



DAY 19

INSTRUCTIONS

MORNING PRACTICE : REMEMBERING SOUL

STEP ONE

Start your morning practice with your own prayer or centring practice. Today your shadow work is to read your notes and spend the whole day meeting your true self in the love of everyone.

MID-DAY PRACTICE :

Your choice with every interaction today is to choose :

love or fear

love or attack

love or separation

Your opportunity is to meet your soul in the soul of another.

EVENING PRACTICE

This is your final shadow practice. In your evening sacred time, allow your heart to know yourself in the heart of every being.

First, think of all those you love and meet yourself in their heart. Then think of all those you don't quite like, meet yourself in their heart. Then think of all those you don't like at all, think of the ones you hate, despise and a frightened of, meet yourself in their heart too. Just like you did with your shadow work.

Could every other being, just like the lost parts that create your shadows, be the you that is really you?

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TRANSCENDING THE 'WISDOM' OF ANGER

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What binds you to your ego? What binds you to this world? What binds you to your suffering? Is it your righteousness, or is it your false "I"?

The last wrath we have to transcend is the false wisdom of anger. To explore this and unlock its power, we must now dive deeper than we have before.

First, we must look at the righteousness of our anger again but this time, you are not to meet your righteous as a shadow but as a symptom of another false belief.

Who within you makes you believe when you are angry that you are right? It is the I that is your ego. **Is it the me that does not include you?**

In Eastern wisdom traditions, this would be our small self, or our separate I. The me that believes I am separate from you. The I that believes I am my reputation, my relationship, my house, my identity, my football team, my role in my family and relationships and that I am not you.

It is here we find the essence of the wrath we are passing through. We are to learn that it is our "I centring" that is the problem. Because spiritually speaking, there is one I, the Oneness that not only includes me *and* you, the oneness that knows me *as* you. The self, that knows that love has no separation and rises up to extend always to include the other.

Today your task is to meet not the proof and indignation that you have been hurt, abused and insulted, but to dissolve the I that makes your anger right or any shadow for that matter, today you are to extend the love that is within you and meet every other as your brother, your sister, or as your Beloved mirror.

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*"I have heard enough warrior stories of heroic daring,
Tell me how you crumble when you hit the wall,
the place we cannot go beyond by the strength of your own will.
What carries you to the other side of that wall,
to the fragile beauty of your own humanness?"*
- Oriah Mountain Dreamer

SURRENDERING STORIES & SANKARAS

Your last shadow dance of this journey is to dance with your sense of separation from every other person. You are invited to get down and sweaty with your ego's horde of stories that keep you right and self-centred in a perpetual dance of less than and more than.

Your dance move is simple: every time you judge, react, defend, or feel attack or get ready to attack, say "such and Such is xyz (angry, conceited, and idiot etc) *Just Like Me*."

My mother hates me, *just like me*.

My boyfriend is lazy, *just like me*.

My government is greedy, *just like me*.

My children are selfish, *just like me* ...

Today you are to unhook yourself from the karma that bids you to your ego. The frozen or hot sticky beliefs that bind you through your beliefs and attack to the wounds of your mind and this world. Everytime you run a story or a scenario in your head where you are right and another is wrong. Stop it. When you go to attack another because your I has been hurt, stop it. When ever someone attacks you because their I has been hurt and you go into defense, stop it. Let the false I die.

Instead, dance with Grace and extend your love into every other. Spend today emptying yourself through your love, so you can be a conduit of the Divine. Meet yourself in their eyes and heart and awaken your path of conscious love.

SHADOW THIRTEEN

I CENTRED ANGER VS CONSCIOUS LOVE

IN MY BODY MY I CENTRED
ANGER FEELS



IN MY BODY BEING LESS THAN
OR MORE THAN FEELS



WHEN I AM IN IN THE ILLUSION OF SEPARATION FROM ANOTHER ...

My body feels:

The thoughts I think are:

The way I sabotage myself is:

The belief I make true is:

WHEN I REMEMBER THAT MY JOY IS FOUND IN ANOTHER'S JOY I FEEL ...