

DAILY *Nirvana*TM TEMPLE

Foundation

Week 2 - Your Shadow: Shifting Away From Shadow Energies From Your Conditioning and Your Karma

What is your shadow and shadow ego?

We began with your light so to allow you to drop into a place of expansion and hope within yourself. The realm of the shadow is dark and vast. And, it can feel difficult and negative to delve into this realm.

We also began with your light because that is what I long to support you and thousands of others to do, to step into your true self and your light and lead from there!

Your shadow consists of the following:

1. **Conditioning:** Your conditioning from society and your parents about who you should be or not be in order to fit in, to not get kicked out of the tribe. The unconscious behavior patterns you picked up, mostly through your subconscious observing your parents and other significant figures around you and mimicking their behavior
2. **Pain:** Your trauma and wounding, your pain body
 - a. **Toxic Energies that are lies: JCBRAGS**
 - i. Judgment
 - ii. Contempt
 - iii. Blame
 - iv. Resentment
 - v. Anger
 - vi. Guilt
 - vii. Shame
 - b. **Lies about your value:** Self-doubt, Self-hatred ... I am not worthy, I am not enough etc.
 - c. **Your painful experiences**
3. **Karma:** Energy patterns from previous lifetimes and this lifetime that will play out until the underlying energy is dissipated.

Even if you are on a path of awakening, the shadow is controlling more of your life than you realize. You see, your ego has the wrong job. Your ego was originally intended to serve your light, and instead, it is serving your shadow. What do I mean by that?

Your shadow ego is designed to protect all those things that your shadow has put in place as described above. It's trying to protect you, but, unfortunately, it's working for the wrong part of you.

What we really want is for your ego to be working for your light and not for your shadow. As we traverse this sticky territory, the shadow ego can get very tricky in staying alive. It can even begin to sound like the voice of your light.

The best way to traverse this tricky territory is to keep your neutral observer around as much as possible and notice how different thoughts and experiences feel in your body.

Over time, you'll notice that the energy of the shadow ego is very different than the energy of the Light Ego.

The Light Ego is simply there to manage the fact that while you are connected to all that is, you are a separate being in your own casing. The purpose of your Light Ego is simply to help you navigate this separation in a healthy way, while keeping you in your light and connected to the light of others.

Out the Shadow Game

Most of us avoid the shadow, and then it unconsciously runs our lives. What if there was another way? What if we can play in the realm of the shadow and make it a game to out the shadow and bring it into the light?

That's the game that I LOVE to play! Let's play OUT THE SHADOW! Ask yourself these questions, map out your shadow, and then ask your neutral observer to watch for these patterns and energies in you that are operating to dim your light.

One distinction I want to make ... I'm not asking you to abandon all that you have ever known ... instead, I'm asking you to consciously choose it or discard it, depending on whether it matches your light energies, or not.

1. Your identity: What are the main masks you wear in the world that create your identity, your sense of self? Do you show up as a different person across different situations? If so, journal about that.
2. As you engage with your life, the world, the people around you, what energies and experiences trigger you? Bring you down? Deflate you?
3. What experiences and people inspire a feeling of dismay, hopelessness, or something else negative?
4. What three negative traits of your mother bother you the most?
5. What three negative traits of your father bother you the most?

6. How do these negative traits from your parents show up in you? For each one, ask yourself, do you have a version of the trait? Or, did you react against it and do the opposite?
7. Think about the three most painful experiences you have had in your life. As a result of these experiences, what did you decide was true about you? And, what did you decide was true about the world?

Themes & Ongoing Inquiry

1. As you engaged with the inquiries above, did any themes emerge?
2. What are the 3 personality traits you most wish to evolve? Name them and observe them.
3. What did you decide is true about you and about the world, based on the pain you have experienced? Fill in the blanks: I am _____, and the world is _____.
4. Keep playing out the shadow. In the year-long program, we will go much deeper with the inquiry into your shadow. It's sneaky, and simply identifying won't get it handled.