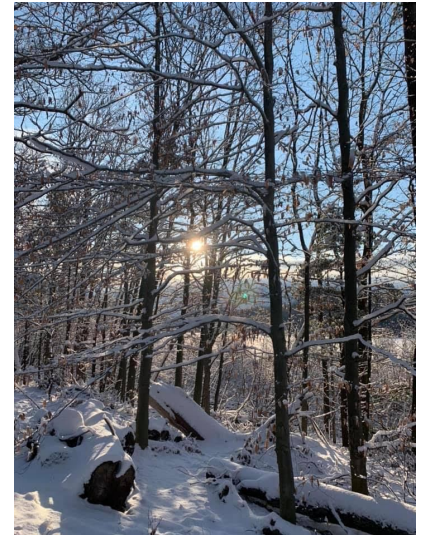


## Shadow Power Notes

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

Shadow = The difficult, painful times.

Psychologists will tell us that it is a natural, human reaction to avoid the shadow/difficult times. It can also be said that what is a normal, natural reaction isn't always useful. Additionally, if we practice avoidance, we get good at avoidance. If we practice sitting in the shadow and doing some exploring, we get better at problem-solving during those times. It is during these difficult times in life that enormous growth, learning, and strengthening can occur if we are only willing to work within the shadow moment. I understand it is more fun to learn and grow when things are going well, but the opportunities tend to be in the shadow time.



Here are some ideas you could experiment with during the shadow times:

1. Take a deep breath in recognizing that this is a shadow moment.
  - Just the awareness alone will loosen the tight hold the tough moment has on you.
  - "I am having a tough time right now. Everyone has tough times."
2. Don't judge the moment or yourself, just notice.
  - Is there something compassionate you can say to yourself at this moment?
  - Can you honor yourself for being willing to sit in this shadow rather than avoiding it?
3. Notice when you are not avoiding the shadow moment & say something encouraging to yourself?
4. Can you say to yourself, "I wonder what I will learn from this situation?"
  - Maybe you don't even wish it away.
  - Maybe you say, "This is happening FOR me," rather than "This is happening TO me."
5. Can you remind yourself that shadows can not be without light? For the light produces the shadows.
6. Can you remind yourself that nothing lasts forever? "This too shall pass."
7. If you can notice a calmer breath within, you might be available to problem solve.
  - Remember some problem solving involves, "What choices do I need to make, so this doesn't happen again?" You may not be able to solve the immediate situation.

The more you work within the shadow moments, the better you become at working through the tough times in life. Life does play rough with us, and that is not a fact that will change. We might as well get skilled at managing them.

Peace to you,

Kelley