



DAY 18

INSTRUCTIONS

MORNING PRACTICE : REMEMBERING TRUE WISDOM

STEP ONE

Today your shadow work is reflective and gentle. Start your morning practice with your own prayer or centring practice. Then read your notes, spend time in introspection about the teachings and then -

STEP TWO

Spend the day and evening contemplating who you could be if you were to become:

***Transformation in the service of love
and love in the service of transformation.***

MID-DAY PRACTICE :

Take the wonderment (of actively being the contemplation written above) with you throughout your day and into your evening.

Take it into your life as a living prayer. Allow your heart to open and emanate your soul's calling and vision. Notice the shadows that rise to distract you from your path. Be particularly mindful of your resistance to knowing yourself as healed and a healer, as a learner of wisdom and a provider of wisdom. Who could you be if you knew ***you are the changemaker you have been waiting for?*** Track your self-sabotage. Why are you avoiding your power?

EVENING PRACTICE

At the end of your day, if you are ready, commit in solemn prayer and ritual to being a complete human. Are you ready to be an awakened soul in a human body? Commit to your path of a Conscious Heart.

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OVERCOMING THE FOOLISH 'WISDOM' OF FLESH

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Our bodies hold our trauma, they prove that our beliefs that feed our shadow are true. What happens if this proof is foolish? What if the truth our bodies hold is a lie?

I'm not talking about denying the body's capacity to remember trauma and I'm certainly not saying that our somatic memories are false. Here in our world, our soft, warm, sensitive, animal bodies remember *everything*. It's our mind, our processing unit, that cancels these experiences out and it's in here that we find our sixth wrath and our problem. Our body like all living things, is programmed to heal but our ego, in hope, to not ever feel the pain again, locks on, turning the hurt into a truth about the world, and then determinedly moves on, When our body experiences trauma and is not able to process and fully discharge the hurt, the emotion, feelings, breath, beliefs and consciousness gets shut down and locked into our neuropeptides. Our hurt gets trapped in our cells, and our presence then disappears while our pain, like a splinter, gets lodged deep within our skin.

Life, our perception of the world and our psyches, however, keep growing and the belief that this hurt proves ~ *that life is a struggle, I am worthless, it's never my turn etc* ~ the list is endless, stays stuck until, health, maturity, wisdom, grace, happens, and the hurt is witnessed, released, reprogrammed and removed.

Until such time, the splinter of hurt festers in our psyche, proving our *false wisdom* of why everything is wrong in our world. It's these rotting wounds that create our shadows and it's feeling and releasing these feelings that end them.



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OUR EARTH MADE NEW



What if your hurt served a purpose?

What if your hurt could enable you to grow in empathy, compassion and wisdom? That suffering is a rite of passage for the soul to awaken and as Eckhart Tolle says, suffering is only useful until we "release our need to learn from it?"

What if learning to love yourself *completely* is a sacred path, and that becoming a human that no longer needs healing is both your gift and your calling?

Wouldn't that then make your shadow dancing a sacred path?

Today your shadow dance is gentle but also mysterious. You are to explore your own resistance to honouring your healing path as a sacred journey to adult humanhood. You are also to look at your unwillingness to becoming a soul whose whole life is committed to transformation in the service of love.

Yeshua, saw Mary and their glance of inner recognition was instant and profound. Their remembrance of each other sparked and arched through time. They were drawn into the embrace of each others presence and it was then that Yeshua, cleared the seven wraths from her. Mary was no longer a woman who needed healing. She was baptised, rebirthed, with her soul fully awake and congruent in her body. It was from that moment on they started their ministry.

Who could you be? What miracles could you create, what love in the service of transformation, could you birth if your shadows no longer pulled you off your path? Who could you be if your wounds were healed, your whole self awakened and your shadow no longer had anywhere to call home?

SHADOW TWELVE

RESISTANCE TO HEALING : UNWILLINGNESS TO LIVE FROM SOUL

IN MY BODY RESISTING SOUL
HEALING FEELS



IN MY BODY NOT WANTING TO
ADULT FEELS



WHEN I AM IN THE SHADOW OF MY SUFFERING...

My body feels:

The thoughts I think are:

The way I sabotage myself is:

The belief I make true is:

WHEN I REMEMBER TO BE LOVE IN THE SERVICE OF TRANSFORMATION
I FEEL ...