

# SHADOW + LIGHT



## WEEK 7



## JOURNEY TO SELF-MASTERY

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# Flash Collage for integration

This week we're revisiting the shame collage from week 6. This week we will work to integrate the "negative" "shadow," "shameful" aspects of ourselves into those parts we easily value, or find "positive" or light."



Step 1: gather magazines, scissors, a camera/phone, your collage images from week 5, and (optional) glue and poster board.

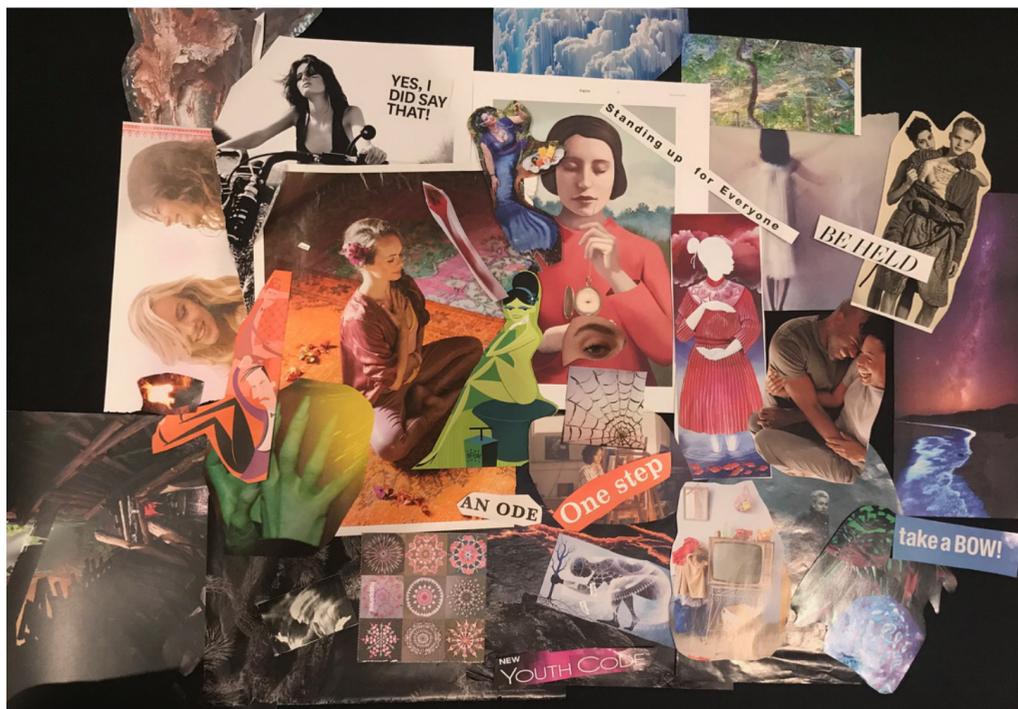


Step 2: find a quiet space to be with yourself, free from distraction.

Step 3: set a timer for 30 minutes, and center yourself. Begin flipping through your magazine(s) and tearing out any images that remind you of the "positive" or "light" aspects of yourself. Do not over-think them, just cut them out if they call to you. You will pair down your selections later.

Step 4: when your alarm goes off, stop pulling images from the magazine(s). Instead, look through the pieces that are within your pile, and make any final cuts to them.

Step 5: pull out the images from week 5. Add them to the pieces you cut today, and place them all together in collage format, so that they're draped on one another, and make one big image- your integrated self.



Step 6: Take a photo of your integrated collage. Upload to the Facebook group (optional). Glue your collage pieces down on a poster-board and keep for future reflection.

## Reflections Journaling (Part 1)

What shifted in the process of integrating your shadow flash collage with your full collage? What images took on a new "light" or meaning?

How are you different? What is now in your toolkit that wasn't there before?

# Guided Meditation Script: Release

Take a few moments to find a quiet space, free from distraction. Be sure to silence your cell phone and any other gadgets that might distract you during this journey within. Sit or lie down in a position that lets you feel comfortable and free of strain, yet allows you to remain awake through this meditation.

Take five deep breaths, in through your nose and out through your mouth. Notice what it feels like to relax your eyes, the space between your eyes. Your mouth, your chin, and now, your entire face. Allow your eyes to close, or remain in a soft gaze throughout this meditation. Allow your breath flow to relax each part of your body as you move from your face to your neck...your shoulders...your upper back. Allow your breath to inhale relaxation, and exhale any tension or stress. Imagine the stress simply leaving your body as it flows from where it was once stored. Follow the breath through your chest...your belly...allowing each organ to relax, to work in perfect harmony with your whole. You're doing great. Allowing the relaxation to take you deeper and deeper into a state of great relaxation. You are safe. You are relaxed. You are rejuvenating.

Next, allow the relaxation to move through your pelvis...your lower back...your groin...your hips. Allow relaxation to flow through your upper legs...your upper arms...your elbows. Allow relaxation to flow through your lower arms...your wrists...your hand muscles...your fingertips. Notice how heavy your body feels in this deep state of relaxation. Bringing your awareness now to your knees...your calves...your ankles...your feet...and finally allowing the relaxation to travel to the tips of your toes...grounding your entire body in a deep and tranquil state of breathing relaxation. Now that your body is relaxed, it is time to bring your awareness to your imagination.

Imagine that you find yourself in a deep forest. Imagine the deep green leaves...you hear them gently shuffle as they dance through a warm breeze that embraces your body, and leaves you feeling cozy and refreshed...look down at your feet, as you stand in the midst of soft and mossy grass. You notice the smell of the forest, the sounds of the wildlife whispering around you. Notice the sunlight as it pours like a golden rain through the trees, lighting the spaces around you with almost a shimmering haze. You feel the warm sun rays kiss your skin, and smell the richness of this fertile and magical forest...this space is so familiar, yet completely new. You find yourself in this grove of tranquility, surrounded by beauty and familiarity...feeling safe, relaxed, and open to receive the infinite abundance around you. You realize this is your garden of light, created completely for you, with all of your favorite flowers, trees, soft grasses, birds, animals, and even a wooden swing, customized to fit your body perfectly. There is a part of you that knows this space has always existed inside of you, and always will. It is a place for which you can always return for solace, for inspiration, and for comfort. In this place of suspended time, there are no clocks, there are no agendas, and there are no expectations for you. It is an infinite space for compassion and grace. This is your infinite space for light.

You take a few moments in your space, enjoying the joy it brings, and the comfort it provides. You are open to receiving. As you gaze around this supple garden, you suddenly realize a path cut through the trees. The grass looks like it's been walked upon, travelled across a thousand times. You're unsure how you didn't notice it before...it comes so clearly into focus now. You feel yourself become curious about what lies just beyond it...where it will lead. You begin to move toward the path, and across it, every step moving you closer to what sounds like ocean waves crashing. The dense forest begins to thin, and you see a clearing up ahead. You continue to follow this path, and notice that the grass begins to turn to sand...the tree line ends, and you stand in front of a large field of sea oats, swaying in a cooler, stronger breeze. You smell the salt of the ocean, hear the distant calls of sea birds, and notice the sky is more gray, overcast, the golden rays of sun hidden ahead. You cannot see the ocean just yet, but feel beckoned to move forward through this wild field of sea oats, a path clearly laid out before you. As you move toward what seems like a hill, you take a moment to look back and see the great forest behind you, getting smaller, yet still completely visible. You realize that this golden forest, this sacred and tranquil space of light is still there, and will remain there for you to return to whenever you choose to. With this comfort, you turn back to the sea oats, their stalks grazing your thighs and ankles as you continue to move toward what sounds like a crashing and moaning sea. Finally you arrive to the top of the hill and see a grand beach laid before you. Infinite sand, shells, and seagrass span your left and right, all the way to the horizons.

Before you stands a mighty ocean, dark, and churning...you feel her infinite power. You feel slightly cooler in this space, as the sun hides behind light grey clouds. Though this space is darker and more shadowed,

# Guided Meditation Script: Release

you feel no fear. You know this space too...you feel it's familiarity. You've been in this shadow space many times before...and you remember that at any moment you can leave this beach and head back into your grotto of light. Yet, you know that in this space...the space of shadows...there is important work to do.

You walk down from the ridge of seagrass onto the sand. It's cool and soft, and your feet slide effortlessly across it. You notice suddenly that you're embraced in a warm blanket, it's shielding you from the sea wind that blows stronger as you cross the sand and approach the water's shore. In this space, you begin to feel churning inside of your body...you start to feel the anxieties...the nervousness...the self-doubt. You begin to think about the things you feel ashamed of...the things you regret...the people who have disappointed you...the ways you've disappointed yourself. And as you think about these people, these moments, these thoughts, you begin to notice storm clouds gathering just overhead. You start to smell the thick wet of a storm brewing. You feel the electricity in the air. You realize that you are connected to this storm. Your feelings are creating this darkness...this growing, growling space.

You reach your hand into your pocket, and feel something cool. It feels like elastic, or rubber...almost like...an empty balloon. You pull it out and look at it, it's sitting in your hand. It is a balloon! You notice the color, the shape, the texture, and the smell. You realize that this balloon has a purpose...that it is a container, and that you can use it to release the burdensome thoughts, feelings, and beliefs that have been swirling within you. This is your anxiety balloon, and it was made to perfectly fit all of the shadow parts within. You bring the balloon to your lips, curious and open. You begin to blow the balloon with anxiety. Releasing the thoughts, the feelings, the anxieties, the sadness, the anger, the darkness. Blowing it out into this balloon...releasing as the balloon gets larger and larger in your hands. The balloon gets so large that it's larger than your head. Blowing more and more, feeling the darkness leaving your body. Feeling the lightness inside of you as you release and release and release all of the darkness, all of the shadow into the balloon. And on your last blow, you realize that balloon has sealed itself, and you are now holding a slightly blue cord. It's wrapped around your fingers and you look up at the balloon. You notice the color, the size, the shape. You watch it tugging back and forth in the wind. All the fears, the disappointments, the shame, the guilt, it's now inside of this balloon. You look at the horizon with the dark clouds, and you realize, you no longer need the storm. You feel ready to release. You are ready to let go of all the weight, all the pressure, all the fear. You look at your balloon, tethered to your hand, one last time...and then you let it go...watching this balloon climb higher and higher and higher into the sky. And as it rises, it gets smaller, and smaller, and smaller until it's just a tiny dot in a cloud. And then it's gone. You look back to the horizon and notice it's lighter, and lighter, and lighter. It's as if the clouds are disappearing. The beach feels warmer. It feels bright. The gulls are happy, the wind is warm. And the sun pierces through the last veil of clouds and holds you in its warm and gentle gaze. You've released it: **You've released the shadow into the light.**

**You feel bright. You feel light. You feel the anxiety is gone. And in this new bright warm light, you start to smile, you start to thank yourself for the long and beautiful journey that has led you to this moment. You thank yourself for carrying such a heavy load for so very long. And you thank yourself for finally letting it go. Taking a deep, beautiful breath, and releasing it all. And now you know your work is done, and it is time to return from the place of the imagination back to the land of the living. Remembering that all of the spaces in the imagination live on. That the golden grotto in your beautiful warm and wild beach are accessible to you at any time, you need only close your eyes and surrender. And now, counting back from 5 to 1, becoming more alert with every passing moment: 5...4 coming back...3 noticing the room around you...2 your body's waking up...1 and your eyes are open and you're back in the present.**

**Be good to yourself...you are full of light.**

## Reflections:

With your journal, take some time to reflect upon the experience of this guided meditation. Answer the following questions:

1. How did your body feel as you first entered the garden?
2. What did you notice as you walked toward the beach?
3. What types of things went into your balloon?
4. What was it like to release (or not release) the balloon?
5. What, if anything, are you still in need of releasing?

