



DAY 10

INSTRUCTIONS

MORNING PRACTICE : STANDING IN YOUR LIGHT

STEP ONE

Start your morning practice with your Soul Light Meditation. Today is the last day of Dancing in the ShadowLands, so let's do this work completely. This morning pull your Light and Soul into every pore, cell and nuance of your body/mind. Blast your way through blocks and detachment, and wake your body to the full vibration of your soul's presence.

STEP TWO

Read the notes on the following pages and resource yourself with the Universal Wisdom of your Divine Human Embodiment. This is your birthright, to bring your Divine spark, your unique expression of Light and consciousness fully into your human womanly body ~ without obstruction, without illusion and without limitation.

MID-DAY MANTRA PRACTICE :

***Today, I will make
the inside like the outside, and
my outside like my inside.
the higher like the lower
so that my inner parts,
my angel and my flesh
are whole.
One, in union,
within me.***

- inspired by the Gospel of Thomas

EVENING PRACTICE

Tonight is an evening of rest and contemplation. Take a bath, nourish your body with oil, light candles, play the music that nurtures the quiet wisdom of your soul. As you celebrate with kindness the beauty of your embodied form, open to the magnificent Truth of the Light and Divinity within you.

Know you are Loved, know you are loving and know the truth of you is always, Divine Love.

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SOUL TRUTH OF DIVINE HUMAN EMBODIMENT

The two Universal Wisdoms of today's practice, your Divine Humanity and your Earthly embodiment, combine to be the Truth that is true for all beings. We are both consciousness beyond form and form made from sentient life. Our task today is to be the Truth that is these two wisdoms combined.




Today, dance the full expression of your soul self, alive in the humble perfection of your human form. Allow the eternal quest to become an Anthropos, the *completed human being*, to be the rhythm that you dance to.

A completed being where no thing is separate, where the union of all opposites has occurred. Where our soul blueprint of love is the way we live. Where our soul, now awake in our body, is the refuge of grace we live our ordinary days within. Where our enlightened self is made whole, birthed real, into every aspect of our world, and sacredness is the holy ground underneath our shoes.

To this, the promise of our enlightenment made real, we return and remember, again and again and again. You are Divine in human form.

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DAY 22





*"I'll tell
you right now,
the doors to the
world of the wild self
are few but precious.
If you have a deep
scar, that is a door"*
- Dr Estes

SUPERFICIALITY

trapped in materialism

Your Shadow today is to stalk your loss of the sacred or where you trade your Divine Connection for the illusion of separation.

You are to dance with every time the shadows of materialism or meaninglessness or success defined by egoic pride rustle in and take over.

You are to shadow dance with your materialism.

You won't take the object you are craving, the title you are seeking, the bank balance you are longing for, or the reputation you are lusting after with you when you die.

But you can dance with your materialism until its transformation into meaning becomes your route to living your most sacred life. Be in your body; be in this world, but be not attached to any of it. Let everything you own be a route to reclaiming your life as Holy.

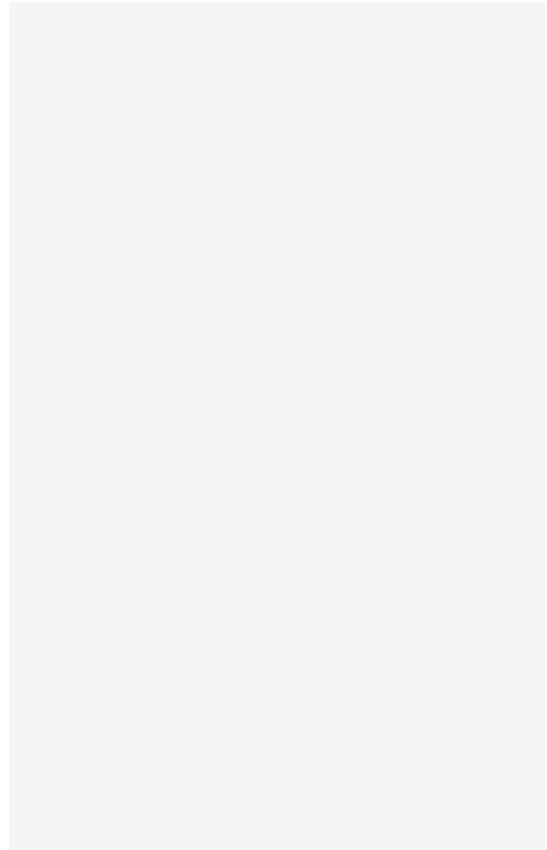
SHADOW SIX

DIVINE HUMAN EMBODIMENT VS SUPERFICIALITY

IN MY BODY SUPERFICIALITY
FEELS



MY SHADOW LOOKS LIKE



WHEN I AM IN SUPERFICIALITY ...

My body feels:

The thoughts I think are:

The way I sabotage myself is:

The belief I make true is:

WHEN I CHOOSE TO HONOUR MY DIVINE HUMAN EMBODIMENT I FEEL ...

