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Published and distributed by Lightworker Reflections

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ISBN: 978-0-9803627-4-9

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TRANSFORMING DARKNESS TO LIGHT

LIGHTWORKER PRACTITIONER TRAINING™ MANUAL VOLUME 3

By Michelle Lightworker

About The Author



Michelle lives happily on the Sunshine Coast, Queensland, Australia with the love of her life and husband Tony. Although, Michelle really considers Mother Earth her human home and travels it frequently. Michelle is the proud mother of two daughters Sarah and Phoenix. Michelle began her own journey as a Lightworker the minute she entered the world as she believes every part of life is a part in consciously evolving. Michelle more consciously began her lightworking when she hit rock bottom with an eating disorder back in 1990. Since then, her recovery led her to helping others in voluntary service for many years before officially studying counselling. Running her own counselling business for many years evolved into the educational facility The College of Creative Healing. The highlight of her professional career was training Lightworkers with the Lightworker Practitioner Training™ which was a catalyst for her first book 'Making Light Work – A Training Manual for Lightworkers Volume 1'. Michelle is currently completing the 4 other Training Manuals with a view to offering the training globally via the wonderful virtual world of the web. Michelle is also currently facilitating Lightworker Practitioner Training™ graduates to deliver the Lightworker Practitioner Training™. Michelle and Tony are currently developing projects in collaboration with others Lightworkers to assist in the growing consciousness towards the light. These projects include the Higher Consciousness Reflections, the God Art Gallery and publishing inspirational books through Lightworker Reflections. Michelle is a Certified Trauma and Addictive Disorders Therapist which led to writing and facilitating the Diploma of Multi-addictions Counselling. Michelle studied and then taught the addiction module for the Advanced Diploma of Holistic Counselling with Sophia College. Other completed studies include: Diploma of Professional Counselling; Associate Diploma of Rudolf Steiner Education; Counselling

Kinesiology, Angel Intuitive and Advanced Angel Intuitive training with Doreen Virtue and Zen Thai Shiatsu. Michelle is also a qualified Australian Healing Hands Massage Instructor. Michelle taught children with learning difficulties at Noosa Pengari Steiner School and has worked for Department of Communities as a Peer Support Officer. Apart from being enthusiastic about her work, Michelle adores her family. Many of those are Lightworkers she has met along the story of her life's journey. She enjoys staying active and is into living life with laughter. Instead of 'doing' Lightworking, she is more interested in 'being' the Lightworker in all that she does. Michelle is the co-founder of Lightworker Reflections with her husband Tony as they believe that sharing our reflections is the most powerful tool in assisting the consciousness of humanity to awaken to the light. They believe, 'We are all one, we are all in it together, so let's start sharing'.

Dedication:

This book is dedicated to the Source of All.

Thank you for creating the light and the dark. Without both we would not be having this spiritual experience in human form.

Mission Statement and Intention:

This new way of being will create and build energy towards a group consciousness of living in the light and spiritualising matter.

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Section 1: Introduction

So by now, if you have read the first 2 books of the Lightworker Practitioner Training™ you will know that this one is about learning the tools and integration processes towards enabling you to feel more whole. The reality of course is that we are already whole and are only separate by the illusion presented in our thinking. However, this book aims to help us to return our thinking to that which serves us in feeling connected with all the various parts of ourselves. In turn we hope that we are able to develop a healthier relationship and connection with others. We hope that this brings us a sense of peace within and towards the world.

What is the Shadow?

As you are already probably aware, you have bits of you, as we all do, that you are unconscious of and unaware of. These bits are only dark in as much as we are unaware of them and understand how to deal with them. I have found that even the most seemingly dark parts of me are actually enlightened when they are understood and I know how to work with them. The Shadow is therefore the unconscious parts of ourselves. It is not bad, demented or evil. It is simply not yet understood. When it is understood and its reason for being is realized, it is set free. We are set free. Ironically, the week I was finishing writing this book my 13 year old daughter Sarah said “I believe that God created the Devil because without it we wouldn’t learn anything”. I think this sums it up brilliantly!

The Shadow’s Purpose

The purpose of the Shadow is to teach us to be free of judgment. It is only then that we can speak our truth. Truth comes from acknowledging, accepting and loving all the parts of ourselves - the very human parts and the very spiritual parts. When we judge parts of ourselves or others, we are not seeing the inner light or gift of that person or part. We are not free. Our mind is clouded and we cut off from a part of ourselves. We cannot speak our truth, because our truth is

not truly known. When we understand all the various shades of ourselves and we can find the light in the darkest places, we are enlightened beings. And we are free. We speak our truth because the truth of all of ourselves is known. My belief is that the Shadow is here to serve the light. As we see its lightness, we transform it. The ability for the Shadow to be transformed rests on the evolution of our Higher Consciousness. The Shadow actually helps us evolve and to reach heightened states of our consciousness that we would usually have no motivation to achieve!! It's usually when we have hit rock bottom that we do something to change. Those times we are brought to our knees by our Shadow playing out as a; health issue, mental illness, addiction or extreme behaviour, we usually look for help. We are usually in pain at these times. Pain cracks us open and we are more open-minded. We are usually at a place where we are actually willing to connect to higher resources. Once we have integrated a part of our Shadow and see its light, we connect more to the light ourselves. When we are more connected to the light and the All, we return home. Not only that, but in transforming that Shadow part of ourselves, it has an opportunity to return home also. In transforming ourselves, we assist in the transformation of the world, the universe and everything. It's pretty profound to think that little old you could do such a thing! We are but a microcosm of the macrocosm. We are a reflection of the expression of everything. God created everything, all the good, all the bad, the beautiful and the ugly. Everything is part of the All. If we are limited in our ability to see its light, then that is just our own limitation. The All is infinite and limitless. When we develop this kind of thinking, we transform everything we see instantly. Instead of being quick to judge, we become quick to find the gift and the light. As we do this, we literally create magic around us. In fact, as we see the best in others, we bring the best out of them. As we see the lesson and the gift to ourselves within a difficult situation, it quickly transforms. It either falls away because we are no longer rejecting it, or things radically change. Dislike of something attracts the very thing we dislike!
So…the purpose of the Shadow may seem many, but in essence there is only one. To return home consciously. Therein lies our human and spiritual freedom.

How to know if you're ready

In order to become ready for shadow work, we need to have some level of self-awareness of our Higher Self and our spiritual support. It also helps to have an understanding of relationships and the skills that go along with them so that we can communicate in a lightfilled way with our shadow parts. That is why Shadow work is presented in Level 3 of the training. In Level 1 we get adequately spiritually resourced and in Level 2 we build a healthy relationship with ourselves and others. So this sets the Stage for Level 3. It helps to have some recovery from an addiction before undertaking shadow work too. Sometimes just putting down the addiction is enough of a stretch for a while. However we speak more about addictions later in Section 5 of this book and when the right time is to do specific kinds of Shadow work.

When to do shadow work:

- ✓ If you feel that you are ready to address core issues
- ✓ If you feel resourced enough to do it on your own
- ✓ If you have a therapist who can take you through
- ✓ If you have benefited from shadow work or inner child therapy at the present time or in the past
- ✓ If you have successfully worked through core issues in the past
- ✓ If you feel guided
- ✓ If you have adequate spiritual and human support available whether you think you need it or not

When not to do shadow work:

- × If you are using mind altering chemicals, drugs or alcohol
- × If you are heavily practicing an addiction
- × If you are feeling fragile
- × If you are having trouble being in your body

- If you are experience a challenge of separating fantasy from reality (it important to get grounded first)
- If someone requests that you help them through the process and you are not a therapist or have not gone through it yourself
- If you have strong feelings that now is not the time to do this process
- If you have never processed strong emotions successfully
- If you are tired or burnt out

Overview of this Training Manual

In this first section we will explore the 12 Principles of the Lightworker Practitioner and how these relate to working with the shadow for ourselves and others. We also cover an overview of the Lightworker Practitioner Training™ for those who need a refresher of it or have not read the previous 2 books. It assists in putting this book in context of Level 3 of 7 levels. We are not designed to stop at Level 3. If we stop here, we will stagnate. So this book is powerful to raise consciousness in its own right, however there are other levels of consciousness in living on this planet. This book will be built upon in the other 4 levels as well. This level is a great basis for building consciousness. In Section 2 we explore the 'Lightworkers Shadow' and how we can benefit from stepping into the lighter side of our shadow. We explore how this light part can cause us havoc when we it is denied or not moderated. Section 3 we learn about how the Shadow plays out in our body in 'The Body of the Shadow'. We look at how it affects our body and energy centers. We find that there are light and dark shades of these chakras and how we can balance them so that our energy is working for us rather than against us. In Section 4 'The Shadow and Relationships', we revisit relationships and explore the lightest and darkest parts of relationships with ourselves, our family, partnerships and addictions. In Section 5 we explore 'The Darkest Side of the Shadow'. Here we learn about the two extreme energies that affect us and the third that seeks to find the balance. We learn about protecting ourselves and others from dark energies and entities. We learn how to reclaim space for ourselves, others and children

with compassion in hand and heart. This is all supported by resources to integrate the shadow in Section 6. Meditations, journaling, voice dialogue, sand tray therapy, art therapy and movement to name but a few. As we get to know the shadow, in whatever doses, we pay special attention to ensuring that they feel welcomed, loved and accepted. We express our genuine gratitude for their existence and the part that they play in our lives. This work is done often from a place of fear, but we bring our hearts along for the journey. Courage is not the absence of fear. Courage is the strength of heart to love fear itself. Love seeks the light in the fear. And so this brings us to the final Section 7 'After Dark' in which we speak more about the transformation and things that we undergo after the transformation. We speak about pitfalls that can occur on the journey once we have done shadow work and how to come back from them. We explore how life is different, how our vision has changed and how we are more able to speak our truth to others. This helps to ground our learning and reflect back on how much we have achieved. It brings us back home in spirit and on this planet to live out our life purpose.

The 12 Principles of The Lightworker Practitioner in how they relate to the shadow

PRINCIPLE 1: HONESTY

The principle of honesty is one of the most important when dealing with the shadow. We need to be willing to go places that we are afraid to admit to and own up to. Remember Level 1 when I mentioned that we need to be honest with God, Ourselves and Others in that order. Well it's especially important in this level. Trust in our Higher Power's non judgment of us will enable us to be honest with ourselves. When we are not in fear of some lightening bolt or being thrown into hell, then we might actually face the truth. Our honesty with an all knowing all loving higher being is paramount in our ability to be honest. If we have a belief in judgmental Higher Power, this may be due to an inherited belief or a denial of our own judgmental shadow or both. Being honest with ourselves

in working with our Shadow means that we are able to own up and be our authentic selves. Once we have done that, when we feel safe, integrated and ready, we can then show that to others and the world. We then have the capacity to be honest in 'real time' more and more. Lightworkers tend to dim their lights until they know that people are capable of coping with the brightness of their light. As we step up and embrace the lighter side of our shadow, we are more able to express our light without wondering who is watching. The Lightworker Practitioner needs to be honest enough to lovingly confront their client with regards to what they are seeing being acted out. They need to be able to clearly articulate what they are seeing, hearing and feeling so that it is reflected back to their client. The client can then determine whether they are ready to face this part of themselves. If they are willing, but not yet ready to face this part of themselves, this is when the Lightworker Practitioner can assist the client in becoming ready. If the client is completely unwilling to face this part of themselves or their behaviour, the Lightworker Practitioner can then determine how comfortable they are with continuing in assisting their client. Sometimes people are not willing to be honest in facing themselves. Their avoidance may have reached a point where their reality is so distorted, they cannot see what the Lightworker Practitioner is reflecting back at them. There are no right or wrongs here. People face what they need to face, when they are ready to face it. It is not our job to change people. Rather it is our job to stay honest. Ensuring that we seek guidance to either help or discontinue our service with a client is important. It may be that the client has triggered our own shadow. We need to be careful that we stay open to guidance in the whole process. If we are called to walk away from the client, we only do so in a loving manner that is supportive of ourselves and our client. Finding referrals or other support systems for the client is a way we can do this.

PRINCIPLE 2: OPENMINDEDNESS

To be open to an unbelievable level of healing with our shadow takes an open mind. Open-mindedness with the shadow is about believing in unlimited

possibilities and gifts that the shadow brings us. The shadow is, after all, just shades of Source. And as Source is infinite in the gifts it offers, so is the shadow. Here we tap into endless potential. It is a challenge to keep our minds open when we are in judgment of the shadow. Our judgment only separates us from the gift on offer. As we get better at receiving, we become more open to receive gifts from Source. Therefore, the more we embrace the shadow the more it lightens. We then have more of an opportunity to step into our light shadow.

As a Lightworker Practitioner we need to be open-minded continually in stepping forward into our light more and more. By being open to where we are called, even though we may think that we don't have the capacity to rise up to meet it, open-mindedness provides us with a sense that all is well. That we are indeed capable of rising to whatever occasion that calls us. Our greatest fear is not that we will fail, but it is that we will succeed. I know that I have doubted whether my humanity can cope with maintaining a high vibration over a continual period of time. My shadow presented itself whilst writing the Lightworker Practitioner Training™ series. What I learnt is that, if I keep true to my principles of being honest and open with Spirit, I will be given all the guidance I need EACH step of the way. That's EACH step. So I no longer take a little bit of guidance and then step back into 'controlling' mode. I turn up, ask for guidance, ask for STEPS to take and trust. I do that over and over and over again each day. So it's a continual connection. Open-mindedness doesn't close doors. It stays just that, open. Our door to Spirit is wide open. The benefit to us is that we never ever feel alone. We always feel supported. In our open-mindedness we are truly capable of anything.

PRINCIPLE 3: WILLINGNESS

Being willing comes from a place of feeling supported by Source. Resisting willingness comes from a place of fear. When we are unwilling, we are in fear of facing something. That is only because we feel unsupported in our fear. I

believe that we should never push anyone to face anything if they don't feel ready. I believe in getting people ready. They always have free choice. Some may never choose to be ready. Some may never trust enough in this life time to be ready. We have to respect that. Spirit never interferes with free will. Spirit doesn't stop being true in the process. Spirit doesn't change itself because people may not be ready. We need to be ready to face our shadow and be okay about that for ourselves and others. There are many things that we can work on to get ready. Revisiting our Level 1 resources and any blocks we have in nurturing ourselves are huge steps to becoming willing. If we are finding it difficult to access our higher self, we will not be ready to transform our shadow. We need to start with self care. I am a big believer in self care. It helps to have a list of things that support and nurture us. Doing these daily is very important. Otherwise we won't get close to being ready. Being willing means that we are connected to our Higher Self - as it is always willing. Our Higher Self truly wants to get us to where we need to go. Practicing staying connected to our Higher Self, naturally leads to working with the Shadow. We don't need to force willingness to work with the shadow. We just need to be willing to get ready to work towards it.

PRINCIPLE 4: FORGIVENESS

I received a new word from Spirit when I was reflecting on the principle of forgiveness. The word I got was 'ForGIFTness'. *Translation: Seeking the gift of the darkness.* Forgiftness eradicates the need for us to forgive because we have not judged another in the first place. We judge others because we have not yet accepted that part of ourselves. How do we stop judging others though? We need to bring it back to ourselves and look for the gift that the shadow brings. Our judgment usually takes us straight to the negative. We can turn this judgment around and see that the gift itself is the truth. The shadow is not the truth. The gift of the shadow is the truth. The shadow is just reflecting the truth back to us, and we need to notice what it is! So in essence, we are redirecting our judgment to seek truth itself.

PRINCIPLE 5: UNITY

Integrating the shadow brings us to unity in the truest sense. When we are integrating all of ourselves, we are integrating the ALL. We can honestly say that we have as many shadow parts as there are people. This is a huge concept. However, we are only presented with that which we need to integrate. Usually it's one at a time. There is usually one part of us that keeps repeating itself and its reflection through other people around us. We react and in doing so we have two options. We can either judge ourselves or the person. Or we can see them as a teacher. We can use see them as a prompting to find the gift within their behaviour. In doing so, we integrate our shadow one colour of the rainbow at a time. One person at a time. It is not about being perfect. It is about evolving. In integrating one aspect of the shadow this can affect every area of our lives. There is so much power in integrating the shadow. It brings us more in connection with others and frees us from being in reaction. We step out of our limited beliefs and judgments towards people. We see that, if we can do it, anyone can. As we unify we find that we communicate with more influence with people. We connect and meet them where they are. We become transformers because communicating with them is just like communicating with the shadow aspect. Our vision is transformed and they sense this. They will usually react and hate/avoid us because we are a reflection of acceptance. They may not have integrated that aspect of themselves. Or they may actually find that they are able to step more into the light of themselves. The mere fact that we see their light magnifies it. I have experienced both reactions and transformations countless times. The key here is not to be attached to either. Just let whatever happens happen and know that their journey is perfectly unfolding towards unity also.

PRINCIPLE 6: DISCIPLINE

When we feel torn because many of our shadow parts are going in different directions, we may find focusing and disciplining our mind quite challenging. If we feel split, it is because we are unconscious of our splitness. When we allow our shadow parts to meet in circle and talk to each other, like a family pow-wow, we find that we get clear on what parts of us are saying what. It is about clarifying what the relationship dynamics are with our shadow parts. We are the mediator, so in order to have a disciplined mind, we need to take ownership for our role. Once we have determined that we are the facilitator of the discussion and validator of all our parts, we will be confident in addressing these parts. It helps for us to have connected to source to ensure we have stepped up into our Higher Self. Then we can hold the purest intention and energy to facilitate this kind of group discussion. It may involve meeting shadow parts separately before bringing them all together. Or we may require a snapshot in our mind, similar to that of a one way glass. We can then see all the parts playing out in our mind, before we sit them down for a discussion. Disciplining our mind is the art of the shadow Lightworker. When we are able to know who is saying what, we get clearer on everything. What we think, feel and how this is expressed in our actions. We can then separate that out from our guidance. We can see what bits of us are aligned with spirit on certain things and which ones are acting out unmet needs. Discipline of the shadow is not about punishing, taming or binding the shadow. It is about freeing it but being a solid grounded and spiritualised witness to our shadow. From this vantage point, we are more able to see the gift it brings and its fears. Discipline is not about overcoming our shadow. It is about coming to realize that our shadow is our teacher. We become disciplined at noticing what this part is saying so that we can learn from it. We don't step into judging it for being present. Our attitude towards our shadow becomes more disciplined when we are able to see the gift it presents sooner rather than later.

PRINCIPLE 7: FAITH

There are various things that we need to have faith in when working with the shadow. The main areas that we need to have exercise the principle of faith are:

- Faith in our ability to call on support in integrating our shadow
- Faith that if we have lost our way, there is always a way back
- Faith in not becoming overcome by our shadow
- Faith in the shadow always providing a learning, which is its gift
- Faith in ourselves in staying conscious of our shadow
- Faith in the integration process benefiting the bigger picture of integrating back into the All.

PRINCIPLE 8: RESPONSIBILITY

When we are responsible we are able to respond and take ownership of our thoughts, feelings and behaviours. With the shadow this is no less important. We are dealing with making the unconscious conscious with our shadow, so we need to be responsible for that process. We need to make it known to others when we have realizations or emerge from a slumber that we have been in regarding our behaviour. Our shadow acts out and we are not always conscious. Shadow work enables us to apologise for our behaviour by changing it. Of course we might want to apologise to others too as this is true responsibility! Yet again the old adage 'sorry only gets sorrier' if we don't change our behaviour, is applicable here. We can apologise till the cows come home but if we don't integrate our shadow, we will keep on acting out the same behaviour over and over again. Truly being responsible means that we are at the proactive forefront of remaining conscious. As we become aware of our shadow emerging, we take steps to integrate and own the behaviour. We are not 'looking' for error all the time. We are simply willing to remain conscious and mindful of reactions, extremes in behaviour, aggressiveness, addictive

behaviour, heaviness, resistance, avoidance, restlessness and obsessive thoughts that may prompt us to explore what it might be that is acting out in our unconscious.

PRINCIPLE 9: LOVE

Loving the shadow is what it's all about. We can bring consciousness and truth to these parts of ourselves, but without love, it is harsh. Our capacity to love expands when we do shadow work. If we can love the darkest parts of ourselves, then loving in general becomes a synch! Not only that of course, but as we love our light, our consciousness evolves. The energy of love is one that sees the cry for love in the shadow. The shadow wants us to see its light. The louder it gets, the more love it needs. We can express love to this part easily when we have an understanding of the lightfilled relationship with ourselves. In Level 2, when we learn to do this, we are able to extend this knowledge to our shadow in such a way that is moderate, caring, truthful and grounded in reality. If we are dealing with a shadow aspect that is quite deceitful and perhaps that is its job, then boundaries are called for in loving this part. That may well be the gift in integrating this part. So, love comes in lots of packages but is always from a place of light. It is based on truth and not deceit. Loving our shadow in essence is keeping it real. It is not a blanket that covers things up. It delivers the truth in a package that respects the shadow and ourselves in the process. We are not the shadow's servants just because it is our teacher. We are not bowing down to shadow. We are not trying to manipulate it. Our loving responses have impact in and of themselves but we are not trying to change the shadow. In fact, we might experience resistance with the shadow in its communication with us. Again the shadow is teaching us something. We may need more support, more self care or more time. Love extends to ourselves as much as to our shadow. Our shadow is us, yes. However our primary relationship in doing shadow work, is to connect with the Higher Self. We may need to do more Level 2 work in forming the vision of an all loving all caring Higher Power. Maybe our shadow is in resistance because we need to go back

a few paces first. This is good! Once again, we learn from our shadow. So we love ourselves first, wherever we are at. We love our Higher Power and Higher Selves next. Then we are able to extend this love to our shadow.

PRINCIPLE 10: WHOLENESS

The principle of wholeness relates to retrieving the lost parts of ourselves. We will talk more extensively on soul retrieval in Section 7. Our lost parts of ourselves become conscious because we feel supported, have the tools and are willing to embrace them. This brings us closer and closer to wholeness. Wholeness and unity are so connected in that the more I feel whole, the more I feel unity with my fellowman, the earth and the universe. Wholeness is a minute by minute experience. If we are embracing that part which is struggling, in that minute, we feel an experience of wholeness. Then we move onto the next one. So wholeness is a journey. After integration of a shadow aspect, celebrate! It is important. You have just reclaimed a part of yourself. Don't underestimate the power of this work. It is deep, yes. It is powerful, yes. It is a big deal, yes. So take a moment to cherish and acknowledge each shadow aspects reintegration. It's almost like a rebirthday for your shadow. Wouldn't it be lovely if you all kept those marked in your calendar? This is what is meant by 'enjoy the journey'.

PRINCIPLE 11: JOY

There is so much joy in liberating oppressed parts of ourselves. When they are free, we are so happy. There is such a joy in that celebration that I mentioned earlier of integrating a shadow aspect. And there is so much joy in seeing out life transform before our eyes. Being a witness to our vision changing in how we see people is nothing short of phenomenal. By looking at someone and saying to yourself "I am That", whether it is dark or light, it brings a sense of joy and connection with all things. Instead of the old view that we are all separate and that people do things to us, we now know that we are all united and people

are reflecting back to me what I am ready to integrate. There is so much joy in not being in reaction, not feeling shut down or explosive because parts of us are just crying to be heard. Joy as a Lightworker Practitioner in witnessing clients lives transform before your eyes is amazing. We lighten up so much when we do shadow work. As we release our resistance and embrace all of the possibilities that we can be, we step into our life purpose. Living your bliss becomes a choice. Joy is the ability to accept reality and celebrate it. Joy is not something that we experience because of something outside of us. Joy exists within us and emerges from the acceptance of everything coming to us for our own benefit. We can live in true joy no matter how ugly the situation. Even if there is a part of us that is being challenged, our Higher Self can still be in joy. It can witness our struggling parts and know, all is well, a learning is happening, this is a time that my consciousness is evolving. This brings joy and peace.

PRINICPLE 12: PEACE

What I just described is the attitude that brings about the true peace that we feel when we do our shadow work. It is the kind of peace that realized that this is all serving us and all of humanity. When we feel at one with ourselves we feel peace. We feel peace when we are at one with others. There is peace in the deepest sense of the word because we are not rejecting parts to feel some peace! We are not shutting out the world. We are not shutting down our inner world. Peace is the feeling of being settled within and without. If we are in reaction we can still have a sense of peace. We can accept that a part of us is ‘acting out’ and being a witness to it can bring peace. We know that it is a part but not all of us. This sense that we are not taken over by the shadow can also bring us peace and a sense of freedom. Being well equipped with a toolkit, when we are working with our shadow and that of others, can also bring a sense of peace. When we are resourced in knowing how to address our shadow and resolve any issues, we can feel confident that no matter what arises, we are ok. When we feel all is well, we feel peace. At the very heart of

shadow work, we aim to feel peace with all things. Therefore this level of consciousness brings change to this planet and assists it to evolve as well.

Lightworker Practitioner Training™ Overview

The seven levels of training begin from Spirit descending to matter, then onto matter ascending to Spirit as shown in Diagram 3. Here is an overview of each level:

Level 1 – Making Light Work

This level is related to the Crown Chakra, opening us up to connect to Spirit. We learn how to connect and resource ourselves, to bring the light down into our body. It marks the beginning of being conscious and developing a spiritual connection. The main theme here is connecting and building that connection to Spirit so that we are divinely guided Lightworkers.

This level lays the foundation for those who wish to work and raise their vibration as Lightworkers.
We provide a substantial tool kit for Lightworker Practitioners including: Psychic awareness and development exercises, visualizations for resourcing Spiritual support, daily guidance tools, conducting readings/healings and clearing and centering ourselves and clients. We learn the 12 principles that underpin the Lightworker Practitioner in professional practice. We also include the five stages of conducting a structured Lightworker Practitioner session, to help client's wishes come true!

Level 2 - The Lightfilled Relationship

This level relates to our Third Eye Chakra and really seeing beyond the veil of the superficial stuff right into why things are happening and what is truly going on.

Level 2 helps us to see truth and clarity regarding the patterns of our relationships. It gets us to see the heart of the matter. Where Level 1 helps us to gain guidance and support in our lives, Level 2 puts us into the heart of our issues, to consciously clear them, with Spiritual help.

We learn more about the ‘why’ at this level rather than the ‘where’ we are at in Level 1. It gives us an insight into the world of why we are repeating patterns from the past and how to move on from that. We do body based healing of past wounds, but it is presented and conducted in a non-traumatic way. We don’t want to re-traumatize ourselves to help resolve our trauma! It doesn’t have to be scary in any way and Level 1 prepares us solidly for this. So we download astral imprints from this life and others and reclaim our wholeness. We use drawing of our astral body to help us to engage our Third Eye into reading the imprints in our aura and body. This practise also helps us to read others more easily.

We cover how to have both personal and professional Lightfilled relationships with Spirit, ourselves, families and children.
We learn creative techniques to communicate and heal the inner child of ourselves and others.

We demonstrate how to transform dysfunctional relationships into healthy ones by creating Higher Powered Relationships for ourselves and in assisting couples professionally.

We learn about Higher Power replacements aka Addictions and how to have Lightfilled relationships with them. Rather than seeing them as the enemy, they become our barometers of our connection and allies in spiritually evolving.

This culminates in developing a sound awareness and grounding for using our Third Eye effectively in building our Mediumship skills and communicating with the other side.

Level 3 – Transforming Darkness To Light

This level helps us to get to know the really important parts of ourselves that will get us to where we want to be. We are dealing with the 'who' of ourselves and others in determining who is actually driving the bus of our choices at any given moment.

This level relates to our throat Chakra and helps us to step into truly speaking our truth of where we are at without shame but with integrity. We learn to say, "I am That" about every part of every one we see. We throw off shame that separates us from Spirit and our fellow man. We step into more unity and as we bring the torch into the darkness, it is alight.

This is about the transformation of different parts.of ourselves so that they become our allies and not our enemies. Ever heard of the saying 'what we resist, persists?" Well it's true. Remember that old saying "Don't think of a pink elephant"? Did you just think of one? Hell no! You too! Wonder why? Unless we integrate these parts of ourselves, we just keep pushing them away to the shadows. When they feel rejected, they find a way to get our attention. Or what if we over identify with a part that we really like? It just takes over doesn't it? All our other parts become a shadow to our consciousness.

In this level, the darker parts that we fear get embraced, loved and understood. They are often our most powerful parts when integrated and they become an amazing source of strength, when filled with Spiritual love and light. No longer are we possessed or carrying entities around with us that we have not integrated.

Shadow work gives us an opportunity to understand, acknowledge and heal any sabotage that blocks us from our higher Spiritual calling and path. So we get to step into the lighter side of ourselves more. We build on our relationship with the Higher Self and embrace our light shadow.

What we reject or over identify with sends our life out of balance. So in this level we work on balancing ourselves and removing blocks to creating the life we want.

We use an accumulation of the tools learnt to date and add in sand tray/symbol work because it brings the unconscious to consciousness in a fun way. And we introduce voice dialogue – exercising that Throat Chakra again!

Level 4 – Vibrating In The Light

This level relates to our heart Chakra and aligning ourselves with the healing of the earthly vibrations. Humans actually connect the earth with the light. We are in the heart of the connection.

This is all about learning different tools that raise our vibration. We are now entering in the more physical world of using the earth to ascend. Level 4 is the bottom of the bathtub in our descent into matter. If we haven't transformed our darkest shadow, we descend into matter and abuse it in a materialistic way. That is why we do Level 3 first!

We explore a number of earthly vibrational influences and essences that help us to embrace human qualities and support us in changing our beliefs to align with Spirit. The unique vibrations of flower essences are discussed. We learn about the influence of crystals and you are invited to join us in becoming a Crystal Guardian. We experience the powerful benefits of individual and group sounding and toning. We discuss the 'like treats like' remedies of Homeopathics. We move into talking about all the things that raise our vibration

that surround us in the physical world. This is about using our earthly resources to assist us in ascending. We learn about Archangel Essences – our divine human helpers that have been assigned to us. We learn how to walk with Angelic vibration on the earth.

Level 5 – Playing In The Light

When we play we are truly in our power, so this level relates to our personal power center of the solar plexus. The power of play is truly a vibration of joy that heals.

This level is so much fun, it doesn't feel like work. My students and I have so much fun we can't believe how quickly the time goes. It is all about playing through our feelings with games, writing, animals, colour, painting and clay. We get out the paintbrushes. We get dirty with muddy messes. We get to work through any shame we have around play and playing. There are the practicalities of how to set the material resources up for the client – and so we learn about the tools of the trade and are responsible Lightworkers too!

We bring the earthly vibrations up a notch to reach to the heavens. Healing is fun and instantaneous. We are more in touch with our psychic abilities, core beliefs, different parts and unresolved wounds, to know where, why and who we are at that moment. We are in the flow of life and prepared for this level. This is transformation in action. We know that when you are in the flow, nothing need's 'doing'. You are just 'being'.

As mentioned before, healing through joy is a lot more fun than healing through pain. This level brings us closer to living, breathing and playing in that truth.

Level 6 – The Lightfilled Being

We are focusing on the physical body more now. This is level is about Spiritualising the creative centre of our being so that we can recreate ourselves purposefully as more Spiritualised beings. So this level relates to the sacral Chakra.

We increase our joy and lift ourselves out of depression when we are able to fully Spiritualise our body. But we need to be 'in' it to do it. So we bring more Spirit fuelled joy into the body.

There are so many areas to explore in raising our physical vibration so that it ascends us closer to Spirit. We touch on lots of different topics on the body, that can be explored very deeply in their own right. However at this point we have enough knowledge, wisdom and Intuition on board to know what area we are being drawn to in order to assist us on a physical level.

Some of the topics we include are Wholistic medicine, Chinese medicine, Lightfilled yoga, Lightfilled massage, Lightfilled dance, food choices, managing your pain, physical fitness/exercise, sex, movement and spacial orientation.

Taking care of ourselves is no longer a punishment or arduous task, but sheer joy. We do it because we want to, not because we have to. And we have the tools to get beyond any of the sabotage that may arise, because we have completed the previous 5 levels. So here we become free in our body and not prisoners of it.

Our bodies vibrate with Spirit and are in harmony with the earth at the same time. We realize that we are creative beings in harmony with the creative forces of mother earth and the stars. As above so below.

Level 7 – Living Abundant Light

This topic relates to our grounded base chakra centre. Here we learn that bringing the light right down into our body means that we reflect the heavens and vibrate this.

We learn more about the Law of Attraction. We learn to open up to this help and receive, thereby attracting more. This level is about mastering the creative process of attracting abundance to you. We now learn how to transform and manifest. We now know that our ability to transform matter and manifest what it in our highest good directly relates to whether we are connected to Spirit, ourselves and the earth at the same time.

We learn how to manage this higher vibration, being clear about what we want, remove blocks from creating it and how to accept it when it manifests.

Techniques to differentiate between what we need and what we want are important. We ensure that we are clear on what these are and how to manifest them.

Our dependencies, attachments and aversions to power, security, money and sex are addressed on a deeper level here. Our sex life and attitude towards money are usually symptoms of our base Chakra being open or closed. We learn to become Spiritual masters of money and sex, not for power, but for stepping into the highest vibration of the base Chakra.

We learn about our blocks around receiving so that when we get what we do want we get to keep it rather than push it away! As practitioners it provides us with tools in helping our clients to get to where they want to go and to actually embrace it when they get there.

We learn how to continue helping others as Lightworkers, without ending up in the poor house or burning ourselves out.

Many of these tools are so valuable in and of themselves. To have them in one level of training is really stretching ourselves to open up and receive to the max!

In this level we learn the art of living in abundance and still being connected to all. As we embrace our own abundance, we give each other permission to step into their own abundance too. We learn to feel secure in ourselves within the context of the earth, completely supported and accepting the abundance of Spirit.

Upon Graduation

Upon completing all seven levels of the Lightworker Practitioner Training™, all participants are able to call themselves a “Certified Lightworker Practitioner”.

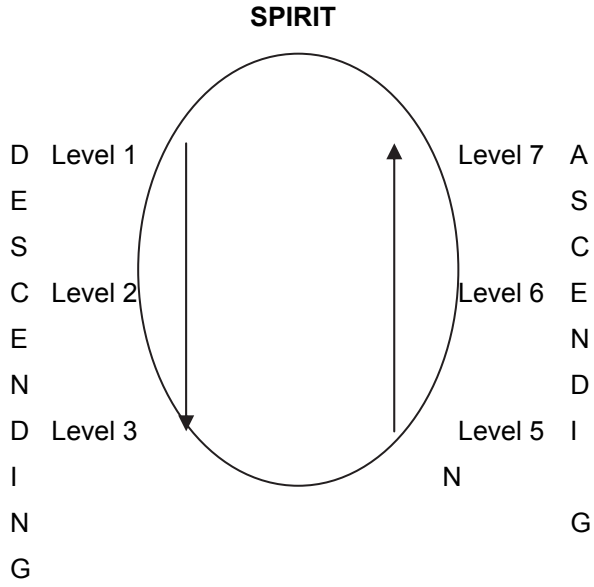
As mentioned in our Mission Statement, we hold the intention that this new way of being will create and build energy towards a group consciousness of living in the light and Spiritualising matter. By the end of graduation, we hope that our graduates are able to embody this intention and carry this message to others.

Diagram 1

Notice how this diagram of descending into matter and ascending back to Spirit is shown in a circular form. We start from the top, closer to Spirit but further away from matter. Here we are connected to Spirit but unconscious of our connection. Then we descend into matter and we end up so materialized that we can feel like it’s a hell on earth. Then we consciously start to ascend and raise our earthly vibrations back to Spirit. It’s a bit like being a baby (close to

the heavens but unconscious), then a screaming adolescent (materialized and self absorbed) and then a mature adult (aware of self and others). However, once we get to the top, it's a circle and back down we come. As we ascend, the impulse to descend and help others is part of Spiritualising matter. As they say, you cannot keep what you do not give away. So back down we come, as part of the unification process, to help others, bringing a load of Spirit with us.

DIAGRAM 1



Section 2: The Lightworkers Shadow

I would like to explain why this section is called 'The Lightworkers Shadow' and assign a context to how this came about in being included in this book. A couple of weeks before I completed the second book in the Lightworker Practitioner Training™ series 'The Lightfilled Relationship' I received a message that I would be channeling the Archangels again very soon. I knew that it was going to happen as soon as I completed writing. It all happened on cue. It spurred me on to finish it by my 41st birthday, which was my goal. On my birthday morning I awoke at 3am in the morning with so much information that my angels were showing me about Lightfilled Yoga and information pertaining to other levels of the Lightworker Practitioner Training™. The energy was obviously building and I was very excited to share this at my birthday party that night with my fellow collaborators. Then a couple of days later it was Easter Sunday and Lightworker Reflections published 'The Lightfilled Relationship' on this day of new life. I then awoke the next day to the Archangels wanting to be channeled. They came one after the other. I spent 4 hours channeling 15 of them. They gave me guidance on a number of things. I have included guidance specific to Shadow work here. The next day, I was guided to isolate the archetype that they bring and also what happens when this is denied or taken to an extreme. I was also asked to include the integrated shadow aspect of these Archangel archetypes. Not even I understood all of it! I am sure that in years to come, I will refer back to these time and time again and get a new level of learning each time. However, what I do know is that they requested it to be included in this book. And they only came once the other book was completed and published. It felt like they were waiting for it to be done and then boom! So I share all this with you with the greatest respect for the source with which it came from. Once again, I am sure to learn from it the more I refer back to it also.

In order to explain the dark and light sides of the Archangel archetype I want to acknowledge these two polarities as beings in themselves. The light side is represented by a being we call Lucifer. The dark side is represented by a being we call Ahriman. We expand on them in more detail in Section 5. However it is

important to have an understanding of them to begin with. Rudolf Steiner described positive and negative aspects of both of these beings. He described Lucifer as the light spirit, which "plays on human pride and offers the delusion of divinity", but also motivates creativity and spirituality. The other being Ahriman is described as the dark spirit, which tempts human beings to deny their link with divinity and to live entirely on the material plane, however this being also stimulates intellectuality and technology. Both figures exert a negative effect on humanity when their influence becomes misplaced or one-sided, yet their influences are necessary for human freedom to unfold. According to Steiner, each human being has the task to find a balance between these opposing influences, and each is helped in this task by the mediation of the *Representative of Humanity*, also known as the Christ being, a spiritual entity who stands between and harmonizes the two extremes.

When we are exploring the Archangel archetypes, we are not referring to the angels themselves as having a dark or light side. The Archangels themselves represent archetypes described here. When humanity is involved, these archetypes are influenced by Lucifer and Ahriman. When you mix an archetype with either extreme of these energies they become immoderate and out of balance. We explore the swing back and forth between these extremes in Section 4. We need to remember here that these beings are important keys for us in finding our way through humanity towards spiritualization of our consciousness. Both are just as important as each other. When we are working with the light, we go to an extreme and use this as a power trip to abuse others. We can also go to the extreme of denying our power and spend our lives living in fear. That is why we start here.

Integrity

Archangel	Archetype	Ahrimanic Extreme	Luciferic Extreme
Ariel	Integrity	Shame	Shameless
Shadow Integration			
Ability to own and accept our darkness and light with integrity.			

Archangel Ariel's messages on transforming the Shadow

I am here to ensure that you own the lighter side of your Shadow - the part of you that stands in integrity and truth. I am here to ensure that you are able to follow through in your thoughts, feelings and actions, towards the truth of your inner light. When there are shadow parts that get in the way of this truth, I want to seek them out and help them reclaim their light. I am always looking for the light in the dark. I hold the torch, I bring the light to that part without which it cannot see its own light. I have the light of my mind in the one mind. It is one mind and that it is able to ignite the remembrance of this mind in the shadow part of the psyche. Where the darkest parts of the psyche have no light, I help to bring that light in. It is in the remembering of who we are that ignites the flame. When we are in the deepest despairing parts of ourselves and we remember that even in those parts of ourselves, there is light, we will transform and be set free. We are all able to find the light in the dark, but it takes willingness. Once you have expressed this wish, it will manifest quickly. Expressing this wish takes faith. And a belief that anything is possible. We have to have an open mind to find the light. If you are struggling with a shadow part that has a closed mind, work with that part on the unlimited darkness that it believes in. In believing in unlimited darkness, they are actually expressing a belief in limitlessness. This belief is an energy and can be redirected the other

way. So in finding the truth, accepting limitlessness and then having a willingness to remember who we are and that there is light in everything, we will transform. I am here to assist in helping you find ways to do this for yourself and others.

Archetype of Archangel Ariel - Integrity

Archangel Ariel keeps us in the integrity of the truth of who we really are. This thought brings in light. We cannot see the light in the shadow if we don't have ourselves aligned to the truest part of ourselves – the Higher Self. So therefore, she lights up our Highest Self to remember the truth in ourselves. In this way, our Higher Self is always able to maintain its integrity no matter how badly we have behaved. It is able to restore our inner vision back towards who we truly are. Even our darkest parts can reclaim their light. Ariel helps us to help them to find it. We can own our shame by transforming it. We can own our destructive behaviour by finding the reason for its existence. Here we know that we are not our behaviour but we are responsible for it. The Higher Self is able to take responsibility for it. Ariel helps us to do this to honor ourselves. This level of integrity lifts us up out of the worst kind of behaviour that we have ever committed. It helps us forgive ourselves by releasing judgment of ourselves. She reminds us of who we are and that part of us is capable of now being responsible. We accept our perfection and admit our imperfect behavior. This brings the balance back to ourselves in acknowledging our Higher Self and also owning deeds that violated the boundaries of ourselves or others.

Luciferic influences on Integrity

When we deny seeing or owning our darkness, we may behave in a way that is shameless. We may think that we have so much integrity on board that we can do no wrong. We may behave in ways that shame others because we feel above them. We are capable of justifying everything we do. There is a danger in this because if we have taken integrity to the extreme, in a sense, we create

our own law. We are right and everyone else is wrong. Our way is the highway. We may have delusions of grandeur. People around us end up feeling shamed, less than, wrong and don't feel respected. We may rail road people with our thoughts, ideas and behaviour. Our truth becomes truth itself rather than just our opinion.

Ahrimanic influences on Integrity

When we deny seeing our light, we feel that we are broken, dirty, disgusting and vial creatures. We may not own the truth of our light and our self-image becomes distorted. We may be convinced of this misperception and then the lie becomes a new vision that we hold for ourselves. We deny the truth that is the light within us. We feel very low, beneath others, less than others and worthless. This level of darkness is very dense, immobilizing and depressing. We will want to hide. We don't feel that we make mistakes, we feel we are mistakes. This state of being can be caused from our light being denied by others through abuse, neglect and our own beliefs that recreate this abuse. This kind of shameful existence leads to addictions, mental illness and health problems.

Shadow Integration of Integrity

No matter how dark it gets, we don't forget who we are. The gift of the shadow is to point the way back to the truth of who we are. When we have been removed from who we are for a time and then we remember, the feeling is incredible. The gift of the shadow here is the ability to always remember who we truly are. We are able to know that at any time in our lives, if we get lost, we will always find our way back home. Not only that, but when we do and we remember who we are, we would be able to look the shadow in the face and see the illuminated gift of that part. We can do this for ourselves and when we are interacting with others. We are able to embrace the shadow without being 'it' totally. We can see it as a truth to serve the light. We can see the gift within

it and also see it's negative behaviour and acknowledge 'that part too has served its purpose'. By acknowledging the gift, the light serves the darkness by transforming it. We see that our shadow needed to be so shameless or shameful so that our mind could be restored to the truth of all of ourselves. Not just our lightness. Not just our darkness. But the truth in both. The truth that they both serve each other equally because we are all one. This integrity is able to look darkness and light square in the eyes and say "I am That".

Surrender

Archangel	**Archetype**	**Ahrimanic Extreme**	**Luciferic Extreme**
Azrael	Surrender	Control	Disconnection
Shadow Integration			
Ability to let go of control whilst staying on spiritual task			

Archangel Azrael's messages on transforming the Shadow

I am here to assist you in recognising the attachments that have attached to others from the other side. When you are able to see these attachments on your loved ones or those you seek to help, you will know what part of the shadow that they are disowning. You will recognise the characteristics of this part. Use this information to check in with yourself as to whether you have owned this part of yourself or not as yet. Seek to integrate this aspect of yourself before you attempt to help another. Or at least hold an understanding that this part is here to serve you in helping this person. Or in understanding them. Then you can help them. But ensure that you are quick to integrate this soon thereafter. As Lightworkers, you often find that when you have a client come to you, they are a representation of the shadow self that you have just

integrated and therefore, that is why they have come to you for help. Sometimes you find though, that you are also not yet to integrate a part of yourself that is represented in the client. You need to ensure that you use these clients as a catalyst for continuing your own inner work and higher consciousness evolvement. You need to ensure that you don't process whilst you are with the client, however you may be able to have your realisations internally at the time. This will ensure that you remain client focused whilst still staying accountable for your own shadow parts. This gives the client space to be themselves and free with integrating their shadow. Your mere acceptance that there is a part of you that you need to integrate, will create this space and ensure that there are no projection or reactions on your behalf towards your client. Be clear that this is not something that you need to discuss with your client 'real time' however it might be something that you may want to share with them after you have integrated it. When Lightworkers share their learning with their clients, this gives the clients an opportunity to see themselves as helpers too and that they have served a purpose in seeking help. In their seeking of help, this was a gift and a benefit to themselves. The client will also have a deeper learning with regards to their own shadow part that they integrated. There is always more to learn. By attracting clients that are ready to integrate the parts of themselves that the Lightworkers have integrated, this reinforces the Lightworkers learning as well. We always learn more through the teaching of something that we have experienced.

Archetype of Archangel – Surrender

Surrender takes trusting 100%. To be able to surrender our loved ones and trust that they are being taken care of is an example of the level of surrender that we are talking about. It is one thing to surrender in life, but another in death. It takes an exceptional level of trust to know that all is well. This surrendering process is spiritually alive in us when we are able to let go and release that which isn't working. It is also powerful in surrendering to what we

are called to do. When we experience this level of surrender, we feel a deep seated sense of peace. We have a solid knowing that all is well.

Luciferic influences on Surrender

When we surrender all our responsibilities and take no ownership of our lives, we become unattached to anything, aloof and uninterested in others. We become so unattached that we are disconnected from others. We are self-absorbed and surrendering becomes an avoidance behaviour. We may have problems in committing. We admit defeat when it suits us. We don't stick to anything. We find ourselves not following through with things that we know we are guided to do. Our level of surrender does not include any personal responsibility. We are very ungrounded. Our time management skills are not good. We use going with the flow as an excuse when we are not able to complete a task or stay on track.

Ahrimanic influences on Surrender

When we are unable to surrender, we are in resistance. We don't have any interest in trusting anyone but ourselves. We can't let go. We want to be in the driver seat and in complete control. We hang onto resentments, possessions and all our feelings. We are usually in lock down emotionally. We may gain weight, or wear our weight as a symbol of what we are holding on to. We are not making the most of the guidance we are given because if we are given guidance, we quickly try to work out how to do things rather than continue to seek guidance on the next step. We don't usually have a problem with taking things on. We might take on too much, over and above our human limits. We are afraid to let go of control of things and become control freaks. Trying to control others can lead to controlling the masses.

Shadow Integration of Surrender

When we have integrated surrender, we are able to trust our Higher Power 100% and continue to follow through on our guidance in the physical form here on earth. We do this to the best of our ability. When we fall short, we surrender that too and trust in guidance to improve ourselves in bedding down the spiritual guidance we are given. We are usually able to work with others in a team and to collaborate. We see everyone else's input as important. We see everyone else as teacher's too and we surrender to receive their input, without losing our sense of self. We turn up and ask for guidance on the steps to follow through with guidance. Again and again and again. We don't take matters into our own hands. We get very good at knowing what our guidance is and whether we have followed it through to the end or not. We know that we are in control of turning up to our guidance and then in doing our best to follow through with the task at hand. We may not like the task we have been assigned. Again we surrender to that which we need to do at the time. Sometimes we gain an understanding of how the bigger picture is unfolding a step at a time. Sometimes we get the bigger picture straight up and there is a long way until the final result! Again we surrender. Surrender becomes a trust exercise that is balanced with doing what is within our control and accepting that which is out of our control. We know that everything that happens in the process of our task, is meant to be and exactly as it should be. We surrender our judgments, opinions and feelings. We ask that they be transformed and that we are able to see their benefit in the process of the tasks unfolding. We do go with the flow but we are also taking responsibility for what we have been guided to do. We don't just let things happen. We look for what our part is in helping spirit to make things happen in line with the higher purpose of the evolution of human consciousness.

Being

Archangel	Archetype	Ahrimanic Extreme	Luciferic Extreme
Chamuel	Being	Overdoing	Sloth
Shadow Integration			
Ability to balance being with doing			

Archangel Chamuel's messages on transforming the Shadow

World peace comes about when we have integrated parts of ourselves or are willing to see them in each other's reflection. We have an opportunity to heal a part of ourselves. The work that we do, is not turning up to work every day from 9-5 and then coming home. The work that we do is the way we feel when we are working. This form of 'being' becomes us where ever we are and in whatever we are doing. So therefore, if we are not noticing others as a reflection of ourselves, we can get caught up in everyone else and how they behave. Taking back our power and saying 'I am that" to the reflection that we see shining back to us from others, is the way we find our way back to peace. It might be that we find it really difficult to deal with that reflection and we don't feel peace for quite some time. Or it might mean that we are totally accepting of the fact that we have this reflection to work on and in time we will resolve it. There is no correct way in dealing with the shadow process other than staying out of judgment of ourselves doing the process. As the shadow is so vastly different in all its aspects, so is dealing with the shadow in all its aspects. We need to be at peace with the process of dealing with and integrating the shadow. When we are at peace with the process, we really step out of judgment. We are more open to guidance and what is required for dealing with each unique part of the shadow. I am here to fill you and surround you with this

peace, non-judgment and compassion for the shadow in yourself that is reflected back by others. Please call on me for this softening of the mind and heart as you will need it in days to come.

Archetype of Archangel Chamuel - Being

This archetype is the essence of peace. It sooths and it softens every situation. It is the breathing out and knowing that there is nothing to control. We don't feel the need to control anything when we are at peace. This peace is a beingness that we experience that is very removed from having to do anything. In fact, the doing is in the being. The being is in the doing things peacefully. It is something that we can all achieve, however is so highly evolved that without the human element, we would probably simply be non-responsive at all.

Luciferic influences on Being

When we have an excess of beingness, we become slothful. We don't usually do anything too much. We are just happy to be doing nothing. We may find that doing nothing takes a lot of our time. We may lose time and not even notice that it has gone. We get out of touch with reality. Sometimes we may be drawn to drugs that give us this feeling. It is an ungrounded, excarnated feeling of slothful beingness. It may be that this is the only way we know how to 'be'. There may be other activities that get us into this state of being as well. Fantasies, eating comfort food, drinking, numbing out and oversleeping to name a few. We may find it really hard to get any motivation when we are in this state. We are so out of our bodies, that we are in effect immobilized. This can happen when we are in shock from a traumatic incident. We might fly out of our bodies and disassociate. We may stay that way for months. Our eyes glaze over. It's like the lights are on but nobody's home. We can get so far out that we begin to have delusions and hallucinations. We are unable to apply ideas to make sense in the earthly plane. When we are in complete beingness without any guidance, our human will is disabled.

Ahrimanic influences on Being

When there is a denial of the light of being, there is no being - just doing. There is always something to do and somewhere to be. We are obsessively trying to get things done. Our life may be work, work, work. Our work doesn't involve a state of peace. It's the opposite. We work to feel peace but we never seem to achieve it. "If only I could get this done", we say. It gets done and then there's the next thing and the next. Are you exhausted reading this? Well that is exactly how this ends up. Burnt out, exhausted, depleted and filled with darkness and emptiness. There is no light. However the illusion here is that if we are busy enough, achieve enough or prove ourselves enough, we will feel peace. And the opposite is true. So overworking and work addiction fit in here. As does obsessive thought patterns that are geared at trying to solve problems. The illusion that the answer will provide peace is the motivation to try to solve the problem. When we are addicted to doing to achieve an end result, the will is running riot and willing itself to will. This is devoid of any light and guidance from higher sources.

Shadow Integration of Being

We achieve the balance of being and doing when we strive to be guided in all that we do, with the intention of peace as the process. We step out of the frantic willful attachments to end results. We turn up and are guided in each step of the way. Our peaceful beingness infuses our doing. We become so in tune with what we are meant to do each step of the way that the peace builds and builds with whatever we are doing. In fact, even in the not knowing of the purpose behind what we are being asked to do, or find ourselves doing, we are okay. This is wisdom. Doing what we are asked without any idea is extremely humbling and uplifting at the same time. We are grounded because we are turning up. We are not willful little children with hidden agendas attached to what we have been asked to do. This is where peace and work meet. We know

that everything that we do, is in fact work to some degree. Even in being! Whether it be working on ourselves, our relationships, our parenting, our jobs, our housework or our goals. It could all be deemed as work. The difference is in the feeling. Are we feeling peaceful with ourselves, our relationships, our parenting, our jobs, our housework or our goals – no matter what state they are in? Are we okay with all of that, plus turning up and being guided to do the next thing that we need to do. This balance of being at peace and turning up to do the next thing that we are guided to do, is the shadow integration of beingness.

Love

Archangel	**Archetype**	**Ahrimanic Extreme**	**Luciferic Extreme**
Gabriel	Love	Self-Hatred	Self-Aggrandizement
Shadow Integration			
Ability to love ourselves and others equally			

Archangel Gabriel's messages on transforming the Shadow

When you are in your shadow you are depleted. Whether you are feeling emptiness or you are feeling an over excess of energy, you are still depleted. The over-excess of energy is pulling out your etheric resources and drawing them away from your body, you are usually sending this energy out of yourself and projecting it onto others. They get the brunt of your energy whether it is powerful or toxic. So in order to deal with the shadow in a healthy way, you need to realise that you must first have compassion for yourself and the energy depletion. Secondly you can then decide if your energy is important to you. If it is, then you can commit to work on the shadow processes such as the ones in this particular book. Or others that you are guided to. We can help you design a

process that is custom built just for you! If your energy is not important to you at the moment then I am here to tell you that it is. When you value your energy, you will find that it's supports you in so many areas of your life that you need to be sustained. Call on me for help in learning how to value your energy.

Archetypal Quality of Gabriel - Love

Archangel Gabriel is here to help us to value ourselves. She is the mother angel and overlooks children, giving them unconditional love like the Mother Mary archetype does. As a spiritual resource she teaches us to value our energy. In doing so, the energy that flows through us can flow out of us into creative projects. We learn to call on this nurturing energy, similar to the restorative womb of a mother. We can ask for an Archangel Gabriel love bath! I have sometimes done this when I feel exhausted and need a really restorative sleep. She never lets me down. You know those times where you are feeling edgy and like your aura is really shattered or strung out, she is like a rescue remedy and sooths it. Preferably, take yourself out of the situation so that you can really immerse yourself in her energy without distraction. This is when you will get the most out of it. When you value yourself and love yourself unconditionally, you don't have a judgment towards yourself to spend time restoring your energy. This is the gift of the light side of Gabriel, this unconditional loving accepting energy towards ourselves. It is also the gift of harnessing this energy to extend to others. When we love as Gabriel loves, there are no conditions. There is no attachment. It is just pure love.

Luciferic influences on Love

When we spend too much time on ourselves and put ourselves first but don't consider the same for others, we become selfish, self-absorbed and devalue others in the process. We may put our own self-love above others. It is fine to love ourselves and put ourselves first. You can't give what you haven't got. However, you can't keep what you don't give away. If loving the self becomes

an end in itself, not a means to a universal truth such as loving each other equally, then it becomes narcissism. We become the child that never grows up. The child that cannot see or love beyond themselves. We also become the adult child who wants more and more love because we can never get enough. We can become love avoiders too. We would rather play power games with others so that we have them hooked into loving us and being addicted to us. We feed off their vulnerability and feel powerful through their adulation.

Ahrimanic influences on Love

Here we visit the self-hatred aspect of the shadow. We know that hate is the absence of love. Although this is a lie in itself. Love cannot cease to exist. It only does so temporarily in our mind. When our mind is overtaken with self-hatred, we do many things to ourselves that are abusive. We may self-harm, exhaust ourselves through work, starve ourselves, binge eat or drink, take drugs, abuse our bodies with dangerous sex or over exercise. There are so many facets of self-hatred, too many to mention here. However, we have all probably been there and are thinking about our own examples now. With relationships, we are usually put off by people who truly love us. We may be attracted to an intensive and addictive love relationship that never leads to real intimacy. To be intimate we have to be honest with our thoughts, feelings and behavior. We also have to be able to let the love in. We are unable to do either of these or maintain them consistently when we shut out this vibration. The most materialistic form of love is the illusion of possession. Here, with the level of insecurity we feel because of our own self-hatred, love becomes a possession. We want to control our partner to control our ‘stash’ of love. The main point to remember is that when this dark side of not loving ourselves appears, it is a calling card to us back to remembering to love ourselves. It is a cry for love.

Shadow Integration of Love

Here we see a return back to a balance. We love the self. We also see the love in others. We feel equal value between others and ourselves. Like Mother Theresa, we are able to live amongst the poor and weak without feeling others are below us. We simply see the love in others as the only reality there is that is eternal. This is where we return to love. True love does not shun anyone out. When we learn this level of love, we see that the gift is that we not only see the inner love of ourselves but we see it in others as well. Love is something that is grounded in this earthly reality because it is staring us back in the faces of those that we are surrounded by. Our capacity to love increases. We are able to love others without abandoning ourselves. Loving unconditionally comes naturally because we don't have a hidden agenda. The gift of loving someone is a gift to ourselves. We take time out to love ourselves when we especially need it. We also imbue love in every day ways by our choices. We ask ourselves 'What would love choose?'. We consciously show our love to others in ways we know that they will feel loved. We are able to be intimate in relationships because we are honest with ourselves enough not to feel above or beneath others. We are able to let the love in. We are able to love and be loved. This is the gift of the shadow integration of love.

Reflection

Archangel	**Archetype**	**Ahrimanic Extreme**	**Luciferic Extreme**
Haniel	Reflection	Negativity	Over-reflection
Shadow Integration			
Ability to follow through our reflections with positive action			

Archangel Haniel's messages on transforming the Shadow

The art of reflection is to see the shadow. It's not just to notice it, but to look deep into the heart of this shadow aspect and to see their truth. Their truth will always be a cry for love of some sort. Where are they not feeling loved or accepted? Where are they feeling judged? Why have they had to go to extraordinary lengths just to be noticed? What is out of balance that there is no room for them? You will know this shadow part's truth when you have penetrated the very heart of them. The core belief that states what is lacking. They will tell you. They can unlock the mysteries of your heart and mind. They have the answers to the riddle and the key to the door. But we have to stop and reflect. Not just know them, not just know that they are there, but to seek the purpose. Once we unravel the riddle, we see the gift and strengths that they bring to the table in our human psyche. We see that they are helpers in expression, identifying and observing what is around us and inside of us. If we reject them, we will surely attract more of that in our lives to create the balance. We are now at a point in our evolution of consciousness that we realise that what we reject we usually attract. This is becoming more the norm. However, the tools to assist in this process are so far limited. We hope that in assisting with the creation of the Lightworker Practitioner Training™ that we can give many ideas to help those out of this shadow and step into their lives. We want them to step out of their shadow's shadow. We want them to find the light in themselves and the light in their shadow. This will enable them to be all that they can be, plus to ensure that they are not trapped in some form of dogma and judgment towards the dark side. If people continue to reflect the dark side, they are limiting their ability to reflect. This lack of ability of reflection creates more of a shadow and an imbalance to their psyche. By rejecting the dark side, it consumes them. So, we need to encourage reflection in these times and to ensure that this reflection goes hand in hand with compassion for these parts. Therein lays wholeness.

Archetypal Quality of Archangel Haniel - Reflection

Archangel Haniel assists us with reflection of ourselves so that we are able to see the lack or what is needed. By witnessing and acknowledging this lack, we are able to complete the picture. If we are unable to seeing the underlying motives of the shadow (its need) then will not complete the puzzle and find it's gift. We don't have to search and push and struggle for the gift. The gift emerges in transformation once we have met the shadow's need. Haniel strives to assist us in meeting the shadow at its most authentic space of need. The need that is the truth, not the lie. We can call on Haniel to find this unmet need in our Shadow if we struggle to find it, or if we are unsure that we have the right answer from our Shadow. We may feel uneasy with a need that the Shadow has asked for. We need to keep it simple and ask for guidance and confirmation of what we are questioning to be true. Haniel wants us to find the deepest, authentic need that will assist the shadow to transform. All we need to do is ask for this help.

Luciferic influences on Reflection

When we are reflecting and we want perfection, this can lead to over-reflection. When we have taken reflection into our own hands and taken off with it, without asking for guidance, this can lead to obsessive thinking. It's like we have an idea and then go off on tangents in our own thinking. We have taken our will back. We are back in the driver's seat. We are in control. This is all an illusion. We have simply elevated ourselves to be our own Higher Power in our reflections. This can lead to an elevation in our mood because we feel all powerful with our lives. However it can also turn us into judgmental perfectionists. We may think that our thoughts are perfect. Or we overthink things because we are striving for the perfect thought or answer to something. We may deny any negativity and only see the lightness. We may be happy all the time, with no humanness or down days. We may deny the feelings that are seen to be negative such as sadness, anger or fear. In doing so, we invalidate

the human race!!! However, we just see them as having less of an ability to remain in control of their feelings. We stay in our heads and out of our bodies or feelings because it's way too painful down there. We become walking heads. We intellectualise spirituality. We are incapable of walking the talk.

Ahrimanic influences on Reflection

This is a dense and heavy vibration. When we dwell on thinking rather than reflecting, this leads to negative thinking and paranoia. If we are more doers than thinkers, then we become immobilized in whatever situation we are in and don't see a way out. We might be thoughtlessly acting out our negativity because our thinking has become disabled or distorted through non-reflective thinking. When we don't think or reflect on our behaviour, we can become very abusive to others and ourselves. We may self-harm or harm others. We turn to addictions to medicate the pain and stop our thinking. If our negativity cannot be contained, we strike out physically or emotionally to others. If we can hold the negativity away from others, we may direct it towards ourselves and may self-harm. Over time, the end result could be suicide. When people believe they cannot escape the negative thoughts, they may believe that the only answer is to end them a different way.

Shadow Integration of Reflection

When we realize that the only way the pain will stop, is to stop thinking negatively, this is a gift. When we realize that it is too painful to live in this body if we don't seek the positive, this is the gift. We are able to seek the positive in our reflection time. This leads to being able to follow through on an earthly level, with the guidance we receive. We no longer live in our heads. We no longer take over our thinking. We allow our thinking to be transformed and guided. We get out of the driver's seat. No more self will run riot in our heads. We can find the positive out of every situation by asking for guidance on it. If we cannot see the positive, we know we need to ask for more guidance. When

reflecting we are not judging but seeking the gift of a situation. We see the process of life as one big reflection of consciousness. It is not right or wrong, good or bad. Life is seen as a process of evolving consciousness that we can reflect on to continue to evolve.

Truth

Archangel	Archetype	Ahrimanic Extreme	Luciferic Extreme
Jeremiel	Truth	Dishonesty	Brutal honesty
Shadow Integration			
Ability to see the truth and communicate it with love to others			

Archangel Jeremiel's messages on transforming the Shadow

The art of seeing clearly is knowing the truth. We only know the truth in the situation when we believe the truth to be real. When a truth is real, it is because we have owned it. Then we can live it. To own this truth, we need to embrace the truth in all aspects of ourselves. As we gradually own these aspects of ourselves, we live a truer clearer picture of our lives. Our lives transform and we step into more and more of who we are and what we are meant to be doing. We live the truth and we see the truth the more we are able to own it as the truth inside of ourselves. When you find yourself not living your truth, it is always a hidden aspect of yourself that has not yet fully owned the truth. To fully own the truth, we need to see the light and dark of each side of ourselves, if we have not embraced both the light and dark of each aspect we are not really living in the light and truth of our lives. We gradually 'come to' and realise more and more about ourselves when we are ready to find the hidden truths behind each aspect of our psyche. Then we can fully own it. Live it and be in truth. We are then able to take that out into the world and in being transformed

within ourselves we find that we naturally, without any effort, become transformers of energy in the process.

Archetypal Quality of Jeremiel - Truth

The gift of the archetype of Archangel Jeremiel is to be able to keep our vision focused on that which is true. This Archangel helps us to look back over our lives and see the truth as a witness to situations of the past. He helps us with life review. As we become more evolved, Jeremiel helps us in seeing what is truth in real time. We are able to see right into people, situations and happenings to know what the truth is. This is our clairvoyance in action, working for us. We are not trying to foresee an outcome, rather we are trying to see the truth. We are shown that which is in our highest good in each moment.

Luciferic influences on Truth

I know that I have been through this as a teenager. Teenagers are usually brutally honest about the truth - usually about the faults that they see in others. It's like they have no filter to discern how to communicate truth with love. So it comes out quite abrupt and judgmental. However, they are usually developing their views of the world and are in the process of learning what truth is, so they are just pointing it out. They don't have the emotional maturity to communicate it with love or to own it for themselves as yet. They tend to disown their truth and project it onto others. This is unloving to themselves and to others. However this antisocial behavior is a process of trusting themselves to know what is true. That is why it's a good idea to never lie to a teenager! They are BS detectors. You might find that there are certain people in your life that you come across that have these same traits. Such as Indigo children who are now grown adults. They might be a bit gruff and just say it how it is. This is the lightest side because it has no love filters; it is just straight as an arrow truth.

Ahrimanic influences on Truth

The darkest side tells lies. It doesn't want to face the truth in ourselves or others. It will usually lie because it is getting a payoff. Perhaps the payoff is that we get away with something, keep the peace, control someone or manipulate a situation. Or it could be that the payoff is that we don't want someone to get hurt so we want to hide the truth from them. However, we are always being honest on some level as the Higher Self and the Source of All always knows the truth. So the lies go underground. They fester. The can kill us with health problems. The heaviness of guilt that ways on our shoulders drags us down. The worry that we will be found out causes us paranoia and ulcers. Even the cells in our bodies may have a hard time discerning what the truth is and develop into cancer. We start attacking ourselves from within because we cannot own or communicate our truth. When we want to speak it out, we get choked up. The truth gets stuck in our throat and stagnates. This usually leads to medicating ourselves to help us blot it out or let it out. We then become dependent on these things and they turn into addictions.

Shadow Integration of Truth

The gift here is that we are able to see the truth as a gift to ourselves and others. Therefore, we see that it frees us and assists us in evolving. We know that communicating it makes us and keeps us healthy. We know that our truth also will help others evolve. We know that keeping the truth from others, is really just delaying growth. So we learn how to be great communicators of the truth to find the best ways to own and express our truth in a way that is loving and kind but always real. We learn that there are some truths that are eternal, some truths that are temporary and that our truth changes with each of our shadow parts. We learn to seek the truth of each part, so that we can benefit from understanding this aspect of ourselves. We see our truth as evolving. We become less judgmental on others if their truth differs from our own. As we

respect that our truth is evolving, we have more compassion for others. This natural compassion is extended to those who we witness speaking their truth. They may not have fully realised their truth yet; however we see the bigger picture of truth as a process of evolving consciousness. The loving delivery of our truth is tempered with a compassionate view. In doing our life review and planning, we are more interested in meeting the needs of the parts of ourselves so that they serve the highest truth of our higher self. We learn that all the parts of ourselves have a truth that teaches us to live in balance. This can assist us in a greater capacity to live out our life's purpose with confidence and integrity.

Beauty

Archangel	**Archetype**	**Ahrimanic Extreme**	**Luciferic Extreme**
Jophiel	Beauty	Materialism	Superficiality
Shadow Integration			
Ability to see the beauty of the life force whilst acknowledging the physical reality			

Archangel Jophiel and Transforming the Shadow

I see the beauty in the transformed aspect of your shadow. I can assist you to see this too. When all that you see is ugliness in that part of yourself, there will always be a hidden gem that you have to find. I can give you a set of glasses to unfold your vision to see the beauty in these parts of yourself. I can also assist you with seeing how this part can positively impact your life. I can show you this part's strengths in action in daily life. It is one thing to love this shadow part, it is another to see how it can actually work in your life. When you are seeing this part from a transformed point of view, your life and its choices can also

transform. Have faith and believe that these parts are here to serve you, not the other way around. They are you! So they want you to get to where you are being called to go. I can align with your life's purpose and assist in manifesting this vision that you see and seek to live.

Archetype of Archangel Jophiel – Beauty

The archetype of beauty is an expression of the creation at its best. Witnessing all of creation as an awesome thing, helps us appreciate its beauty. When we are in this vibration, we feel the essence of life itself. Even ugliness serves a purpose and therefore it is beautiful. When we can see the beauty in death, we have seen the ultimate beauty itself. In this way, our vision of the purpose behind things becomes the beautifier. The essence of beauty is not to seek a glorified personified description of beauty. Beauty is of its very nature the thing that we seek that transforms our vision. If we cannot see the beauty, we haven't yet achieved the vision. The process of achieving this vision is the essence of beauty. It transforms the nature of the observer by the shift in its vision.

Luciferic influences on Beauty

We may be overly focused on our looks to feel powerful. We may use this power to manipulate people, to feel above them and to overshadow them. We may be in denial of our surroundings and have messes everywhere that are out of control, but we don't see them. We deny the reality of the mess and the impact it has on ourselves and others. We may get hooked on the power of being seen to be beautiful. An example of this is the partners who attract sex addicts. Co-sex addicts are usually obsessed with their attractiveness to reel people in. This is their co-sex addiction. They are addicted to hooking the sex addict and use this to control them and their behavior. This energy is not only kept to the physical level. Other ways this is acted out to feel powerful is by using our words beautifully, caring for others or even keeping our house,

clothes and car beautiful to feel more powerful. We might develop financial problems because we are overspending on things that make us look good and feel more beautiful. The more we focus on the external appearance, the more superficial we become and the emptier we feel. The emptier we feel, the more addicted we become to beautifying ourselves to give us a sense of power to replace the emptiness.

Ahrimanic influences on Beauty

Here we like things to be organized to be beautiful. We focus on the detail of things and become perfectionists to ourselves and our surroundings. Ironically, in our pursuit of perfection we can become internally ugly. We may become materialistic and quite particular about how we like things to appear in our home and surroundings. We may develop obsessive compulsive cleaning disorders to keep things tidy and feel in control. We continually want to renovate or rearrange our home. Or we want things in exactly the same place. We get a sense of safety from feeling in control of ourselves and our surroundings. We are focused on the perfection of beauty and may try to attain the perfect body and defy age. We think that our beauty comes from the outside, rather than the inside. We assign our self-worth to being beautiful. RItualised materialistic pursuits of beauty are the norm here. As are rigid beautifying behaviours. Our distorted perception on detail can cause body image disorders. We can develop eating disorders and become addicted to rigid behaviours with eating, food, health, nutrition, dieting and exercise. We may take this to the extreme and become anorexic.

Shadow Integration of Beauty

When we have integrated the aspect of beauty, we return to seeing everything as beautiful in its own right. Whether it be creation or death, the purpose is beautiful. We can see the inner beauty of ourselves and others. We see the inner beauty of the creatures of this earth and find ourselves spiritually

nourished from being mere witnesses to the grandness of creation. Life becomes awe inspiring because it is. Not because it is doing anything. We see the beauty in the beingness of things. This creates balance and harmony between spirit and matter. We are conscious of our environment and respect it; therefore we become tidier people out of respect, not out of wanting to control how others see us. We become unattached to how we present to others, however we are very aware and our insides align with our outsides. We respect how we treat our body. As we embrace our inner beauty, it shows and glows from our face and every part of us. We own our beauty and are not afraid to let it shine. People can feel themselves bathed in beauty when they are in our presence. People see their own beauty through the mirror of our eyes.

Innocence

Archangel	**Archetype**	**Ahrimanic Extreme**	**Luciferic Extreme**
Metatron	Innocence	Guilt	Guiltlessness
Shadow Integration			
Ability to embrace the wisdom in innocence			

Archangel Metatron's messages on transforming the Shadow

I am here to assist with integrating the child aspect of the psyche. I can help you to understand the inner child that is now calling you forth to accept and listen to. You may find that beyond the superficial aspect that you first notice of the inner child, such as how they look and what they are doing, that they are indeed masters of wisdom and knowledge that can unlock the secrets of the truth of the Universe. You can spend some time with them to look deeper into their knowing. Not only do they hold a certain gift for you at the time of

reintegration of this aspect of yourself, however they are also keepers of divine wisdom that you can access and delve into. Spend some time dialoguing with them through visualisation, writing or other forms of expression. They might like to draw or paint you a picture of their wisdom. They are creatures that connect to certain aspects of the All and the deeper wisdom and reflect this back to you. By doing so they enhance your life and that of others. When you find this wonderment inside yourself, you will find it inside of children. And also inside the inner child of those that you are relating to in your relationships.

Archetype of Metatron – Innocence

Innocence in children is pure wisdom. It is highly intuitive and a blank slate of openness to learning and knowing. When we are like a child with innocence, we are open to the wisdom of the universe. This innocence is something that we all experience as children and we are born into this life with until we become conscious of ourselves. However this innocence is powerful and connects us to a purity of not knowing yet connected to God. We trust like a child. We have childlike faith. We believe totally that we are supported because there is no other reality, until we experience hard knocks and then believe that it is not safe to trust. Innocence is something that we can experience. We can trust like a child any time we consciously choose to.

Luciferic influences on Innocence

When there is a heightened state of innocence, it creates a conscience state of being without a conscience. We don't believe that we have to take ownership of anything. We believe we are not guilty even when we have done something inappropriate or against the law. This lack of ownership and accountability disconnects us from a Higher Power. Once again, we think we are the Higher Power. We may use our power to abuse the innocence of others. We may have a distorted reality around what we think is right. The extreme of this state of being could be behavior such as that of a sociopath. Totally cut off from

feelings and ownership of behavior and believing that we have the right to do whatever we want, guilt free. We may prey on the innocence of others. However, it is possible to be influenced by these forces so that we commit the perpetration of the act and feel guilty afterwards. We see this in some pedophiles that have been abused themselves. Some of them may know that what they are doing is wrong; they may even hate themselves for it after the act, however they still do it because of the extreme influence of these forces.

Ahrimanic influences on Innocence

The total rejection of innocence is guilt. We blame ourselves for everything that is going wrong with ourselves and others. The guilt is heavy. A burden. It's toxic and like a big huge weight that weighs us down. Guilt is one of the most heaviest emotions that there is. It is hard to snap out of. We usually have to medicate guilt because it is so binding and uncomfortable. When we are in the darkest place with our guilt, we think that the world would be better off without us. We may be totally convinced of this fact. We may not even realize that we are blaming ourselves for everything. We may not be conscious of this. Energetically though, we may have taken on all the problems of the world and everyone close to us and we cannot cope with holding the energy anymore. Sometimes suicide may seem like the easy way out from the uncomfortable of feelings that we feel. When we are in total guilt, we are shut down and we are not open to sharing our problems. We think this will only burden someone else. We usually present as very depressed and worn down. Shoulders slumped. We may apologise all the time and spend a great deal of time trying to do things for others that make up for the guilt that we feel about ourselves. Healthy guilt gives us an ownership of our behavior. Toxic guilt tells us we are responsible for someone else's behavior.

Shadow Integration of Innocence

When we have integrated innocence, we are able to own our behavior and admit it to others without guilt. Our guilt motivates us to own our mistakes and make a change. We reflect and investigate why we did what we did. However we are not dependent on an investigation to remove our guilt. We simply forgive ourselves by removing the judgment of the fact that we may have slipped up. We allow ourselves, no matter how many mistakes, to trust a Higher Power 100% to assist us to change our behaviour. When we do this, we open up to guidance like the innocence of a child. We don't question our guidance. We may question our feelings around our guidance. We may explore our guidance. But we trust the guidance 100% because we know, we have received it for a reason, even it does not come true. We are able to continue to turn up and be like a child with receiving steps that we need to take on our journey a day at a time.

Consciousness

Archangel	**Archetype**	**Ahrimanic Extreme**	**Luciferic Extreme**
Michael	Consciousness	Judgment of Light	Judgment of Darkness
Shadow Integration			
Transformation of consciousness - darkness and light are just as important as each other in the evolution of human consciousness			

Archangel Michael's messages on transforming the Shadow

I am the warrior of the protection of attachments. I release all negativity that may overwhelm and suffocate with its dense energy. There are times that you will need to call on me when doing shadow work. The nature of some parts of the shadow are that they are there to do an unpleasant job. To suffocate, to stagnate you, to create searing pain within your body until you are brought to your knees. They may not look like gifts to you at the time. You may indeed want to yell profanities at them. I am here to tell you that they are gifts. Without being crippled by your pain, would you have reached out? Without being suffocated by the dense nature of your body because of an attachment, would you have sought any help? Would you have changed if the presence of a dark entity hadn't scared you into doing something? We are not to fear these presences. But we must honor their nature. We must know that they are here to do a job. Then, when we realise the at the nature of a their job is a sacrifice that they have made to do for us, then we not only see them as a gift but also allow them to be released to the light. We see that they have transformed and are now able to do a different job. In order to do the job that they have done, they have had to be a highly evolved being that were capable of doing so much good that they had to make themselves denser in order to do it. Don't get lost in their darkness. Keep your interactions with them short and then see the gift, release them and move on. Allow them to transform. Once your see their gift you set them free. Not only that but you set yourself free. They are no longer the enemy. They are your ally, now transformed by the light of the truth and love that you have shown them. There will be times where you will also need assistance with angelic support in dealing with dark entities because the person that you are with simply cannot see past the darkness. You may need to help them to release it before they can see the truth or reflect on the truth of the gift of that dark part. That is okay. However, a warning here. Should this person be resistant to acknowledging the gift remain in such resistance, they will attract the same lesson again. This may be in the form of a human or other entity that is of a dense vibration. So remind them of this before you start any

work with them and upon finishing any work that you have with them. If their thoughts return back to any form of hatred or judgment with regards to entities or this part of themselves then they will indeed attract this back. Their ongoing medicine is new beliefs about the truth of how the dark does indeed serve the light. If they don't make this adjustment in their mind, they will repeat the same situation again.

Additional information received on 7/5/2011 - I am able to release that which no longer serves you, to be of service to the light. By releasing it, it is transformed. It is not judged to be released. It is seen to be helpful and in doing so, it is released. It is not something that is cut away from you. It is something that moves now towards the light because it has done its job of awakening your consciousness towards the light. That is its gift.

Archetypal Quality of Archangel Michael - Consciousness

Archangel Michael's purpose is to light up the consciousness of the world. Even the darkness. In fact, this book would not be possible without Archangel Michael's help. There is no way I would have been able to hold this vibration of energy and pen it in a book if I didn't have Archangel Michael's help. He keeps us seeing the light, even in our darkest parts. He helps us to see our darkest parts manipulating the light too. His job here is to help to transform our vision towards the light and to also help others. He is the Lightworker Angel. He is our advocate. I have said this before and I will now say it again, he is my right hand man. I call on Archangel Michael every step of the way. If I am in any doubt of guidance, I ask for his help. I suggest to you that if you encounter any judgment of yourself or the darkness that is presented in this book, call on Archangel Michaels help. Ask him to remove the judgment and to show you the gift. This is the true essence of consciousness. Being awake to the darkness and light but not being in judgment of it. Being able to face the light and the dark, to see its purpose and in doing so all is transformed.

Luciferic influences on Consciousness

Experiencing our highest vibration of light without owning our human reality can lead to a severe judgment of the darkness. This is where can literally feel high and can get so high that we lose our ground. We can lose touch with reality. This can lead to mania or psychosis. This type of high leads to judgment of that which is not pure. We may turn into believers of rejection of the darkness. We believe people deserve hell. This can be taken to the extremes. Those who do not conform to our ideas of purity are judged and damned. This type of thinking can rationalize murder. We may also see this energy of puritanical behaviour in patients in mental health wards who are convinced they are so pure that they are the Virgin Mary or Son of God. They may believe they need to save everyone who is impure. This denial of the darkness, leads to an exaggeration of the light side in which we lose our touch with our human self. We lose touch with it because we judge it. We also see this with some religions that create such a huge high for their fellowship during worship. They might be speaking truths and this lifts up their congregation. Their congregation may have an intuition and inner knowing that what they are hearing are universal truths. However, then there is a danger that once the congregation is open, they are more vulnerable to judgment and coercion. They may be fed ideas that they or others need to be purified in order to redeem themselves. This can cause spiritual abuse and psychological damage to followers of these religions because of the guilt and shame that it produces.

Ahrimanic influences on Consciousness

This is where we experience denial of our lightest part. We don't see any light within ourselves or others. We lose connection with any light and can't see it. We see the darkness in others and forget about their light. We can get lost in the darkness and feel that that is all there is. We might be quite comfortable with darkness. We might even believe in light but don't feel comfortable stepping into it. Or facing it. We would prefer to just sit in the darkness. We

become one with the darkness. We may not recognise abuse as inappropriate. We stay in inappropriate relationships and situations that are unhealthy. Our judgment is not of the darkness in others, but the light in others or ourselves. We don't have confidence in our ability to be in the light. We find ways to shut the light out in ourselves and people through avoidance and sabotage. This can lead to feelings of hopelessness and depression because our inner darkness is projected as a vision of the world. We may not see the light in the world. We may focus on the negative of things happening, rather than the impact these experiences are having on people's consciousness. We lose focus on the bigger picture of everything being in perfect order to assist in humanities evolution of consciousness.

Shadow Integration of Consciousness

When we realize that we have indeed judged the light within ourselves, we realize that it has stopped us from embracing all the elements of our shadow. Each part of us has a light and dark side. This is the key to unlocking the gift in every part of our shadow. When we have mastered this, we become transformers of our vibration. We are able to overcome anything negative and turn it into a positive. We become co-creators with Source. We become connected to the All in the biggest way possible. Our consciousness is transformed and we lose our fear of others and ourselves. We are no longer mystified or confused by our minds. We become observers of our thoughts and therein lays a freedom that is beyond explanation. It has to be experienced to be understood. We have a knowing that we are all our parts and yet we are not attached to any of them. This level of freedom is that which transmutes the human spirit. It spiritualises all our human parts. In doing so our vibration is very grounded in our human reality and at the same time it is making the most of our human existence. We are able to model this to others and in doing so, this transformation is passed on. This is where the journey becomes beyond space and time. We are fully in the present, not rejecting any of our parts. We are home wherever we are. There is nowhere to go and nothing to do.

Everything is in perfect order and harmony. The next step is illuminated for us. We are in complete harmony with all that we come into contact with. We are no longer fighting ourselves and others. Everything serves a purpose and there is a point to everything. We are awake and at peace. Our mind is enlightened.

Connection

Archangel	**Archetype**	**Ahrimanic Extreme**	**Luciferic Extreme**
Raguel	Connection	Avoidance	Enmeshment
Shadow Integration			
Ability to connect with others whilst maintaining a healthy connection with self and spirit			

Archangel Raguel's messages on transforming the Shadow

When it is time for the relationship to heal, we will step up to work on our shadow. If we do our bit and work on our part then we can transform the relationship. This may be that the relationships lifts up to light and increases in vibration. Or this might mean that we increase our vibration and the other does not. Thereby the relationship changes in connection. Where we vibrate from, we might continue to feel connected to the other, but not to their higher self. The other may feel connected to us on every level and this might be enough. However, if they do not have a connection with their higher self, then they are not missing anything. They might not understand why the relationship has come to an end. That is why it is important to find a way to relate to them from our higher self that they understand. It might be simplifying language, connecting with their higher self in ways that you are guided to connect, that they might not even be conscious of. These things will help with the

communication of ending a relationship if needs be. Or it might start to build one from their map of the world. The way our higher self relates, might be different and come in a different form from the way another relates from their higher self. We need to make room and be teachable. Give things time to unfold to see if as you are more settled and comfortable being in your lighter side, they rise to meet you as you are wise enough to know where to meet them. As we become comfortable and transform our dark side, we are able to see theirs more clearly. We need not point this out to them. However, we need to be honest about our dark side and what this is expressing to them. We need to take stock of our actions and we need to be accountable for our shadow's behaviour. We need to take care of our own back yard and not focus on theirs. However we need to continue to be honest about our behaviour. Sometimes it is difficult not to project our shadow on others and we slip up. We need to make amends and apologise for our behaviour by committing to processes that change our behaviour. We don't want to apologise and then continue the behaviour. Without our own inner work, apologies are not enough. To demonstrate that we love ourselves and our partners or others in relationship, we need to honor ourselves and them by doing the work that is needed to heal that part of ourselves. These shadow parts are parts of us that once integrated, are a gift to ourselves. We heal ourselves. We heal our relationships. We transform our relationships. And those who aren't ready for transformation, that is none of our business. We are then able to know that that is between them and their higher power. We are set free. We set ourselves free in the decision and commitment to change and integration.

Archangel Raguel's messages on transforming the Shadow

The archetype of connection is about unity. It is about feeling at one with all. At peace with all. It is a feeling that as I see you, I see me. As I see me, I see you. I look at you and say "I am That". This feeling of connection is beyond words. It is a feeling that can be best summed up with this convoluted sentence 'a non-judgmental state of being of the sameness in the differences'. This is an ironic

sentence. How can there be sameness in the differences. Because we are all a unique combination of all the archetypal qualities there are. So in you, there is me. In me there is you. We offer them in different shades to each other. However it doesn't change the nature of the colour! So when we look at relating as being about connection, we know that whatever is in front of us, whether it be human, plant, animal or object, somehow saying "I am that" sums it up. This is true connection in unity.

Luciferic influences on Connection

When we are not aware of ourselves in the connection, we are not in unity, we are in enmeshment. We have lost our consciousness of where we end and where another begins. We have lost our reflection of how the other person is a mirror of us. Our perspective is damaged. We may try to exert power and control over another because as we manipulate, we can change the way we feel. We are not consciousness of the fact that as we try to change others, it is to make us feel better. In essence we feel powerful but ironically we have handed over our power to others. The need to control and feel powerful comes from the fact that another has the power to change how we feel. We become deflated when others do not do what we want them to do. We can get hysterical and hit out or seek revenge on others for disconnecting with us. We don't accept the limits or boundaries of others. We don't see them because we are not conscious of them. We lack a sense of our own boundaries with others on a thinking, feeling, behaving, physical or sexual level.

Ahrimanic influences on Connection

When we are so contracted within ourselves that we are not available to connect with others, we are in avoidance. We are shut down with walls of silence, anger, fear. People try to get close to us and we might have a wall of words and talk too much. Or we might divert away from our true feelings by using humor. Our intimacy availability is lacking and we don't let our thoughts,

feelings or behavior known. We may be sexually anorexic or avoidant. We may lack a connection with others physically with no hugging or holding hands. We may feel disconnected from our own bodies and be disassociated from our feelings. We may live from the neck up. We may be overweight and not even feel overweight. The only time we connect with our body is when we feel pain. So we develop health related issues that keep us in pain so we are reminded that we have a body. If we are disassociated from our feelings we may develop borderline personality disorder, split personalities and other disassociate disorders.

Shadow Integration of Connection

When we have balanced our ability to be connected, we are aware of where we end and where another begins. We connect consciously and out of freedom. We are able to feel, see and accept another's boundaries as well. We feel connected with others, wherever they are coming from. Whatever the boundaries are with the myriad of shadow parts that we have and another has, we are able to be okay with them. In other words, our boundaries are flexible to work with different parts of ourselves and others. We communicate honestly where our limits are at with each of our shadow parts as they arise. We do this between God and ourselves as well as letting others know too. We are able to connect with others honestly on all the different levels of intimacy in an appropriate way. We share our thoughts, feelings, behaviours honestly with others. We are also able to receive others thoughts, feelings and behaviours and know that these are a mirror of our own. We don't lose ourselves in another, nor have a desire to try and control other's feelings. We know that is between them and God. As are our own feelings. We are able to be sexual with another in a way that is respectful and where we both feel connected. We are connected to our bodies and are aware of our connection. We have a healthy relationship in caring for our bodies with nourishing food and activities.

Compassion

Archangel	Archetype	Ahrimanic Extreme	Luciferic Extreme
Raphael	Compassion	Neglect	Over-indulgence
Shadow Integration			
Ability to take care of ourselves and others			

Archangel Raphael's messages on transforming the Shadow

I am here to help you to fill any voids that exist from the lack of intimacy that you feel with your shadow. Once you restore the connection, this gap is filled by the osmosis of the process. However, in the time in between the coming to realisations, I can help to fill the voids. I understand that sometimes this process takes time. Sometimes you need to build up to being ready to integrate. I will help you to build up the etheric forces in those particular places within your body that are struggling to deal with this shadow part. Archangel Gabriel and I will work in unison to both comfort and restore your etheric body. When you are feeling overwhelmed, call on Archangel Michael and I will follow him to clear away anything that is not needed and fill it up with my healing light. This is a temporary measure only, as upon integration with the shadow, you will find that this comes back into balance naturally. I am here to assist you with any ailments and pain that you experience as a result of rejecting the shadow and of both your light or dark parts of yourself. I am always here if you need me. Never judge how much you call on me. However, I want you to be whole and feel at peace with yourself and so therefore I encourage you to follow through with the shadow processes so that you are not so dependent on me.

Archangel Raphael Archetype – Compassion

The energy of compassion is whole in and of itself. There is nothing lacking at any time. Therefore because of its very nature, everything is healed. It is healed in the way that it is seen. It is healed in the way it is felt by the giver. The receiver feels the healing in being a witness to the compassion that it is receiving. To the degree that we can let this compassion in, is to the degree we are capable of healing. The process of compassion is that which restores us to a sense of wholeness because in its non-judgment and acceptance it is complete. It sees everything as being perfect just the way it is and in doing so, compassion becomes the restorer of life.

Luciferic influence on Compassion

When we have an excess of compassion, this can lead to pity and seeing others as needing to be fixed and less than us. We see ourselves as their Higher Power and we do not know how to see them as whole and complete. Feeling like the savior to others gives us a false sense of power. In fact we are usually taking another's energy. The dangers of this are that as we take on their life force energy and fuel our own needs, we also take on their toxic unhealed energy. That is why it is called 'care taking' because we take away a person's opportunity to see themselves as whole. When we are creating dependent relationships, we also become dependent on caring for others. We begin to care out of our own needs rather than that of others.

Ahrimanic influences on Compassion

When we have a lack of compassion we have a natural disconnection from Source and we tend to be neglectful of ourselves and others. We neglect to care for our health, our behaviour, our feelings and our thoughts. We are neglectful to a fault because we don't notice our successes, only our faults. We beat up on ourselves and others and lean towards the judgmental side of our

shadow. We emotionally abandon ourselves. We are neglectful of others and their needs. We abandon our children physically or emotionally. We lack emotional intelligence. We lack consideration for others as well. We don't realize that we are neglectful because we are not aware of our reality. We are usually depleted and have no energy at all. We drag ourselves around and behave like victims and tend to blame people for not meeting our needs.

Shadow Integration of Compassion

When we have integrated the shadow of compassion we are able to take care of our needs because we have compassion for ourselves. We are able to parent ourselves and know our needs. We can identify the inner child within us and take care of it so that it feels loved, cared for and does not need to act out. We don't abandon ourselves emotionally. We are available to listen to the different parts of our shadow that require different things. At the same time, we are also able to take care of other people's needs when it is appropriate. We don't see people as broken and needing to be fixed. We care about people and when we are called to do so, we help in a positive way. We help others when we have the time and the energy. We don't abandon our own humanity in the process though. This involves compassion for ourselves and others at the same time. We see them as capable people. We know that they can take care of themselves; however there will be times when people have needs. We have enough compassion on board for ourselves to let in the compassion from others too. So our relationships are about giving and receiving compassion.

Transformation

Archangel	Archetype	Ahrimanic Extreme	Luciferic Extreme
Raziel	Transformation	Resistance	All Powerful
Shadow Integration			
Ability to align with Spirit for the greater good of all			

Archangel Raziel's messages on transforming the Shadow

The magic of the divine is in action as we transform darkness to light. We are literally alchemists within our own psyche when we do this. As we are all connected, we therefore are contributing to spiritualising the whole planet. This shadow work is very important to the evolution of human consciousness. As you awaken the darkest parts of you to transform towards the light, this ignites the energy and beingness of this energy to awaken. This affects everyone. As you heal you heal the world. As you awaken one shadow part of yourself, you contribute towards your brother awakening this part of themselves. The power in healing yourself is restoring yourself to a state of wholeness. You are not broken. There are bits of you that have been forgotten and are now being restored. This is divine magic in action. So when you have completed a shadow process, what I want you to think this "I have now integrated this part of the world back into the all'. This powerful acknowledgement means that you are not just doing these shadow processes from a selfish aspect. You are doing this for the greater good and the evolution of human consciousness. Divine magic is just that, divine. The divine is in harmony with all life. As you embrace these parts of yourself, you come into harmony with all life. You become a more conscious embodiment of the divine.

Archetype of Archangel Raziel – Transformation

Transformation is the process that assists things to flow from their current form into the next form that is required in their evolution. Transformation does not judge the current state of something. It simply allows the next stage to be possible and available through the process of itself. In other words, transformation is the process from one stage to the next. In the world right now, we are at one stage. Then there will be a transformation as we move to the next stage. There is no right or wrong stage. Just stages. They are all as important as each other. When we don't resist change, we allow transformation to be possible.

Luciferic influences on Transformation

Promises of grand change to control and manipulate people to do what we want them to do is an example of how we can use transformation in an inflated capacity. We may brainwash others into thinking that they need transformation when in fact we want money or recognition or something else to gain a sense of power. We take the credit for other's transformation. We try to become the guru. We think that we know the best way for other to change - change over to our way of thinking! We don't respect the process of change either. We judge where people are at and think that they should change now. We are perfectionistic with our own recovery and don't allow for mistakes. Mistakes mean that we are not perfect. We project this onto others. Transformation perfected means that we don't have to change any further so we are continually striving for this unattainable state of being. At the most inflated end of this energy, we think we are beyond transformation.

Ahrimanic influences on Transformation

We resist change. We resist any kind of transformation. We don't believe in evolution. We think that things are just how they are, not in a process of

evolving. We may be very resistant people in general. When people come up against us, we are like a road block. We are skeptics. We are cynical. We doubt everything that isn't concrete. We deny the magic of creation. Our emotionally reality is usually dried up. Our thought processes uncreative. We are analytical and uninteresting to be around. We are boring and lifeless. Life is grey. We are grey. There is no colour. Our imagination is non-existent or geared towards the negative.

Shadow Integration of Transformation

This is where we are able to own our imperfection as a human and take steps towards improving on ourselves as part of our life's journey. We are not in judgment of this. We know that we need to always be open to change and to the parts of us that are becoming conscious. We know that there is always more that we can learn. We are not in a rush and we respect the process - for all our parts. We are not thinking that we need to be anywhere other than where we are right now. We know that every part of us is important in our transformation. We know that everyone else that is reflected back at us is a part of us that we need to work on at integrating. We are regularly connecting with various parts of ourselves from our higher self. Our higher self is always a witness to our other parts and a supporter. We don't have negative judgment, but we do have recognition and action around taking care of our parts. In doing so, the transformation is incredible. Every person, thought, feeling, experience and event is a catalyst for transformation. Our view of the world and how it works transforms before our eyes. In doing so, we become co-creators with the divine in a very conscious and loving way. Our thinking becomes the process of alchemy of the Universe back to the All.

Creativity

Archangel	Archetype	Ahrimanic Extreme	Luciferic Extreme
Sandalphon	Creativity	Lifeless	Madness
Shadow Integration			
Ability to be go with the flow with guidance			

Archangel Sandalphon's messages on transforming the Shadow

I am here to help with the releasing of the soul cry from the shadow. I am also here to help with resourcing and uplifting the darkest parts with their light shadow aspect through song, vibration and tones. There is no dense energy too dense that cannot be shifted through sound. Even glass can shatter through vibration; earth can crack and open up with vibration. We are all vibrating on different levels of density. When we start to work on this shadow aspect, we do indeed start to lighten up. It can assist with lightening up by using the sound vibrations, music and dance. Rhythm, tones, instruments, our voice, they all help with shifting dense energy. Humming while walking is very powerful. Singing whilst exercising or listening to music can get out stored emotions. These denser vibrations often need physical activity. We literally need to vibrate our body by moving it. Sometimes this is the only thing that works. Sometimes people with very dense energy listen to heavy music because they are so dense, this is the only thing that is getting in and shaking things up a bit. It is not that they wish to listen to dense music, it is because the music itself is a reflection of the density of their vibration. So don't judge what people listen to, but realise that if they are feeling that dense, they must have a lot of stored emotion and/or a large dense attachment. If this is the only way they find room to breathe, then this can be a warning bell to you. Are you able

to cope with this dense energy around you? It may be that you could possibly talk to this person if you are living with them and express how it is affecting you. Otherwise, just take note of how this dense energy is affecting you. Is it a call to awaken a part of yourself that you may have rejected? Using these cues as catalysts to ensure that you are at peace with these parts of yourself is very important. Being realistic about how much you wish to stay around an unbalanced dense vibration is also important. Stay honest and true to yourself.

Archetype of Sandalphon – Creativity

Creativity is the energy that runs through us all and gives birth to life. In everything that is created by God, people, animals, plants and the cosmos there is life. We are just witnesses to the amazing thing that is creation. We may not realize that we are co-creators at any given moment. Our thoughts, feelings and behaviors are creating reality all the time. We need to listen, see and feel the effects of creation around us to truly appreciate the power in creation. There are many ways to express reality creatively such as music, dance and art. There is no limit to creativity as we are creating all the time.

Luciferic influences on Creativity

When creativity is out of control we are unable to stop ourselves from gathering more and more energy. It may be that we are so full of creativity that we are unable to function in life on a general level. We may not be able to apply our creativity to our lives and feel that we are disabled to function in the world. We may be creative and that is the only thing we can do. Like some of the mad scientists or artists of our time who were only able to do their art rather than have successful relationships, family and other interests. We become one-sided and we lose touch with reality. We may lose our mind, have hallucinations and develop mental health disorders. When our creativity is not grounded, we may live in a fantasy land in our minds. We may be in the room

with people but unable to have proper conversations with them and feel disconnected from others.

Ahrimanic influences on Creativity

When we are in this dense vibration, we lack creativity and we don't have access to the energy that it brings. We find that we are tired all the time and have no thoughts beyond what is in front of us. We feel challenged accessing our feelings and emotions. If we are asked to draw or paint something, we may draw a stick man that is black on a white background. We don't invite colour into our lives. We fear creativity because we feel out of control when we are creative. We like to stick to the nuts and bolts of what make things work. We like to build things and do things that we are sure of about the end result, such as mathematics. We are not able to let our imagination fly and may find telling a story challenging. We find it hard to visualise a story that we are hearing challenging. Our imagination might be quite dried up. When we are lacking a connection to creativity, we find it hard to sing, dance, draw, paint or create anything. Whether it is a garden or redoing the bedroom, we feel challenged and uninspired.

Shadow Integration with Creativity

When we are able to consolidate the creative parts of ourselves, they contribute to making our world more colourful and vibrant in every area of our lives. We find that our work, play, parenting, relationships and personal space are all lit up with life. When we speak, our words light up people's hearts and ignite the passion inside of them. We sing, we dance, whether it is on the inside or outside. We are able to maintain our energy and we are grounded in our creativity because we bring it down to earth. Our home and our cars, our gardens and our clothes, are brought to life by this inner quality of creativity. We are drawn to music that brings out the best in us. We are filled with joy and awe for life. Everything that we come across is another reason to be in the awe

of creation and to find a way to embrace that and accept that for ourselves. We become masters of co-creating with the Universe.

Clarity

Archangel	Archetype	Ahrimanic Extreme	Luciferic Extreme
Uriel	Clarity	Confusion	Projection
Shadow Integration			
Ability to own our human and spiritual reality			

Archangel Uriel's messages on transforming the Shadow

I am here to assist with the storm of the shadow aspects relating with one another. You find that you need to have the mental clarity with which to work out what parts of yourself is relating to the other and I can help you do that. If you are feeling confused, then this is usually because a part of you has been taken over by a shadow part or two. It is usually the relationship between these parts that is confusing your mind. In claircognisense, we can get the wisdom from both parts so that they are having a wise rather than stormy conversation. We can cut to the chase so to speak and have these parts sitting around in circle expressing their thoughts and ideas in quite a functional fashion. We can have them clearly speaking about what it is they need in the situation at hand and what strengths that they can offer to the situation. When you have an issue that you are trying to resolve, sit in circle and see who turns up. What parts of you have a part to play in assisting with you living in the light and walking towards your truth. This could be anything from what job you do, to who you choose to marry, to what to have for dinner. When you are able to sit in circle

and be clear with your mind in who is talking to whom and what they want, you will find your way back to your higher self. The higher self becomes the facilitator for the discussion, the decider of action, the processor of information and validates all our shadow parts. Therein lies inner harmony when we are able to achieve this clarity. All parts become satisfied and we are clear of the mind and heart at the same time. We have no discord or disconnection from the rest of ourselves in relation to the matter at hand. Then this process extends further out into our lives and becomes instant clarity of mind. Instant clear and concise claircognisense, that does not lack heart. It becomes the kind of claircognisense that is connected to our intuition, heart and spirit all at the same time. This is the goal for claircognisent thinking.

Archetype of Archangel Uriel – Clarity

Clarity is when we have a clear sense of ourselves and our total reality. We have clear thoughts and messages coming through to us and we know very clearly what we are thinking. It is also applicable to our feelings. When we are clear in our feelings, we can discern what we are feeling. We know whether we are feeling angry or sad. We even know what we feel about our feelings. We are able to witness our thoughts as well. So we are clear about what we think and feel about our thoughts. We are very clear about what our body is doing and how we are acting and behaving. We are able to be a witness to all our behavior and have a clear picture of how we are presenting to the world.

Luciferic influences on Clarity

When we have an over inflated sense of clarity, we think that our reality is everyone else's reality. We think that we know best. Our thoughts are the only thoughts. Anyone who challenges our thinking is wrong. We can tell how people are feeling. If they don't agree with us, they are wrong. We think that we have the right to tell people what they are thinking and feeling. We also think that we are so clear in ourselves that we have the right to tell people what to

do. We come across as pushy, bossy and controlling. We intellectually abuse others and talk down to them. We deny our humanity and make ourselves the king or queen of the household. Behold the Goddess and heed my instruction!! We are directive, pointy with our energy and don't have a filter with how we express what we think is right. We sigh and shake our heads when others make mistakes or go against what we have said they should do.

Ahrimanic influences on Clarity

We are very confused here. We have lost touch with our inner light and our shadow has taken over. There is so much stagnation of thought that we don't see anything clearly. When we are disconnected from the clarity of our higher self, we allow other peoples thoughts and feelings in too much. When we are fused with others, we are confused. So picking up on others thoughts or taking them on too much leads to confusion. We get head-aches and migraines. We get blocked mentally. We lose our train of thought. We also take on the feelings of others and because there is no connection between how we are thinking and what we might be feeling, this confuses us as well. We might be highly sensitive and intuitive, but this only makes matters worse. We are like a sponge sucking up all the thoughts and feelings of people around us and they compound upon each-other until we feel overwhelmed and exhausted. We don't know how to process our feelings or thoughts. We are unaware of what shadow part of ourselves is feeling what. We may be a mish-mash on unexpressed shadow parts trying to communicate with us. Being this disjointed is very stressful and we may appear nervous wrecks. It certainly leads to health issues, nervous breakdown, anxiety, burn out and depression.

Shadow Integration of Clarity

When we have integrated our clarity, we learn to respect and value each and every part of ourselves as an important contributor in our mental health and emotional intelligence. The wisdom that comes from each of the parts of

ourselves is amazing and transforms our life. As we become clear on how different parts of us think and feel, we notice our behavior with more clarity. This all serves us to balance and follow through with guidance and to learn how to solidify the information and integrate it. The purpose of clarity is to ensure that we have as many parts of us on board as possible when it comes to following through with our guidance. When we have these parts on board, they become strengths and allies in responding to guidance in concrete ways. They are no longer sabotaging and confusing us because they are all speaking at once! They have calmed down, know that they are going to contribute and in doing so; we get the best of them, not the worst.

Flow

Archangel	**Archetype**	**Ahrimanic Extreme**	**Luciferic Extreme**
Zadkiel	Flow	Stagnation	Mania
Shadow Integration			
Ability to own and moderate flow of energy			

Archangel Zadkiel's messages on transforming the Shadow

In relation to Level 3, I can assist the Shadow process through movement. These parts of the human self or psyche are wide and various like the shades of colours in all the colours of the rainbow. To get in touch with each one fully, it requires movement. This part needs to show the expression of its energy. If there is no movement at all, then this part is well and truly stuck. It might be stuck because it is keeping another part of that psyche in its place or suppressed. To find the one under the other, we need to explore what this part requires first. Then when it has shifted, we can find the other part and deal with

that separately. Then the relationship between the two of them will shift dramatically. You might find that they are dancing with each other. The human can dance out these two characters in a dance that shows how they relate. There is no need for costumes changes here. This is a dance where the human finds and connects to one part, then the other and back again in a dance. This is extremely helpful in building trust between these two parts of the client. Not all humans will feel comfortable doing this. That is ok. There are other methods where we can apply this dance such as through painting, drawing, singing, toning, talking, visualisation, clay work, sand tray to name a few. It is limitless how we can find ways to facilitate this dance between the self and our shadow parts. It is not limited to the dance between the self and the shadow. It must be a dance between us and many. This is the goal of the shadow. It is not just how we relate to our shadow. It is how we facilitate team work of our shadow. This is the true lightfilled relationship between us and our shadow.

Archetype of Archangel Zadkiel – Flow

The archetype of this Archangel is the flow of the life force through us. It is about the free flow of energy through our total reality. Our reality consists of our body, mind, feelings and spirit. We have energy flowing through it all. The quality of flow is necessary for it to flow in and to flow out. When there is a balance of this flow, we have energy and it is sustainable. The flow of energy moves through all things: the earth, sun, air, plants, ocean and everything that we create. We imbue anything that we create, with energy. The flow of our energy goes into everything; people, animals, objects and the Universe. As we give of our energy, it becomes a part of us. It becomes a mirror of the energy that we have given out. When we live our life's purpose, even taking a small step towards it, it increases our energy. It is created from within. We have tapped into a well of energy that is connected to the divine. If we stream that energy out, by following our guidance, then the energy does not stagnate.

Luciferic influences on Flow

When we are inundated with flow, there is an excess. We may feel manic and if this energy is out of control, it can burn ourselves out. This mania can be seen in rushing, overworking, overthinking, overdoing. It is best represented in obsessional thinking, the manic side of bipolar disorder and Obsessive Compulsive Disorder. When we have too much energy we may find that we are unable to harness any of it to sustain us. It may be available in short bursts, such as when the moon is full. We may become depleted easily due to not being masters of containing the energy, or streaming it in the direction that we desire. Often this energy flow affects our creativity and when we have this energy we feel more creative. We may not be able to make sense of things when there is too much energy. In fact, our creativity might be quite 'out there' and not something that makes a lot of sense to us when we come down from our activity. This flow that goes nowhere is often cyclical like that in addiction cycles. It goes round and round without point or purpose. It is a means to itself. We can only hop off the merry go round when we have embraced this part of our shadow.

Ahrimanic influences on Flow

When we are unable to access energy, we have a depletion of energy. We may have energy that has stagnated due to lack of flow. This can lead to depression. When we have no energy, we have no drive, no will to keep going. People can slip into hopelessness and sometimes feel suicidal. When flow stagnates, it can affect the body. We may grow tumors and feel internal toxicity in our chakras and organs. In mental illness this can be represented in depression. People who have a stagnation of the flow of energy are often shut down with their feelings, lack creativity and have blocks in doing things. Their will is often quite disabled and they lack drive to change or do new things. They can often appear with heavy, dark auras. Any stagnation within the energetic centers of the body will appear dark as well. There is either the absence of

energy or the toxic stagnation of energy. There is usually a well of emotion that is being held in the body that is suppressed feelings. When we tap into these feelings, they are often old and they feel yukky. They might even be someone else's feelings and we have been carrying around their energy. We may be sensitive and pick up lots of peoples energy. Pets are often the ones who take on the energy of the family and die from the stagnation that they cannot resolve. We cannot resolve energy and feelings that are not ours. However we can ask for them to be cleared and we can do this for ourselves, our pets and others. If we have a well of emptiness, this means that the stagnation is from a block to the flow coming to us from our Higher resources.

Shadow Integration of Flow

When we have integrated the Shadow of the flow of our life force, we are aware of what our energy is doing, how much we have, what we need to do to moderate it and express it. We become really intelligent at owning the human part of the energy flow and applying it to our physical body. We also become really clever at our emotional intelligence. Owning what energy or feelings are arising and what they are teaching us becomes second nature. When it comes to the mind, our mastery in this area becomes about knowing how what we think affects our energy. Like Cognitive Behaviour Therapy teaches us, our thoughts affect our feelings which lead to our behavior. We get how true this is. Not only that, but if our thinking is aligned to our life's purpose, then our higher self generates energy. We become aware of the spiritual realities that can assist us with our energy. We become masters at clearing it, building it and directing it for the highest good. We know that we need to be in the earth and work with it, but not of it. We are really aligned with the flow of energy around us. We know how we are affecting the energy around us. How we affect things around us in turn helps us to develop a partnership with everything we come into contact with. If our computer is playing up, we look for how our energy is affecting it. We also feel things affect our energy. We start to feel at one with our surroundings. We can see, feel and hear energy moving. It becomes a

deeper living experience. We are grounded because we are not separate from the earth or the flow of energy within and around the earth. We don't burn out because our energy is limitless and grounded in reality. We feel at one with the stars, the moon and deeper mysteries of the cosmos. Our connection unites us consciously to be here on the earthly plane and spiritual worlds at the same time. Again, we realize as above so below. As we are, all that is becomes us and we become all that is.

Section 3: The Body of the Shadow

In the past couple of levels of the Lightworker Practitioner Training™ we have expanded on the chakras of the body. In Level 1 we discussed their unique qualities and how to clear and resource them. In Level 2 we went into the finer detail of their yin and yang aspects. In this volume, we will discuss these yin and yang aspects as an extension of what we have learnt about balancing these shadow elements.

Crown Chakra

Our crown chakra helps us to access higher knowledge about everything. So we get a knowing of what things really mean and what we need to do in situations. It is the spot of our body, where we have a knowing through our claircognisense. The state of our crown chakra influences how evolved our thoughts, inspiration and choices are.

Luciferic influences on the Crown Chakra

When we have issues with too much energy flowing through our heads without being a witness to these thoughts, we find that our mind is racing, we have too much thought at once. We might jump from thought to thought. We also might find that our head hurts too much from thinking. Our thought processes become confusing because there is an over-abundance of energy. We may be inspired but unable to follow through with our inspirations. We are unable to act on spiritual guidance because we are too confused about what to do.

Ahrimanic influences on the Crown Chakra

When we have issues with our crown chakra being blocked we are having blocks to receiving spiritual knowledge and wisdom. When we are influenced by this energy, our claircognisense is not functioning very well and we may find that our thinking is blunt. It is though we have a buffer around our head or a

dark cloud. It is thick energetically and we might be prone to tumors or headaches.

Shadow Integration of the Crown Chakra

When we have integrated the shadow aspect of the crown chakra, we are able to harness our claircognisense and have it flowing. We are clear on what part of us is saying what. We know what we need to do in any given situation. We find that we are not confused regarding the knowing that we are having. The information that we are getting is clear and we have this balanced with action. The claircognisense translates to right action.

Ear Chakra

Our ear chakra helps us to access higher spiritual information and hear it clearly. This is called clairaudience. We are an audience to spirit! Sometimes we hear it like it is someone in front of us speaking. Sometimes we hear it in a different way. For example, when you hear yourself reading a book, this is how clairaudience can sound. Or if you are hearing a song repeating over in your mind is another example. Hearing words, song or music provides us with guidance and a confirmation we are on track in the spiritual and earthly realms.

Luciferic influences on the Ear Chakra

When we have too much energy streaming through the ears all at once, the various parts of ourselves may be talking all at once. We may find it too confusing to harness the information. Our clairaudience may be so out of control that we are hearing guidance or thoughts of other people. When we are taking on thoughts of other people or of those who have crossed over, this can be crazy making. We can hear it, but it is not us nor is the information for us. However, we might be vulnerable and think that this information is for us. We might hear our shadow parts out of control, but we don't hear our higher

guidance because we are set on a different radio station. We have lost the fine tuning button to our radio and it is blasting negativity through our ears. Hearing voices that are out of control and negative is one of the symptoms of schizophrenia.

Ahrimanic influences on the Ear Chakra

When we are blocked from hearing our clairaudience we lack an ability to hear our own thoughts clearly. We literally can't hear ourselves think. We are not able to hear our various shadow parts speak to us. This can dull the mind. We don't hear guidance through songs or words clearly. They may be muddled or unclear, like a fuzzy radio reception.

Shadow Integration of the Ear Chakra

When we have integrated the shadow aspect of our ear chakra, we are able to hear our Higher Self quite clearly and discern when we are receiving spiritual guidance. We can tell the difference between a shadow part talking to us and spiritual guidance coming through. We are able to separate out our various shadow parts in circle, with our Higher Self as a witness and listen to them all and what they need. We are able to stand in witness to our thoughts that are streaming through our mind and ears and hear these clearly whilst being able to discern what parts of us are having these thoughts.

Third Eye Chakra

Our third eye helps us to see the truth of people, situations, our shadow and what we are being guided to do. Whether it is in relating to a past life or the here and now, our third eye is the guide post to us being able to see. We can see with our third eye the truth right in front of us. We can see the truth through our minds eye via our imagination. We can reflect on the past to gain truthful insight and learn from them.

Luciferic influences on the Third Eye Chakra

Here that we find we are unable to moderate our third eye. We have lost the connection between our Higher Self and our third eye. It may be overused, blood shot or burnt out. The third eye energy might be streaming through so quickly that it is distorted. The images that we are getting may be very vivid and we lose touch with if what we are seeing is real. Our imagination and reality are blurred. We hallucinate. We are unable to differentiate between our imagination, our shadow, the other side and this side. This can lead to psychosis or mental health disorders such as schizophrenia.

Ahrimanic influences on the Third Eye Chakra

The eye chakra is affected by these influences when it is shut down. Because of the dense nature of the Ahrimanic forces, we find that we cannot see due to blockages. These may be caused from a disbelief in our abilities to use our third eye or rejection of these as psychic gifts. It feeds itself because as we think we cannot see, of course we create this to be true and reinforce the block. Unfortunately when the third eye is shut down we are partially blind. We cannot see the real truth in situations and we only have limited vision. Our choices become more limited based on our impaired vision. We do not see truth or lies. We become more vulnerable to being influenced by others due to our own shortsightedness.

Shadow Integration of the Third Eye Chakra

When our shadow has been integrated we find that our third eye is healthy and happy. It literally feels that way and when we see it, it looks buoyant and there are no blocks. It is not burnt out or overused. We can see the truth in the real world. We can tell when someone is lying to us. We can see the auras of people and things. We can see negativity as darkened, dense energy. This

might be in people or around people. We are able to see the other side, when we choose. We call on Higher Spiritual support if we are unsure of what we are seeing. If we are feeling bombarded by what we are seeing, we are able to turn it off and seek more spiritual guidance. We are able to see our shadow parts clearly and notice their energy. We see the truth in our shadow which is its gift and we don't fear them. We are able to interpret the truth in our dreams and see the messages. We can utilize our third eye to see the truth of the past and present. We can foretell the future based on the actions of the present. We know that the future is not predetermined but changes as people's choices change. We don't use our clairvoyance to become other people's Higher Power. We know that this is spiritual abuse. The third eye becomes an ally that is our vision barometer in seeking guidance and truth in all situations.

Throat Chakra

Our throat chakra helps us to speak and swallow the truth of situations. We are able to accept the truth of others. We are able to speak our truth. When we have something that we is coming from our integrity and truth, we can say it.

Luciferic influences on the Throat Chakra

When there is too much energy streaming through the throat, we may be unconscious of what we are saying and just say it. This can be dangerous if we have lost contact with Higher Spiritual guidance and our shadow parts of us have taken over. If one shadow part in particular is speaking its truth, this may take us over and we believe that there is only one part of us. Shadow parts that take over and not moderated or spiritualised, can lead to psychotic behavior and disassociation from Higher Self and spiritual guidance. We are capable of lying and telling people what they want to hear, depending on the purpose of the shadow part that has taken over. Also, if our Higher Self is shut down, we might find that there are a number of parts of our shadow that take over. This can lead to personality disorders. These are complicated depending on the

level of consciousness of each part. Speaking the truth of the shadow when unmonitored or not witnessed by our Higher Self, can lead to us believing we are just our shadow selves. This disconnection from the Higher Self leads to serious mental health issues. These can lead to serious crimes. When we allow the shadow self to take over, we also are in danger of attracting other dark entities to join forces with us and this also turns up the volume on the shadow parts powerful influence over ourselves and others. When this occurs, we are capable of the darkest crimes.

Ahrimanic influences on the Throat Chakra

When we have this energy shutting us down, we find that we have trouble in speaking our truth from our Higher Self. Not only that, but we have trouble in allowing other parts of us to speak. We might be bound in shame around some aspect of ourselves. We find it difficult to let out the truth of how any parts of us are feeling. Our throats get blocked. If our Higher Self is blocked from speaking, this energy can lead to very toxic build up in the throat and lead to reoccurring tonsillitis, cancer or tumors of the throat. We might find that we overeat or smoke to hide our truth from ourselves and others. Instead of speaking what we need to say, we are busy with some other oral fixation. And because swallowing the truth can be painful we may overeat or drink to medicate the pain caused by the inability to accept the truth of others.

Shadow Integration of the Throat Chakra

When we have our throat chakra in balance, we are able to speak our truth and own where it is coming from. Whether it is a shadow part or our Higher Self, we are able to know this and share it appropriately with others. We say things like “well a part of me really feels frightened, but I know that another part is supporting me through it”. We are able to speak the truth of all the parts of ourselves. And take responsibility for them. So that means, ownership is in its rightful place. The witness in us calls on spiritual help with our shadow parts.

That means that when we hear the truth of others, we do two things. Firstly, we don't take ownership of their truth. We know that is between them and God. We don't swallow everything whole and we know that their truth is just that, theirs. This is a great antidote to the anxiety that arises in us when we think we have to fix everyone! Secondly, we are able to look at the truth of that person and feel into how that truth affects us. We are then able to respond appropriately and not out of reaction. We can say "I am that" to whatever we are hearing and then find our way to peace with that. We don't disappear on people with what they are saying. We can be a strong, mindful presence and witness to what they are saying with both our Higher Self and our shadow parts.

Heart Chakra

The heart chakra is the ability to give and receive energy. It is the basis of our intuition, so when we receive energy we have an inner knowing of what it is. Our heart tells us the truth of the energy. We are able to give of our energy to others and know what to give of ourselves and what is needed. The heart chakra inflow of energy is just as important as the outflow.

Luciferic influences on the Heart Chakra

The heightened streaming of energy out without the balance of energy flowing in, can lead to burn out. We may find that we are addicted to caretaking because we are getting our energy temporarily from the power of taking care of others. This is a false sense of power. We are not allowing ourselves to receive energetically from Higher sources and may find that this leads to exhaustion, martyrdom and resentment. When there is a heightened streaming of energy in without any streaming out, we might feel overwhelmed. When disconnected by our Higher Self, we take on other people's emotions and we make them our responsibility. When we are not accessing higher energy to stream in, but allowing other energy to stream into us, we get out of balance and full of unspiritualised emotions. We also have the issue of the energy of our shadow

streaming out too heavily to others. This can lead to abusive behaviors and rage. We may act these out physically, through our thoughts, our behaviors and our words. We may have no memory of being abusive, or put it down to 'not being our selves'. Our intuition becomes distorted with all of the aforementioned symptoms. Here, we think that we know best and that we are right, however we are actually out of touch with our higher self. What we think we know is right is just what our shadow thinks is right.

Ahrimanic influences on the Heart Chakra

The two influences that are affected here are with shutting down the inflow and outflow of energy for the heart. Shutting down the inflow can lead to emptiness. Like the tin man, we may feel like our heart is like a joyless, lifeless, barren plane. Shutting the outflow can lead to stagnation and toxic built up of unexpressed grief, pain, fear, joy, heart break or anger. Blocks with either inflow or outflow can lead to heart disease, asthma and other respiratory or cardiovascular illness. When we are disconnected from the flow of energy into and out of our heart, we lose touch with our Higher Clairsentience or inner knowing of what feels right. We find that we haven't a clue or are confused because of the heaviness of heart. The higher spiritual truths are not grounded enough in the physical body for us to know. We often shrug our shoulders and often say "I don't know". When there is too much energy streaming in from others that is not moderated by our Higher Self, we can feel as if we are taken over and possessed or that we have 'walk ins' from the other side. We may lose time or have no memory of certain blocks of time.
If we are carrying the emotions of others, our body starts to break down and we feel heavy. This can lead tumors, cancer, unexplained physical pain, depression and anxiety disorders.

Shadow Integration of the Heart Chakra

When the energy coming in to us and flowing out of us is at its highest vibration, we are able to sustain our energy, have clarity with our intuition and discern who's energy is doing what and to whom. Firstly sustaining our energy is moderated because our guidance will always assist us in taking care of our physical body if we have had to stretch ourselves spiritually. Secondly, our intuition is clear because our Higher Self has not lost touch with what the truth is. Thirdly, we still know what the energy within and without are doing to ourselves and others. Our shadow self is visible to us from within ourselves and also by the mirror that others are holding up to us. We are able to see and feel beyond the shadow to the higher knowing. We are also able to see the higher guidance of assisting the shadow and that of others. We are not left to our own devices. We seek guidance on how to deal with our shadow part each step of the way. We might find that we have heaps of tools at our disposal, but still our higher self wants to tackle it a different way. We trust this guidance because it is personalized for us. We know that when we are confronted with another's light or dark shadow, we have choices on how we respond based on the current state of ourselves. We trust what we can and can't handle, what we are guided to do or not do and when to do it. The inflow of energy into our hearts has a filter through which we are able to let that which serves in and keep that which does not serve out, until we are ready to deal with it. We may be quite capable of letting in negative energy of others and transforming it through the strength of our higher self and shadow because it has been integrated. Or we may simply need to keep it out for now. There is no right or wrong on the timing. It just is where it is. We are also guided to help others when we are guided to and in the way that is most helpful for them, not for ourselves. This may be to show compassion of helping them or the fierce compassion of letting them go or confronting inappropriate behavior. We seek guidance in how and when to do both.

The Solar Plexus Chakra

The solar plexus chakra is like the hub of the energy that assists us in stepping forward with our personal power and integrity. It is like the energy source of our higher self that knows the self in the truest sense. It utilizes the energy of spirit to flow through us and give us the power to carry out the will of God and our higher self.

Luciferic influences on the Solar Plexus Chakra

When we have so much energy streaming through the solar plexus, we lack an ability to note the impact that our energy is having on others. We lack consciousness of our behavior and our energy spills out onto other people. It is not necessarily all bad, however because it is so intense, others can make us their Higher Power. We may not be aware of this. There may be an unintegrated shadow that we have not integrated and we can lead other people astray. We can brainwash or lie to manipulate them into doing what we want. We can become very controlling and abusive to others. Our energy that is streaming out can be so powerful that it can put other's lights out. It can suck people dry as it builds on itself. The more light we gather and the more unconscious we become, the more dependant other people become on our energy. We create a monster for ourselves that is narcissistic and doesn't see others as equal. Our life becomes all about ourselves rather than the bigger picture of truly helping others. We help others to help ourselves. This can look positive to others if we are in helping professions. We can look like we are actually acting for the bigger picture. But the danger is that if we are unconscious of our shadow's hidden agendas, we can do things that are not in line with our guidance. We can become the kind of people that start off okay in trying to help others and then start to use our power to get what we want. Think of leaders who convince their followers to commit suicide to save their souls. Of course we can use this to work in the criminal world as well. We can be quite conscious of how clever and manipulative we are and how our energy can take

over others. This taken to the extreme is like Darth Vader on Star Wars Episode 4 where he raises his hand and the person he is directing his energy to, starts to choke. We can literally kill people with this kind of power - without laying a finger on them.

Ahrimanic influences on the Solar Plexus Chakra

When our personal power centre is shut down, we lack vital energy and we feel tired. We don't feel as though we have the will to do anything and we feel that we lack confidence. We don't feel worthy of receiving and we feel unworthy in general. We lack self-esteem, hide our light from others and don't step out of our comfort zones. We may experience anxiety from fearing stepping out and develop social phobias. We may experience panic attacks. Agoraphobia (which is the fear of having a panic attack, not the fear of open spaces) may develop and cause us to hide in our homes. We may find that we are depressed as a by-product of not living our life's purpose. We might find that the pain of depression or anxiety creates secondary illnesses such as health related issues or addictions to anaesthetize us. When we are so contracted, we might feel pain in our joints and bones. If our light is dimmed too much and we contract so severely into ourselves, we might develop bone diseases such as osteoporosis or arthritis.

Shadow Integration of the Solar Plexus Chakra

We integrate the shadow aspect of our solar plexus because we want 2 things. We want to be the most powerful that we can be to fulfill our life's purpose. And we want this for the greater good, not for just ourselves. We know that the greater good means that as we become more conscious, so does the world. It is not we become conscious so that we can control the world! So when we are accessing the higher power internally through our solar plexus, it is just to fulfill our highest consciousness possible in order to carry out the will of God. In AA, the eleventh step highlights this as "Sought through prayer and meditation to

improve our contact with God, praying only for the knowledge of his will for us and the power to carry that out." When we integrate the shadow in this aspect of our psyche, our energetic centre of the solar plexus gives us 'the power to carry it out'. We are able to have the energy and power to step forward in our life to fulfill the purpose that we have chosen for this lifetime, to evolve to the highest state we can. What that looks like as a human being could be anything from transforming our disabilities to becoming a motivational speaker of others. There is no judgment on what we need to go through to evolve here. We find that all the parts of us that have fears, blocks, limitations or hidden agendas are actually our helpers in finding our strength and ensuring that we stay on target. We are able to carry out our personal guidance to evolve to the next level of our consciousness. In doing so we contribute to the greater good of the consciousness of the world evolving too.

Sacral Chakra

Our sacral chakra is the ability to feel joy and let the Buddha in us smile. It is light, happy and at peace with the world. There is a deeper knowing of our life purpose that we can access here. This is the seat of our creativity and ability to let it life flow through us and out into the world. We have a sense of being nourished and that we are whole and complete.

Luciferic influences on the Sacral Chakra

With this influence we find that the energy is streaming so much through the sacral chakra that our creativity is very big but it can take over so much that we lose connection with our meaning. The creativity or addiction to joy takes over and we are not authentic, or at least not conscious of the other parts of ourselves. The will starts to will itself and we seek joy in behaviors that give us thrills and we become addicted to them. We might find that we are so addicted to needing to be creative, whether it is musically, artistically or in some other form, that we need to take drugs or stimulants that keep us creative. The end

result becomes more important than the journey. We might become dependent on prescription medication to keep us happy. We might find that we are also addicted to other things to help keep other emotions away so that we feel happy. Whether we use sugar, ecstasy, risk taking behavior or sex addiction, once we come down, we feel empty and need more of it. So in our attempt to keep our sacral chakra happy, we are disillusioned in the process. We lose touch with what truly makes us happy and is meaningful. We find that we lose our way and in many cases, our destiny is cut short by costing us our life through addiction or risk taking behavior.

Ahrimanic influences on the Sacral Chakra

This energetic influence shuts down our creativity. We may feel quite blocked from accessing our creativity. We find that we are usually feeling a deep sense of emptiness and this can cause us to feel depression. It is like a deep vast whole. We find that our life is meaningless and we do not know why we are here or what we are doing. We have a sense that something is missing. We might try to fill this emptiness up with other people and develop a love or relationship addiction. We may also turn to other things to fill us this void such as food or alcohol. We work or keep distracted with watching lots of television. We keep busy with cleaning and focusing on anything but ourselves. We may try to deny our emptiness by trying to pretend that we are happy when we are not. We develop personas as cover ups. Here, personality disorders may develop as an avoidance of the true reality of how we feel. Our shadow's distort themselves in order to assist with this cover up. We have lost the connection of the Higher Self's purpose and struggle through life. Our relationships are not nourishing or disconnected because we don't know how to have that in our lives. They are usually joyless or full of sarcastic humor and distractions. We may appear happy, but underneath it all, we don't feel at all connected to ourselves or each other. The picture here is a child lost on a vast sea in a row boat with one oar.

Shadow Integration of the Sacral Chakra

When our sacral chakra is integrated with our shadow, we find that our shadows are here to keep us on track. They call our attention to when we are off track. If we feel joyless or like overeating or some other way of overcompensating to make us happy, they are like a calling card. They flag us down and give us 'symptoms' such as cravings, compulsive feelings and emptiness so that we can redirect our attention back to spirit and our higher guidance. We find that our addictions become our allies when we utilise their symptomatology as calling cards rather than as excuses to indulge. Here we strike a balance with admitting our imperfection as a way to guide us back to higher spiritual knowledge. We don't use the first step of twelve step fellowships 'We admitted we were powerless over……and our lives had become unmanageable" as an excuse or victim statement. We use this first step as a way back home. We use the first step to ensure that we are now open to a higher nourishment to guide us. When we are nourished, the natural by-product of this nourishment is actually creativity. We don't have to try to be creative. We actually just find that we are. So too it is with feeling whole and complete. We are actually in this natural state of being every time we are called home to our higher selves and we follow that calling. This is where we find that we return home to the next step of what we need to do. We find that this calling card is back to the path of our life's purpose. Whether that be deciding what we are having for the next meal, to where to prioritise our time, it's all important. Every decision at every moment of every day is important and will align us on or away from our life purpose. This is true mindfulness in action.

Base Chakra

Our base chakra is the seat of our trust with spirit. When we are in trust with spirit, we are able to trust our guidance at the deepest level of our being. It is also the most physical aspect of our being. So we can trust our guidance around money, sex, and our physical safety. When we are able to trust at this

level, we gain insight into spiritualising matter itself. We unlock the part of us that has a passion for life and everything in it. We absolute trust we are free.

Luciferic influences on the Base Chakra

With a heightened energy coming through our base chakra, we may be out of control of our spending and we might be addicted to money or sex to give us a sense of power and high. So we are not grounded however the high that we feel, replaces that. It may be that we want to avoid being grounded in our body because there is too much pain associated with being in our body. We might want to 'fly away' from our body because we simply don't want to face or feel it. We might make ourselves feel safe with a false sense of trust in an over inflation of our shadow. We become the gurus who can lead people to making money and make all their problems go away. What we are in effect doing is but a mere projection of our own shadow. Not owning this truth about ourselves, leads others up the garden path. Interestingly enough, if people believe this to be true, they may indeed make a lot of money! Unfortunately though, it is an addiction in itself if sought this way and it throws people off the path towards assisting the evolution of human consciousness back towards the light. We can't take the money with us when we go. However, funnily enough, we don't focus on that. We might even be so focused on the power of money, that all we can think about is making enough to leave behind so that we look good! If we are overly focused on getting high through sex or have too much energy around our base chakra, then our lives can become all about sex. Everything revolves around getting it and when we are going to get it, acting it out and then around we go again. The act of sex itself becomes a replacement for life itself.

Ahrimanic influences on the Base Chakra

When our base chakra is blocked, we find that our sexuality is shut down. We find that the energy is simply not flowing through our sexual organs enough to

nourish it. We might find it hard to conceive and we might find it hard to be aroused at all. When our trust centre is shut down, it's like a flower closing its petals. It doesn't want to let anything in. We may use drugs, alcohol, porn or violence to become aroused or enjoy sex. We become attached to material possessions as a way to feel secure. We become controlling around money. We become overly focused on how much money we have, how and where we are spending it. If we are in relationship with others, we may have grave concern around money and need to ensure we have a tight rein on the finances. We might even attract our shadow, the spender to give us a reason to remain so tightly in control of money. The fear here is that without some material possessions, we are lost. We actually need the 'stuff' to ground us. When spirit is not grounded in our body, we don't feel truly grounded. These kind of energetics are so heavy that they ground us down. We can be so grounded that we feel we are in standing on our knees rather than feet.

Shadow Integration of the Base Chakra

When the base chakra is integrated, our shadow that does not trust becomes the part of us that we can know to be the most vulnerable and delicate part. It becomes the part of us that can feel most separated from AND closest to our higher power. When we have gotten in touch with this part of ourselves, our life transforms. We transform at the deepest level. With 100% trust comes 100% unlimited possibilities. So we are able to embrace the shadow that doesn't trust, find the shadow that can and deal with any part of the shadow that is in resistance to trusting. When we have all of these on board, we are capable of anything. We are truly empowered at the deepest level. Transformation occurs on three levels. Firstly, our psyche is spiritualised. Secondly, this transformation of our psyche affects people around us so profoundly that it is a catalyst for their transformations. Thirdly, the planet becomes so much more evolved from this change in consciousness that we transform the planet. Matter itself becomes spiritualised. In undertaking the task to trust at the deepest level

and seek our spiritual guidance in every way, we become the change we want to see. We also see the change we want to be.

The Shadow and the Body

We might find that we have shadow parts that hide or appear stuck in parts of our body and organs. We cover this level of healing in more detail in Level 6 'The Lightfilled Being' however we have provided tools in Section 6 to assist with the unveiling and integration of the shadow at this level of the body.

I have been shown that our Shadow parts hide in our body. Any pain that we feel, we can connect with a Shadow part. It has something to say by its pain. But more importantly, it has something for us to integrate. We integrate our shadow when we have explored beyond the wound point of our etheric body. We can go beyond this etheric imprint and down into the astral body. We can then identify the persona of the psyche that is to speak with us. It is trying to communicate via pain or heat or coolness. It is trying to get our attention.

The shadow parts usually live:

- In the organs that are fitting to the environment that it relates to.
- In the energy centre that we are blocked.
- In parts of our body that we disappeared to when we were abused – it may be that we have not disassociated during sexual abuse. It may be that we have internalised ourselves into the tiniest spot in our body such as our pinkie finger or little toe.

Choosing New Beliefs and Wishes

When you have cleared away enough past toxic energy and realize that you want to change your beliefs it is now time to claim them. You can request a new belief to be given or show to you by your guides. It was shown to me by Christ that when we focus on a new true beliefs such as “I now believe that it is safe to be at one with everyone” whilst repeating this statement with spiritual assistance, we can receive a chakra and full body cleanse. The resistance, past traumas, toxic stagnant emotions and distorted cells are offered a place to regenerate in this environment. We are actually focusing on what we do want, whilst having that which no longer serves us, removed. We take this a step further when we explore the depths of the reaction and make our peace with it in the Body of the Shadow Integration Meditation in Section 6. We don’t just receive replenishment, we receive total transformation.

We may identify traumas, when they first happened and where they came from. However, if the whole point is that we attracted it to us for a reason, whether we are carrying our own wounds or the wounds of others, then we need to identify why we are choosing to have this experience. Guides can help with choosing new beliefs to assist us with the pre-integration phase. A few years ago, Christ asked me what I want to believe and I said “I want to believe that is safe to be at one with everyone”. And he told me to repeat it. As I did so, he cleared away lots of stuff out of my body. I felt pain in my pancreas and liver/gallbladder area. Swirls in my stomach and lots of energetic release. I knew that this was going to be a key to my relationship with myself and others, my work and the success of living what I teach. I now understand that a powerful conversation with a guide such as Christ can change how you believe. This deep level of belief can assist with transformation. When we have resistance that emerges from a process like this one, we can take it a step further with integration of shadow parts. Firstly though, it is key that our Higher Self is engaged and on board with our new belief to ensure that we are solid

and that it is in line with our highest good. This creates the wish that we want for ourselves in the Body of the Shadow Integration Meditation.

Section 4: The Shadow and Relationships

The Man in the Glass

When you get what you want in you struggle for self,
and the world makes you king for a day,
Just go to a mirror and look at yourself and see what that man has to say.
For it isn't your father or mother or wife, who's judgment upon you must pass.
The fellow whose verdict counts most in your life,
is the one staring back from the glass.
Some people may think you a straight shooting chum,
and call you a wonderful guy,
But the man in the glass says you're only a bum,
if you can't look him straight in the eye.
He's the fellow to please, never mind the rest,
for he's with you clear up to the end,
And you've passed your most dangerous difficult test,
if the man in the glass is your friend.
You may fool the whole world down the pathway of life,
and get pats on the back as you pass.
But your final reward will be heartaches and tears,
if you've cheated the man in the glass.
(Written by a man on Death Row in America)

In this section of relationships, we are going to talk about the darkest and lightest sides of relationships between the self, children, family, partnerships and addictions. We are also going to cover the integrated outcome of the shadow elements that present themselves in these areas too.

In Level 2 'The Lightfilled Relationship' we covered the topics listed above. These bring up many parts of the shadow. In this book tools are provided to

reclaim these shadow parts of ourselves. In this section, we find that we go to the darkest places of the shadow in relationships with the self, children, family, partnerships and addictions. We have all probably been there or witnessed someone being there at some point in our lives. If we have not, then this may be new territory. However it is also good to explore parts of ourselves we may not be aware exist. It is good to be a well-equipped Lightworker who is not caught by surprise or unaware of what can arise when dealing with the shadow. It's called realism! We will briefly explain the areas that can arise here. However many of the tools provided in Section 6 will cover how to integrate these parts. We don't want to overly focus on the dark side as it can lead to indulging. This is just an overview only and can be used as a guide. However, we will find in our own exploration of the shadow that we always learn more and more.

The Shadow of the Self

The 5 areas with regards to owning our shadow in right relationship with ourselves are based on the Wheel of Wholeness (WOW) that we covered in Level 2. These five areas are:

1. Self-Love
2. Self-Protection
3. Self-Awareness
4. Self-Care
5. Self-Moderation

Self-Love

Ahrimanic Extreme	Luciferic Extreme
. Self-hate, self-harm, feeling less than others, Victim	Feel better than others. Overinflated self importance, grandiosity and narcissism
Shadow Integration	
. Loves the self and others. Feels equal to others.	

Luciferic influences on Self-Love

Luciferic Influences on loving the self, include; feelings of self-importance, grandiosity, feeling better than others and more worthy than others. We can become self-absorbed and narcissistic. We may spend a lot of time looking at and beautifying ourselves. This may come at a cost of time with others. This may also mean that we become dependent on our outside image to keep looking good to feel loved by others. We may expect a lot of love from others. The demand might be quite high. We may manipulate others into loving us, using lies and deception. The manipulation can look as if we are helping others or being kind to others but our hidden agenda is to keep them hooked on us so that we can get the love we want. We don't see others as equal. We may love ourselves to an extreme, but it is a false love that is shallow and superficial. Therefore we cannot truly love others from this distorted vantage point.

Ahrimanic influences on Self-Love

Ahrimanic influences on loving the self are very inward, dark and hateful. If we have ever self-harmed or contemplated suicide, this is an Ahrimanic influence. We are also capable of projecting that onto others and being hateful of others and the world. Because we feel less than others in this space of self-hate, we find it difficult to truly love others. We may try, but fall short and are disconnected. Others may say things like ‘why can’t you love’ or ‘why can’t you let me love you’. Other’s frustration with feeling shut out and that we are not letting them love us, can actually lead to us being abandoned, which is confirms the most deep seated fear. The truth is that we are abandoning ourselves when we are in this space, therefore we attract more abandonment to confirm our beliefs.

Shadow integration of Self-love

Shadow integration of self-love is when we are able to love ourselves and others equally. We see each other as equal and worthy of the love. We see ourselves equal in the eyes of God because our eyes are transformed. Because we see everything as equal, we also see all fear as simply a cry for love. We don’t see it as lacking anything. When we are able to use this principle in our work with our shadow parts, we no longer fear them. They become our friends who have many gifts that they offer us in our lives every day. The more we do this, the more harmonious our inner world is. This is reflected back into the world around us in our relationships, work and environment. We find that as we have integrated self-love the world becomes more loving towards us.

Self-Protection

Ahrimanic Extreme	Luciferic Extreme
Walls, disconnected from self and others	Enmeshed with others, inappropriate with own boundaries
Shadow Integration	
Feels connected with others without taking on others reality. Healthy and appropriate intimacy on all levels of reality i.e. physical, sexual, emotional, intellectual and spiritual.	

Luciferic influences on Self-Protection

Luciferic Influences on protecting the self, include times when we not aware of our behaviour and/or how it is impacting another. We are violating another's boundaries without realizing it. We are pushing our reality on others. This can be bullying from an inflated sense of self importance, or just simply taking over the space of others. We are really in a state of negative control and pushing our energy onto others. We can feel so inflated that others take on our energy and we become enmeshed with others.

Ahrimanic influences on Self-Protection

Ahrimanic influences on protecting the self, include using rigid boundaries such as walls and armor to hide behind to feel safe. We don't usually realise the

amount of our disconnection, because initially it serves a purpose to protect. However after a while, we are so protected we feel isolated, alone and devoid of connection to life and others. Our relationships suffer as a consequence and lack depth and intimacy.

Shadow integration of Self-Protection

Shadow integration of self-protection ensures that we are able to protect ourselves through right thought and action. We are able to let the good stuff in and keep the negative out, or transform it within our own spiritual boundary through shadow work. We transform negativity and use it as an ally; therefore we need less protection from what we have seen as negative in the past. The boundary is transformed to an internal filter that transforms darkness to light. We use this filter is applied to our inner world and various shadow parts. They are able to transform for us as well as for each other. Our shadow parts learn to get along and see the light in each other. When we are able to do this, we are honest and open with ourselves and others. We are aware of the impact that we have on another and can gauge appropriate behaviour. This leads to developing depth and healthy intimacy with our relationships. We are also able to communicate our own boundaries or limitations in a loving way to others that is also empowered and loving to ourselves. This ensures that we maintain healthy relationships with others and do not stay in abusive relationships.

Self-Awareness

Ahrimanic Extreme	Luciferic Extreme
Not aware of one's reality. Imperfection as an excuse. Rebelliousness against consciousness.	Trying to be perfect. Too aware. Nitpicky of others imperfection.
Shadow Integration	
Accepts human Self's imperfections and Higher Self's connection with perfect Source. Conscious of thoughts, feelings, body & behavior.	

Luciferic influences on Self-Awareness

Luciferic influences on being aware of the self include being overly aware of how we think things should be and we become nitpicking to a fault. Our language may be directly condescending or it may come through in the tone we use. Our own high expectations of ourselves turn against us and others. This part of us whips our other shadow parts for errors. We also turn the whip onto others through our words, thoughts and actions.

Ahrimanic influences on Self-Awareness

Ahrimanic influences on being aware of the self, involve being disassociated from our behavior. We are not aware of thoughts, feelings or behavior. We are not aware of our mistakes or our light. We feel aimless, lost and paralyzed. Because we feel powerless we rebel and we use excuses for not taking responsibility. We feel shame and want to 'get rid of this' so we blame others and play the victim. We carry other people's emotions around with us and we

have no idea because we are so disconnected from our emotional reality. We are like walking garbage cans because we are black holes that suck in everyone else's energy.

Shadow integration of Self-Awareness

Shadow integration of self-awareness is a new way of thinking about ourselves. We strike the right balance between seeing ourselves as both human and spirit. We are okay with the human part and therefore can accept our own mistakes and those of others. We are okay with our spiritual part and therefore we can let our light shine and those of others too. We are aware of thoughts, feelings, and behaviors of all our dark and light parts and how they affect our spiritual, intellectual, emotional, physical body and behaviour. We see them as important as each other in the awakening of our consciousness.

Self-Care

Ahrimanic Extreme	**Luciferic Extreme**
Selflessness – not taking care of needs. Needless/wantless, too dependent.	Selfishness -disconnected from others. Self as Higher Power. Anti-dependent
Shadow Integration	
Selfing - Takes care of self, whilst caring for others appropriately.	

Luciferic influences on Self-Care

Luciferic influences on caring for the self, mean that our overinflated sense of importance can lead us to thinking we don't need help. We are here for everyone else. We are perfect just the way we are and we don't need anyone to help us. When we put ourselves above others, we can be helpers, but for selfish reasons. We want to look good, so we help people. When helping becomes more about us than it does about the people we are helping, it is selfish. If we are just overinflated and helping is not on our look good agenda, then we can act like we are better than others and behave like divas. We want what we want when we want it.

Ahrimanic influences on Self-Care

Ahrimanic influence on caring for the self is about being needless or wantless because we are not aware of our needs. We may not take care of ourselves and look unkempt and neglected. We may also be overly needy, but out of touch with this neediness because we are unaware of our realty. This may lead to us justifying or blaming others to meet our needs because we feel so desperate for our needs to be met.

Shadow integration of Self-Care

Shadow integration of caring for the self includes being aware of our needs and taking ownership of ensuring we have them met. We also have our wants moderated and take care of manifesting them through our own intentions. We are able to feel connected to others and care for others. We don't put other people's needs ahead of our own for our own self-aggrandizement. We may simply do this out of our guidance or stewardship that we feel we have been called to do for others at times. However, our regular daily routines incorporate things that we need and want. Our wants don't necessarily cost money; they may be simple pleasures like taking time out to take in the beauty of nature.

We learn to weigh up our needs vs. our wants and have these in balance in our lives. We care for others as equals and see other's needs and wants as just important as our own. We become more of a team player. This also applies to our 'inner team'. We are aware of our own inner team's needs and wants. We are the coach that helps to keep the team happy and playing in harmony together.

Self-Moderation

Ahrimanic Extreme	**Luciferic Extreme**
Too contained – childlessness, too mature, too serious, too controlling	Too silly, childish, chaotic, not contained enough, acting out, out of control
Shadow Integration	
Ability to play, be creative and childlike. Able to parent the self and take responsibility appropriately.	

Luciferic influences on Self-Moderation

Luciferic influences on moderating the self-include being too childish, acting immaturely, not containing our emotions appropriately, acting out inappropriately and behaving out of control. When we allow this energy to expand into ourselves too much, it throws out our Higher Self. Our Higher Self is taken over by this energy because it is not moderated. We get high. Of course, anything is possible here as we are out of control and behaving like children so the imagination can run wild here. As previously mentioned in the

other four areas of self-love, self-protection, self-awareness and self-care, we are usually acting out of a combination of all of the Luciferic influences that have been previously mentioned. With this as a cocktail we spill our energy out everywhere. We usually do not have an awareness of the impact. A good example of this is when we rage. Rage is control out of control. If we are out of control with our need to control others to alleviate our own fear, we will rage. Then we are prone to black out and not remember the rage. So in effect, we are truly unaware of the impact of our behavior. On the other hand, it could be that we do have awareness and use this creative energy to manipulate others. It is usually a combination of both, because if we really had a good handle on the impact our behavior was having, we would do something about it. That is when we usually do something about it, when our Higher Self has a glimpse into the chaos and drama that this energy is creating.

Ahrimanic influences on Self-Moderation

Ahrimanic influences on self-moderation include times when we are so contained that our other shadow parts condense and don't let any light in. We usually have tunnel vision with our work and what needs to get done. We are heads down and tails up. We are focused on tasks and adult responsibilities so much that we lack time for fun, joy, creativity and play. We may control what we eat and be so strict with everything we do that we deny ourselves pleasures. We may be so depressed we are paralyzed and have no energy to do anything. We are overly focused on material possessions for security and assign more value to acquiring them than enjoying them. We find ourselves joyless and living a robotic existence where there is no life or colour in our world. This is where people have suicide from a long bout of depression or even quickly suicide when they have lost their money from an economic crisis.

Shadow integration of Self-Moderation

Shadow integration of self-moderation is when we are able to really balance out our self-love, self-protection, self-awareness and self-care. We are able to enjoy our lives whilst being responsible citizens of this world. We no longer see this world as finite. We are aware of our spiritual reality and our place in the purpose of it. The unity of oneness with spirit and matter become at the forefront of all our interactions with ourselves and others. Whether we are dealing with a shadow part, or its mirror in another person, we find the unity in it. It is from the transformation that we have acquired in the areas of self; love, protection, awareness and care elements of the WOW, that now brings us to a place of harmony and unity with all. We are able to moderate ourselves when we are able to find harmony within ourselves. This is only possible when we have worked on the other four elements. When this is acquired, it brings in this fifth element of spirituality in a deeper way. The only way to find this balance, is to accept all things as equal. We see that in the darkness we have found light. In the light, we have found the darkness. And it is all one. The yin and the yang are now in balance in the WOW.

Connection to our Higher Power and Shadow Work

When things get in my way that disturb my spiritual connection, e.g. a particular person, then I have to set a self-care boundary or do an integrative shadow process (because I have attracted them as a part of me that is not yet integrated). Sometimes I have acknowledged that part, but the universe is calling on me to set a boundary to improve my connection and self-care as the priority. Shadow work processes are great, however we need to keep them in balance with ensuring that we are not making every little thing around us not having acknowledged a part of ourselves. Otherwise we could be entering a form of distorted narcissism. Always do shadow work in line with guidance. This is the balance. Challenges may arise to just take self-care in a situation. You may not have a part you have rejected. You may be guided to show some

tough love to another. Tough love is always about taking care of you and maintaining your connection with your Higher Power. If anything challenges you, then you need to go to ground and get back to the basics that you learnt in Level 1 “Making Light Work’. Clear yourself and fill yourself up with divine love. You can always maintain your own clarity in any dysfunctional situation when you are centered yourself. I don’t believe in pushing yourself if things are not working. Remember that it is not so much what we are surrounded by; it is how we are feeling about what is surrounding us. Are we at peace or reacting? If we are at peace, are we being called to stay in the situation for a reason? Or are we being called to move on? If we are reactive, do we feel resourced to deal with it right now? We are where we are. Our limits are our limits. That is where we are at. That is no crime. We are on a journey. We can have far more healthy compassion for another if we have it for ourselves. And we will be able to maintain our integrity to boot.

Blindness and the shadow

If we are acting out of a shadow part unconsciously, we don’t usually see the full impact of our actions to ourselves and others. We are not fully consciousness of what we are thinking, feeling, saying or doing. When we have disowned a part of ourselves we may not see how another’s behavior is affecting us. We might not have consciousness of how a part of us feels. We don’t see what we can’t see. We don’t know what we don’t know. We can’t feel our reality if we don’t know what it is. Show integration is about lifting the veil and seeing that which was always there. It helps us to regain our sight.

I remember I was at a stalemate in a relationship at one point. I was not seeing my partner as trying to humiliate me - even if their words were alluding to that. When I finally realised this, I did a shadow meditation to meet the humilator inside of myself and see what was behind them. I saw that my only protection was the right action in responding to the part of myself that they were mirroring. In taking care of myself, my integrity returned. I was no longer humiliating

myself by allowing myself to stay with someone who was continually trying to put me down. I saw their pain and how they were the ones that felt humiliated in their core. It was very empowering. My vision of them was transformed. Not only was I able to respond appropriately, but I was also able to see their behavior as a cry for love too. This gave me the power to move on with my head held high and my heart full of compassion.

Recycling Garbage

There comes a time in your life when you know that to stay stuck on certain feelings is only going to help you stay in misery. Otherwise you are going to wallow in the cesspool of recycled feelings. Have you ever had feelings that you just couldn't shift? Or even beliefs that you don't even want to believe anymore but no matter how hard you try to change them, they just keep coming back? What about anger towards someone that you no longer want to be angry at? You even know it is costing you your own serenity and health. But still you continue to bitch about them in your head. Still the pain lingers from the deed they did to you. How do we get over this hump? It feels like a hump doesn't it? It is like a big hill to climb with a heavy load on your back. The suggestion I have here is probably not going to surprise you. Yes, we have to learn to embrace the part that we hate! This part exists within us. Until we do, it will be unresolved pain, and unintegrated. We will attract this same thing over again. So whenever we are pointing the finger, we have work to do on ourselves. Healthy feelings are when we are not giving over our power. They usually provide a message of information about ourselves such as anger showing us what it important to us or where our boundaries are. Then we take action. However, when we remain in reaction and start to recycle feelings, this is when we really need to own this as our unintegrated shadow coming up to say "hi". Then we can thank the catalyst for being our teacher and get over our reaction and move onto the next lesson. Recycling our own emotional garbage is not good for our environment i.e. our health, earth and spiritual realms.

Judging Ourselves

One of my guides gave me some guidance on this issue of judging ourselves. It came at a time when a good friend was in a situation escalating in her life. She felt her children, herself and her home were in danger. My friend had a functional home, money, mental stability and in recovery for 17 years. She had gotten to a point in her life of looking after her self-care, loving herself, implementing boundaries and being aware of her reality. However, she was wondering what to do about the danger she felt, as it just seemed to get worse and worse. We spoke briefly about embracing the persecutor within her as an answer. I immediately felt a chain around my wrist. A burning sensation like she had been imprisoned in the past and was now given an opportunity to step out of being a victim. But she said that maybe she had committed similar crimes in a past life. This hit me so hard. I realized that she had. Not only that, she had then held herself in such judgment that this had come back to haunt her, her family and her children in this lifetime. My friend has since made peace with this part of herself and her life has completely transformed. Here is the guidance I received:

The shadow of the persecutor is one in which we will find ourselves at some point in some life time. It is easy to judge this part of others when we have disowned this part of ourselves. We realise we have disowned this part of ourselves when our judgments of others are immoderate. When we feel disgusted and sick regarding certain behavior, this is a good indication. We have now reached the outer limit of that shadow part. So, it is a challenge. And we are challenged. Therein lays the answer though. To the degree that we can feel peace with the outrageous and disgusting behavior is to the degree that we will find ourselves and truth. The truth lies in the motivation and the cry for love hidden behind the disastrous acts. Whether violence, molestation, murder or rape. We understand that we are privy to this knowledge but not innocent. We do not have these realizations because we are completely clean. We have committed these crimes against others on some level over and over. We can

accept this fact and not judge another. Our purpose here is to see past the acts to the truth. The truth sets us free from judgment and transforms it into forgiveness. We cannot truly reach a place of forgiveness on a personal or global scale for these acts unless we have found these parts of ourselves and understand them. We cannot be free until we understand them. We will continue to attract these situations until we understand them. The monsters we see in others are a part of ourselves. When we shun them, we shun ourselves. When we can no longer tolerate a situation, we need to dig deeper inside of ourselves to find that part of us that is being mirrored back. We then take the time to talk to them and understand what their message is. They too need to be heard. If they are not, they will make our lives hell. In our judgments of others we conduct murder by character assassination. In our judgments we molest another's emotional vulnerability's. In revenge we rape a person. In anger we project violence on our brother. We need to think twice before we go to court with a sentencing in mind. We need to ask ourselves what we are sentencing ourselves to. As another is killed, we need to ask ourselves what we are killing off inside of ourselves. And in silencing another, we need to ask ourselves what part we want to silence. In these situations, we know that the current law is as it is. But our own inner moral law and code is the one that we take with us out of this life and create in the next one. So we can save ourselves from re-creating this same scenario again and again. It will only worsen until we get the lesson. Spirit is not standing in judgment of us. We are all one and on the same side. Eventually, all the separation, no matter how disgusting it looks, will consciously come back again to unity. We are all one now, however many of us are unconscious of this fact. We can be the ones to raise the consciousness by releasing those we judge and accepting these parts as our own. We are then free and in doing so will be a living example of separation turned around into wholeness.

This is the 'Action' I got in the form of steps in rewiring the way we think:

1. Change your thinking regarding the situation. Nothing will change energetically if you don't change your judgments towards others.
2. Ask yourself what you have to protect yourself from. Be specific.
3. Ask for guidance on how to really do that.
4. Notice what happens to you after you have changed your thinking and changed what you are really protecting yourself from. It may be that you realize you were really trying to protect yourself from a part of yourself. That a part of you doesn't trust yourself or know yourself and would be lied to.

Here is more guidance I got after writing the action steps:
We take back our power by knowing that at any given time during the ordeal, we can and are surrounded by guiding sprits who want what they want for our highest good. We will no longer ask, "why is this happening to me?" We will see every opportunity that arises from trauma and drama as an opportunity to return to wholeness in a deeper and deeper way. Nothing is lost in the eyes of God. We are always seen as whole. And so is our brother. Our inability to see our brother as whole is our disability, not our brothers. Own it, change our thinking, revisit our guidance regarding the level of protection we really need and assess the situation changing. We will become a wise master of our inner persecutor and be able to live with him and transform the energy of both him and ourselves. We all live together whether we are in or out of jail. We all live together and share the same air, the same spirit the same breath. We all live together when we realize that when we cross over out of this human body, we are not that separate or different. This higher thinking will get us out of blame, victim and unconsciously persecuting another for being a persecutor. We implore you to accept this challenge. We believe that this is the newest transformative thinking of the new age consciousness.

After the guidance I received on this, I realized that the more we reject and judge the darkest shadow parts, the more we attract them and recreate more

judgment and rejection for the persecutors themselves. We carry this into the next life in becoming victims of the very things we judge. Not only that, but we then become the persecutors ourselves in our judgments. These judgments hold us in unforgiveness and we ironically persecute ourselves. I believe that bitterness and resentment kill people and lead us to addictions, mental health disorders and physical illness.

Here is what I got from embracing my inner persecutor. The gift of my inner persecutor is to be able to have an inner moral integrity that I can operate from whilst not standing in judgment of right or wrong, good or bad, just knowing "what my truth is". And if there are other parts that have a problem with the persecutor they should be dealt with after the persecutor has been integrated, because it is a very powerful and scary shadow part. But we all have it. We should never introduce vulnerable parts to the persecutor without our higher self, some integration and understanding and non-judgement of this part and also at least one Archangel. Preferably, Archangel Michael. It gives us the ability to talk to hardened criminals and shape shifters without losing our truth and our ground. We are able to identify truth a lot easier when we have stepped out of judgment. It is quite a paradox actually that we are able to identify truth by stepping out of judgment because one would think that you would know the truth through judgment. But truth is beyond judgment. Truth is the whole truth. It encapsulates the All. So the higher truth is not in the separation but in the connection. The lower truth is in the separation and this is unlimited. This separation can go anywhere you want it to. This separation can lead offenders to death, jail and to be restricted. But the higher truth, is that we are all connected in light and love. And in this truth, we need to form ideas of true reform. For if we don't we are not evolving ourselves, we are just encouraging more separation. So in integration of the persecutor we are able to not side with the criminal but to say, "well here is this part of myself, how do I deal with this part, what is their motive, what are their fears, what do they really want?" We are able to see things from a higher perspective and to be able to be part of the solution rather than the problem. Even if we are taking

mainstream steps and acting out of the protective part of ourselves, and this may well be appropriate given the consciousness of the part that is being mirrored back to us. We still will hold a vibration of love and light. If we let anything get in the way of this vibration of love and light, that is our problem not theirs. I believe this is the nature of true reform. Perhaps there would not be so many criminals acting out our disowned parts for us. Perhaps this would mean that we would be able to have more peace around us. Victims should not take responsibility –ever- for the actions of a perpetrator. However, if we see ourselves that as a victim, then that is the way we will stay. To 'let go and let God' in this situation means that you let go of the judgment of the perpetrator and step into peace and love for that part of yourself. I believe that this is the true nature of Step 4 in twelve step fellowships 'Made a searching and fearless moral inventory of ourselves'. Because as we do our own inventory for the parts of ourselves that we hate and that make us sick, then we stop pointing the finger. We soften. If we are pointing the finger at those who are not ready to enter recovery or recover, then we need to own this part of ourselves. Maybe this part is stuck at pointing the finger at others – blaming- for our own stuff. Maybe this part is actually trying to get our attention because we are ready to get to the next level of vibration. The universe wants us to step up to an unimaginable power of love that we never thought possible. We can truly experience heaven on earth, no matter how dark it seems to be or what is going around us. Maybe, the world won't change until we get it that our insides are not dependent on the outside.

The benefits are that others won't be so quick to pull the wool over our eyes to deceive us as it were. We will know and feel the truth in our hearts. It's not about the rose coloured glasses syndrome. I am talking here about clearly seeing the reality of the upper and lower vibrations and what is really going on – and then holding the upper vibrations of love and light towards the truth of the lower vibration.

The Shadow of the Inner Child

The main shadow work that we encounter with healing our inner child would be developmental stages and abuse from the past. We are usually able to heal these parts through the inner child healing tools presented in Level 2. However, we also are challenged with our own inner children acting out and abusing others. This is another area that we need to face. Learning about the abuser in ourselves such as the persecutor and pedophile is important. When we look at children as innocent we have to face that there is a part of ourselves that has taken advantage of innocence. This may be quite hard for us to face, especially if we have been sexually abused. However, until we own this part of ourselves, we will remain disempowered and not regain our innocence lost, nor gain the wisdom from the seed of this innocence. The more we shut down and do not face the shadow in this area, the more we contribute to the problem of it occurring in the world. We are all responsible for the issue of the annihilation of innocence. We all hold a joint responsibility in restoring it. This explained with Archangel Metatron's archetype of innocence found in Section 2 of this book. For our integration of innocence, the 'Archangel Archetype Integration Meditation' found in Section 6 of this book, takes us through the integration process. As we make peace with this part of ourselves, we are one step closer to restoring the world to wholeness. We revisit the developmental stages and beliefs that each of the stages represent below. We can use the developmental achievements, as set out in the table below, as our statement wishes in 'The Body of the Shadow Integration Meditation' in Section 6.

Stage	Age	Developmental Achievement	Relationship Issue with Self, Higher Power and others
Infancy	0-9mths	I am safe and I can trust	Healthy Dependence/ Bonding/Trust
Toddler	9mths-3yrs	I can explore and I am a separate being	Counterdependence/Boundaries/ Spiritualising our will
Preschooler	3-6yrs	I can be me and I can express myself	Independence/ Acknowledging, owning and expressing our reality/Being accountable
School Age	6-puberty	I believe in what I can do, I can share and I can work as a team	Interdependence/ Caring for self and others/Passing on knowledge/Unity
Adolescence	12-21yrs	I am unique, I am free to be who I am	Independence from family of origin/Learning to moderate our reality/Staying in truth and integrity

The Shadow of the Family

The main shadow work that we encounter in this area of the shadow is facing the role that we play in our family. We admit it and we integrate it as we covered in Level 2. We also face the reactions that we have to our family members and the shadow that they represent for us that we have rejected. Once again, to the degree we feel comfortable thinking about our family members, is to the degree that we have integrated them. We find that many of the darkest issues arise when dealing with disowning our shadow in our family. This leads to behaviours such as: abuse, neglect, murder, separation, loss, control, abandonment, addiction, mental illness and incest. Once again, our own children are but a mirror of ourselves and this directs us back to our inner child work. So we take the mirror, hold it up and find the answers within to the wholeness that we need to create in ourselves for our inner family. We reclaim our inner mother, father, children and siblings. We find our wonder child, playful child, wise child. We find our integrity, our creativity, our trust. We become integrated at the deepest level of humanity here. Whatever shadow part that we need to integrate in the family, we can use many of the suggested tools in Section 6 including the 'Relationship Shadow Meditation'.

The Shadow of Relationships

We covered a fair bit of the darkest side of relationships in terms of love relationships in Level 2. Love addiction, sex addiction, domestic violence, power struggles, control and stealing light. The key to really creating the relationships we want in the long-term is to continually check in with ourselves when we are upset with our partner. We have to really do two things. Firstly, we need to integrate the part of us that is hurt. So we need to re-parent that part and reclaim it. We need to be the champion for that part. And we need to follow through with that in our actions in our relationships. Secondly, we need to integrate the part of us that our partner is representing. This is the part that we have to own that we attracted to us. We need to make peace with that part.

This is so that we don't play the victim, are able to step out of the blame game and truly empower ourselves. Whilst we are focusing on what we don't want we; reject it, create it, attract it and don't get what we want. The best thing for us to do is to focus on what we have and own it. Then we find out how it can get us to where we want to be. If the reflection of our partner is so powerful that they create such a strong reaction in ourselves, imagine how amazingly powerful we would feel if we reclaim them and transform them into working for us rather than against us! Level 2 'The Lightfilled Relationship' is a comprehensive book in understanding the areas of relationship in great detail. For convenience, the 'Relationship Shadow Meditation' has again been provided in Section 6 of this book. Other tools provided in Section 6 offer ways to address the shadow of relationships creatively.

I had a great process with a part called Hitler Girl. I was advised by both my Higher Power and therapist to check out the part of me that wanted to be in control in the relationship. I checked in with her and she had orange hair tied up in a bun and a tight Nazi uniform. I asked her what her gift was, she explained that it was organization in my life. Particularly at this point it was in my relationship. She then told me that in order to be organized in my relationship I needed to follow these steps:

1. Connect to my Higher Power
2. Ensure that I am aware of and connected to myself, Higher Self, Inner Child, other shadow parts
3. Connect to my partner's Higher Power with them
4. Connect to my partner at a Higher Self Level
5. After a while of having this Higher Self connection, then I can be more available for my partner when they are not in their Higher Self e.g. they are purely in an inner child position.

I asked her the colour and quality of this organizational energy, she said it was very grounded and I breathed it in. It was red in my base chakra, then brown

right down my legs and into the ground it formed roots. I did feel extremely grounded. I asked her what she needed. She said that she needed to be accepted and not judged for wanting to be organized. She said that it was imperative because my life was in chaos when it came to the priority I was making in relating. I could see this and had expressed this to my partner at the time. We seemed to be putting the relationship first rather than our connection with our Higher Power, our Higher Selves and each other's Higher selves. We were in a rut and we were definitely both acting out of our inner child and it felt like we were on a merry-go-round of intensity – both positive and negative. When it was good it was very, very good but when it was bad it was horrid. So I gave her this pink loving light of acceptance and immediately she let her hair down and her clothes loosened and she looked very soft and loving, yet still 'together' in herself. I liked Hitler girl. As a joke I said "you're not going to kill anyone are you?" And she said, "First we connect to Higher Power and THEN we cut cords". This made a lot of sense to me. Without this part on board, there was no way I would be able to cut a cord with any strength. She was like a back bone to being both grounded and organizing the 'how to' in connecting. So, she was serving me big time. I was very grateful and I am still when writing this, because she taught me the order of connecting that I wrote in the book that preceded this one "The Lightfilled Relationship". Without her, I might still be in a dysfunctional relationship and would have had no idea on the functional and grounded order of connecting in relationship. It makes you wonder what would have happened if Hitler's power was more directed to serving in a Holistic way doesn't it? He was a very organized chap.

Some of my relationship shadow integrations

At one point, I ended a relationship with someone who lacked faith in me, themselves and the relationship. Embracing this faithless part of myself helped me step into my faith and power! If we believe that anything is possible 100% of the time, then we believe in miracles. With faith anything is possible because we believe God can transform anything and any situation.

I reflected back on my reaction to a belief that one of my partners had around their hatred of the word ‘grow’ because to them we were already whole. I got that but still had a reaction. Embracing this part taught me that I believe we are whole AND life is a journey of the evolution of consciousness. It is growth. Growth is all around us. In nature, if something isn’t growing, it is dying. Growth is part of the wholeness, so is death. It is part of the whole cycle. Life happens in cycles. When we are not growing we are stagnating. We are, in effect, bringing death closer. Embracing this part of myself helped me to integrate that I am called to teach the evolution of human consciousness. What a gift this has been to me!

Someone I was in relationship with didn’t believe in the word fair. They used to say “Do you want the world to become fair or do you want it to work for you now”. This is quite true. However I reacted to this statement. So embracing this part of me helped me reinforce my beliefs that things happen for our highest good. We can certainly affect the way we want change through our thinking. However, we are not in control of all of the events that happen to us. I learned that just because something doesn’t happen the way we want it too, doesn’t mean that the world is unfair.

I had a relationship with a Lightworker who did not seem to have embraced their dark side and used this cloaked in higher spiritual intelligence. I believe that they came into my life to show me how to integrate the dark side. It was to show me that I am a Lightfilled being and that it is okay to love, acknowledge and accept the dark side without being consumed by it. I managed to do this and now am able to help others. What a gift! When I embraced this part, God showed me: that I would be in relationship with someone who came from the heart and not the head, their head would be filled by the truth of the heart, they would be doting and loving not out of obligation and over-responsibility, but out of pure unconditional love, they would be doing this and not forgetting about themselves, their life purpose, their passion. And they would know that at the

end of the day, life is all about relationships. Because they would know that without relationship, they have no real growth. Well this happened very soon after and I am now married to him and co-creating Higher Consciousness Projects!

I know that a lot of Lightworker's attract those who have not embraced their light or have resistance to it. I also know that even being in relationship with another Lightworker can mean one partner steps into being more of the Lightworker and the other becomes the devil's advocate a bit more. It is unfortunate when two Lightworkers are challenged to embrace each other's light. I recommend those in relationship with Lightworkers ensure that they do the Archangel Shadow Meditation relevant to Archangel Michael to ensure that they are not disowning their darkness or lightness in themselves and each other.

Addictions and the shadow

Although we experience many parts of ourselves as being integrated during addiction recovery, we usually encounter these 3 stages in early, middle and latter recovery.

1. Early Recovery Shadow Work with addictions is usually around the part that is protecting the addiction from being released because it is scared. This is usually a rebellious part. A person will feel less rebellious when they have reasons and resources to let go of the addiction. The reasons need to be very big and convincing. Sometimes we need to actually see in great detail, the results that our addiction has played in our lives. The resources need to be just as big. This rebellious part needs to know that it is safe to let go of the addiction. If it doesn't feel safe, it will hold on to the addiction. Assisting ourselves with building our resources to support us in the letting go of the addiction is very important.

2. Middle Recovery Shadow Work is usually around discipline and keeping on track. Here we usually encounter the part of us that can get complacent. If we have not got meaningful things in our life to replace the addiction, we may think ‘why bother’ and return to our old habits. If we get stuck in processing feelings without setting goals, we can get stuck in a rut. Inner child shadow work, as well as other members of the ‘inner family’ are important here. We find that when we have the wounded and creative parts taken care of, this offers a balance in living our lives. We also find that the inner nurturing ‘mother’ and disciplined action taking ‘father’ in ourselves are important to keep on track and in balance.

3. Latter Recovery Shadow Work is usually after people have been in recovery from addiction and living the life they want. Here we see them sabotaging their recovery due to judgment of themselves or others. Lack of self-worth may relate to a fall from grace that they experienced in this life or others. They may have let themselves or others down and they are still in punishment of themselves. They may not have forgiven themselves for their decisions. They may also be disowning the part of themselves that they have not forgiven in others. Shadow integration of archetypes mentioned in Section 2 ‘The Lightworkers Shadow’, are the most helpful in assisting with balancing the light and dark aspects of the self. These can be complex for an individual to work through on their without professional support if they are not in this Latter Recovery phase of addiction.

In addiction recovery circles, the shadow may be referred to in Step Six of the Twelve Steps ‘Were entirely ready to have God remove these defects of character’. I prefer to replace a few words to read ‘Were entirely ready to have God transform these extremes of character’.

An example of my eating disorder shadow recovery involved 3 parts of myself that I integrated. I had one part that was out of control, a vulnerable part that was afraid of being attacked and another that was anorexic and afraid of dying. Once I had integrated these parts, the gifts for me were feeling free to be me, manifesting, stepping into the lightness of my being, opening myself up and connecting to others. It's amazing how our shadow parts that get stuck in addiction are simply not about the addiction at all. Once we integrate them, we make the addiction recovery journey so much easier on ourselves.

The Swing of addiction cycles

The shadow can act out consciously and unconsciously in simultaneous addiction cycles. One extreme of the shadow is operating at one end. The other extreme of the shadow is operating at the other end. Sometimes we are conscious of both cycles. Sometimes we are conscious of only one at a time. Sometimes none! So it is a very interesting experience of consciousness to understand how the varying degrees of our shadow play themselves out and whether we are a witness to them or not.

When we are at one extreme of our shadow, we are usually unconscious of the degree of preoccupation that the other side of the shadow is involved in. So that it can have a turn, it is busy quietly planning, scheming and sabotaging. We may be conscious of this undercurrent at play, like a wolf ready to pounce. Like they say, we might be in recovery from alcoholism but the disease is doing push ups in the gym ready for us when we lose focus. Or we might be dry from drinking, but behaving like a controlling dry drunk. It's the same with dieting. They call dieting, a compulsive overeaters 'dry drunk' behaviour. So basically, what we learn about our shadow is it usually operates in extremes. This creates two cycles of addiction that tend to feed off each other. We go from one extreme to the next and we don't achieve a balance, because we have not integrated this shadow aspect of ourselves. It gets even more interesting when we have different aspects of ourselves at logger heads regarding recovering

from an addiction. They may be having a silent war. We feel it in the lack of inner peace within us.

The addiction cycle is preoccupation, ritualisation, acting out and then depression. We usually get hit with the other extreme of our shadow when we are vulnerable or in our depressed state, because the shadow is depressed or deflated.

The Ahrimanic depressed state feeds the preoccupation phase for either Shadow part. In this depressed state, we see the addiction as the answer and feel it as a Higher Power. The preoccupation literally provides us a lift of energy out of this depressed state. The Luciferic part of the cycle kicks in fully and then we commence with our addiction rituals that increase our high. We act out on our addiction when we have gone to the complete extreme. We let loose and lose control. In our over inflation, we act out our addiction.

Sex addiction and the disowned Shadow

We discussed sex addiction in more detail in Level 2 however some forms of sex addiction involve anger and fear to increase arousal. This can lead to both dangerous and illegal acts of sex such as rape, incest and molestation. Arousal can mean sexual pleasure. Fear and pain is a scientifically proven neurochemistry escalator of the sexual experience. This is the Arhrimanic element of sex. Many sexual abuse survivors cannot get aroused without fear or pain. They may only be able to get aroused with fantasies involving being controlled or abused.

Arousal does not always have to involve sexual pleasure. When it involves power in such a way to restore our sense of self, it can be arousing in itself. This is the extreme of the overinflated Luciferic energy in sex. The power over others can be hyper arousing to us. This may or may not increase the sexual pleasure. The power can be an end in itself. Some of the ways we act out of our shadow in this way are: Power over others during sex, trying to humiliate

others during sex, sex acts based on revenge, perverse behaviour to induce angry rebellious feelings, and high risk perverse behaviours to induce fear of getting caught. Whatever the way this presents itself, it does not mean that the person delivering their anger in a sexualised form actually feels sexual pleasure. The goal is usually the conquest. When it comes to violent sex the beginning of understanding ourselves begins with exploring the arousal template and the trauma from the past that has caused this fear and anger. To unlock this volt, both the arousal template and the trauma need to be witnessed in detail by the higher self. We need to become a witness to this part of ourselves. When we are able to do this, then we can explore the more disowned parts of ourselves that are the perpetrators and own the darkest side of our shadow.

Section 5: The Darkest Side of the Shadow

The necessity of two extreme entities

We have spoken a great deal regarding the polarities of spirit and matter in this book. The light and the darkness respectively. I want to expand a bit on this idea and how we find them in everyday life. This presents a picture that we can take into our own soul life and find an understanding for that is real for us. How these two polarities present themselves in the extreme is but mere detail. They say the devil is in the detail though. So I want to encourage your own independent thought regarding these two extremes. As you know it, you will see it and find guidance to balance it. I remember spending a whole year studying Ahriman and Lucifer back in 1994 when I was a student in the foundation course to become a Steiner Teacher. It was the Certificate in Anthroposophy. Anthroposophy means the 'study of man' and it revolved itself around Steiner's philosophies. We were taught about Ahriman and Lucifer in the training but not in detail. I look back though and now realise that in every way possible we studied these two polarities. In art, dance, music, clay, painting, drawing, drama, science, geometry and study groups. It was only later that I realised the significance of these two polarities. They were present everywhere! I didn't realise their purpose though. Or the significance that they are entities in themselves with such a profound job to do for the evolution of consciousness of humanity. They are energies that infuse us all the time. We are never 'not effected' by them. As spirit and matter exists, they do. They are representatives of light and darkness. I actually understand the significance of their presence and the necessity in balancing spirit and matter. I want to expand on these two polarities to provide an understanding of both beings a bit more here. I encourage you to explore these concepts in your everyday life. After exploring them, we talk about the impulse to balance these two polarities. This of course is the whole point!

Ahriman is the modern name from the Persian ‘Angra Mainyu’. In Persian mythology Angra Mainyu was the god of darkness, death and destruction, the enemy of Ahura Mazda the supreme Persian God. Lucifer in Latin means ‘light-bearer’. So here we have it. Darkness and light. In the following table are some examples of the general extremes that these polarities present.

Lucifer	***Ahriman***
Light	*Darkness*
Spirit	*Matter*
Expansion	*Contraction*
Left wing	*Right Wing*
Alternative	*Conservative*
Masculine	*Feminine*
Hot	*Cold*
External	*Internal*
Movement	*Stagnation*
Yang	*Yin*
Spiritual Laws	*Physical laws*
Qualitive	*Quantitive*
Flexibility	*Solidification*
Hyperactivity	*Boredom*
Unification	*Diversity*
Fantasy	*Concrete reality*
United nations	*Individuality*
Shared esoteric knowledge	*Hidden, stored and unread knowledge*
Earthly pagan wisdom	*Technological advances*

When we talk about Christ in this particular book, we are referring to the part in ourselves that holds the balance between the two extremes of Luciferic and Ahrimanic energy. The Christ impulse exists in all of us. It is the seed of our higher consciousness, the light of our body, heart and mind. So we always refer back to this place. Life itself is a constant journey of balance. It is the creative play between two extremes. The Christ impulse strives to find this balance. In the striving for this balance is also the peace. When there is no judgment of either side of the polarities, it does not bring disharmony. The recognition that there is a need for balance creates a sense of peace. We are on our way to balance yet peaceful in this process. We can actually say that we are enjoying the journey. This means we can be mindful and peaceful of whatever arises in us. Darkness, lightness, it is all good because the answer is balance. The darkness of matter is just a calling for more spiritual infusion of lightness. The lightness of spirit is also calling for the darkness to ground it into a workable reality on this earthly plane of matter. We are in the striving of balancing these two polarities all the time when we are in the experience of the Christ impulse within. Remember how we have been told to love thy neighbor. That's hard to do when you are judging them isn't it? This impulse is the one where we are easily able to forgive because we really don't see ourselves as that much different from everyone else. We can acknowledge the mix of uniqueness in each of us. But at the end of the day, we are all one and every part that we see in each other, no matter how wonderful or how perverse, we can find a way to love it and transform it. This takes the judgment out of the extremes on display from others. At that moment, we are home. In those instants, we are at peace. Even when the harmony is out of balance, our non-judgment of it creates a way towards balance again. We don't judge, but we also know that we honor both spirit and matter as equals. We strive to find the harmony of both. This transforms our planet. Our vibration transforms and ensures that the earth evolves too.

This idea of balance and equality of heaven on earth reminds me of the song by John Lennon ‘Imagine’.

Imagine there's no heaven
It's easy if you try
No hell below us
Above us only sky
Imagine all the people
Living for today...

Imagine there's no countries
It isn't hard to do
Nothing to kill or die for
And no religion too
Imagine all the people
Living life in peace...

You may say I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will be as one

Imagine no possessions
I wonder if you can
No need for greed or hunger
A brotherhood of man
Imagine all the people
Sharing all the world...

You may say I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will live as one

Spiritual Protection and the transformation of dark entities

Archangel Michael advised me that if people have lost their way and are away for their spiritual self they are like empty vessels. This creates an environment where other beings can stand in their place. These beings may be those souls who have crossed over halfway and not quite made it to the light. These beings could also be those that have a job to do in influencing the darker forces to humanity. The best protection from these beings is spiritual practice. They cannot stay in an environment that is filled by love and compassion. When humanity is conscious of their purpose which is to serve the light, they are free. They may move into a transition that is the next phase of their journey. They are able to ascend back to their purity and live with their light shining once again. It is as if the shackles are shattered, their dark wings replaced and they are free once again. When they are transformed they will be the beings that comfort those in their darkest hour. They will be the best comforters because they have experienced the darkest darkness themselves.

I experienced this learning a while ago when I met the leader of the dark forces. It was a brief meeting in which he told me that the reason why they have chosen this task is because they are serving the light by bringing humanity to its knees. He told me that they push people to their darkest points so they can find their way to the light. It was a quick conversation and one that completely changed my view on demons and dark entities. However, this time, I really got it on such a personal level. I got the sense of this purpose as being really important to the evolution of humanity. I understood that when we are brought to our knees and in our darkest hour, this often forces us to see the light, ask for help, find a way out and restore our faith. Our will becomes engaged towards the spiritual life once again. This is important for our evolution spiritually, so how then can darkness, if this is its purpose, be a bad thing? I made peace at that moment with the dark side. I saw it for what it is. I realised that as long as I remember it is serving the light, it reminds me to exercise my spiritual faculties of love and compassion for these beings. Then in 2011 when

writing this book, my good friend and colleague Candy Bowden mentioned to me that she thought that when we have realised the purpose and gift that the shadow brings, we free the dark entities. By realizing their purposes and feeling freedom, we release them to their next job in serving the light. This sacrifice they had made to live in darkness to serve humanity was now over and they could then again live as a light being. I realised right then and there, that this was true. I had never heard this before anywhere. As soon as she said this, I felt a shiver and knew how important our love and compassion was to these beings. They are free when we choose love. Imagine what this does for humanity. When we can reach inside ourselves and choose to love the darkest of beings, seeing what they are doing as a sacrifice to contribute to the evolution of humanity, we free them. We have the power to do that. The added benefit is that we free ourselves. This book is designed to assist us in finding a way back to loving that part of ourselves. When we can do that, we contribute to the evolution of human consciousness in such a huge way. By using our right mind and thinking along loving lines we have the best spiritual protection possible.

Protecting Children from darkness

There are five main ways to protect children from darkness.

1. Ensure children are not empty spiritually
2. Ensure we are not empty spiritually
3. Ensure that we own and admit to our darkness
4. Communicate in simple terms how we are dealing with our darkness
5. Spiritual bubbles of light protection

1. Ensure children are not empty spiritually

We can assist children in helping them develop their spiritual support that speaks to them in a way they understand. We encourage the way in which they

feel their spiritual connection. Whether that be through nature, angels, fairies, gnomes, crystals, God, prayer, meditations, stories, drawing, painting, speaking out loud, song, music or dance. We have to spend time with children to find this. By doing this with them, it is obvious which one jumps out to them and makes them 'light' up inside. Children are honest. You will know which one speaks to them when you start to explore. Spirituality exists in the very heart of the child. As they fill up spiritually it will make their heart sing.

2. Ensure we are not empty spiritually

The way in which we protect children is to model the strengths of the spiritual father in us. When we are taking responsibility for our spiritual growth and encouraging this, we are then demonstrating to our children what needs to happened to fully mature as an adult. Commitment to spiritual discipline and responsibility for our humanity are the corner stones to the spiritual father in us. Whilst we do this, we also protect our children from darkness. We ignite their spiritual flame when we are practicing spiritual principles of love, compassion, forgiveness and joy. We want to be seen as modeling the spiritual principles of the nurturing parent towards ourselves. The spiritual mother. This protects ourselves from being empty, we make a place within ourselves with which we can direct the flow of the spiritual energy to nurture ourselves. This means that we are able to then nurture others. When we do not do this, we are empty and more available for darkness to present itself from within and from without. When we are surrounded by darkness, then our children are more vulnerable. As we own our inner spiritual father and mother and express to our children what we need to do to stay on track, they will also value their spirituality and take time to nurture it.

3. Ensure that we admit to our darkness and take responsibility for it

We do not want to be seen as perfect. When we deny our darkness, we place a judgment on it. Then children will judge darkness as bad and they will hide it

from us. They will not learn the skills necessary to transform it. Children see and feel darkness intuitively. When we deny it, it is like telling them not to trust their intuition. Denial of the truth doesn't help the parent or the child. It doesn't teach them the spiritual skills of open-mindedness, honesty and willingness to accept help. These are important principles and need to be modeled to protect children and empower them in dealing with darkness. We experience darkness around us all the time. So do children. It is expressed through media, in the playground, in the street, at the movies, through their friends, family and within themselves. It is not 'if' they experience darkness, it is 'how' we teach them to deal with it. Denying it doesn't empower our children. Neither does being overcome by it. So, we have to strike a balance here. We don't just admit it - we take responsibility in dealing with it. This is great role modeling.

Archangel Metatron is so strong and clear in his messages to me about this. I understand that this is our parental duty and I understand that it is not something that can be taken lightly as a parent. No matter what happens in the child's life, whether there is a lot of darkness or not, if they are taught the skills on how to face and deal with it in a positive lightfilled way, they will thrive. All obstacles or seemingly deficits in the child's life will be transformed into positives. Where they lack food, they gain spiritual nourishment. Where they feel abandoned, they learn the eternal presence of their higher power. Where they lack warmth, they feel the comfort and warmth of spirit protecting them. Where they have been abused, they find the deepest level of compassion possible.

4. Communicate in simple terms how we are dealing with our darkness

An example for a 4 year old could be "Mummy is not happy right now but it's not because of you. Mummy is going to speak to the angels about it because they always help." This is a simple way of saying partly what they know (i.e. mummy not being happy) and partly what they are learning (i.e. how mummy is dealing with it).

An example for a 10 year old could be “I am feeling a bit down on myself about how I reacted today. I am going to go and meditate tonight and see what part of myself I need to learn about so that it doesn’t happen again.” This simple example teaches the child:

- It’s not appropriate to overreact but it’s also not the end of the world.
- When we are feeling down about our behavior, there are things that can help to forgive ourselves.
- Mums not perfect but that’s okay. I am not perfect but that’s okay.
- Mum’s honest about how she feels. I can trust mum. I can tell mum how I feel too.
- Mum takes responsibility when she feels down. It’s safe to feel down because mum can help me with that.

You will be surprised at how much honesty promotes the child to be honest about their own struggles too. Keeping it real is great spiritual protection. They may ask for help in dealing with their feelings if you model this. They may share about their own clairvoyance. It is not uncommon for children to see spirits. It may be a guide, angel, a deceased person or a dark entity. Whatever it is, it may scare them. I remember when my daughter Phoenix said that she could sense there was a presence trying to communicate with her in her room. It was banging at night, moving things and she could sense its presence. We spoke about what kind of entities there were. I asked her about the presence and asked her what she thought it was there for. She said that she thought it needed to go to the light. We talked about the light portal. When I asked her to imagine where the light portal was in her room, she pointed to a corner. When we talked through it, she realised there was nothing to be afraid of when she called on her higher resources to help assess the situation. I asked her if that helped and I remember her saying, ‘you have no idea how much that helped’. This kind of process encouraged her spiritual faculties and calling on spiritual

resources. It also alleviated fears that could deny or distort her spiritual faculties and cause a disconnection from higher spiritual resources.

Another example was when my eldest daughter Sarah turned 13 and was having trouble getting off to sleep. We explored lots of ways to help her relax and let go of thinking too much. She started off with my meditations, some relaxing music and yoga. In the end, it was shamanic drumming and an animal spirit guide meditation that she really resonated with. Her routine was that she would go off to sleep every night listening to 'Connecting with your animal spirit guide' CD by Steven D Farmer PhD and listened to all its tracks including the shamanic drumming. At the time, we were living in an apartment that did not allow animals. She craved animal's presence. This meditation connected her spiritually to animals. Sarah promptly attracted another 13 year old into her life that had similar connections with animals!

Not telling children what to do but giving them the tools and encouraging a greater connection to their spiritual resources is one of the most empowering things that parents can do to protect children from darkness. Remember, we are dealing with souls that may be more evolved than us. Give them the opportunity to rise to the consciousness that they have chosen to reach in this life is such a gift to them. That's why they chose you!

5. Spiritual bubbles of light protection

Another way that we can protect our children is helping them visualise spiritual bubbles of light. We can tell children at the beginning or end of the day to breath in light that they feel is their colour for the day. Then we tell them to feel it filling them up and creating a bubble around them. This bubble protects them. When a child feels filled with light and this light surrounds them, they get a greater spiritual connection and protection. We can then extend this concept to children about the 'transformation bubble' or 'womb of transformation'. This tool protects them from dark energy and encourages compassion. They imagine

this bubble and what it looks like. It is a safe bubble to place around people that feel unsafe. They can imagine this nurturing bubble stops any energy that feels yukky from spilling onto them. They see the bubble as helping the person or entity. This protects a child's mind from judging the darkness without the disempowering victim thinking of being helpless. Children can see what they see, protect themselves and have compassion for others. Using this visualization tool in broad daylight and in everyday life, not only protects them but encourage their clairvoyant faculties. We can use it as an example when we see someone who is unsafe. You can talk through the process out loud with the child. Once you've done it, you've given a child a tool of spiritual protection for life.

Prison

Sometimes the unavailability of people is a great catalyst for developing our own spirituality. For example a person in prison for 30 years who doesn't want contact with his family. Or perhaps family members refrain from containing them. Perhaps this is the way that they have chosen to learn boundaries and other spiritual lessons. There are many people in prison who are free. There are many people not in prison who feel trapped.

I have spoken to spirits who are helping those in prison to heal. They have been child molesters themselves and are now guides to helping child abusers recover from their illness. I believe in this reformative way of healing. I think that as society evolves, this will present itself in a more physical way on this planet through programs that include metaphysical healings as well.

Prison can be a dark place. It can also be an opportunity for a lot of healing. People in prison who know where the flaws are in the system can be guides in making positive changes to the system. They have a lived experience about the strengths and weakness it brings. The more people in prison can overcome

the adversity of it and rise above it, the stronger their spirituality and the greater good they can pass on here and when they cross over.

Having a family member in prison profoundly affected me and others in my family. The death of 3 of my family members at the hand of another family member was a catalyst for profound change even though it appeared as a tragedy. After their death, I had more contact with my family members than when I lived half an hour from them. They were teachers in developing my mediumship skills. It is so easy for us to judge events on face value alone. But if we have chosen to fulfill those events for our own learning, we have chosen our family also. Those two elements together means that tragedies are experiences from which we can choose to learn from or avoid. It doesn't justify or condone inappropriate behavior though – let's be clear about that. Darkness is still darkness. My own learning about my relationship between myself, my family and spirit is that it is in constant evolution and I am being continually guided. To have contact or to not have contact, it is what I am being shown on a continual basis. Sometimes we want contact and it is not in people's highest good and we need to step back. Sometimes we don't want contact with others and we are shown that we need to. Following our spiritual guidance and asking for the strength to follow through is important. There is no right or wrong, just being guided is what we need to do.

Matter, Spirit and the hungry beast

Archangel Uriel showed me that we can become so attached to the physical without our spiritual connection this corrupts our thinking. This overpowering attachment to materialism also distorts our claircogniscience. When we find it hard to think beyond the box of the material world, we lose this higher thinking capacity. It is dimmed and we are not able to follow our guidance. The materialism becomes a replacement higher power and this replaces spiritual counsel. We find in this way, that this then creates a great void of spiritual loss. This hunger is like a beast, it can become tyrannical and controlling. It will over

power others to get what it wants. It will lie, deceive and diminish others. This beast is the extreme side of Lucifer and Ahriman put together. It is overinflated and big in its energy, yet it is controlling and piercing into the heart of the soul. It creates a lifeless and dim spiritual life that exceeds beyond the spiritual and into the anti-spiritual. Like an antichrist it leads men and woman away from their hearts and into a sphere that creates a different reality. This sphere is so dark, that they don't see light, or they want to squash it because it causes them pain. The pain is caused by an unconscious inner memory of their spiritual loss. When we have not made a connection between matter and spirit, we can get so bound up in the idea that we need a lot of money to be happy, secure and feel successful. This is such a danger because the focus on the material becomes not only an end in itself, but it also has the power to take us away from using it wisely and with purpose. When we lose a connection between the money we have and why we are spending our money, this is the same thing. More money for money sake or more spending for spending sake is just empty. I think that the emptiness here is the profound element. With such a great emptiness requires such a big cover up for it.

Evil Bastard, new beliefs and changing our vibration

It is true that forming new beliefs change our vibration. This is true when we do processes with shadow work that involve the darkest side of our nature. For example, I want to share more information on the part of myself I mentioned in Level 2 where I had learnt about unshakable faith. What I didn't share was that reclaiming this part of myself and forming a new belief, shook my vibration to its deepest level - my base chakra, my sexuality. It occurred during a relationship where I felt like I was in a vicious cycle. I would stand up for myself after feeling that I had been spoken down to. Then my partner would apologise and say he had no intention of that. I would accept the apology and clear myself, only for it to happen all over again. It just didn't stop though. I questioned whether my partner at the time was speaking his own words. But him being conscious or not of this stuff didn't make it any better or worse for me. It just kept happening.

So this is when I decided to do a shadow process and I meet with my part called Evil Bastard. He tells me that his gift to me is unshakable faith in the midst of my darkest and most painful times. He says that he needs light sent to transform him. Then he sends this green energy to my heart. It was great. I had just attracted this part of my partner to myself so that I could heal. I realized that when my heart is open, that I feel more stuff. More of mine, more of others and more of the stuff that I am carrying. Having an open heart means that how things really are become more real. So I realized at that point that I needed to create a new belief. I asked Christ in a meditation what this new belief was. He said “It is safe to be connected to everyone”. Shortly after this, I have a sick feeling in my stomach about being sexually intimate with my partner. Soon after that, I had anxiety over having any sexual touch. This was profoundly confirmed a week later when I was guided to see a kinesiologist who confirmed that my stuff coming up was based on the environment around me at the age of 3 and my attitudes towards sex now as an adult and also about feeling safe at that age. I had taken on the energy around me rather than it ‘happening’ to me. She said it was relating to hygiene issues, which made a lot of sense considering I was feeling sick and nauseous. The kinesiologist took me through a time line process back to the earliest memory I had of feeling unsafe with sex. I was in Egypt, a slave and the prince there was having his way with me. In my resentment, I desecrated his father’s tomb and was beheaded. The belief I formed and left that life with was, ‘Sex is bad’. I talked to the kinesiologist about how I wasn’t sure why this issue had arisen, especially seeing as I had tried to clear my avoidance by doing my shadow work. Then she said it was because my new belief brought up stuff to be challenged. This made perfect sense. I understand that when we do our shadow work and create new beliefs, these new beliefs challenge our vibration - especially when we are working with the darkest side of ourselves. The changes that occur are monumental. Our vibration doesn’t want to hold onto the past. It literally makes us feel sick. Here I was thinking my sick feelings were my partner’s toxic waste of generations spilling onto me. It was actually generations of my own coming up instead and making me feel sick. What has been there all the time that we haven’t felt is

ready to be released. It becomes old news. When we have this realization we can ask our higher help to clear us out and transform our body to match our higher consciousness vibration.

Past Lives

I don't actually get stuck on the detail of past lives. If I get a past life memory, it is only helpful if I use that information. I say that you don't have to believe in past lives to heal. Time is irrelevant. We exist in the here and now. If we are all one, then everything that has happened to everyone else has happened to us. We can heal from any story when we reclaim all parts of the story as parts of ourselves. If you have a past life regression and you don't have the tools to deal with the information, it is like revisiting a trauma scene and being retraumatised. What is the point? So we set the intention of integration. When we explore our minds and bodies seeking information to put the jigsaw puzzle pieces together, we know it is for this purpose. Then we ask for help and guidance from our higher sources. I have provided a mere sprinkle of ways in which we can process and integrate our shadow with our higher help. There are many ways. The point here is don't get lost or caught up in the story. Whatever scene you see, zero in to what needs to be integrated. You will feel things, but don't indulge in them. Feel them to use them as a catalyst for integration. Many people get stuck in these frozen feelings from long lost past lives. They literally stay stuck in them. If you don't feel spiritually resourced enough to hold the intention of integrating all parts that present themselves in the scene from the past, please wait and resource yourself. Build your spiritual strength. Or zero in on one part and revisit the story to integrate the rest. It is not wise to process too much too quickly. Honor the spiritual and the physical. It takes time to integrate the shadow on a physical level once we have received the spiritual transformation.

Soul Retrieval

Soul retrieval is an interesting concept because in the very nature of its name, it says that we have to retrieve something. Some people think that we leave behind some parts of ourselves that we have disowned. We may have disowned parts of ourselves in other life times by judging ourselves. We may have judged this part of ourselves in another. We may have handed over a part of ourselves when we have felt disempowered. This process of disowning and disempowerment has left us feeling like we are not whole, incomplete and that a part of us has been lost.

Let me take you on a higher journey of thought regarding soul retrieval. As I have mentioned before, we are all things all the time because we are all one. We may not be conscious of this fact however and therefore our connection to a part of our soul feels lost. This connection has never 'not been'. It is the mind that has not seen it or been conscious of it. Our job in soul retrieval is to know that nothing is ever lost, broken or left behind other than in our own mind. With shadow work, we aim to become conscious of all parts of our human and spiritual soul or psyche. Our less or more evolved parts are seen as important as each other. No one gets left behind. The best soul retrieval work that we can do, is remember that the souls that we are not conscious of are still there waiting to be seen. This is in Gods time and not in our time. Our consciousness will evolve exactly the way it is meant to. All we need is willingness, to turn up and ask for help. When we are honest with ourselves and others about our disowned and disempowered parts, we evolve in our consciousness.

Possession

There are times that we are called to clear other people from an entity. I don't usually do this kind of thing because I believe in free will and people's need to experience the darkness. I usually work with engaging people's will to evolve and this takes care of possession. However, sometimes we are called. A

possessed person may have requested help but are not conscious of it at the current time. When we are called, we are called. So once again, the best way to deal with releasing a person from possession is seeing the love in the entity. Call on the Carrions, which are the angelic realm that assist with entity releasing. Ask for the room to be filled to the brim with angels. Ask for Archangel Michael to place his sword of truth in the person and to clear away any attachments. Ask Archangel Gabriel to bring the womb of transformation to hold the entity in a space of love that is contained and gives them a chance to transform to the light if they choose. Otherwise they may be cast out and find someone else to attach to. This might be there time to transform and you are being called to help them too. Ensure that you can clearly see the portal of light in the room. Angels never interfere with free will, so if they are helping, they have been asked in the past. Seek to find the truth in what the entity is telling you that can assist the person. Ask them what their purpose is. Ask them how they are trying to help the person. Ask them what they need. Seek their gift to the person. Ask them how they can be integrated rather than rejected. Ask them if they want to be free now to transform. If they are an unresolved deceased person, ask them about themselves and why they are here, what they want and how they died. They may have forgotten and need a reminder. They may need to remember that they have another on the other side waiting for them, so that they can feel safe enough to go. Ask them if they have a mother, father, partner or relative on the other side waiting for them. Ask them if they see a light portal and if there is a hand of their mother, father, relative or loved one extended to them. This really helps the spirit to release and feel safe. Ensure that you clear yourself. Sometimes we are called to clear a possession to integrate this part of ourselves. Make sure that you are fully at peace with yourself and clear. If there is anything disturbing to you or unresolved, this is a sign that you need to integrate this part of your shadow.

Section 6: The Lightworker's Shadow Toolkit

There are countless ways with which to explore and discover various parts of ourselves. Sometimes even setting ourselves a challenge, is a way to experience parts of ourselves that we resist. In this section we will explore various modalities to encourage integration of the shadow. However, there are more that appear every day as we evolve. So consider this a great foundation that is not limited by your own imagination.

Sand Tray Therapy and the Shadow

Using sand tray as a way to unlock the unconscious is a very powerful medium for shadow work. We use it specifically to assist with the process of understanding each part of our shadow. If a part of the shadow is blocking or sabotaging a particular area of our lives or issue it can be made transparent. Sand tray works wonders with those who have difficulties visualizing.

A simple plastic box from a discount store with some beach sand is enough to use. It doesn't have to be expensive. Many of the items for the sand tray can be purchased from op shops and discount stores. Ensure that they are age appropriate for children. Examples of symbols to include are as vast as the characters we find in any story: ascended masters or evolved characters, angels, dark or demonic characters, cartoon characters, dragons, unicorns, fairies, underwater creatures, animals, flowers, shells, crystals, scarfs for water or grass, fake trees, stones and rocks.

The story of unfolds as the objects are placed in the sand. Often the story becomes very obvious to the practitioner or the client. The symbols and objects are chosen by the individual with no intervention from the practitioner. This is important as no judgment of the client holds the highest possible vibrational space. When all objects have been chosen, the practitioner asks the client about the sand tray story. Then ask specifically about the pieces that the client wants to explore. Then ask the client about symbols that the practitioner feels

guided to ask about. The practitioner asks for information about the story too. Trusting the client to say as little or as much as they feel comfortable is also very important. If at any time, the client appears uncomfortable, ask them whether there is anything that they feel they need to add to their sand tray to feel more resourced or supported. This is important as often clients won't explore further unless it is safe to do so. When exploring individual pieces this is also important. Before querying a dark or vulnerable piece, it is wise to have the client connect with a more resourceful piece. This will support them in facing the darker parts of themselves. In asking the client to connect with the piece, ask them to close their eyes and imagine themselves floating into the symbol. Have them embody the symbol. Then ask them some questions to find out more about them. Examples of questions to ask the client are:

1) What is your name
2) What is your purpose
3) What are you feeling
4) What do you need
5) What is your gift

As the session progresses, you can also ask different parts of the shadow how they feel about other parts. You can find more information about how these parts relate to each other and ways to reconcile this. Asking each part what they need and making contracts between parts to honor, is a great way in building trust and bridges between various shadow parts. Always have a pen and paper handy to write down names of parts and any important information. It may be that you need to go back and forth between two or three parts to achieve integration. You can also encourage the client to add to their sand tray by asking them 'is there anything missing from the story?' The client needs to be free to add things to their sand tray at any time. If the client is covering up or wanting to remove a piece, this is evidence of a rejection of their shadow. Finding ways that support the client in owning this part by more resourcing and exploring its purpose are very important. The client must feel ready though so that it is a gentle process. If you feel the client is not ready to explore a part of

their shadow in this form, then taking them through a meditation process may be more supportive. If at any time the client becomes distressed, you can stop the sand tray session and return to some talk therapy to find out more about what is happening for them.

Voice Dialogue

When using voice dialogue we use predetermined spaces on the floor for each shadow part that we want to explore. We may use pillows or drawings that the client has drawn, colours or sand bags. We always have a spot for client to return to that represents their higher self. It is best to start off with the client in their higher self. However, there are times where the client may not be capable of being in their higher self. It is an important part of the practitioner's role to ensure that they are able to maintain a connection with their own higher self. This means that at any given time, there is always a higher self present. We aim to resource the client with their spiritual resources before we begin. We fill the room with ours resources too. This way both practitioner and client feel supported.

Voice dialogue is particularly helpful when we want to encourage a transparent conversation between two or more shadow parts. The practitioner can guide the client to ask the questions to their own shadow parts. Or the practitioner may wish to ask the questions to each shadow part. This can assist in moderating any heated discussions. As the session evolves and the client gains an insight into each part of themselves, then they can be encouraged to speak to each part of themselves more moderately and positively. We encourage positive loving and honest dialogue. The higher self is able to provide this. That is why we want the client to begin in this part of themselves. This is not always possible and so we need to be guided in how to conduct a session. If this is not possible, then the practitioner will need to be that loving but firm voice asking the questions to gain insight into the shadow parts.

The aim as always is to promote the loving relationship between the client's parts of themselves to assist the client in their evolution of consciousness. The client may move through a range of feelings. Especially if there is a dialogue between an angry or vulnerable part. However, we don't want the session to be traumatizing to the client. If the session is contributing to this in any way, bringing the client back to their higher self is a necessity. Check in with the client before continuing any further voice dialogue. There may be other steps that need to be taken before the client is ready. Always trust the client to know how far they are ready to go. The higher self will never choose go forward without the support of adequate resources. We aim to bring in the lighter parts of the shadow as well as any shadow parts that are acting out. We strive to call forth those parts of the client that they may not be aware of that will support them spiritually as well as the parts of them that are wanting to express or are needy. We may find that a needy part resolves itself when it feels that we are developing a stronger part to support or protect it. Shadow work is not about being self indulgent, it is about creating balance within ourselves. This is the way we can best assist the client in meeting their goals in a healthy way.

Empty Chair Technique

We can use an empty chair in a similar way to voice dialogue. If a client does not want to stand in different places to speak out of their shadow, they can utilize a chair. They can also use empty chairs to speak to parts of their shadow without moving around at all. It is quite possible for a client to have a very vivid conversation with parts of themselves without moving a muscle. Always check in with the client as to what a shadow part says. Sometimes the conversations go quickly between shadow parts and practitioners need to ensure that they are able to moderate if necessary. The idea is to encourage dialogue in whatever way works, not to be too intrusive, but to know what is happening. You may need to exercise your spiritual faculties to keep up with this technique. It is powerful and it is very real for the client.

This is also especially helpful if a client wishes to have a safe conversation with a deceased person or an entity. They may need a practitioner as their witness whilst they carry out this conversation. It may be that they can't actually see or hear them, but they feel the presence of this entity or deceased person. Clients may require help in understanding the messages. This may be the reason you are being called to assist them. In this case, you can work as a team together in ascertaining the purpose of the entity or deceased person. Ask or encourage the client to ask questions such as:

1. Is there something you need to tell me?
2. Do you need my help?
3. How can we help?
4. Is there something you believe I need to apologise for?
5. Is there something that you want?
6. Do you have a message for me or someone else?
7. Is there some unfinished business that I need to know about?
8. Is it time for you to go?
9. Do you need me to let you go?

Check to see if there are any cords and if the client is ready to let go of the entity or deceased person, you can ask Archangel Michael to cut the cord. Letting go and the release of attachments is one step towards integration. However, make sure that the client has no judgment of the entity or residual guilt about letting go. If they do, there is more work to be done in resolving their own grief or integrating their shadow.

Dreams

Dreams are a great catalyst for shadow integration. They may prompt us to action or confirm a part of us that we have integrated. Basically everything in our dreams represents a part of us. Whether they appear in our dream as people we know in our everyday life is irrelevant. The way we respond in the

dream is just as important as the way we respond in our waking lives. We may not be conscious of how certain parts of us feel towards other people or things. So dreams are a signal to us to become more conscious of these parts. Dreams give us the opportunity to explore how we feel in a safe place. Even when they are violent, we still wake up. It's not what happens in the dream that is as important when it comes to shadow work, it is how we feel about what happens. This gives us the key in unlocking parts of us that we may not be aware of or feel comfortable about. Everything in the dream is you. The villain, the wounded, your mother, father, friends and strangers. It's all you. These are just different parts of your psyche. So dreams can be easy to work out when you are not trying to figure out other people. They may be prophetic, in that you still need to experience this experience in real life and not just in the dream. However, it is all about whether you choose to use the dream as a catalyst for transformation. No matter how ugly or bazaar the dream, remember that it is all you. This really tests our acceptance of ourselves. It is a great tool to ask clients if they have had any dreams lately that they remember. Ask them to retell what they can remember. It may be significant as to why they are now seeking your help. And remember that it is not what happens in their dream; it is how they feel about it that matters.

Journaling

Writing in a journal can be a great way to express different parts of ourselves. We can let various parts of us speak freely without editing ourselves. It's also a tool that we can use to call on our higher self to be a witness to these parts too. In the writing we can express the part of ourselves that needs to be expressed. In the reading of what we have written, we can be the witness. This is a good tool in separating ourselves from enmeshment with parts that have become immoderate and really have a lot to say. When a part takes over, it has unmet needs and has to download. Or it could be that it is scared. Allowing parts to download feelings and then witnessing them helps us regain balance. The higher self does not stand in judgment as the witness. It sees the love in the

part that is expressing itself. And in doing so, we find that answers come and integration occurs. We can call on other parts that we find reacting to the immoderate ones too. These parts may not usually want to speak. They might be quiet, fearful or very young parts. However, in writing they have a voice. This is also a good tool to use with people who have problem with verbal expression or their throat chakra is blocked. Asking simple questions can assist us in getting to the heart of each part, such as:

1. How are you feeling right now?
2. What has caused you to feel this?
3. What do you need from me?
4. How can I give this to you?
5. What is your purpose/gift for me?

Seeking guidance in asking the right questions is important.

Creative Therapies

Using drawing, painting, clay and other creative therapies to connect makes for a really concrete visual experience of our shadow parts. If we are having any issues with visualisations we can use these types of mediums to gain an insight into ourselves. The following simple steps will assist in achieving shadow integration of a part of ourselves.

1. The shadow part is expressed in a creative medium

We use creative mediums such as drawing, painting, clay work, singing, movement, dancing and drama to express the shadow part in a way that captures its essence. It doesn't have to look pretty. Many shadow parts do not look pretty any way. So it is just about expression and finding our connection to this part. It may be quite present and we have no problem finding what it looks like to us. Or we might be a bit blank. We can take our time. The best results

are the honest ones. We get what we get. We usually get the best results when we have a wish or goal that we have set and the shadow is presenting itself in some kind of sabotage or block to us. However, this may not always be the case. We may simply feel lost or overwhelmed by a part of ourselves and have no idea why. The understanding may arise as we progress through the process.

2. The resource for the shadow part is expressed in the creative medium

We explore what this part thinks it needs as its resource or support. If it seems like an inappropriate need, it might be time to reengage the higher self to assist in determining what might be needed for this part. For instance, a part is so distorted that it thinks it needs to self-harm. It may start to create or draw implements. These are not helpful integrative resources. We are looking for resources to love, accept and balance this part of ourselves. A part may be so lost, that it simply doesn't know what it needs. That's okay. This is when our higher support can guide us. We want the resource to be powerful enough to transform this part. There are many archetypal qualities such as love, compassion, light, forgiveness, gratitude and joy that can be drawn, painted or created. There are angels, ascended masters, goddesses and many beings that are helpers that can be expressed creatively as the resource.

3. The shadow part is given access to this resource

We find a way to connect with this resource that is meaningful. We may breath it, be it, dance it, sing it, or visualize it around us. The main thing is that we feel it coming into us for this shadow part. We feel the embodiment of this resource to the absolute brim. This is not an abstract concept. This is a very powerful tool in embodying the antidote to a part that has become toxic. This is the metaphysical medicine that we require to integrate this shadow part. Some people may find that they connect with the archetype as they are drawing, painting or making it. This is fine as long as we get a sense that the shadow part that needs this resource has taken it in fully.

4. The transformed shadow part is expressed in a creative medium

Once again we use creative mediums such as drawing, painting, clay work, singing, dancing and drama to express the shadow part now that it has received its resource. The aim here is that we have found the gift of this part. It feels acknowledged, valued, supported and free to express itself appropriately. It may require some more integration or time to fully balance itself out. We can follow this exercise up with more of the connecting to the resource on a daily basis to ensure complete integration occurs. It is also recommended to incorporate new practical activities into our daily plan that ensures that this shadow part get what it needs and is supported.

Lightfilled Yoga

We can use the above process in a few ways whilst incorporating yoga poses to assist with shadow integration work. There are other ways where we can use yoga poses too. We can use them to help us visualize the energy coming into our body to assist with resourcing us after or during shadow work. We can also hold a pose to unlock a shadow part that is frozen or we wish to connect with. We may need to hold the pose to actually connect with it. Yoga poses can also be held to assist us with balancing an extreme of a shadow part. There are many ways that yoga can assist us with meditations as well in integrating our shadow, especially 'The Body of the Shadow Integration Meditation'. Lightfilled Yoga is covered in more detail in Level 6 'The Lightfilled Being'. Poses vary depending on our guidance. It is another way to encourage spirit to guide us. Lightfilled yoga is a conscious form of moving our body to let the light in. This includes letting the light into our shadow parts. So here we find the strength in being in our body to align it with spirit.

Higher Consciousness Reflections

The use of reflection questions can assist us in accessing our shadow's resistance and bring our consciousness more in line with our reality. When we are able to take a moment to reflect on something that may challenge or inviting us to grow we have an opportunity to become more in tune with our human and spiritual reality. My husband Tony and I had this idea when designing the first book and card deck of 44 Higher Consciousness Reflections. Each reflection has a guide written for it. This assists with providing scope for expansion of the mind and consciousness. We do not attempt to answer the reflection for anyone. That is why they are reflections. When people are able to witness and question their reality, they gain a deeper understanding of themselves. They evolve. My good friend Candy Bowden took this a step further towards the shadow in creating a set of reflections called 'Higher Consciousness Reflections for the Shadow'. We felt that we needed one to specifically acknowledge this important area of work. We also felt that these reflections would be highly complementary as a resource for this level of the Lightworker Practitioner Training™. Here are some examples of the reflections:

- How can this part of myself work actively in my life and fulfill my life's purpose?
- Have I attracted a person/being in my life that I have rejected in my shadow?
- Am I acting responsibly with my power?
- In looking at my shadow, do I feel any shame?
- How can I find the love in this part?
- If I had a look at this shadow part of myself and was able to accept it as a part of me, how would my life change?

Preparation for Shadow Work

I have included a preparatory visualization prior to conducting any shadow meditations. In this visualization you invite a Spirit Guide, Guardian Angel, Archangel and Ascended Master/Goddess into your safe place so that you can build a relationship of support before embarking on the shadow journey.
You may have Spirit Guides that you currently feel are guiding you that have walked the earth before. You may have trained them to help you through this lifetime. You may have deceased loved ones who are now watching over you lovingly and who you consider a Spirit Guide. You might feel as if you have a guardian Angel or a specific Angel that you know you want to call on. There is no limit to the support that you can ask for to join you in this process. I have designed the preparatory visualization as a start to build your connection. Once you are in the meditation you can invite many Guides into you safe place or just go with the ones you know.

I believe that we can never have too much support in dealing with our shadow issues. They are shadow issues because they are rejected parts of ourselves that we do not wish to look at. We usually fear them. So I say, bring on the support! With time, we no longer fear them and instead look for their cry for love. We reply with a loving response. Loving yourself is accepting your humanness whilst at the same time saying to Spirit “I am open to receiving”. When you are open to receiving, you tap into the power of manifestation. Receiving is underrated. It’s okay to be dependent on your Higher Power, Spirit Guides, Angels, Ascended Masters and Goddesses. That is what they are there for. That is their purpose. Use them!

Here are some suggestions for preparation:

- ☆ Plan to call a supportive friend, therapist or twelve step sponsor as a back-up before you conduct the process. It’s another safety valve that will not go to waste.

- ☆ Creating a peaceful environment with a candle and loose fitting clothing.
- ☆ Plan to have a relaxing bath beforehand if you are nervous.
- ☆ Do a Chakra Clearing.
- ☆ Burn some incense or lavender.
- ☆ Take the phone off the hook.
- ☆ Hold a rose quartz crystal or place it on your heart Chakra.
- ☆ Have a journal or paper ready to debrief yourself afterwards.

To ready ourselves for this process we have a visualization to build up the support system of Guides, Angels, Archangels and ascended masters. If you struggle with visualization at this point you may do this process with your eyes open using 5 chairs or pillows. Talk out loud and do anything you have to make it feel real for you.

Preparatory Visualisation for Shadow Work

Closing your eyes now and taking a deep breathe.

Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think of to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny.

Now I want you to imagine that you are walking along a path within a forest. Now you feel the sun and gentle breeze on your face. Notice up ahead there is a gate. It is wooden and carved with special symbols and patterns just for you. Beyond this gate is your sanctuary and safe place. Take a deep breath as you open the gate and step through. Up ahead you see your sanctuary. Take a look around the sanctuary. It is your safe place. There are many plants, flowers and animals in your sanctuary. You see Angels, Archangels, Spirit Guides, Ascended Masters and Goddesses that are here to support you in stepping into your life purpose. Notice where this safe place exists in your body. You can always go there if you need to.

You notice there is a small pool of water. Go over to the pool and take a look at your reflection. Say to yourself “I am now open and receptive to receiving information”. Jump into the water and feel yourself completely cleansed. Feel a beautiful light above you, showering you with warmth and love. Feel yourself soak up this warmth. Letting go of anything that you no longer need. Feel it wash out of you and into the water.

When you are ready, you hop out of the water. You notice that surrounding the pool there are five pillows. The first one is gold. Go over and take a seat on the gold pillow. On the second pillow appears a Spirit Guide. Take a moment to

commune with them and receive the support you need in facing and embracing your shadow parts.
On the third pillow appears your Guardian Angel. Allow yourself to surrender to their healing powers. Feeling safe and protected now. Listen and see anything they wish to show or give you.
On the fourth pillow appears an Archangel. Taking a moment to receive any wisdom, guidance, love and healing energy.
On the last pillow appears an Ascended Master or Goddess. You know that this powerful master is here to help you face yourself and is overseeing this process. Take a moment to commune with them. Ask any questions you might have.

Thank your Guides and Angels for coming. Feeling fully supported and replenished you now look into the reflection of the pool and notice any changes that you see. You slowly get up and you walk towards your gate. You take a deep breath and open the gate. You step into where you are right now. You feel your body on the floor or chair. You feel the energy coming up your legs. You wiggle your toes and fingers.

When I count to 3 come back into fully waking consciousness completely remembering this meditation and all of your experiences 1……2……3

Preparation for the Body of the Shadow Integration Meditation

In preparing for this meditation, we need to ensure that we are clear on the issue at hand via a positive statement or wish. For example, if we are struggling with some area of our lives, instead of focusing on the struggle, we focus on a statement that is the resolution of the struggle. Instead of saying, 'I am having a problem with following through with increasing my spirituality' I would suggest something like 'I am now willing to increase my spirituality'. The statement precedent "I am willing.." invites us to ascertain how settled we are with this statement. It invites our shadow to show up with its resistance! Funnily enough, this is exactly what we want. Of course, we want to get beyond this and this is what the 'Body of The Shadow Integration Meditation' aims to do. We create a statement that invites the shadow to show its resistance, we reach into that part of our body, we make our peace with it and then we have it on board to help us to do what we feel called to do. This exercise needs to be done in conjunction with our Higher Self. Both the 'Clearing and Centering the Self Meditation' and the 'Daily Guidance Meditation' from Level 1 of the Lightworker Practitioner Training™ will help to prepare you. We need to feel that we are clear enough energetically to tackle this issue and that we have been called to do it. We don't want the intention to be coming from another willful part of ourselves. The Higher Self is the only self of us that is capable of dealing with and not being deceived by the shadow. We need the Higher Self and all our guides involved in the process. During the meditation, we have an opportunity to clear ourselves and call on our guides. If at any point you feel that it is a shadow part of yourself that wants this statement dealt with, I would take it and explore it in your Daily Guidance Meditation. We might find that if we are being willful regarding an issue, what presents may be more confusing to us rather than resolving resistance towards an issue. So firstly, make sure that you are guided to explore this issue and secondly make sure you are clear enough to engage your higher self. These are both very important.

Body of the Shadow Integration Meditation

Closing your eyes now and taking a deep breath down to your toes. Feeling your body relax and feel yourself completely surrendering to this process. Feel the light of the source travelling through your body, from the top of your crown down to your feet. Feel yourself completely flushed with the cleansing source of spiritual light. Feel yourself completely safe and bathed within you. Feel completely bathed with the light of source all around you. All of your spiritual resources are here to support you through this process. Feel a connection to your higher self.

Now I want you to repeat the wish that you have attained from your guidance. Sense how your body responds to this wish. Sense now into your body. Scanning your chakras now, notice whether you have any blocks or tightness in these energetic centres. They may feel filled with light. Or they may feel quite dim. Just notice how each chakra feels. As I say the following chakras, check in with how they have responded to your wish. Starting with the top of your head, notice how your crown chakra is responding, now moving to your third eye, your ear chakras, your throat, your heart chakra, your solar plexus, your sacral chakra and your base chakra. Now scanning your body for any tightness or lightness of feeling in response to your wish. Noticing where the energy is stuck, blocked or dense. Noticing where the energy is lightfilled, vibrant and streaming out. Now I want you to choose one of the energy centres or parts of your body that you feel you are being called to focus on. It could be the denser part or lighter part. Whatever you feel is calling you right now. Go deep inside this part of yourself. Notice what you see around you. Notice that your higher self could take a walk there. Notice the scenery and how you feel there. Feel that you have your spiritual resources with you for support. Notice now that there appears in front of you the shadow part that is represented by this energy. Notice what it looks like and how it might be feeling. Take a moment to hear what this part of yourself has to say about the role it is playing towards your wish. Take a moment to listen. Gain an understanding of how this shadow part

has a role to play in the unfolding of your wish. Gain a deep sense of knowing of the importance of this shadow aspect of yourself. You now ask this part of yourself what it needs to assist you with your wish. Take some time to give this part of you what it needs in the form of a colour. If you need the angels help, call on them to send the energy through you to this part. Feel this energy flowing from you to this part of yourself. Ask this part of yourself what its gift is to you. Feel this flowing to you in the form of a colour. Feel this energy flowing from this part of yourself and filling you up. Feel a sense of validation of the role this part is playing in assisting the higher self to follow through on the wish it has chosen. Feel that this shadow aspect has an important part to play. You get a sense that this shadow aspect is now fulfilling its part of the contract. You know that this is exactly what you have contracted with this shadow aspect to give to you, to assist you on the journey of your life. Looking back at this shadow aspect, you notice if they have changed or transformed in any way. You thank them so much for their presence, connection and support in fully realizing your wish. You see them as an ally and helper. Ask this shadow aspect what steps you can do to assist them in helping you with your wish. You know that when they are present, you need to give them what they need and call on them for their gift. You notice how the part of your body now feels and looks. Notice if it has transformed or changed. Feel how your body feels in this place in your body. Sense into whether you need to ensure you come back and spend more time here in giving this shadow aspect what it needs. Thank the shadow part for being willing to work with you. Embrace this shadow aspect of yourself and as you do so, you feel them becoming one with you in this place. Notice how you feel in other places of your body and whether your body has shifted in any other areas due to the integration of this shadow aspect. Make a commitment to revisit this place within or any other place that you feel is calling you, to assist with further commitment to living out your wish. When you are ready come back to full waking consciousness remembering all that you have learned.

Relationship Shadow Meditation

Closing your eyes now and taking a big breathe right down to your toes. Now I want you to imagine that you take a ride on a big yellow bus. You look around. There inside the bus you see the part of you that you feel you are rejecting in your partner. You go over to them if it feels safe. You may need to take an angel or other support with you if you don't. Ask them if they are willing to come with you. If they are and you are, you both notice that the bus comes to a stop. You both get off. You are led by this part of yourself over to a beautiful safe place. You look around and notice that this place is full of beings that are here to support you and this process. Take a moment to connect with them and feel resourced.

Now find a place where you and your shadow part can sit and feel comfortable. Take a moment to look at this part of yourself. Give it a name that you can remember that is light and fun but is not humiliating in any way. When you have that name please let me know.

Ask, _____(say the shadow's name in the blank spaces), what it needs from you. Your guides and helpers surround you and your shadow with this energy. Notice if this energy has a color. You feel that they are sending it through you to your shadow. Feel yourself sending this quality to _____.

You feel yourself float across and into _____'s body. You feel yourself receive this powerful energetic quality. Feel how it feels to be them and to be receiving this quality. Notice where this part needs this energy the most in their body and chakras. Feel it filling up. Now you look back at yourself. Feel a loving connection.

You float back into your usual body. Notice if this shadow part has transformed in any way. Ask them, “what is your gift to me?” You listen to what _____ says and then you see them sending you this gift in the form of a color. Feel yourself soaking up this energy and notice where in your body or chakras you need this energy the most.

If you wish to, you may now spend some time with _____ and ask them any other questions or guidance you have on your current situation and any concrete steps to take to follow through on this guidance. Nod your head when you are finished.

You say goodbye to _____ for now and as you give them a hug, you feel them shrink into the size that can fit inside your heart.

You notice that there is a door. You make your way up a path to a door. You open the door and step into this room. When I count to three you will come back into full waking consciousness feeling alive and refreshed. 1, 2, 3.

Shadow Integration Meditation

Closing your eyes now and taking a big breathe right down to your toes. Now I want you to imagine that you take a ride on that big yellow bus. You look around. There inside the bus you see the part of you that you feel you are rejecting at the moment. You go over to them if it feels safe. You may need to take an angel or other support with you if you don't. Ask them if they are willing to come with you. If they are and you are, you both notice that the bus comes to a stop. You both get off. You are led by this part of yourself over to a beautiful safe place. You look around and notice that this place is full of beings that are here to support you and this process. Take a moment to connect with them and feel resourced.

Now find a place where you and your shadow part can sit and feel comfortable. Take a moment to look at this part of yourself. Give it a name that you can remember that is light and fun but is not humiliating in any way. When you have that name please let me know.

Ask, _____(say the shadow's name in the blank spaces), what it needs from you. Your guides and helpers surround you and your shadow with this energy. Notice if this energy has a color. You feel that they are sending it through you to your shadow. Feel yourself sending this quality to _____.

You feel yourself float across and into _____'s body. You feel yourself receive this powerful energetic quality. Feel how it feels to be them and to be receiving this quality. Notice where this part needs this energy the most in their body and chakras. Feel it filling up. Now you look back at yourself. Feel a loving connection.

You float back into your usual body. Notice if this shadow part has transformed in any way. Ask them, “what is your gift to me?” You listen to what _____ says and then you see them sending you this gift in the form of a color. Feel yourself soaking up this energy and notice where in your body or chakras you need this energy the most.

If you wish to, you may now spend some time with _____ and ask them any other questions or guidance you have on your current situation and any concrete steps to take to follow through on this guidance. Nod your head when you are finished.

You say goodbye to _____ for now and as you give them a hug, you feel them shrink into the size that can fit inside your heart.

You notice that there is a door. You make your way up a path to a door. You open the door and step into this room. When I count to three you will come back into full waking consciousness feeling alive and refreshed. 1, 2, 3.

Preparation for Archangel Archetype Integration Meditation

This meditation is designed to assist with integration of an Archangel archetype as presented in Section 2 of this book. Firstly, choose an archetype to work on. It may be obvious as to which one is calling to be integrated. Symptoms may present themselves as behavior that is outlined in either extreme of darkness or lightness regarding the archetype. It may be that we wish to work our way down the list to attain a high degree of consciousness and integration relating to these archetypes. Please bear in mind that the integration of these archetypes will also flow onto your physical being and shift your vibration. When we are letting go of that which no longer serves us, our body may respond afterwards by releasing toxins that are stored in the body. With this in mind, giving ourselves time to ensure our body catches up with our vibration is the gentler path in this high vibrational healing of the shadow. Before conducting this meditation, please read the Archangel archetype and its two extremes to provide information on what may present itself. Also read up on the shadow integration of this archetype to provide idea of what we are aiming for as a result of this process. If you do not feel adequately resourced, ensure that you wait until you feel ready and are guided to do so. Always call on support from a professional if you require any extra help. If this is your first time or you sense this will be a big process for you, ensure a friend, support person or professional is available for debriefing afterwards or have them conduct the meditation for you.

Archangel Archetype Integration Meditation

Closing your eyes now and taking a deep breathe. Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later.
Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny.

Now I want you to imagine that you are walking along a path within a forest. Now you feel the sun and gentle breeze on your face. Notice up ahead there is a gate. It is wooden and carved with special symbols and patterns just for you. Beyond this gate is your sanctuary and safe place. Take a deep breath as you open the gate and step through.

Up ahead you see your sanctuary. Take a look around the sanctuary. It is your safe place. Notice where this safe place exists in your body. You can always go there if you need to. There are many plants, flowers and animals in your sanctuary. Take a moment to commune with them.

Now you walk up a pathway and you see a big house. You open the front door and you notice that there is a huge room with many doors around the sides.

You walk over to the door that has the Archangel's name on it that you want to integrate. Taking a deep breath now you open the door. As you enter the room, you see the Archangel and notice how full the room is with its energy. You ask the Archangel for assistance with the integration of this part of yourself. You feel the Archangel sending you're their archetypal energy. Breathe it in and feel it filling your body. You notice that there is a black door and a white door. Your Archangel points you to one of the doors. Your Archangel accompanies you as you take a deep breath and open the door. Standing before you, you see the

shadow part that you have been guided to face first. Notice what they look like from the top of their head right down to their base. Notice if they have legs and feet. Notice if they have wings. Ask this part “What is your name?”, “What is purpose?”, “What do you need?” Feel yourself sending this to them in the form of an energy. Your Archangel is supporting you by giving this resource to you. This flows from the Archangel to you and then on to the shadow part. . Ask your shadow “What your gift?” Feel yourself receiving this gift. Notice if this integration has effected any change in their appearance. Spend some time to talk to them and ask for guidance in your life or particular issues. Thank them for their time and exit this room. Once again you are in the Archangel’s room. You now go to the other door. Your Archangel accompanies you as you take a deep breath and open the door. Standing before you, you see the shadow part that you have been guided to face next. Notice what they look like from the top of their head right down to their base. Notice if they have legs and feet. Notice if they have wings. Ask this part “What is your name?”, “What is purpose?”, “What do you need?” Feel yourself sending this to them in the form of an energy. Your Archangel is supporting you by giving this resource to you. This flows from the Archangel to you and then on to the shadow part. . Ask your shadow “What your gift?” Feel yourself receiving this gift. Notice if this integration has effected any change in their appearance. Spend some time to talk to them and ask for guidance in your life or particular issues. Thank them for their time and exit this room. You now return to the Archangel’s room. You spend some time with this Archangel and ask for any guidance or follow up with the integration of these shadow aspects and their archetypal quality. You thank them for their time and exit this room. You go back to the front door. You open the door and go back towards your sanctuary. Notice how you are feeling now after experiencing this integration.

You walk towards your gate. You take a deep breath and open the gate. You step into where you are right now. You feel your body on the floor or chair. You feel the energy coming up your legs. You wiggle your toes and fingers.

When I count to 3 come back into fully waking consciousness completely remembering this meditation and all of your experiences 1……2…….3

Preparation for Creative Decision Making Meditation

If you are feeling as though you want to reach a decision on something but are confused, I recommend this decision making tool. It has assisted me in understanding my many strengths and weaknesses in achieving goals. What we want is to encourage a dialogue with various parts of ourselves. It is relatively simple process however very powerful. Basically we call forth of shadow parts that are known or unknown to us for a 'pow wow' on a particular issue. The goal is that we want full commitment from each part to reach a decision, goal or wish. However, may I impress upon you that this wish or goal be a guided one rather than a willful one. You may go to all the trouble of getting parts on board towards a goal and the goal is not in line with your highest good or guidance at the current time. Therefore, your higher self is not on side! I have also used this meditation as a way to ensure all inner children are on board with regards to goals. This may mean a waste of your time, resources and end up frustrating for you. This meditation begins with ensuring that you are resourced and coming from your higher self. However if you feel that you require extra support, please do not do this meditation on your own. You may wish to record your experiences and any practical suggestions that you receive.

Creative Decision Making Meditation

Closing your eyes now and taking a deep breathe.

Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny.

Now I want you to imagine that you are walking along a path within a forest. Now you feel the sun and gentle breeze on your face. Notice up ahead there is a gate. It is wooden and carved with special symbols and patterns just for you. Beyond this gate is your sanctuary and safe place. Take a deep breath as you open the gate and step through.

Up ahead you see your sanctuary. Take a look around the sanctuary. It is your safe place. Notice where this safe place exists in your body. You can always go there if you need to. There are many plants, flowers and animals in your sanctuary. Take a moment to commune with them.

You notice there is a small pool of water. Go over to the pool and take a look at your reflection. Jump into the water and feel yourself completely cleansed. Feel a beautiful light above you, showering you with warmth and love. Feel yourself soak up this warmth. Letting go of anything that you no longer need. Feel it wash out of you and into the water.

When you are ready, you hop out of the water. You see that there are two pillows. You go over to one and sit down. On the next pillow you see your Higher Self appear. Notice how they look and float over into their body. Feel

how it feels to be fully anchored in your higher self. You walk up a pathway and you see a covered pavilion area. Notice how many beings are seated in circle in the pavilion area.
You now take the time to have a conversation with them to find out how they feel about your decision, goal or wish. Listen now as each of them tell you how they feel.

You now take the time to have a conversation with them to find out how they feel about the decision, goal or wish.

You now take the time to have a conversation with them to find out what they need in order to commit to helping you with your decision, goal or wish. Listen now as each of them tell you what they need.

Spend some time now letting each of them now how you can give them what they need.

Take a moment to ask them for suggestions or practical advice on reaching your decision, goal or wish.

When you are ready, return to full consciousness remembering everything that you experienced.

Releasing Entities Meditation Preparation

As previously mentioned in Section 5, there are times that we are called to clear other people from an entity. There are also times that we feel that we need to be cleared of an entity. It may be that we cannot seem to connect or understand the purpose of this shadow part. In its very essence, it may be trying to confuse. That might be its job. If you feel guided to clear an entity for the purpose of integration, then this process will give room for that to happen. This process is not about clearing an entity because it is being judged as bad. This is not the energy that we want to have on board when releasing entities. The attitude we have is that we have attracted them as a teacher and for a reason. They have an important job to do to serve the light. Yes we might feel uncomfortable or incapacitated by them. That means they are doing a great job. But our job is now to find out what their message is for us. When we can find that and we make it our responsibility, we give them a chance to be free and move on. Please conduct this process on yourself or another with a loving attitude and intention. Sometimes we need tough love and boundaries with entities. Even with angels! Sometimes there is only so much information that we can process and we need to push the ‘slow down’ button and admit we are only human. That’s okay. Ensure that you have adequate support with you or on stand-by when conducting these kinds of meditations. Both as a practitioner and a receiver, we call on spiritual and human support as part of our self-care.

Releasing Entities Meditation

Closing your eyes now and taking a deep breathe. Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later.
Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny.

Now I want you to imagine that you are walking along a path within a forest. Now you feel the sun and gentle breeze on your face. Notice up ahead there is a gate. It is wooden and carved with special symbols and patterns just for you. Beyond this gate is your sanctuary and safe place. Take a deep breath as you open the gate and step through.

Up ahead you see your sanctuary. Take a look around the sanctuary. It is your safe place. Notice where this safe place exists in your body. You can always go there if you need to. There are many plants, flowers ,animals, guides and angels in your sanctuary. Take a moment to commune with them. Feeling a strong connection now to your spiritual resources.

Noticing now if you have a cord, attachment or part of your body that doesn't seem like it is yours. Notice what it looks like. Now exploring underneath this attachment you might find what appears to be a wound. Notice what colour it is. Take a minute to drop into it. Your higher self is taking a walk there and having a look around. Explore whether there is a part of you there. Notice what it looks like and whether it is stuck, trapped, sad, wounded or disabled in this space. Or it may angry, big and aggressive. Whatever the case, speak to this shadow part and ask for what it needs. Take some time to give this part of you what it needs in the form of a colour. If you need the angels help, call on them to send the energy through you to this part. Feel this energy flowing from you to this

part of yourself. Ask this part of yourself what its gift is to you. Feel this flowing to you in the form of a colour. Feel this energy flowing from this part of yourself and filling you up.

Now step back out of the wound. Notice if this cord, attachment or part of your body is still connected to this entity. If not, you may come back to full waking consciousness now.

If there is an attachment, ask for the Carrions to come and stand by you. The Carrions are the angelic realm that assists with entity releasing. Ask for the space you are in to be filled to the brim with angels. Ask for Archangel Michael to stand by you and see him holding his sword of truth. Ask Archangel Gabriel to stand by. Notice that she brings the womb of transformation. Notice where the light portal is in your safe space. Feeling supported all around you now, you know that the time to release the entity has come. Thanks the entity for its service. Ask the Carrions to hold the entity. If there is a cord to cut, ask Archangel Michael to cut it now. Ask Archangel Michael and the Carrions to remove the entity to the womb of transformation. See the entity enveloped by this womb. Notice if the entity is choosing to transform or not. If it is choosing to transform, see it now going to the light and returning home to the Source of all. If it is not ready to transform, ask Archangel Gabriel to remove it from your safe place and take care of it. Notice how you are feeling now. Notice any changes in your body. Notice if you still have a wound or dark spot where the entity was attached. Ask Archangel Michael to vacuum away any residual darkness. Now call on Archangel Raphael to bring his healing light to the wound or space where the entity was present. Ask Raphael to fill you up completely with this healing light.

Feel yourself restored to wholeness. Take a moment to commune with your guides and the angels about any follow up processes or self-care you can do to assist with integration of this shadow aspect of yourself. When you are ready, come back to full waking consciousness.

Preparation for Enlightening the Lightworkers Shadow Meditation

This meditation is specifically designed for those who are already working in the healing profession or feel called to work with their shadow regarding resolving blocks to stepping into being a Lightworker.

I have developed the following process, which is necessary to prepare the Lightworker for the inner work that needs to continually occur if we are to effectively climb in our Spiritual evolution of consciousness.

The aim of this process at this point is to help us identify and transform any parts of us that may sabotage us from continuing on our path as a Lightworker. It is important that the Lightworker has a way to work through any sabotage that arises in stepping forward towards working and living in the light. In embracing our shadow we are hitting core issues. It is deep work for us. Lightworker's need to have worked through some major issues, before working with the dark side of other Lightworkers.

This process is specifically designed for you to address any sabotage. You may feel that it is such a great process that you want to take another through it. At this point, I do not recommend that you take another person through the following process unless you have previously done shadow work, inner child therapy or have been specifically trained and worked in counselling or psychotherapy.

This process of Enlightening 'The Lightworker's Shadow' is designed for those who feel especially called to work as Lightworkers. In the future you may have many clients who do not want to work as a Lightworker. Even if it is a great process for you, it may not be appropriate for someone else.

First we need to learn to hold the energy and space for others before we can work with their deeper issues. Of course we don't expect to be perfect before

we start. We need to be humble though and not expect that we can take another through what we have not been through ourselves.

There will be times where you are guided by Spirit to take another through a guided process that you yourself have not even heard or seen. That is the norm in our work actually, as Spirit guides us with our clients. If you ever have strong feelings about not taking another through a process remember the saying: If in doubt LEAVE IT OUT.

In Enlightening the Lightworker's Shadow process we deal with 2 specific elements of sabotage. We address these individually in separate meditations. I have also provided a third meditation designed to address unconscious fears in stepping into your Lightworker role.

The following is a short description of the main parts that I have identified as being the common issues and problems that the Lightworker faces when these parts are in control and overtake our Higher Self in making choices.

1. Fear of Abandonment

The first part is the part of us that is scared of being abandoned, rejected, hurt, humiliated, isolated, or annihilated. We usually find that in past lives, Lightworkers have actually been physically hurt, killed and ridiculed for their beliefs and actions. Many have died and their experience with stepping into being a Lightworker in this lifetime brings up all the old pain and fear that they will die. Some link this to fear of stepping into being a Lightworker to losing: a relationship; family; face in the community; or money to name but a few. People have said to me, "I feel as if I am meant to be helping others, but I'm scared of what my husband or my family may think if I do this kind of work". Others fear that they will live in poverty. In previous past lives, they may have had to cut themselves off from society and isolated themselves as a monk, priest or nun in order to be fulfilling their Lightworker role. So therefore being a

Lightworker in this life means poverty and isolation and they fear it. Others may fear that they will be ridiculed by society. They've said to me "I feel as if I need to get a mainstream qualification and then I can study whatever I want because it will be recognized". I think one of the ways we can perpetuate people not thinking they are good enough is by designing and implementing training systems that are competency based. In other words, unless you can prove to us that you are competent, we will not recognize you. This has squashed many courses that would be very effective in training people to further their Spiritual and emotional development. It has also been a trigger for fear when choosing study. I have actually opted out of delivering competency based training because I don't believe I can tell someone whether they are competent or not. That's not for me to determine. It really plays on people's "I am not good enough" beliefs in a really rationalized way. Students get to point the finger at their colleges for their low self esteem and colleges get to point the finger at the government for having to maintain competency based systems. However, we are all in free choice. If you believe that you are being called to be a Lightworker, the course itself or qualification is not going to make you a good Lightworker. The intention, willingness to listen and follow through with Spirit's guidance is what will make you a profoundly wise and powerful Lightworker. No one can measure that.

This process helps us to understand the part of us that fears rejection and does not feel it is good enough. The benefit of embracing this part is that we are able to let go of the fear of being alone or worrying about what other's think. We are able to love that part of ourselves that is the most vulnerable and claim it back. We stop handing our power over to others and gain back our self-love so that our self esteem blossoms. We become less fearful of others and gain more strength to step forward onto our own path of truth.

This part may also actually fear that if you step into your psychic and healing abilities as a Lightworker you will lose yourself, your energy or your balance. Balancing one's energy is an art form in itself. It involves input of energy to fill

our tank instead of taking on other peoples stuff. It requires the giving of pure energy of source rather than giving parts of ourselves away. We become a channel rather than a sponge.

It is very important that this part is acknowledged. I am sure that there is good reason for these fears. Perhaps in the past this part has felt overwhelmed or labeled crazy. Perhaps this part has burnt out before and does not want to ever be back in that position again. This process is designed to help this part to be supported and understood. We claim back our ability to be balanced and energized whilst being connected to both Spiritual and physical reality.

In summary, this part might express itself in a:

- ☆ Fear of abandonment
- ☆ Fear of rejection
- ☆ Fear of death
- ☆ Fear of punishment
- ☆ Fear of being alone
- ☆ Fear of poverty
- ☆ Fear of being judged
- ☆ Fear of being ridiculed
- ☆ Fear it may take on too much of other people's stuff
- ☆ Fear it won't be able to switch off
- ☆ Fear of being overwhelmed
- ☆ Fear it will burn out
- ☆ Fear it may not be able to distinguish earthly reality from Spiritual reality
- ☆ Fear that other people might think they are crazy
- ☆ Fear that it won't be able to cope with what they see in and around others
- ☆ Fear that it won't be able to cope with the energy and reality of the other side

2. Fear of Embracing Our Power

The next part is a gloriously powerful part that many fear. It is the part of us that can transform, create magic and basically connect so fully to source that anything is possible. We can call this part the: sorcerer, sorceress, magician or wizard, whichever feels right for you. If we fear this part it is usually because in this life or another we have abused others or taken their power from them.

The dark side of the sorcerer usually gives the sorcerer the bad name. However the core of the sorcerer is a powerful source. If the sorcerer is getting their power straight from the source and not from others, then they are in balance, connected to the light and in service to the light.

If we don't embrace this dark side, it will play out unconsciously in our lives anyway. It is the part that abuses our power over others. Yelling at the kids, kicking the dog and judging others for being weak – just to name a few. I am sure you can fill in the rest.

Many people fear their own success and power because in previous life times they have abused others. So they totally cut off from this part of themselves. However in cutting off from this part of themselves they also cut off from their psychic gifts and abilities. Reclaiming this part is restoring the strong connection to the source and the gifts that help you to channel and use the source. When we are open to receive we also attract abundance. As Lightworkers we tend to be natural givers. It is another thing to be drawing on the source and receptive to its power. So as we step into our sorcerer we step right into the flow of abundance.

So we all have this side to us. It is up to us whether we choose to reject it in others and ourselves or channel it into creating and manifesting the life we want.

3. Unconscious Fear

We are also given an opportunity to meet the shadow part that will give you information about any fears that may sabotage your work as a Lightworker. You may have a feeling that there is a fear, but have no idea what it is. This is a great process for unidentified fears.

How to perform this process

This process can be carried out by visualization or if you prefer, you can use a process that involves two pillows/chairs. If you have any problems with visualization at this point, I recommend that you use the pillow/empty chair technique. You can use voice dialogue or talking out loud to your shadow part and when it is time for them to answer during the meditation you step onto their pillow or sit in their chair.

If you feel that you need support, I recommend that you ask a therapist to read this meditation for you so that you have support in the process.

Enlightening The Lightworker's Shadow Visualisation
– Fear of Abandonment

Closing your eyes now and taking a deep breathe.

Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny.

Now I want you to imagine that you are walking along a path within a forest. You feel the sun and gentle breeze on your face. Notice up ahead there is a gate. It is wooden and carved with special symbols and patterns just for you. Beyond this gate is your sanctuary and safe place. Take a deep breath as you open the gate and step through. Up ahead you see your sanctuary. Take a look around the sanctuary. It is your safe place. There are many plants, flowers and animals in your sanctuary. You see Angels, Spiritual Guides, Ascended Masters and Goddesses that are here to support you in stepping into your life purpose. Take a moment to commune with them and receive the support you need in facing and embracing your shadow part. Hold the intention of healing any sabotage from stepping into your life purpose as a Lightworker. Allow yourself to surrender to their healing powers. Notice where this safe sanctuary exists in your body. You can always go there if you need to.

You notice there is a small pool of water. Go over to the pool and take a look at your reflection. Say to yourself "I am now open and receptive to receiving information". Jump into the water and feel yourself completely cleansed. Feel a beautiful light above you, showering you with warmth and love. Feel yourself soak up this warmth. Letting go of anything that you no longer need. Feel it wash out of you and into the water.

When you are ready, you hop out of the water. Notice that right next to you your Higher Self appears. Notice the form that your Higher Self takes. Notice how tall they are, if they have wings and what they are wearing. You now share any fears you have about meeting your shadow part. Your Higher Self now offers you support, guidance and any healing that you might need relating to meeting with your shadow. Allow yourself to receive. Now allow your Higher Self to step into your body and feel completely connected to this part of yourself. Feel how it feels to feel connected to your Higher Self.

When you are ready you notice that surrounding the pool there are two pillows, one is gold. Go over and take a seat on the gold pillow. On the second pillow appears the shadow part of yourself that is afraid it will be abandoned if you step into life as a Lightworker. Notice what this shadow part looks like. Ask that part of yourself what their name is. Ask them what they need. When you have their answer, see yourself and your Guides and Angels send them what they need in the form of an energy or colour. Feel this quality move through you and into your shadow part. Now float into your shadow's body. Look back at your Higher Self. Feel yourself as this shadow part whilst soaking up the quality that this part needs. Feeling accepted and valued. Now float back into your Higher Self and ask your shadow what quality they offer as a gift to you as a Lightworker. When they have answered, receive this gift. It may be in the form of energy, a colour or symbol. Feel the energy of this gift enter into one or more Chakras and fill your whole body. As you receive this gift you feel more complete and whole. You have now reclaimed a part of yourself. Take a moment to ask them for any guidance or more information that they might have. Thank your shadow for coming and make a commitment that you will turn up to continue to connect with this part and give them what they need.

You hop back in the luminescent light-filled water. Notice how you are now feeling after experiencing a connection with your shadow part as you float buoyantly in the water. All fears, worries and concerns melting away into the

water. A light from above comes down into the middle of your solar plexus and fills you with a deep sense of warmth and confidence about stepping into your Lightworker role. You hop out of the water.

You look in the reflection of the pool and notice any changes that you see. You slowly get up and you walk towards your gate. You take a deep breath and open the gate. You step into where you are right now. You feel your body on the floor or chair. You feel the energy coming up your legs. You wiggle your toes and fingers.

When I count to 3 come back into fully waking consciousness completely remembering this meditation and all of your experiences 1……2…….3

Enlightening The Lightworker's Shadow Visualisation
– Fear of Embracing Your Power

Closing your eyes now and taking a deep breathe.

Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny.

Now I want you to imagine that you are walking along a path within a forest. You feel the sun and gentle breeze on your face. Notice up ahead there is a gate. It is wooden and carved with special symbols and patterns just for you. Beyond this gate is your sanctuary and safe place. Take a deep breath as you open the gate and step through. Up ahead you see your sanctuary. Take a look around the sanctuary. It is your safe place. There are many plants, flowers and animals in your sanctuary. You see Angels, Spiritual Guides, Ascended Masters and Goddesses that are here to support you in stepping into your life purpose. Take a moment to commune with them and receive the support you need in facing and embracing your shadow part. Hold the intention of healing any sabotage from stepping into your life purpose as a Lightworker. Allow yourself to surrender to their healing powers. Notice where this safe sanctuary exists in your body. You can always go there if you need to.

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When you are ready, you hop out of the water. Notice that right next to you your Higher Self appears. Notice the form that your Higher Self takes. Notice how tall they are, if they have wings and what they are wearing. You now share any fears you have about meeting your shadow part. Your Higher Self now offers you support, guidance and any healing that you might need relating to meeting with your shadow. Allow yourself to receive. Now allow your Higher Self to step into your body and feel completely connected to this part of yourself. Feel how it feels to feel connected to your Higher Self.

When you are ready you notice that surrounding the pool there are two pillows, one is gold. Go over and take a seat on the gold pillow. On the second pillow appears the powerful magical part of yourself that fears you may use power to control, abuse or manipulate others if you step into life as a Lightworker. Notice what this shadow part looks like. Ask them what their name is. As them what they need. When you have their answer, see yourself and your Guides and Angels send them what they need in the form of an energy or a colour. Feel this quality move through you and into your shadow part. Now float into your shadow's body. Look back at your Higher Self. Feel yourself as this shadow part whilst soaking up the quality that this part needs. Feeling accepted and valued. Now float back into your Higher Self and ask your shadow what quality they offer as a gift to you as a Lightworker. When they have answered, receive this gift. It may be in the form of energy, a colour or symbol. Feel the energy of this gift enter into one or more Chakras and fill your whole body. As you receive this gift you feel more complete and whole. You have now reclaimed a part of yourself. Take a moment to ask them for any guidance or more information that they might have. Thank your shadow for coming and make a commitment that you will turn up to continue to connect with this part and give them what they need.

You hop back in the luminescent light-filled water. Notice how you are now feeling after experiencing a connection with your shadow part as you float

buoyantly in the water. All fears, worries and concerns melting away into the water. A light from above comes down into the middle of your solar plexus and fills you with a deep sense of warmth and confidence about stepping into your Lightworker role. You hop out of the water.

You look in the reflection of the pool and notice any changes that you see. You slowly get up and you walk towards your gate. You take a deep breath and open the gate. You step into where you are right now. You feel your body on the floor or chair. You feel the energy coming up your legs. You wiggle your toes and fingers.

When I count to 3 come back into fully waking consciousness completely remembering this meditation and all of your experiences 1……2…….3

Enlightening The Lightworker's Shadow Visualisation – Unconscious Fear

Closing your eyes now and taking a deep breathe.

Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny.

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When you are ready, you hop out of the water. Notice that right next to you your Higher Self appears. Notice the form that your Higher Self takes. Notice how tall they are, if they have wings and what they are wearing. You now share any fears you have about meeting your shadow part. Your Higher Self now offers you support, guidance and any healing that you might need relating to meeting with your shadow. Allow yourself to receive. Now allow your Higher Self to step into your body and feel completely connected to this part of yourself. Feel how it feels to feel connected to your Higher Self.

When you are ready you notice that surrounding the pool there are two pillows, one is gold. Go over and take a seat on the gold pillow. On the second pillow appears the shadow part that needs to be heard regarding stepping into your Lightworker role. Notice what this shadow part looks like. Ask this part what its name is. Ask them what they need. When you have their answer, see yourself and your Guides and Angels send them what they need in the form movement, energy or a colour. Feel this quality move through you and into your shadow part. Now float into your shadow's body. Look back at your Higher Self. Feel yourself as this shadow part whilst soaking up the quality that this part needs. Feeling accepted and valued. Now float back into your Higher Self and ask your shadow what quality they offer as a gift to you as a Lightworker. When they have answered, receive this gift. It may be in the form of energy, a colour or symbol. Feel the energy of this gift enter into one or more Chakras and fill your whole body. As you receive this gift you feel more complete and whole. You have now reclaimed a part of yourself. Take a moment to ask them for any guidance or more information that they might have. Thank your shadow for coming and make a commitment that you will turn up to continue to connect with this part and give them what they need.

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When I count to 3 come back into fully waking consciousness completely remembering this meditation and all of your experiences 1……2…….3

Section 7: After Dark

Too comfortable in the dark?

Sometimes when we have been called to assist dark entities with transforming back to the light, we may forget to resource ourselves. If this is something that we have been called to do in our life purpose, we need to remember that it is just as important to focus on spiritualising and transforming our humanity. We may get friendly with dark beings or at least not be afraid of them and just see them for what they are – serving the light. However, we always, always need to maintain a respect for the job they have to do. That is to bring darkness. So don't get too comfortable. It's fine to be out of judgment of them. But ensure that you balance this with lots of light and self-care. If you find that you are neglecting yourself when you are doing any work with the shadow or entities, go back to basics and resource, resource, resource. The way out of the dark, is to call the light in.

When we fear the dark

When we feel scared of the dark at night, this can be a symbol for an unconscious fear of the unknown or our shadow. This could also stem from a trauma from the past. In assisting yourself or others in exploring this issue, ensure that you are aware that either of these may arise. The best way to explore this fear would be to do a 'Body of the Shadow Integration Meditation' where you think of the dark and then see what the body throws up to you. I know that I mentioned to think of something positive for this meditation. However, it works both ways. So if you have a fear of some part of the shadow, this is the perfect meditation to unveil what underlies it and is creating it. Saying a statement such as 'I am afraid of the dark' can bring up uncomfortable feelings that you can work with in this meditation. The point is not the statement, but the body's response. So use whatever works.

Called to action or integration?

When we are working on our shadow, we sometimes get to a point where we find ourselves attracting similar situations from the past and wondering why this keeps happening. The key here is to ascertain how we are feeling about what we are attracting to us. Then we need to discern what we are being called to do: are we the student needing to integrate or teacher who needs to role model positive action?

Where once dysfunctional people or things felt right, they may now create an uneasy feeling. This is a healthy response! When we feel uneasy, we know it's our intuition telling us that something isn't right or isn't fitting for us anymore. We are not pointing the finger at the person that has triggered this dis-ease inside of us. However, we need to point the finger right back to us as to what action we need to take. It is this action or 'response ability' that we have, that determines how we have changed. We may find we have learnt what we need, integrated this part and we are now the teachers who set the example. A good example of this was when a friend of mine was pregnant with her first child and had just separated from an emotionally abusive relationship. At the time, there were boundaries that she didn't feel comfortable setting. Even though she was physically separated, there was an unintegrated shadow aspect in feeling comfortable with protecting herself and her child. A couple of years later, she underwent a similar experience with an emotional abusive flat mate. At first she wondered what she was doing wrong as she had attracted a similar energy. However, upon reflection of her responses to the energy, it was like night and day. Where once she felt uncomfortable asking for help, now she used all the resources at her disposal with integrity. Where once she found it hard to say no to the energy, now she called on physical and spiritual resources to protect herself and her child. We both reflected on this. We decided that she was a catalyst for her flat mate to heal and integrate a disowned aspect of themselves. We also believed that she had to experience this so that she could see how far she had come. In doing this reflecting, she moved from victim to victory! She

was victorious in herself because she moved away from the behavior. It was a triple win because we also had the realization that I am writing about now. We don't need to think we are doing something wrong because we attract repeat experiences. We need to be able to discern if there is a part of us we need to integrate or a positive action we need to take with integrity.

When we have integrated a part of us:

- Our feelings tell us when others are not owning their shadow
- We have no resistance/reaction in exploring whether we are judging another part of us
- We can see if there are other parts we need to integrate to assist with taking action
- We can take appropriate action
- We become great role models for our family, friends and children.

We are usually immobilized through fear or anger if we have not integrated an aspect. So remember to ask yourself if you are called to integrate or take action. We are the student when it comes to needing to integrate. In taking action we are usually the teacher. Then we learn again from those that we have taught. My students are my best teachers!

Life Purpose Shadow Work

When we are able to explore beyond the wound, beyond any scene that is caught there from this life or others, we can then do our life purpose work. We can find the shadow part that is helping us or hindering us from living our life's purpose. The whole point of this level of integration is not to look for wounds and heal them. The whole point of this level of integration of the shadow is to reclaim the path of consciousness that we set out to achieve when we signed our contract for this time on earth. It is to achieve that level of consciousness that we hoped that we would achieve this life time.

I have known body based psychotherapy that helps us gather information with regards to how the wound occurred, when it occurred and how to resolve this wound in the short term. The shadow work that we present here, represents the achievement of consciousness that we wanted for this life time. It is to get us to where we wanted to go. We might even find that we go beyond the consciousness that we expected this life time, by doing this work. And somehow, we may have known this before we entered this life. We may have known, 'I am selling myself short by setting the bar low for myself, but at least I know I will get there. Once on earth, I will give myself another opportunity to change my mind and rechoose my consciousness goal for this life time'. It may be a time where we feel, 'I am being given the tools to surpass my contract and I willing choose to do this'. This brings us back to my first book 'Making Light Work' when we talk about Destiny vs. Choice. Is it our destiny or do we choose? I think it's both. I think we choose before we come in. So this sets up our destiny. But then we can rechoose any time we feel. We can renege what we have chosen. We can also reset our goals of consciousness. We are all heading in the same direction with the evolution of our consciousness. Sometimes it's a couple of steps forward and one step back. But we are all on the same track. If we feel resourced (and we have attracted this to us) then we can go beyond the level of consciousness that we thought was achievable in this life time. Shadow work gives us this opportunity.

I want to share a summary of a very special story you that in a wonderful way explains how we transform the darkness to light. It is called "The Little Soul and the Sun" and it is written by Neale Donald Walsch. It is the kind of story that you can tell a child. In it's simplicity it helps us to remember who we are and what the task of the darkness is for. My daughters both enjoyed this story and confirmed that it was a powerful way to understand the shadow.

It is the story about a little soul who told God very excitedly that it knew who it was. It told God that it knew it was the light. However this soul wanted to be who it was rather than just know it. God was happy for the little soul to be it and explained that it was nothing but light. God explained that the little soul was like

a candle in the Sun and without the little soul, the sun would not be the sun. This puzzled the little soul who wondered how it could know it was light amongst the light. So God explained that he could create darkness so that the little soul could see its light. The little soul agreed. It decided it wanted to lean about a special part of the light called forgiving. It wanted to learn to be forgiving. Another friendly soul put up its hand to assist the little soul in learning how to be forgiving. The other soul explained that it would do something really terrible in the next life that they shared together, so that the little soul could learn how to be forgiving. The little soul asked why it would do such a thing to become so dark and dense and do this bad thing. The other soul said it would do it because it loved the little soul. It told the soul they had shared many lives together and taken turns to be the victim and the villain. The other soul asked the little soul one favour in return. The other soul said that in the moment that it strikes and smites and does the worst thing to the little soul that it could possibly imagine ~ in that very moment...to remember who it really is because it would have been pretending so hard, it will have forgotten itself. The little soul agreed. And God smiled and said “Always remember, I have sent you nothing but angels.”

Acknowledgements

I would like to pay a huge acknowledgement to my good friend, soul sister and consultant Lightworker Practitioner Candy Bowden. Thank you so much for your willingness to embrace the shadow and offer your opinions and guidance. Many of these have been acknowledged and included in this book. I will be forever grateful for your connection.

I would also like to thank my husband Tony for his support whilst I wrote this book. It was a challenging time for me both emotionally and physically. I faced many shadow parts of myself in the process and you were always available. I am so blessed to have you in my life to share my darkness and celebrate my light. Thank you my wonderful soul mate.

Thank you to all my family, friends, past clients and relationships. It is through conversations and experiences with you that made this book make sense on the physical level.

I would lastly like to take this opportunity to thank all my shadow parts. You are amazing, helpful, insightful and wise. Without you being on board, this book would not have been started or completed. It is my wish that we continue to serve the light together and help others to understand the darkness.

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