

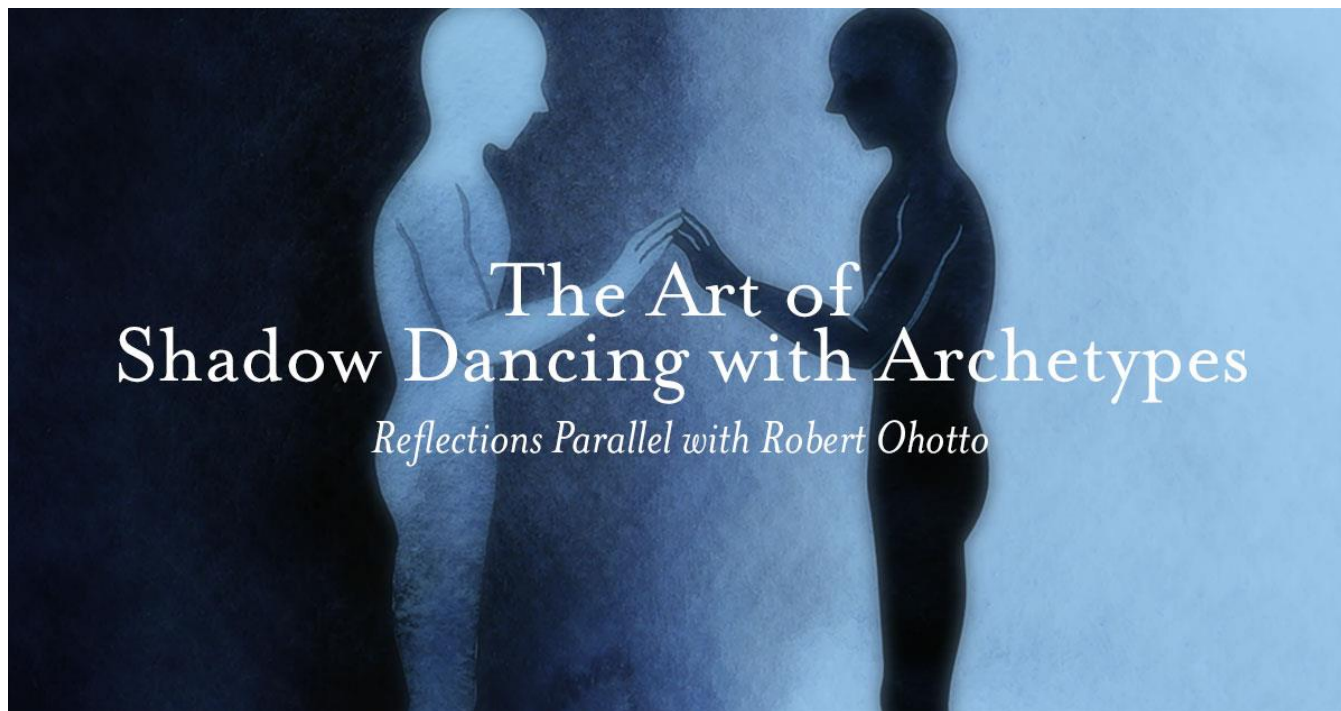


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Welcome to this Myss.com Reflections Parallel Series!

Each of us are born with a Sacred Agreement to be in relationships with others as a fundamental facet of our Destiny. You simply can't become all you were born to be without getting your essential needs met via the resources of others – none of us are meant to do this life alone.

Yet, anytime you are in a relationship with someone – whether that be a parent, spouse, child, colleague, boss, friend, or larger group of people – you will also find yourself in a relationship with their Shadow. A relationship with someone's light will forever also pull in their darkness. And while this can often be rough going, it is nonetheless an unavoidable fact of life.

If we can't opt out of meeting the Shadow of those with whom we have relationships with, for many of us who've been wounded and battered by the darkness of others, the question naturally becomes, "Is there an easier and more empowered way to engage their Shadow Side?" Yet before we can even get to and understand the answer to that question, we must first explore an entirely new set of questions...

Such as: What exactly is the Shadow part of the Human Psyche? What constitutes and creates the Shadow part of you? What does it mean to be in a relationship with someone's Shadow? Can there be a more self-connected way to meet another's dark side that doesn't trigger you, cause you to lose power, and feed their Shadow? What does it mean to have a Soul Agreement to engage in a Shadow Dance with someone? What exactly is Shadow Dancing, and what are the optimal dance steps?

The Shadow and its anatomy tend to be far more dynamic than most of us have yet to realize and adequately understand. This has no doubt led to the many tales of relationship woe we could all share in a therapy circle! Who amongst us hasn't felt abused, scapegoated, shamed, belittled, and blamed by the dark side of someone else and struggled with standing up to it?

While the territory of the Shadow may be challenging, the good news is that there is indeed a more powerful soul-connected way to meet and greet the Shadow in yourself and in others. Like an Aikido martial artist that sidesteps and directs the momentum of their opponent, you too can maintain a balance and centeredness that you've perhaps never known before while encountering the shadow energy of your life's Noble Adversaries!

While we haven't been taught it, there is a way you can claim your personal power to consciously take charge of the shadow dynamics in all your relationships. How? By understanding the Shadow as a System of Power Management, and knowing its Archetypes.

Spotting the Shadow Archetypes driving someone when they are coming at you spinning their shadow strategies is often all it takes to get a clear read on their Shadow. And when you can do this, you will also intuitively know the next optimal moves to make without getting tangled up in their dark psychic web.

I'm so thrilled that you have joined me for this Reflections Parallel Course to learn all this and more! Before we begin, let's cover some basics about the course...

Course Overview & Protocols

Each video Session/Lesson spans approximately 120 minutes in length and will come with an audio version mp3 download & PDF outline. The PDF outline is designed to help you better follow the material in a more structured and succinct fashion, and to help you activate deeper inner alchemy via various exercises and 'Questions for Reflection'.

Each video Session/Lesson will also contain various guided meditations, therefore it is recommended that you engage them in a quiet space where you will not be disturbed the first time you are viewing/listening to a lesson.

The general topics of the lessons are:

Session/Lesson 1: Sacred Agreements & The Shadow

Session/Lesson 2: Shadow Archetypes & Invitations to the Dance

Session/Lesson 3: The Alchemy of Turning the Dark to Light

The best place to comment and ask questions is on the Reflections-Parallel Private Group Page which can be found via this link: <https://www.facebook.com/groups/181135612504904/>

Feel free to come interact with me there or visit my website at www.Ohotto.com

Session/Lesson One

In this First Lesson we begin with:

- Your Soul Contract with the Laws of the Human Psyche
- How the Shadow is formed & the Anatomy of the Shadow
- The Shadow as an Esteem System of Survival & Power Management
- The Birth of Shadow Archetypes
- Your Soul Contracts with Noble Adversaries
- Understanding the Language of Power & Manipulation
- Triggers & neutralizing them through a compassionate Shadow Process

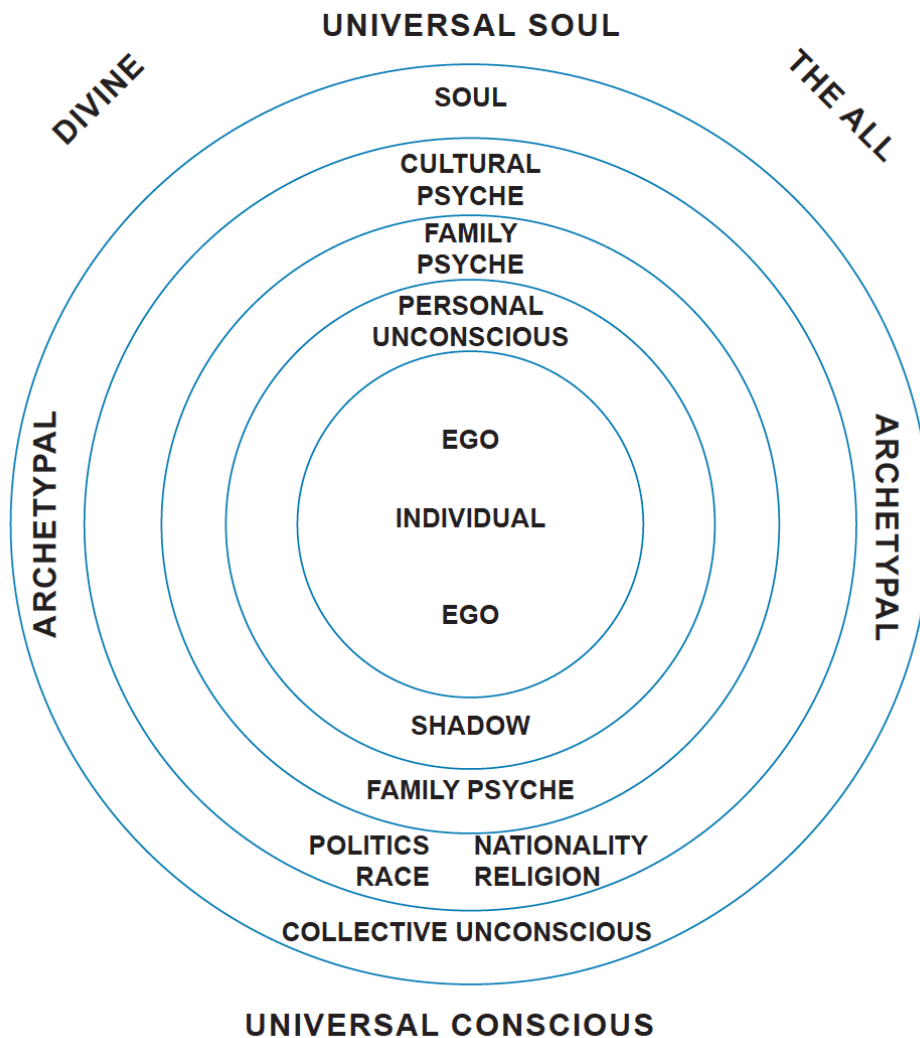


Introduction to The Art of Shadow Dancing with Archetypes

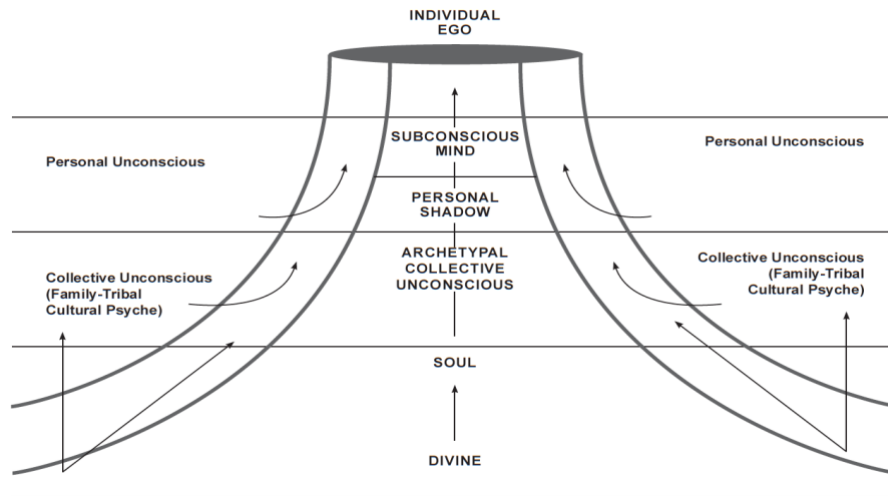
- A Beginning Meditation on the Shadow
- Must Activate Compassion for this Course!
- An introduction/re-introduction to me & my intuitive work (with the Shadow)
- Sacred/Soul Contracts from my Eyes
- Sacred Agreements made before Birth that bind You to the Human Psyche
 - The Soul's Fusion with the Human Psyche
 - Cultural Psyche -> Social Psyche -> Family Psyche -> Infant form of YOU
 - You just fused your Soul with the energetic creative patterns that structure Life on Earth

- The Ego Evolution of becoming a Psycho-Spiritually Woke and Mature Adult begins...(but Soul-Integration takes time)
 - This Evolution includes maturing through the Laws of the Human Psyche
 - The Laws operate through the Anatomy of the Human Psyche
 - Ego
 - Personal Unconscious
 - Subconscious
 - Personal Shadow
 - Collective Unconscious
 - Family-Tribal-Cultural Archetypal Patterns & Psyche
 - Family-Tribal-Cultural Shadow

Anatomy of the Psyche



Anatomy of the Psyche



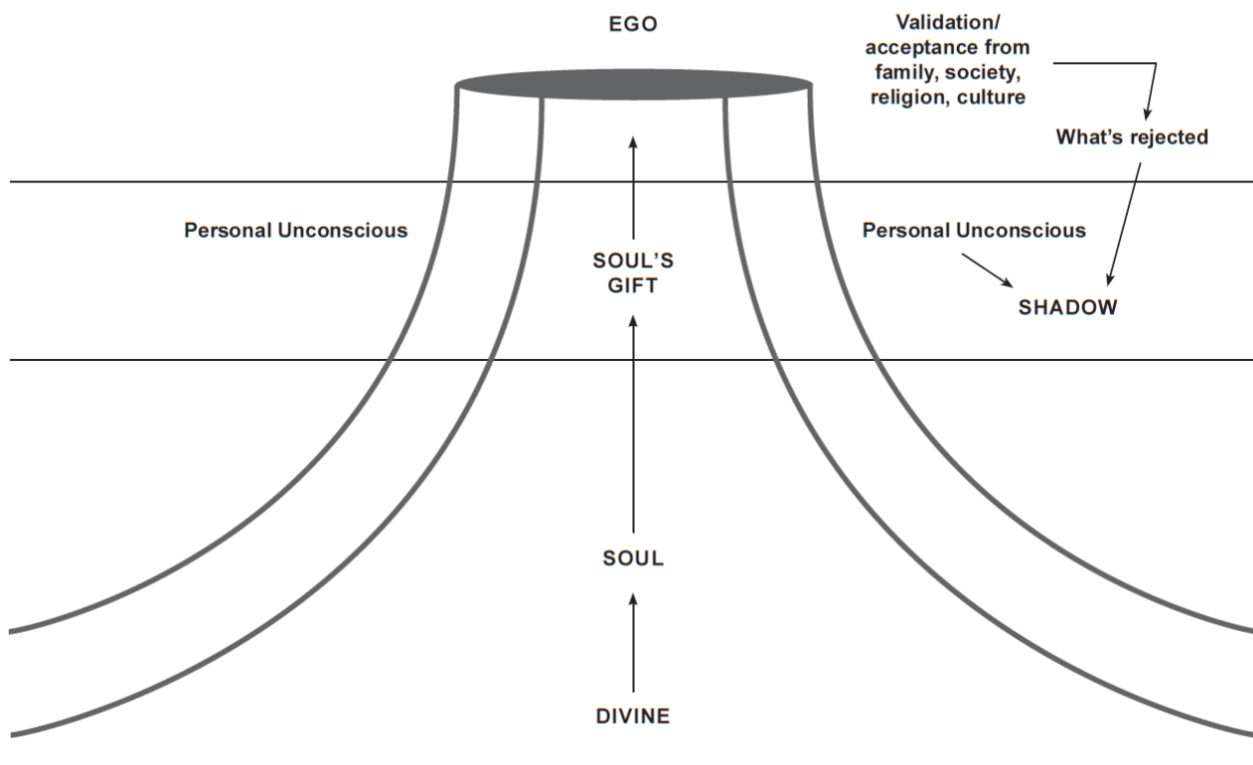
- Your Sacred/Soul Contract & Archetypes
 - What is an Archetype?
 - Soul Archetype = An innate energy or grace that expresses itself via a certain pattern – which in turn expresses itself via thoughts, choices, and actions
 - Soul Archetypes & Soul Groups
 - Grace, Past Lives, and then some!
 - Ex: Soul & The Artist, The Angel
 - Fate Archetypes = Dominant, formative, creative forces that express themselves via Tribal Archetypal Patterns that you were born into per the World, Culture, Society, and Family
 - Ex: Culture & Patriarchy, Christianity, Shame
 - Survival Archetypes of Adaptation = Patterns your Subconscious Mind recruited/activated to help you survive threats and create value with others in the World
 - Ex: Shame & The Perfectionist
 - Destiny Archetypes = Creative developmental forces & patterns you signed up to work with this Lifetime
 - Ex: Creativity & The Entrepreneur, The Queen/King
 - What are your Soul Archetypes?
 - Teacher, Healer, Bodhisattva, Alchemist, Artist, Mother, Rebel, Humanitarian, Lover, Counselor, Empath...
 - What are your Fate Archetypes?
 - Patriarchy, White Trash, Socialism, Democracy, Dictator, Christianity-Catholicism, Buddhism, Shame, Healer, Male/Female, Liberalism/Conservatism, Fundamentalism...
 - What are your Survival Archetypes of Adaptation?
 - Codependent, Invisible Child, Prostitute, Addict, Perfectionist, Adult Child, Narcissist, Independent...
 - What are your Destiny Archetypes?
 - Entrepreneur, Love Rebel, Artist, Designer, Teacher, Mother/Father, King/Queen, Humanitarian...

Shadow Archetypes

- **What is The Shadow?**

- The Shadow Defined: The part of the Personal Unconscious that contains uncivilized, unintegrated, repressed, shamed, suppressed, or unacknowledged aspects of ourselves. (Freud & Jung)
 - Ex: impulses, aspects of your Soul, other components of your nature that haven't been fully expressed, embodied, or integrated since early childhood (often because of Shame)
- How is the Shadow Created?
 - The Dark Side of the Shadow
 - The development of this side of The Shadow happens in tandem with that of the Human Ego. Individuating into an Ego Identity is shaped by the environment and what the powers that be in that environment deem acceptable and valuable for outer expression. Anything that is unacceptable – such as selfishness, jealousy, and aggression – is shamed down into the Personal Unconscious and this gives birth the Dark Side of the Shadow.
 - Containment vs. Rejection
 - The Light Side of the Shadow
 - The development of this side of The Shadow happens in much the same way as the Dark Side. However, this is where Soul Archetypes go when they get rejected or repressed – or are simply waiting their time to emerge into your personality.

Creation of the Shadow



- **The Birth of Shadow Archetypes**
 - Shadow Archetypes are born from two mothers:
 - Archetypes of Survival Adaptation that are out of alignment with present time Mystical Truth and Power – these are connected to history (personal/collective)!
 - Ex: The Addict, The Bully, The Codependent
 - A Soul/Destiny Archetype who's expression and power has been rejected and in turn projected onto others as a dark/light twin mirroring the rejected force within you
 - Ex: The Tyrannical King/Wicked Queen
 - **Shadow Archetypes Definition** = Archetypes of Survival Adaptation in someone that are out of alignment with present time Mystical Truth & Power – and as such negotiate safety, security, survival, and esteem via the control, harm, **manipulation**, and the devaluing of another per one's personal/collective traumatic history. Also, a Soul/Destiny Archetype who's expression and power has been rejected and in turn projected (in Shadow/Light form) onto others, in turn activating and inviting in a Shadow Dance with the Shadow Archetype of another to force an alchemical awaking (what in me has invited this experience and exchange), introjection, and integration of that Soul Archetype into the conscious personality as a new creative force.
- **The Shadow as an Esteem System of Survival and Power Management**
 - A conscious/unconscious systematic way that you manage your value to others by trying to control and manipulate them or situations
- **What is Shadow Dancing?**
 - Being engaged in a triggered relational exchange with the Shadow Archetype of another that involves an negotiation of influence, survival, worthiness, control, and power.
 - What is 'Triggering'?
 - You're a Zebra vs. You are stupid, etc.
 - A core activation in your Psyche that brings online an emotional response that alerts the Archetypes that defend your safety, security, esteem, and survival to swing into action
 - This is how you protect yourself based on historical threats
 - Your Psychic System goes into 'Threat mode' and on Power Alert!
 - Every Shadow Trigger is an opportunity to meet your Shadow and engage in Alchemy...(to be continued)
 - Intuitive Triggering vs. Shadow Triggering
 - How do you neutralize triggers/triggering? (to be continued...)
 - Some triggering you don't want to neutralize (Intuitive Triggering)

- **Why Identifying Shadow Archetypes are the BEST way to consciously Shadow Dance**
 - The Alchemical Power (getting to neutral, making a power pivot, making intuitive choices) is not in the naming of a behavior, but in identifying its Source – which is an Archetype that is managing safety, security, esteem, and survival in someone
 - Ex: Identifying passive-aggressive behavior vs. the Archetype that expresses it...
 - Shadow Archetypes each have their own language, patterns of behavior, and power agenda!
 - If you know this you can consciously strategize your next optimal move...(to be continued)
- **Neutralizing Triggers/Triggering Part I**
 - First step is always Compassion – let it be OK that you are triggered
 - Always be with what's happening in your genuine experience of the moment
 - Deep breaths and make a decision to contain the Trigger
 - Move toward curiosity
 - What in me is this trigger connected to?
 - What Shadow Archetype has been summoned?
 - What is this Archetype here to protect me from and defend against?
 - What is my Soul Contract with the person triggering me?
- **Soul Contracts with Noble Adversaries**
 - What is a Noble Adversary?
 - Someone there to teach you about your percentage of presence and alignment to Mystical Truth/Power
 - How do you recognize a Noble Adversary?
 - They trigger you!
 - They use the Language of Power & Manipulation
 - Smaller vs. Larger Noble Adversaries...

Next Lesson: How to recognize the various Shadow Archetypes in others by identifying each Shadow Archetype's pattern and language, learn how the Shadow Archetypes in you call in, activate, and pair up with the Shadow Archetypes of others – thereby setting up the Shadow Dance. A tour of the Primary Shadow Archetypes of The Child, The Victim, The Prostitute, The Saboteur, The Scapegoat, The Bully, The Bitch, The Narcissist, The Codependent, The Coward, The Perfectionist, The Manipulator, The Addict, The Tyrannical King, The Wicked Queen, and more.

Questions for Reflection from Lesson One:

What did the first guided meditation bring up for you – how did you relate to ‘The Shadow’, what came up for you?

What connects can you make between Shame and how your Shadow was created? Can you name some of your Soul Archetypes – how do you know that they are Soul Archetypes – did they ‘come in’ with you when you were born – do they feel innate?

Can you name some of your Fate Archetypes – how do you know that they are Fate Archetypes – can you locate them as pattern in Culture & Society?

Can you name some of your Archetypes of Survival Adaptation – how do you know that they are Archetypes of Survival Adaptation – did they come ‘on-line’ during childhood?

Can you name some of your Destiny Archetypes – how do you know that they are Destiny Archetypes – have you had to work with them as part of your development?

Can you name some of your Shadow Archetypes – what makes them a ‘Shadow Force’ – can you identify how they were created?

Are you able to identify the subtle, and perhaps not-so-subtle ways you manipulate others – what’s behind this agenda?

Can you name the Outer Forces and Patterns of Life (Fate) that have created your Personal Shadow & birthed some of your Shadow Archetypes?

Where are you out of alignment with Present Time, Mystical Truth/Power, and can you name a Survival Archetype of Adaption that is connected to this?

Exercises

Do a deeper Archetypal Inventory of all the active Archetypes in your Psyche right now that you can identify and name. No need to get anything 'right'...this is a first pass and will be refined throughout the entire series. However, make a list of the patterns most activated in your Life from each of the Five Categories of Archetypes...

-What Archetypes of Soul can you name:

-What Archetypes of Fate from the Environment can you name and how have they influenced your development, esteem, and self-concept/identity:

-What Archetypes of Survival Adaptation can you name and how are they connected to your Archetypes of Fate:

-What Destiny Archetypes can you name:

-What are Shadow Archetypes can you name:

Examples:

Soul – The Artist/The Lover/The Philosopher

Fate – Shame/Patriarchy

Survival Adaptation – The Shadow Rescuer/The Adult Child

Destiny – The King/Queen

Shadow – The Indentured Giver/The Perfectionist