

Shadow Power - Elementary Journal Wonderings

Light = The fun times in life when most things are going well.

Shadow = The difficult, painful times.

Naturally, we all avoid the shadow (or difficult) times in our life. Why do you think it is even difficult to take a deep breath and say that we are having a tough time (shadow time)? Think of the last time you were having a rough moment. Take a deep breath in it and see if you can stay in it for the length of a breath.

How did that feel?



Now take a deep breath in that shadow and say something kind to yourself. How did that feel?

Why do you think it is important to be kind to ourselves during the shadow times?

Peace to you,

Kelley

