safe in the circle; the charm is supporting you and the exercise ends with a reversal of these emotions.

Hold the cord over the candle, using scissors to cut the cord. You can also sever the cord in the flame of the candle if you are comfortable doing that. Take the memory sheet and destroy it by burning or putting it in the trash (and getting it out of your house as soon as possible.) The memory exists but no longer has emotions connected to it. You can safely revisit the memory when necessary, but you don't want its energy lurking about.

Now turn your attention to the list of emotions. How do you feel reading the list? Thank each one, then cross it off and write beside it a beneficial one. For example, replace "anger" with "compassion" and "sadness" with "joy." This is the reversal part of the

working. Now take time to feel each of the beneficial emotions. You should be feeling much more grounded now. When you are ready, open the circle. Record the technique in your BoS. You can apply removal and reversal magick to a great many problems using this cord cutting technique.

Healing Ritual Bath and Potions

After the intensity of this lesson, it's time for a healing ritual bath. If you work with the Tarot, select a card to you that reflects where you are at in your shadow healing journey. I think the Five of Cups reflects the energy after doing the protection ritual and the stone spirit spell, but please choose one that speaks to you. Light a candle (if possible) beside the card where you can contemplate it while soaking. Burning a super healing/calming incense such as benzoin or even sage works well.

The bath should be detoxifying and restorative. You can use Epsom Salts. For added strength, make a "potion" by steeping 1 tsp chamomile and 1/2 tsp lavender in 2 cups boiling water for 10 minutes, then add to the bath.

You can also blend a "potion" to use in spells for better communication with your shadow self. Add about 1 tsp of ginger and 1 of licorice root or fennel to the bath potion above. Add your other ingredients, such as a snip of your hair of the people involved, a chunk of an appropriate stone and let steep in the energy of the waning moon to remove obstacles between you.

For a more intense bath, use the second recipe in your salt bath. The purifying and protective nature of ginger will soothe your body, mind and soul allowing the licorice root to work its magick at clearing blockages in communication with the lessons of the shadow while releasing harmful thought patterns.

Waning Moon Elemental Healing Ritual

Pain in all its forms is probably the biggest problem that we all have. Whether physical, emotional, spiritual or all of the above (as it usually is), we can call upon the energies of the elements to help us heal. The waning moon is the ideal time for releasing pain. This ritual calls upon the elements to remove our suffering.

I've done a lot of shadow taming work over the past decade. In each case, regardless of teaching a large class or doing individual work, the symptom of shadow dominance is pain. Even suffering that is the result of a non-traumatic injury is largely mediated through the degree of control we have over our shadow self. This is because we perceive all things – injurious or otherwise – through the principal energy from which we operate. If our true self is running our show, adaptive coping ensues. Unfortunately, if the shadow is in charge, then we wallow in our misery, engaging in maladaptive thoughts and spiraling emotions.

Prior to beginning shadow taming work, it's beneficial to release our pain. There are dozens of effective witchy ways to do this. The most productive ones include self-healing energies rather than placing our recovery entirely in the hands of others. The busier we are with creating our healing using all our strategies, including both the magical and mundane, the less our feelings, thoughts and actions can be seduced by the shadow's lament. Acceptance nourishes our healing while resistance fuels the shadow.

The ritual below is best done during the waning moon. It can be considered a first step along a healing journey, with the outcome being an authentic life that's uniquely right for you. In my work, I teach that the initial healing activation process takes about six weeks. If you are doing this on your own, consider the ritual below the first step. Follow this ritual with a Dark Moon cord cutting working to release your ties to the sources of your pain, whether they be disease or a person. During the waxing moon, construct a healing grid including amethyst and six other healing stones. Concentrate on drawing in healthy energy (however you define that). Take at least one deep detoxifying bath per week using an infusion of healing botanicals, such as yarrow. Write a healing spell for attracting wholeness to do on the Full Moon. Follow this with more removal magic for any residual pain, such as repeating the ritual below. At the end of the healing cycle, the second Dark Moon, do a ritual of activation for continued healing, petitioning Hekate (or your chosen deity/energy) for further support.

Before I go any further, I need to say that this ritual is not a substitute for health services. If you are in significant pain or distress, I urge you to talk to your health care provider.

Our pain is as unique as the underlying causes. This ritual can be useful for all types of pain. However, specific healing requires specialized practices and care. If you are interested in learning more about my support for healing, get in touch.

Time: Waning Moon

The moon is not specifically called upon in the ritual, but the overall removal energy of the waning phase will increase the potency of the ritual.

Supplies:

Five white candles

Picture of yourself that reflects happiness and wholeness

Dirt, steam, water, smoke (i.e., from burning incense)

Prepare candles by removing nonessential energy using the method of your choice. Dressing with an oil sacred to the Queen of the Witches is always suitable, almond and olive are two examples. For this working dress them in a counter clockwise manner. Once dressed, it's always helpful to rub the candles or sprinkle with the botanicals being used in the spell.

* If you can't burn candles or incense, battery operated ones will do nicely. Consider using an electric scent diffuser.

Choosing an incense to burn for any ritual is always based on the practitioner(s) and the working at hand. I'll suggest yarrow burnt on charcoal or oak essential oil or essence (alcohol based). This is a gentle healing ritual so it's best to avoid super intense botanicals (e.g, mugwort, sage, lavender), the resins (i.e., frankincense) or strong essential oils. You want healing that is powerful and extended rather than a one-off boost.

Procedure:

Ritual cleansing of the body, mind and space is imperative for healing rituals. Salt is excellent for removal and purification, consider adding activated charcoal (which is not the same as regular) to your bath. Black obsidian can also be added to the bath. I've got a black obsidian healing ritual available in *The Witches' Realm*.

Your ritual space should be cleansed beforehand, removing unnecessary clutter.

Arrange the elemental symbols according to the cardinal points: earth – north, air – east, fire – south, water – west. Place one candle on the inside of each. Place your photo at the top with a candle in front.

Steam: pour boiling water into a heat-proof bowl or mug then cover.

Smoke: burning incense*

Dirt: bowl of earth (preferably fresh from a healthy wooded area)

Water: living water (from the sea or a freshwater source, bottled spring can be substituted).

* If the smoke isn't possible for you, substitute with a flame (even from a lighter or a picture).

Create your ritual space however you usually do. You can find tips for circle casting in *The Witches' Realm*.

To the elements surrounding me, I release my pain.

Hold bowl with earth at your heart center. Concentrate on feeling the dark coolness. Once connected, release your pain out through your breath into the earth. Do this three times, then say:

To the north, the land of the earth, bury my pain.

Place bowl back in original spot.

Remove the lid from your steam bowl. Raise to heart center. Concentrate on the moist air rising up. Once connected, release your pain out through your breath into the air. Do this three times, then say:

To the east, the land of air, blow away my pain.

Replace the air bowl. Light the incense, hold the fire bowl at heart center (be sure your hair, etc. is out of the way). Concentrate on the rising smoke. Once connected, release your pain out through your breath into the smoke. Do this three times, then say:

To the south, the land of fire, burn my pain.

Replace the fire bowl. Pick up the water bowl, hold at heart center. Concentrate on the liquid. Once connected, release your pain out through your breath into the water. Do this three times, then say:

To the west, the land of water, drown my pain.

Pause here to continue to release into the elements. When ready, begin the healing section of the ritual.

From the elements around me, I accept healing.

Light the candle beside the earth bowl.

From the north, I accept the healing of the earth.

Feel the healing energy of the earth rise up from deep beneath you, entering through the souls of your feet and spreading through your body.

Light the candle beside the air bowl.

From the east, I accept the healing of wind.

Feel the healing energy of the air come down from above until it encircles you.

Light the candle beside the fire bowl.

From the south, I accept the healing of fire.

Feel the flame spread from your heart center through your entire body.

Light the candle beside the water bowl.

From the west, I accept the healing of water.

Feel the soothing healing of water running through your veins.

Light the candle beside your picture.

I am committed to healing my emotions, thoughts and body.

Concentrate on connecting to the picture of your happy, authentic self. Bring to mind how you felt in that moment, letting the energy flood your body, mingling with the elemental healing forces. When ready, release the elements.

I release the elements from this space.

Out of perfect trust and perfect love, I have released my pain

And I am healing.

As within, so without

As above, so below.

It is so!

Open the circle however you usually do.

Dispose of the soiled elemental symbols. You can continue with the candle lighting healing part of the ritual on a daily basis. Process any images or messages that came through during the ritual.

Jupiter's Seven Rays Crown Ritual

Shadow Syndrome Recovery requires the claiming the power of our spirit self. We often become disengaged from our etheric being, that eternal witch we are, when the shadow is in control. This is working is suitable for when you are ready to claim your power. This is a ritual for claiming your personal power of your etheric (or astral) spirit self. It is helpful to create an energy grid of Jupiterian correspondences and to wear purple. Of course, wearing a crown is a great idea, although you will create an energetic one during the ritual. Burn an incense of Jupiter, such as agrimony or sandalwood. Agrimony is ideal as it is one of the best apotropaic herbs, banishing all that blocks your sovereignty while pouring its immense healing power into your crown.

A purple candle can be used to focus the Jupiterian energy.

Sit before your Jupiterian energy grid, leaving a couple of feet between you and the altar.

Envision the septagram, the seven-rayed star. Each arm represents one of the principles of sovereignty. This is the crown worn by mighty goddesses such as Hekate and Persephone, reflecting their connection to The Starry Road and to the sovereign energy of Jupiter. This is the crown of your spirit self.

Open your Jupiterian cord, the purple coil located within you third eye. Let the energy flood your third eye, so that your psychic energy becomes pure sovereignty. Separate from your physical being. Using this power center, connect with the objects chosen for your Jupiterian grid, blending them together. Once your portal is created, draw you cord up, up to The Starry Road to distant, gigantic Jupiter. Pull down his energy into your grid.

As you call upon Jupiter to bless each ray of your crown, blend your energy and his into your words.

Envision his rays pouring down through your third eye, deep into you, activating your power.

See the crown being created in your etheric hands.

*Mighty Jupiter, to you I call.
Planet of sovereignty and truth,*

*Grant your powers to my crown,
May I my spirit self be sovereign, true and free.*

*Jupiter, with your power and mine,
I claim discipline.*

*Jupiter, with your power and mine,
I claim awareness.*

*Jupiter, with your power and mine,
I claim strength.*

*Jupiter, with your power and mine,
I claim freedom.*

*Jupiter, with your power and mine,
I claim power.*

*Jupiter, with your power and mine,
I claim confidence.*

*Jupiter, with your power and mine,
I claim integrity.*

*Hail, Jupiter,
Planet of sovereignty and truth,
Bless this crown!
May my spirit self be sovereign, true and free!*

Study your crown. What does it look like? What are the symbols on it? Are there animals or other spirits gifted to you by Jupiter?

When you are ready, place your crown on your head. Let the forces wash over your etheric being.

Messages will come forward, so take your time here. Once you have received the messages, shut down the Jupiterian coil, walk back into your physical being through your Third Eye. Take some time here to reconnect with your body and regular consciousness.

Shadow Healing Daily Practices

- Practice holding your thoughts and memories as fleeting images on a screen. As they play on the screen, you watch without judgment, detached from any previously connected emotions. If your painful emotions (fear) start to get the best of you, remove the power from your Shadow by simply changing the channel. Take some time to create the new “show” of your purposeful story. Feel happy as you do this, envision yourself in this “show” living your purpose.
- Express gratitude towards yourself and your guides and Divine Source on a daily basis.

Trusting Others

Trust is one of the major problems we face when healing the shadow. A place to begin your efforts to regain trust in others is by understanding your general ways of relating to other people.

Choose one of the following statements that best reflects how you usually relate to others. If you like you can rank them in order from 1 – 4.

1. I am usually comfortable depending on myself and having others depend on me. I don't worry much about others not accepting me.
2. I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I sometimes worry that others don't value me as much as I value them.
3. It is important for me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.
4. I would like to be close to others, but I know that they'll let me down. I don't like being self-sufficient.

Your answers will reveal if you are a generally trusting person. If you chose 2, 3, or 4 then there is potential for you to develop your trust more. Making a list of the people you trust is the next step. Focus on specific things that they did to demonstrate that you can trust them. Thank them for being a person you can trust. Explore your own trustworthiness. Can you trust yourself? How have you been a trustworthy person?

Final Thoughts

This guide has been a brief introduction to shadow healing. To go deeper into the ideas and practices presented in this guide, consider taking my course *The Sacred Seven: A Course in Applied Modern Witchcraft*.

Sustainable change is the goal of any personal development witchery. The shadow is always with us, bringing us protection and great lessons. She is the teacher we all need. She is the helpmate along our *Witches' Journey*. Continuing with the practices of *The Witches' Hour of Power* will ensure that your relationship with your shadow remains healthy.

I wish you great healing,

Cyndi Brannen, PhD
Founder of Open Circle
Writer and Teacher at *Keeping Her Keys*
Developer of *The Sacred Seven: A Course in Applied Modern Witchcraft*
and *Hekate's Modern Witchcraft*

I am Healed Chant

I am healed from my past experiences
I am healed from painful past relationships
I am healed, my True Self is free
I am healed, I approach all things with love
I am healed, I think and speak my truth
I am healed, I act for my highest good
I am healed, I am connected to my Guides and Divine Source.

I am healed, I walk the path of acceptance, sovereignty and fierce love.
This is the way of truth,
And I claim it now.

As within, so without.
As above, so below.
This is so!

Further Reading

Broken Open by Elizabeth Lesser saved my life. I can't recommend it highly enough.

Although her approach is somewhat different than my Work, Debbie Ford has written about the Shadow extensively. Try Debbie Ford, *The Secret of your Shadow* or Deepak Chopra, Marianne Williamson, and Debbie Ford. *The Shadow Effect: Illuminating the Hidden Power of your True Self*.

If you like my approach, you may connect with Byron Katie as well. Her *Loving What Is: Four Questions that Can Change your Life* (co-authored with Stephen Mitchell) is amazing.

John C. Coughlin's *Out of the Shadows: An Exploration of Dark Paganism and Magick* if you are interested in further work with dark aspects.



SPELL TO REMOVE TOXIC PEOPLE

“May no more harm come to me or mine.

(white; protection)

Their harmful ways

Cease on this day. (black; prevention)

Around this image, this rope I bind,
freeing me for all of time. (red; binding)

So speak I the words that
all pain be unto them returned, (white;
reversal)

And suffer they will for all done ill (black;
curse).

When the final knot is done, the spell's
begun. (activation; red)

Keeping Her Keys



Check out Keeping Her Keys on YouTube:

True Magick

Tarot Significator: How to Choose Yours

<https://youtu.be/VhaOp-2vIUY>

Tarot Significator: How to Use Yours

<https://youtu.be/BEIKCWqRA7E>

Ecstatic Witchcraft: Spiritual Journeying Explained

<https://youtu.be/5GgNNfS8-rM>

Shadows and Shades

<https://youtu.be/Ghr3pF663qw>

Working With Spirits: Part 1

<https://youtu.be/yWL7UsLnw-k>

Working With Spirits: Part 2

<https://youtu.be/TyGKqkNo5ks>

Working With a Pendulum

<https://youtu.be/yWdnnknSdEw>

Witches' Hour of Power

<https://youtu.be/RTDtCmoRKwU>

Spell to Remove Toxic People

https://youtu.be/aqhYHjX_I4

Hekatean Witchcraft

Modern Hekatean Witchcraft Explained

https://youtu.be/_klBUvh6mAI

Prayer to Hekate for the Dead

<https://youtu.be/fpdT47YooFY>

Evoking Hekate's Aviary

<https://www.youtube.com/watch?v=kXqSeSCBXgc&t=138s>

Evoking the Strophalos

<https://youtu.be/r8UxbvbfRK4>

Evoking the Dark Mother

<https://youtu.be/ZXU1BFHyvs8>

Evoking Hekate of the Under World

https://youtu.be/Nq_767EDAJg

Hekate's Messages

<https://youtu.be/VkKGcOiQeQo>

Invoking Hekate

<https://youtu.be/oDSmVK5rMcl>

Hekate's History

<https://youtu.be/3XOytALM-6E>

Hymn to Hekate

<https://youtu.be/p-F8kbuNXNs>

Hekate's Fires Pentacle Ritual

https://youtu.be/L_WhW6zWqMw

Anima Mundi Ritual

<https://youtu.be/pqE3k7WcXKk>

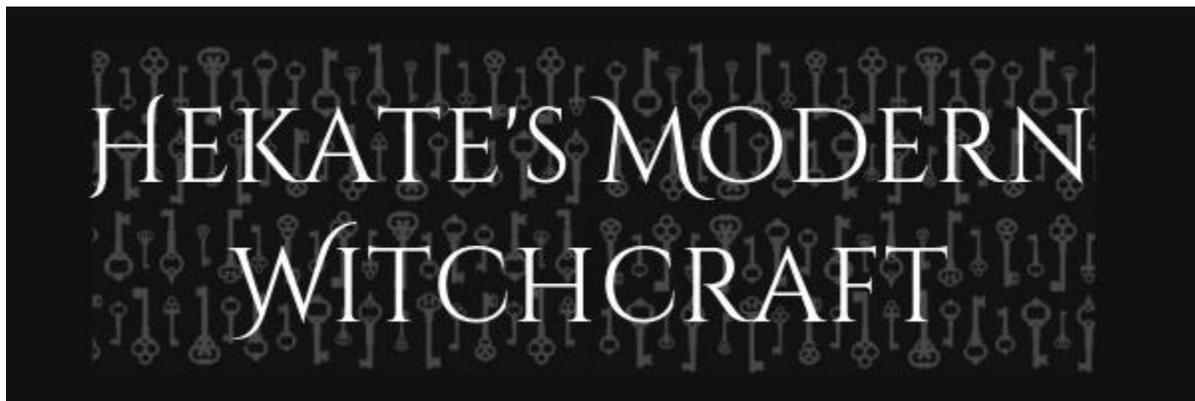
Hekate's Shadow Tarot Spread

<https://youtu.be/zvch3HEjOwo>

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The next class of Hekate's Modern Witchcraft: The First Key starts October 1. Applicants being considered starting April 15.

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Meet Me

I'll be speaking at MYSTIC SOUTH in July.

Email Laura to get invited to our KHK community event: admin@keepingherkeys.com

<https://mystic-south.com/>



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Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Maya Angelou



Keeping Her Keys