



DAY 3

MORNING PRACTICE : EMBODYING YOUR LIGHT

This morning continue with your Soul Light embodiment practice. Take your time and don't rush. Your aim is congruency, that is, your experienced reality, to equal your perceived reality. Your sacred imagination equaling how you feel in your body.

If you are stuck, blocked, heavy or numb, be with those feelings. Shine and expand your soul warmth into those places until you feel a shift in sensation in your body or until you are bored. Don't rush through to bypass the reality of those feelings but don't get fixated or frustrated either. Stay mindful, embracing all that you are, as you are, moment by moment.

End your practice with an appreciation of the Love and Goodness that is already inside you. What you focus on expands. Let's send our vibe to our inner good - we're worth it!

MID-DAY MANTRA PRACTICE :

Your mantras and practices today are to expand the following concepts in every thought and action :

The core of my being is already Love.

The Truth of me is that I'm already golden.

***It is my birthright to embody the Light of my Soul
and the Love that is already within me.***

EVENING PRACTICE

Tonight in your evening practice, continue to consciously embody your light. However, don't spend extra time with your blocked places. Instead, sweep your way from top to bottom and bottom to top, like you are soaking yourself with a golden paintbrush. Then, after a suitable length of time, use your sacred imagination to send your soul light out of your body and into the room you are in and then out to surround the people you live with and your whole house.

End with blessing all living beings with the love that you have opened to today. Finish with relaxing in this gentle state of joy.

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



3 SHADOW BUSTING BASICS

Across the road from the coffee shop I used to work in was the oldest new age bookshop on Sydney's North Shore. It was perched atop a rickety staircase and filled with individuals who I'm sure were substitute teachers from Hogwarts. I adored the place, and it was there, tucked between a reading bench and ceiling-high bookshelves, that I first learnt about Shadow Work's Golden rule :

Whatever you dislike or judge in another is something you have disowned or judged in yourself.

Take a moment and let that sink in. *and breathe.* You are either going to read this and sigh while open-heartedly saying, 'Yes! I know this!' Or a gong will have gone off and your ears are still ringing with its wake up call. If you skipped over this point with avoidance gymnastics, I'm going to tenderly ask you to read it again. *Whatever you dislike or judge in another is something you have disowned or judged in yourself.*

To know this rule, and I mean *know* it, from the silent revelation of Truth within your body, then it is a revelatory awakening. Everything we perceive about another is an inner extension of your perception... all feelings, thoughts and nuances of thought about another originate from within. Your practice at this early stage of Fierce Grace is to focus on your goldenness and strengthen your trust in love. You are to pave your way for consciously embodying your Divine Good.

As a momentary relief from all this unbearable lightness, we are going to explore, *only temporarily, mind you*, three foundational tools of Shadow-busting:

The first, you've already read : *When it comes to judging others, it's always about you.*

The second tool is our ability to face and own our *Inner Perpetrator*. Your capacity to pull up your big girl panties and actually face where you are the one, ***I am the one***, who messed up and caused another's pain and hurt. AND how you, through your infinitesimal choices, continue to reinflct the pain others did to you in the past, ***to yourself***. The ability to own this with grace and not fall into self-flagellation is a key that opens your inner school of shadow self-mastery.

The third tool is meaning-centred *Humility* : Grace, egolessness, and the surrendering of our will to the Divine. Humility, which Medieval Mystic Teresa of Avila called the ***Shield of God***, is essential when facing not only your Dark but also your Golden Shadow; the inner places where you have become bedazzled by another's or your own ego and have forgotten, ***once again***, that we are all equally loved. We will explore these three tools in depth over the next few weeks.

Ok, foundation practice is over. Limber up! Its time to get back to your engoldenment practice!