



Understanding Shadows

Your shadows represent hidden aspects of your personality or your reactions. They are rooted in unhealed wounds.

Shadows are desires, feelings, and beliefs that lead us to respond or react.

- **Unconscious Desires:** Desires or impulses that operate beneath our conscious awareness, driving our behavior or influencing our decisions.
- **Feelings:** Emotions that we may find uncomfortable or challenging to acknowledge, such as anger, fear, jealousy, or shame that shape our reactions to ourselves and others.
- **Beliefs and Traits:** Deep-seated beliefs, attitudes, or personality traits that we may not readily acknowledge but influence our thoughts, actions, and relationships.
- **Reactions:** Patterns of behavior or responses that arise unconsciously, often stemming from desires, feelings, beliefs, and past experiences.

According to Jungian psychology, the "inner critic" archetype, or "shadow," represents unconscious aspects in conflict with the conscious ego. It's composed of repressed elements of and symbolizes the Hero's internal struggles. This concept is evident in recurring themes in mythology and tarot, as discussed by Joseph Campbell's Hero's Journey and Maureen Murdock's Heroine's Journey.

<https://bibisco.com/blog/shadow-archetype-examples-and-use/#:~:text=The%20Shadow%20archetype%20is%20a,try%20to%20suppress%20or%20deny.>

What is a spell?

Conscious Creation

- Gathering and manipulating energy
- Symbolic action
- Communication

Conscious or Unconscious Creation?

Unconscious Manifestation occurs when you act without self-awareness, driven by subconscious patterns, fears, or unresolved emotions. This behavior and energy influence what you attract.



The Law of Attraction your thoughts, beliefs, and actions attract corresponding experiences. If your actions are not aligned with our true values and intentions, you can attract unintended consequences.

Energetic Resonance your actions emit vibrations that resonate with similar frequencies. When rooted in shadows or negative aspects, these vibrations draw corresponding energies or experiences. By ignoring your shadows, you engage in self-sabotage by manifesting undesirable outcomes.

Shadows are Platforms, not pitfalls.

Within the darkness of our shadows lie the seeds of transformation and growth.

Blessing or Baneful: The Unconscious Spells You're Casting on Yourself

1. Stop Cursing Yourself: Be mindful of your words, as they shape both your self-perception and how others perceive you.
2. Surrender to the Cosmic Flow: Trust that the issue has already been resolved.
3. It's Not About You: Avoid Taking It Personally.
4. Spiritual Liberation: Embrace Your Spiritual Gifts.
5. Don't Ass u me: Avoid assumptions, and if you do, assume the best.
6. Shine Your Light: Always Do Your Best Work with Integrity.

1. Stop Cursing Yourself

Stop Cursing Yourself: Be mindful of your words, as they shape both your self-perception and how others perceive you.

Journal Prompts

1. Reflect on a recent situation where you felt doubtful or criticized yourself. What were the thoughts running through your mind at that time?
2. What recurring negative thoughts do you notice about yourself or your abilities?
3. How do you talk to yourself when faced with challenges or setbacks?
4. Are there any specific areas of your life where you consistently doubt yourself or feel unworthy?
5. Think about your childhood or past experiences. Are there any negative beliefs that were ingrained in you during that time?
6. What do you fear might happen if you let go of these negative beliefs or self-talk patterns?



7. How do these negative thoughts and beliefs impact your behavior, emotions, and overall well-being?
8. Consider the people in your life. Are there any relationships or influences that contribute to your negative self-talk or limiting beliefs?
9. Imagine your life without these negative thoughts and beliefs. How would it be different? What opportunities might open up for you?
10. Lastly, brainstorm strategies or affirmations you can use to challenge and reframe these negative thoughts and beliefs.

2. Surrender to the Cosmic Flow: Trust that the issue has already been resolved.

1. Reflect on a time when you experienced rejection or failure. How did it make you feel in the moment, and how did you initially respond to it?
2. Consider the idea that rejection may sometimes be a form of redirection rather than a reflection of your worth or abilities. Can you think of a time when a rejection ultimately led you to something better or more aligned with your goals?
3. Write about a goal or dream that you're currently pursuing. How do you feel about the possibility of facing rejection along the way? How can you cultivate resilience and maintain a positive mindset, even in the face of potential setbacks?
4. Explore the concept of surrendering to divine timing and trusting that the right opportunities will unfold for you when the time is right. How can you practice letting go of the need for immediate success and embracing patience and trust in the process?
5. Write a letter to yourself from the perspective of your future successful self, reassuring you that the journey may have challenges but ultimately leads to fulfillment and achievement. What words of encouragement would your future self offer?
6. Consider how you can reframe rejection as an opportunity for growth and learning. What lessons or insights have you gained from past rejections, and how have they contributed to your personal and professional development?
7. Reflect on the idea that your most fulfilled life, perfect job, or the love of your life is already on its way to you. How does this belief shift your perspective on rejection and setbacks in the present moment?
8. Write about the importance of resilience and perseverance in pursuing your goals despite rejection. How can you cultivate resilience and bounce back stronger after facing setbacks?



9. Consider the role of self-compassion in coping with rejection. How can you practice self-compassion and kindness toward yourself during times of disappointment or setback?

10. Write about your vision for the future and the steps you're willing to take to manifest your goals, knowing that rejection may be a part of the journey. How can you stay committed to your vision while remaining open to new opportunities and possibilities?

3. It's Not About You: Avoid Taking It Personally.

Journal prompts

1. Reflect on a recent situation where you felt hurt or offended by someone's words or actions. Describe the event in detail, including how it made you feel at the time.

2. Consider the perspectives of all parties involved in the situation described above. How might the other person have perceived the situation differently? How do you think their own experiences or emotions influenced their behavior?

3. Explore any patterns or triggers you've noticed in situations where you tend to take things personally. Are there specific types of comments or behaviors that consistently affect you? What underlying beliefs or insecurities might be contributing to your reactions?

4. Write about a time when you were able to detach from a challenging situation and not take it personally. What strategies or coping mechanisms did you use to maintain perspective and emotional balance?

5. Imagine how your life might be different if you were able to consistently practice detachment and not take things personally. How might your relationships, self-esteem, and overall well-being improve?

6. Consider the concept of "radical acceptance," which involves fully acknowledging and embracing reality, even when it's difficult or painful. How might practicing radical acceptance help you let go of the need to take things personally?

7. Explore the role of boundaries in detachment and personal resilience. How can setting clear boundaries with others help you maintain a sense of self-worth and protect your emotional well-being?

8. Write a letter to yourself from the perspective of a compassionate friend or mentor, offering encouragement and support as you navigate challenges without taking things personally.



9. Reflect on the relationship between self-esteem and the tendency to take things personally. How can cultivating a strong sense of self-worth help you detach from others' opinions and behaviors?

4. Spiritual Liberation: Embrace Your Spiritual Gifts.

1. Reflect on a past experience that caused you emotional pain or wounded you deeply. What emotions do you still carry from that experience? How have those wounds affected your self-perception and relationships?

2. Explore the roots of shame in your life. What events or beliefs have contributed to feelings of shame or inadequacy? How has shame shaped your thoughts and actions over time?

3. Consider moments when you've extended compassion to others who were struggling. How did it feel to offer kindness and understanding to someone in need? Reflect on how you can apply that same compassion to yourself.

4. Write a letter to your younger self, acknowledging the pain and struggles they endured. Offer words of comfort, support, and encouragement from your current perspective. How does it feel to offer compassion to your younger self?

5. Challenge negative self-talk and beliefs that stem from shame. Identify any recurring thoughts or beliefs that contribute to feelings of unworthiness or inadequacy. Replace these with affirmations of self-compassion and acceptance.

6. Engage in activities that nourish your sense of self-worth and belonging. This could include practicing self-care, spending time with supportive friends or family, or pursuing hobbies that bring you joy and fulfillment.

7. Consider seeking support from a therapist or counselor who can help you navigate and heal from past wounds and shame. Therapy can provide a safe space for processing emotions and developing self-compassion.

8. Practice mindfulness and self-awareness techniques to cultivate a deeper understanding of your thoughts and emotions. Notice any moments of self-criticism or shame without judgment, and gently redirect your focus toward self-compassion.

9. Reflect on the ways in which your experiences of pain and shame have shaped your resilience and empathy toward others. How can you use these strengths to support and uplift those around you?



10. Remember that healing is a journey, and it's okay to seek support and take small steps toward self-compassion. Be patient and gentle with yourself as you navigate the process of mending wounds and cultivating greater self-love and acceptance.

5. Don't Ass u me: Avoid assumptions, and if you do, assume the best.

Journal Prompts

1. Reflect on a recent situation where you found yourself making assumptions about someone's intentions or actions. What triggered these assumptions, and how did they affect your perception of the situation?
2. Explore the origins of your tendency to make assumptions. Are there specific experiences or beliefs from your past that have influenced this behavior? How do these assumptions manifest in your thoughts and interactions with others?
3. Consider a time when you successfully avoided making assumptions and approached a situation with an open mind. What strategies did you use to suspend judgment and stay curious? How did this mindset impact the outcome of the situation?
4. Think about someone in your life whom you've previously misunderstood or misjudged due to assumptions. How might your relationship with them have been different if you had assumed the best instead? What steps can you take to repair or improve this relationship moving forward?
5. Imagine a scenario where you're faced with ambiguous or unclear information about someone's behavior. Instead of jumping to conclusions, challenge yourself to withhold judgment and assume the best intentions. How does this shift in perspective influence your thoughts and emotions?
6. Explore the connection between assumptions and empathy. How does assuming the best about others contribute to a greater sense of empathy and understanding? In what ways can you cultivate empathy in your daily interactions by reframing assumptions?
7. Reflect on the impact of assumptions on your mental and emotional well-being. How do negative assumptions about yourself or others contribute to stress, anxiety, or conflict? What self-care practices can you implement to mitigate the effects of these assumptions?
8. Consider the role of communication in preventing misunderstandings and assumptions. How can clear and open communication help clarify intentions and dispel misconceptions? What communication skills do you need to develop to effectively navigate situations where assumptions arise?



9. Write a letter to yourself outlining the importance of not making assumptions and assuming the best in your interactions with others. Offer words of encouragement and affirmation as you commit to cultivating a mindset of curiosity, empathy, and understanding.

10. Visualize a future where you've mastered the art of not making assumptions and consistently assuming the best about others. What positive changes do you envision in your relationships, personal growth, and overall well-being as a result of adopting this mindset?

6. Shine Your Light: Always Do Your Best Work with Integrity.

- Self-awareness: Recognize perfectionist tendencies and understand their root cause.
- Challenge thoughts: Challenge unrealistic standards and practice self-compassion (self-protection).
- Focus on progress: Shift focus from perfection to progress and learning.
- Break tasks down: Divide tasks into smaller steps to prevent overwhelm and procrastination.
- Practice decision-making: Start with smaller decisions, gradually building confidence in your ability to make choices.

Journal Prompts

Self-awareness:

1. Reflect on moments when you've noticed perfectionist tendencies in yourself. What triggered those tendencies?
2. Describe how perfectionism has impacted various areas of your life, such as relationships, work, or personal well-being.
3. How do you typically react when you make a mistake or fall short of your own expectations? Explore any patterns in your self-criticism.

Challenging perfectionist thoughts:

1. Identify one unrealistic standard or belief driving your perfectionism. Why do you hold onto this belief?
2. Imagine a compassionate friend offering support after you've made a mistake. What would they say to you? How can you adopt this kinder perspective toward yourself?
3. Write a letter to yourself, acknowledging your imperfections and affirming your inherent worthiness.

Focus on progress:

1. Think about a recent project or goal. Instead of focusing on the end result, describe the progress you've made along the way. What have you learned from the process?
2. Recall a time when you faced a setback or failure. How did you respond, and what did you learn from the experience?



3. List three things you're proud of accomplishing, no matter how small. Reflect on why these achievements matter to you.

Breaking tasks down:

1. Choose a task or goal you've been putting off. Break it down into smaller, manageable steps. How does this approach change your perspective on the task?
2. Write a step-by-step plan for tackling a challenging project or goal. How can you incorporate breaks and self-care into your plan to avoid feeling overwhelmed?
3. Reflect on a time when breaking a task into smaller steps helped you overcome procrastination. What strategies were most effective for you?

Practice decision-making:

1. Think of a recent decision you struggled with, no matter how minor. Describe the factors that influenced your decision-making process.
2. Write about a time when you made a decision that didn't turn out as planned. How did you handle the outcome, and what did you learn from the experience?
3. Imagine a scenario where you need to make a difficult decision. How can you apply trust in your abilities and embrace uncertainty as part of the process?