

MODULE 2

DANCING IN THE SHADOWLANDS

SHADOW DANCING

FROM THE WISDOM OF MOTHERQUEST

THE SHADOWLANDS OF MOTHERQUEST

In MotherQuest, we view our shadow as part of our wholeness. Our Shadows are simply a part of our loveliness that has become trapped in outdated, erroneous beliefs that keep us small, fearful and unable to operate at our full loving potential. In simple terms, our shadow aspects, or gremlins, are our lost childlike parts that have become so hurt, angry and disowned that they have become feral, toxic and nasty.

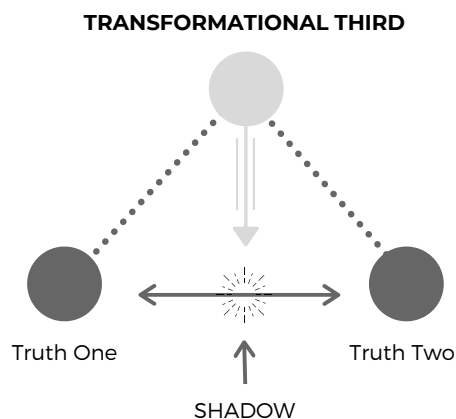
They are not the Truth of who we are; they are very believable and sneaky bad behaviours that have become habitual. Our shadow gremlins are the pernicious, self-deprecating and debilitating voices in our heads. They are also the fear-driven behaviours that occur when our clear thinking becomes skewed. Like when we entertain feelings of hatred, cruelty, revenge, cynicism, injustice and other charming messes towards ourselves and others.

All shadow gremlins exist in the misty, murky land of closed hearts and hatred.

Today we step out of our warm soul nest and enter the dancefloor of Life. For the next six days, we will explore six shadows and their powerful antidotes. Our practice is disarmingly simple.

We will continue to start our days, consciously embodying the warm expanding love of our souls. We will also focus on two seemingly paradoxical Universal Truths taught by the Sacred Mother through the Wisdom Mandalas of MotherQuest. Every day we will root ourselves in twin wisdom (from the Mandalas of MotherQuest) and use their insight to heal and transform a familiar shadow.

By straddling the paradox of two absolute truths (the 'twins' that sit opposite each other on the MotherQuest wheel) and using their combined wisdom, we will create the dynamic potential called the **transformational third**. In this case, a unique way of living that enables these two Truths to coexist creatively. We will then use **The Five Steps of Dancing in the Shadowlands** to transform our shadows.



Today we will explore the First and the Seventh Universal Wisdoms of MotherQuest,

Belonging and Limitless Self

In between these two Universal Spiritual truths are shadows that block either our knowing of *belonging* or our expression of our *authentic, or soul, self*.

What if we could live in the love and awareness that holds both these truths? Could the answer to always staying in Love be found there? This is the experiment we are about to explore — strap on your Golden Love boots, Ladies. We are going shadow dancing!



DAY 5

INSTRUCTIONS

MORNING PRACTICE : STANDING IN YOUR LIGHT

STEP ONE

Start your morning practice with your Soul Light Meditation.

Revel and enjoy the warm honey of your Soul pouring herself into the lost and forgotten places of your womanly body. Celebrate your soul, fortifying and reinvigorating your innocence, inner beauty and passion. Feel your whole consciousness pour into your earthly body.

At the end, repeat today's Mantra.

STEP TWO

Read **The Five Steps** and the notes on the following pages and resource yourself with the two Universal Wisdoms of Belonging and Authentic Limitless Self. Today you are to know you walk with one foot in either Truth, and the centre of your being is your unique expression of this.

You are to be vigilant in tracking your shadow of Apathy and any other shadow that rises to shroud your soul light.

MID-DAY MANTRA PRACTICE :

I belong in my body, my family and my world.

My whole unlimited self, belongs in my body, my family and my world.

I belong. I am here. This is me in my empowered authenticity.

I am free to be.

This is my life.

EVENING PRACTICE

Tonight, once again, pour your Soul Light into your body. When complete, review your day and the shadows that might have arrived. Pick the shadow you have the most resistance or ambivalence about working with. Then, work through The Five Steps of Dancing in the ShadowLands techniques for transforming your inner relationship with your shadow.

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DAY 22

THE TRUTH OF LIMITLESS SELF BELONGING

Today you are to stand with one foot rooted in the Universal Wisdom of Belonging. To your body, your lineage, your family, these times and your Soul, you belong.

You are also to stand with one foot rooted in the Universal Truth of your continuously arriving, changing and authenticating Soul. Only you can be your Limitless Self. You can be the real you and belong to your world. This is your birthright as a Divine Human.

You belong to a unique tapestry of human strength, love, tenacity, determination, humour, compassion, insight, ability and passion. You are the living joy your Ancestral foremothers and fathers dreamed about. In all your perfect imperfection, you are the living hope generations of women laboured to bring into being.

You are also a Divine Being, made of Love. A unique spark of Divine source expressing itself as you. Your gift and challenge of this lifetime are to fully express and embody the authenticity of you.

You are also a soul embodied in blood and bones made for these times. You are an essential cell in the body of humanity living right now.

Your gift today is to stand in the truth between the paradox of belonging and limitless self. You can be with your family and be your authentic self; Sacred Mother Wisdom would say that this is your purpose for this lifetime.



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DAY 22



APATHY

face where you have given up and don't care any more

Today your challenge is to stalk where you have given up on your soul.

You are to survey your world and assess the places where you have forsaken your internally defined, most joyous vision of your world and life. You are to look ruthlessly into the beliefs that forbid, suppress, or deny this vision's reality coming alive. Look closely at your everyday ordinary life and challenge yourself to face the places where you have shut down, rejected, given up or abandoned your dreams. You are not to get lost on the why or the circumstances that caused this shadow to take over your world instead, you are to notice where you have made stuckness, rigidity, denial of the present moment and victim thinking more real than the dreams your soul has the spirit encoded vision to fulfil.

You are to be especially watchful of how apathy disguises herself as an old story and how you play out better than or worse than stories with your siblings or parents. Apathy is not easy to take responsibility for; like all victim entrenching shadows, there's usually a weight caused by past circumstances that have slowly rubbed away your hope or innate passion.

Today, you are invited to make your strong Ancestral love and tenacity more real than your reasons to give up on your dreams. Draw your healed epigenetic strength and wisdom up through your bones. Believe also in your Authentic inner vision and take the steps to make your soul passion your lived reality. Your soul's authentic vision birthed through the womanly body and wisdom of your lineages is the Divine's Blessing for your life. Live it.

“Every situation properly perceived, becomes an opportunity to heal.”
– A Course In Miracles

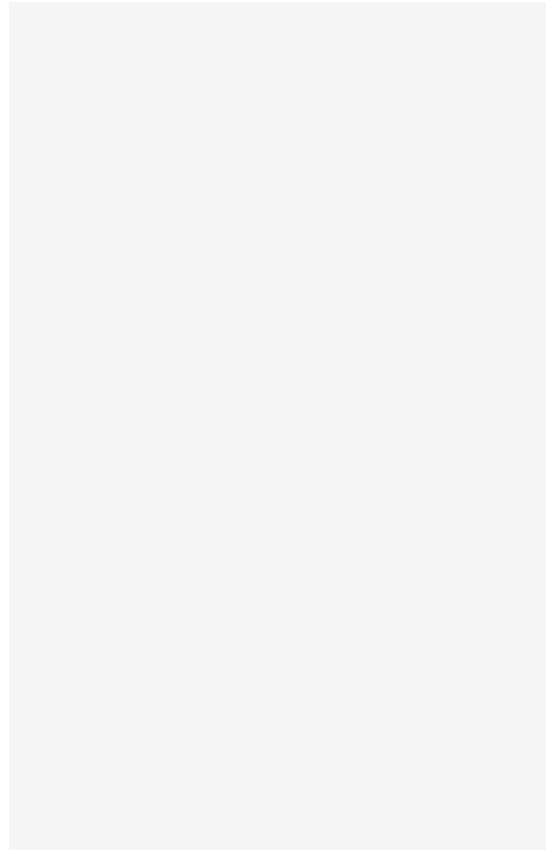
SHADOW ONE

SOUL BELONGING VS APATHY

IN MY BODY APATHY FEELS



MY SHADOW LOOKS LIKE



WHEN I AM IN APATHY ...

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 LIMITLESS SELF BELONGING I FEEL ...

