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So, why should you befriend your shadow? Because it's innocent. It's actually your ticket to freedom, the friend who bails you out of jail. This jail is of your own making, a cage of self-image that keeps your soul trapped in a box. Merriam Webster defines shadow as, "Partial darkness or obscurity within a part of space from which rays from source of light are cut off...". Your shadow ...

6 Steps to Befriend Your Shadow and Let in the Light

Befriend our shadow by working with the archetypes of the Major Arcana Discover—through affirmations, tarot prescriptions, and other healing modalities—how to empower ourselves and find our true voices Take our newly found powers and speak out so that we can become a helpful ally for the light and begin to do your greater work

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Still, Monbourquette's book is also a transformational read. Above all, How to Befriend Your Shadow tells you when you're projecting your problems in a conflict situation and when the other person really does have a problem - and that really is worth knowing, in my opinion. What do you think about How to Befriend Your Shadow - do let me know!

How to Befriend Your Shadow Book Review

Ways to Communicate with Your Shadow 1. Ask to speak with your shadow. Pose questions and wait for answers. These answers can come as thoughts, visions, memories, feelings and physical sensations. Let her lead you down deeper to show you what she is made of. Then write it out. Begin with the question: What am I feeling dark about? Or Why...? 2. In silent meditation allow yourself to breathe and be lulled into relaxation.

4 Ways To Befriend Your Shadow Self To Find Your Truest ...

Free Download How To Befriend Your Shadow PDF Book As I sit here writing this the sky is alive with rain and thunder. She is purging, brewing and renewing herself, and How to Befriend Your Shadow world beneath her. So much magic comes from those moments of release. The cleansing waters wash away the pain and the fear, and reveal beautiful light that lives within. Falling rain always signals to ...

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