

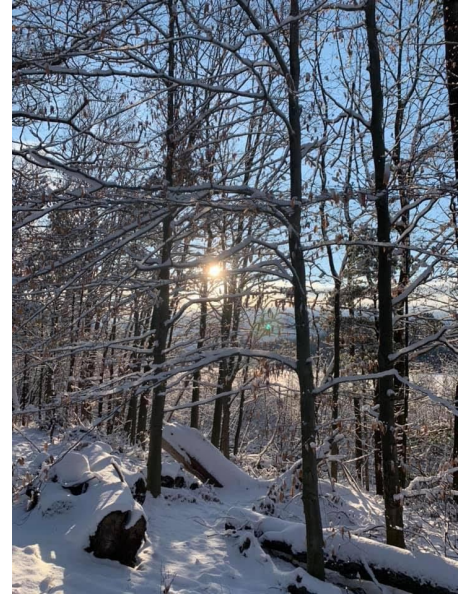
# Shadow Power - Middle School Wonderings

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. Isn't it interesting, that even though it is normal to avoid those difficult moments, we tend to judge ourselves for not just the tough moment but our avoidance choices?

How do you avoid the tough task of managing during the shadow moments? Do you reach for your phone? Scoot to a video game? Perhaps you find something negative to say about someone else. Spend a moment to list the ways you avoid managing the shadow/difficult times, AND DON'T judge yourself for this list. Just notice for awareness.



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. When we realize that we are strong enough to notice the tough moment and recognize that we are separate from the moment, that is the FIRST step. Why do you think it is even difficult to take a deep breath and say that we are in a shadow time?

Journal what occurred to you when you noticed the shadow time & took a deep breath into it. Did the tight hold loosen a bit?

What do you think would happen if we never did the work shadows offer us?

Peace to you,

Kelley