



Fierce Grace

SHADOW DANCER INITIATION

WORKBOOK



NOTE FROM LHAMO

HELLO, MY BEAUTIFUL FRIEND,


Welcome to our third year of Fierce Grace. I am both delighted and excited to have you here.

Today is Day One of our Twenty Two day program. We are about to step into a beautiful world that is grounded in love and sacred practice.

If you are repeating the program (and many of you are) you will know that claiming the time to do your daily practice is not the most challenging part of this program. Nor is the depth that you are asked to explore your hidden hurts, wounded ideas of yourself or your 'head gremlins'.

You will know that the hardest part about this beautiful initiation is opening up to the infinite Love that is waiting for you.

Perhaps if you are new here that seems like a hard thing to believe? *"Why would I not want more love in my world?"* I hear you cry. "Good Question" is my reply. You see, this is what shadow work is. It is the self inquiry into the old and unconscious patterns that keep you believing that you or other people are either unloveable or



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unworthy to receive or be Love.

All of that is an illusion. Of course you are Love, and so my friend is everyone else, and just like you sometimes (or a lot of the time) they might choose to forget or not operate from the Truth of this. Fierce Grace is here to help you.

The course is divided into five sections :

- Days 1 - 4 : Establishing a Foundation of Love [This is THE most important work of the course] + Learning the Five Steps. On Day One we will also have our First Connection Zoom Call.
- Days 5 - 10 : The First Five Shadows + a day of rest
- Day 12 : A sacred initiation into the profound wisdom from the Nag Hammadi Scriptures
- Day 13 - 19 : The Last Seven Shadows + the Teachings of Mary Magdalene's Gospel
- Day 20 - 22 : the final module is a three-day healing, blessing and reconsecration.

As part of this course, you are required to have a morning [15 mins] midday [5 - 10 mins] and evening [15 - 20 mins] spiritual practice. Every day you will be sent an email at 5am with instructions and a link to the Shadow Dancer Membership Site. You will need to be logged in for the link to work.

If you are an early riser, you are welcome to start your morning practice then. I will be doing my morning prayers and meditation between 6.30 am and 7am. You are welcome to join me energetically then.

Your midday practices are mainly mindset statements, mantras or teachings to contemplate. The purpose of the midday work is to keep you consciously connected to your inner world and the sacred work of this program. I liken it to throwing an anchor to hook ourselves back into Spiritual wisdom and Divine Love. Only you can stop abandoning your inner self and spiritual life. This practice will help you build the self-awareness and devotion required to stop.

The evening practice is best done just before you get into bed and sleep. It is best NOT done in bed as you might fall asleep before you complete your practice. Plan ahead, work out when is the best time to do the work and make a commitment to showing up - as best you can. Every day builds on from the other, its like you are learning a new choreography and the Divine She is your Dance instructor. The joy during and after the course is worth it - and so too, my beautiful friend, are you.

Lhamo XX

Reverend Lhamo Lotscher
Minister and Founder of Ministry of She

FIERCE GRACE

THE BEGINNING

IN THE WINTER OF 2020, THE WORLD, OR MAYBE IT WAS

just me, slowed down enough to catch this body of work. It had been floating around me for years, staying just beyond my reach somewhere in the ethers. While I knew *IT* was coming, I had no idea what *IT* was. All I knew was that it was a body of work about the Shadow and that, once again, I needed to say yes, and trust.

Starting on Mary Magdalene's Feast Day, with a band of intrepid shadow ninjas (aka women brave enough to trust me), I showed up every day for twenty-two days to write a daily set of instructions, download pages of teachings and also do the work I was being given. This proved to be a very interesting process!

Basically, to get my ego out of the way, I needed silence, complete focus and surrender. I had to let go of my identity of self and say yes to the words and teachings coming through me. This wasn't a comfortable process for me or my family. With two nocturnal teenagers, the silence I needed usually arrived around 11 pm, which meant I was writing until two or three in the morning. The days blurred, and tiredness took its toll, and at the same time, something incredible happened.

Shadow states started dropping off all of us, sometimes dramatically. What is a shadow state, a loveless set of behaviours that we humans play out when we forget that we are good. What is under our shadow? The love that never leaves. It became almost miraculous. At the end of the three weeks, everyone had experienced profound change. To this day, the shadows I confronted have stayed away. Love now is the foundation of my identity and world. If this course can do that for me, then absolutely it can provide that for you too.

I now call this course Fierce Grace because that is what it is. The blinding pure unadulterated love of our embodied soul is both passionately fierce and full of mercy. You have to be brave to stalk your unconscious self. You must also be ruthlessly honest, assertive, kind and committed to not just self-actualisation but soul-embodied self-awareness, which really is no attachment to any identity. But I'm getting ahead of myself.

This course will help you facilitate being in a state of Fierce Grace permanently. It will show you first how to stand in the engoldenment of your soul (this is your daily morning practice) and choose a love (not fear) centred life. It will then show you the how-to steps of embodied Shadow Work. Then Fierce Grace, this humble little course, will take your self-awareness of self to a new level!

By opening to the teachings from the hidden texts of the Nag Hammadi scriptures, you will have the opportunity to reclaim the totality of your perfectly imperfect soul expression. With the seven magical teachings from Mary Magdalene's gospel, combined with the wisdom mandalas of MotherQuest, we will break through seven annoying impediments to living your *Anthropos*, your embodied Divine Humanity. So get ready for the sacred white heat of your inner Divine She coming home to your soft, warm human body. We are going to create a vortex of transformation. Are you ready? I hope so!

Shadows, the nasty inner gremlins or identities that justify why you can act out your trauma and defence mechanisms, have no place in this magnificent Light of your soul's embodied beauty. What makes Embodied Feminine Shadow Work different from other shadow work is not only self-compassion. It is the commitment to stay in your body, not the processes of your mind. The following 22 days are an awakening kick start - I have the how-to; all you need is the willingness to stay with me. So grab hold of my hand. Let's begin.



THE WARM UP

THE SACRED QUESTION

LET'S BEGIN WITH A QUESTION

Who could you be if you were permanently connected to Love?

Just imagine, you could speak up, stand your ground, break rules and challenge people, but never once forget that you and the others you are with were at all times intrinsically good. Imagine you could always remember someone else was pure love, no matter how disgraceful they were acting.

Imagine you thought that way about yourself too.

Imagine if every person on the planet suddenly gave up believing that any person was less or more loveable than they were. What if the whole of humanity spontaneously combusted into remembering they are loving, loveable and good. Could you live in that world?

What if you were the person in your neighbourhood who was destined to teach people the possibility of this? Would it motivate you? Or would it make you run for the hills?

What if all Shadow work was, more or less, a version of this? That is, you remembering, at all times, that your love is like a shining star and that inside you was a perfect ineffable capacity to be the love that changes everything.

This is, I believe, the only worthwhile way of exploring our Shadow. I am not convinced by sages or otherwise that dissecting or solely focusing on our darkness, call it sin, shadow, ego or any other mucky name, is useful. Its far better to go to the core and be Love.

Why, comes down to physics. You can not have a shadow unless you have a source of great light and what causes a shadow is an opaque object that blocks it. Something dense enough to appear real and stop the light from doing its shiny thing. The light has got to be there in the first place. That opaque object in shadow work, is your belief that the hurt that happened in your life is more true than the Divine Love inside you. Let me say that again. The cause of all shadows is that your childhood attempts to stop you from feeling the pain of being human (and having an imperfect childhood) is the cause of all shadow imprints. That, and the unhealed epigenetic trauma you inherited from your family.

So, to commence our shadow work, we are going to start at the beginning (which is also the ending). We are going to start with a Universal Truth, which means that it is not only true for you, it is also true for everybody. I'm going to invite you to practice believing it. You don't have to believe it straight away, you might have a reaction to it, and if you do, that's perfectly ok. Practice believing it anyway.

The idea is this:

***You are already perfect, whole, complete, and made of love,
and so is everyone else, equally and always.***

That's it. Shadow work #101 in a nutshell.



DAY 1

SETTING YOUR INTENTION

JOURNAL QUESTIONS : What is the reason you are doing this course?
What compelling motivation has brought you here now?

Write a love letter to your most vulnerable self explaining why you have said yes to participating in this training.

If you had a magic wand and could grant yourself your greatest wish, who would you like to be and how would you like to feel at the end of this course?

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22



MY INTENTION

WHAT SPECIFIC ISSUE OR ASPECT OF LIFE
WOULD YOU LIKE TO TRANSFORM IN THIS COURSE?



KEEPING ORGANISED CHECKLIST

FIERCE GRACE : SHADOW DANCER INITIATION

INSTRUCTIONS: We will explore five different modules over the next 22 days.
Use the following checklist to keep yourself on track.

- ☐ WELCOME
- ☐ MODULE 1 : EMBODYING YOUR LIGHT
- ☐ MODULE 2 : DANCING IN YOUR SHADOWLANDS
- ☐ MODULE 3 : UNLEASHING THE THUNDERMIND
- ☐ MODULE 4 : RELEASING THE SEVEN DEVILS
- ☐ MODULE 5 : BALM OF SACRED MOTHER WISDOM
- ☐ COMPLETE MODULE 5
- ☐ SEND IN MY FEEDBACK & TESTIMONIAL
- ☐ FEEL THE SATISFACTION OF FINISHING
- ☐ PASSIONATELY START THE PROCESS AGAIN!

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*"Feel your hair come tumbling down
Feel your feet start kissing the ground
Feel your arms are opening out
And see your eyes are lifted to God"*
- Kate Bush



**TO CREATE A
SHADOW
YOU MUST FIRST
HAVE A GREAT
LIGHT.**

Let's return there.