

Live Your Dreams

Week 3 – Identify Your Shadows

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Where the Road Meets Spirit



Visioning Exercise



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Week 1 & 2 – Get your Bearings

Step 1 – Get your Bearings (Weeks 1-3)

Step 2 – Commit & Prepare

Step 3 – Plan your Route

Step 4 – Get Started

Step 5 - Plan for Sustainability & Growth



Week 3 – Identify Your Shadows

Objectives:

- I. Understand the concept of shadow
- II. Identify your shadows
- III. Learn how shadows are assets
- IV. Change how you respond to familiar patterns

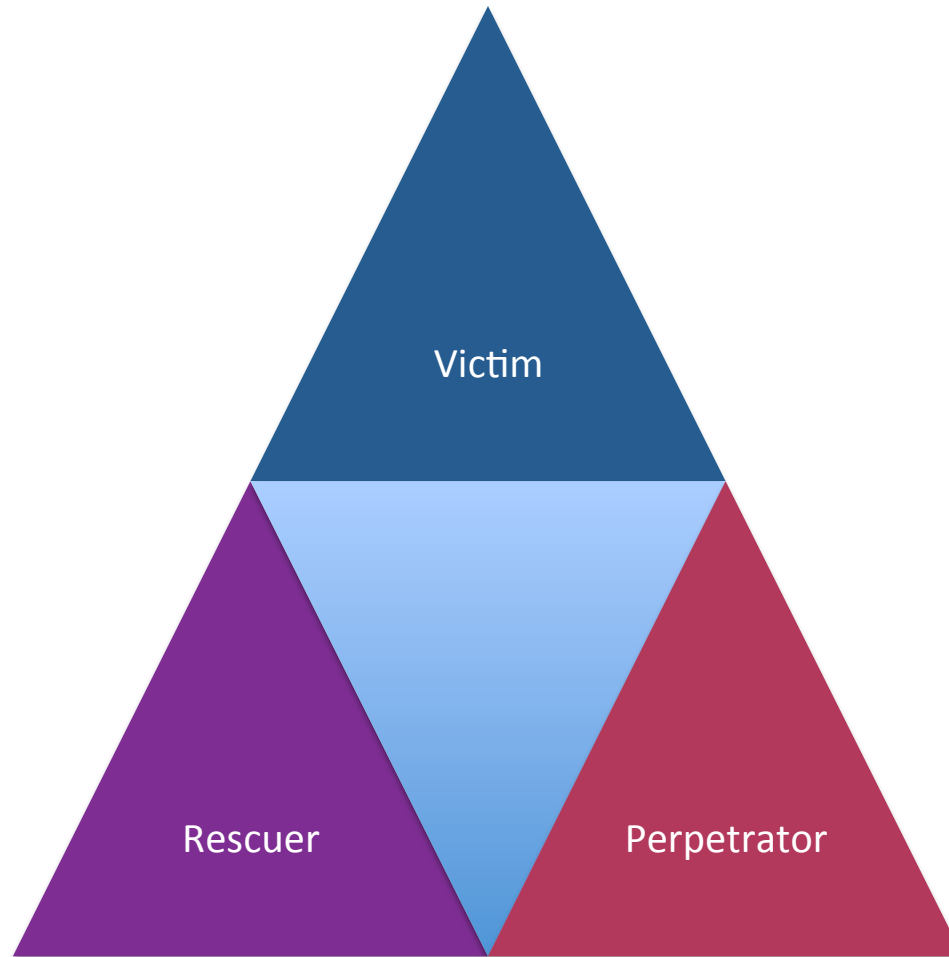


I - Who's in charge?

- We use our conscious brain 5% of time
 - Identity, wishes, desires, aspirations, creativity
- 95% of time our subconscious is in control
 - We acquire who we are from what other people tell us we are
 - Comments from parents, teachers stay with you for life
- Stay conscious by staying in the present
- Dr. Bruce Lipton



Triangle of Disempowerment



Triangle of Disempowerment

- When you see others as good/bad, you're most vulnerable - you are meeting your own shadow
- Whenever we slip into the triangle, we're depending on someone else to save us
- *The Four Insights*, by Dr. Alberto Villoldo



What is your shadow?

- Your shadow is “the person you’d rather not be” (Carl Jung)
- Jung believed you cannot see your own shadow – you can only see it through others



Defining Shadows

- The Shadow is those aspects of self that are kept hidden in the dark and out of awareness.
- Many of these aspects of self have great holds on your life and actually dictate your thoughts, feelings, beliefs and actions.



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Your Shadow

Includes your:

- Deepest fears
- Shames
- Regrets
- Judgments
- Core beliefs
- Unconscious contracts/
vows, “truths” about
life



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Projection

- Often deny attribute
- But project it on others
- Have to turn it around and work on it face to face
- Once you own it, it doesn't bother your anymore.
- Gives you back energy that you've given away



Mirroring

- Others are your mirrors
- Focus on what others are trying to teach you
- What do you see in the mirror?



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Who are your mirrors?

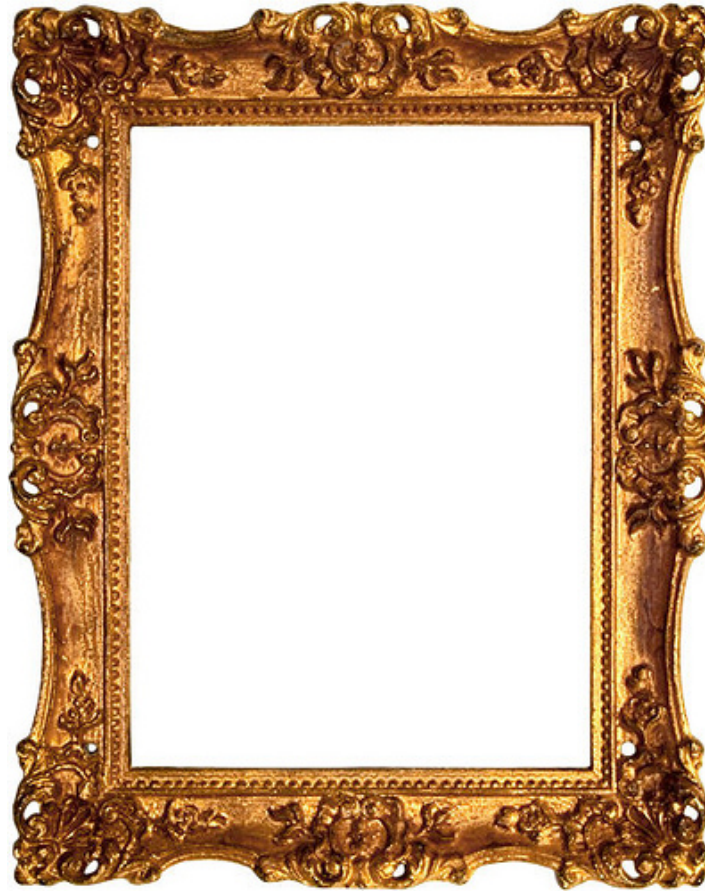


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II - Identifying Shadow Patterns



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Finding patterns

- Take advantage of challenging times and crises to identify and embrace Shadow aspects of your self
- Usually it is the “child” part of the self that needs to be heard and embraced.

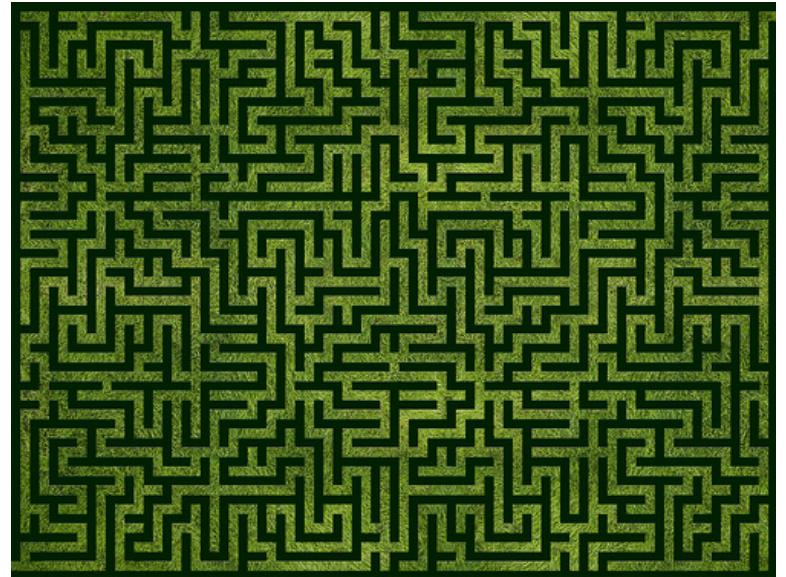


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Examining Patterns

- Look for those deep-rooted reasons for these patterns
- What you perceive as faults, negative patterns or things you don't like about yourself are actually assets

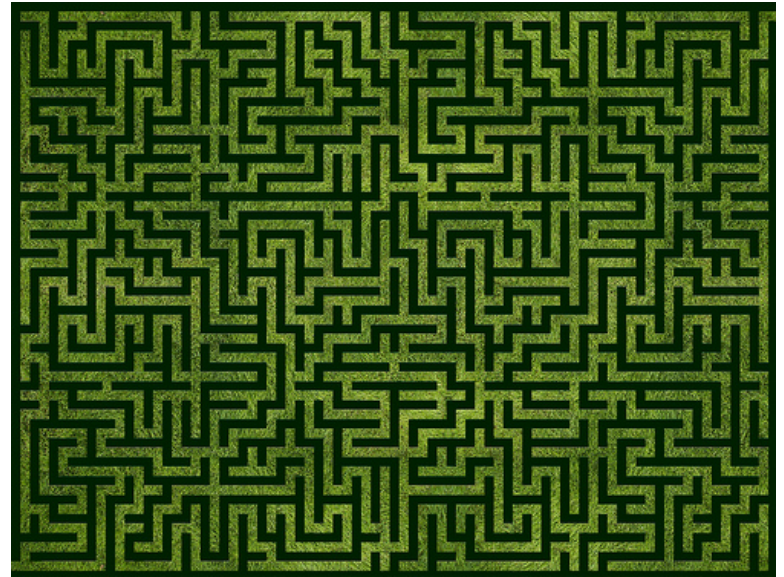


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Delve into the Pattern

- What is my earliest memory of this pattern?
- What does the picture look like?
- Who is there? What words were spoken?
- What was the impact of this mental picture and these words on me?
- What did I feel?
- What conclusion did I draw about what I should/could be, do or have?

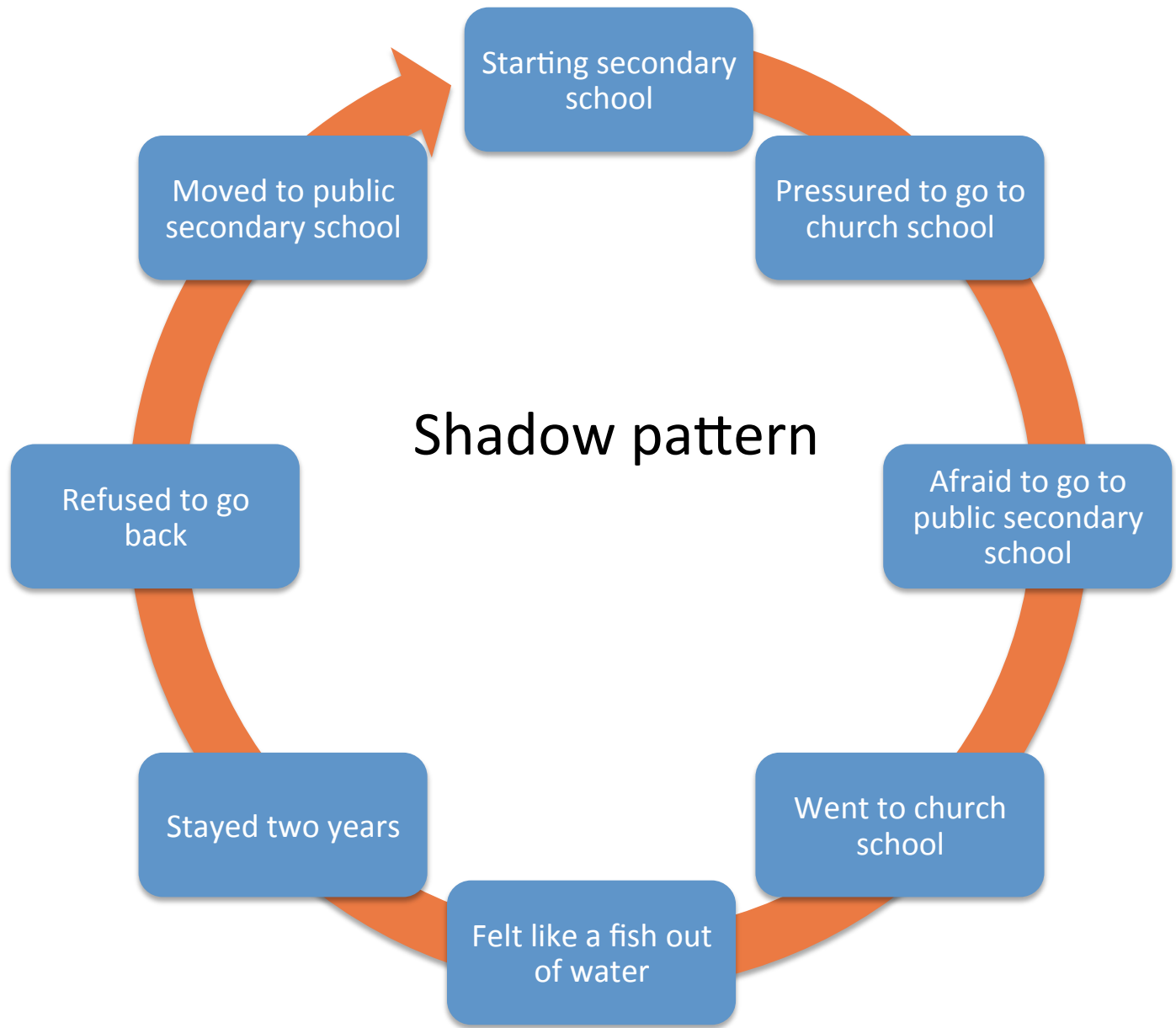


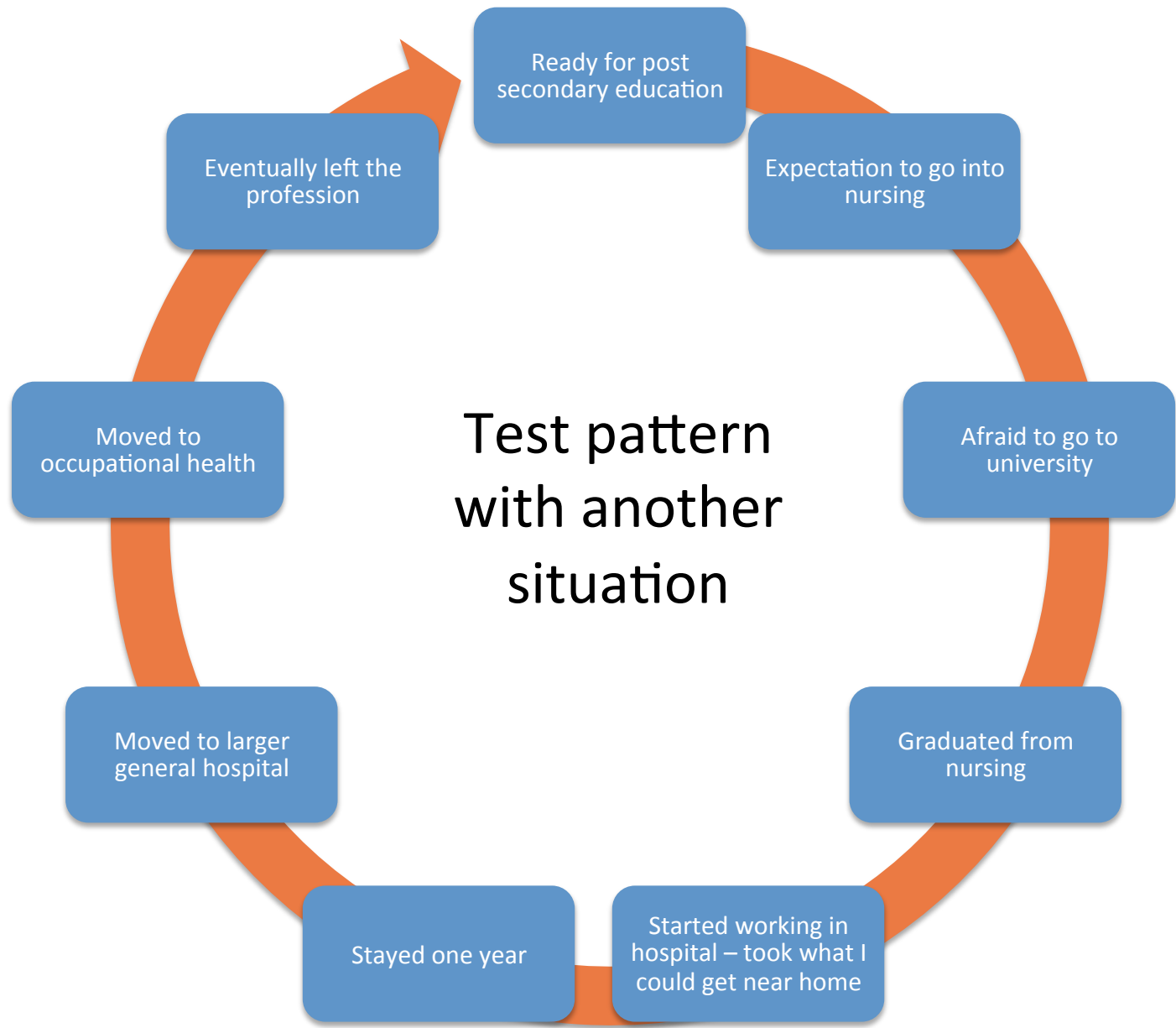
Write them down

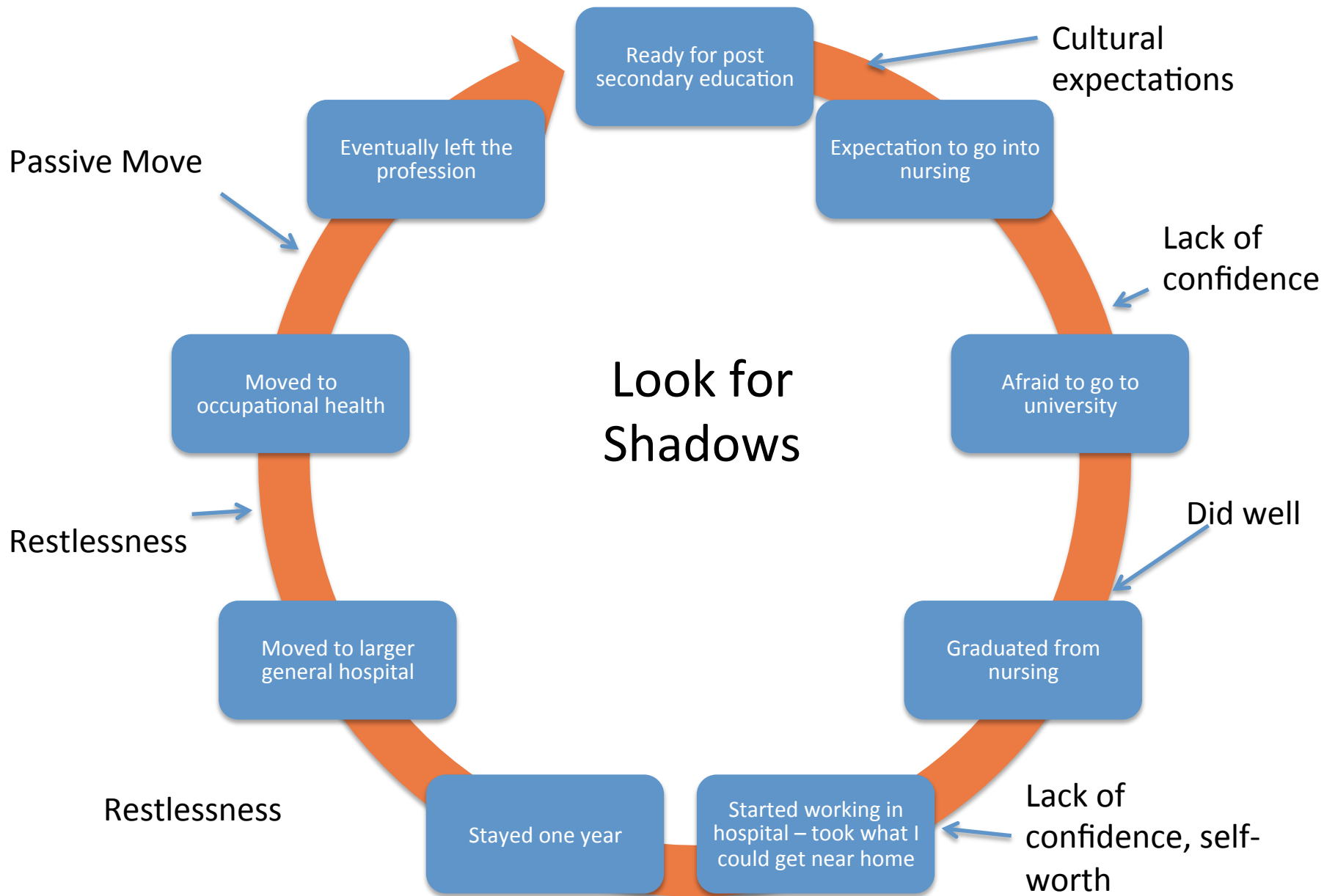
Look for:

- Common ground
- Similarities
- Underlying themes
- Common words









My Shadows

- Role expectations – based on expectations of others – worked to fill it well – turn it around to do for self
- Fear of not fitting in or doing well – retracted, accepting
- Accepting is a shadow when it's being passive, unassertive – accept what life delivers and apply action



What are your patterns?



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Meditating to find shadows

- Ask to have your inner truth revealed to you
- Use:
 - Meditation
 - Automatic writing
 - Journaling
 - Nature
 - Motorcycle ride
 - Whatever works for you



III - Leverage your Shadow

1. Use the lessons of the past as mulch to build the future you want
2. Begin to transform your core beliefs about who you are and what you're capable of
3. Attract different people and experiences into your life
4. Change how you respond to familiar patterns
5. Believe that anything is possible



Leverage your Shadow

- How are your strengths also your shadows?
- Recall the list of strengths from Week 2. How can those strengths become shadows?



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Your Toolbox

1. Values
2. Dream
3. Current Reality
4. Assets
 1. Strengths
 2. Shadows
 3. Patterns



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Homework

- Identify your shadows
- List how strengths can be shadows and shadows can be strengths
- Revisit your dream
- Get to me by Monday evening at 8:00 pm ET and I'll have it back to you before next class

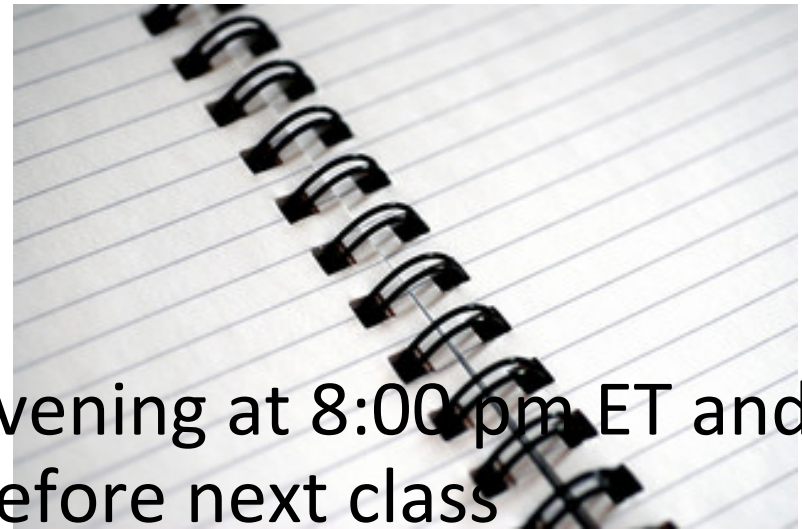


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