

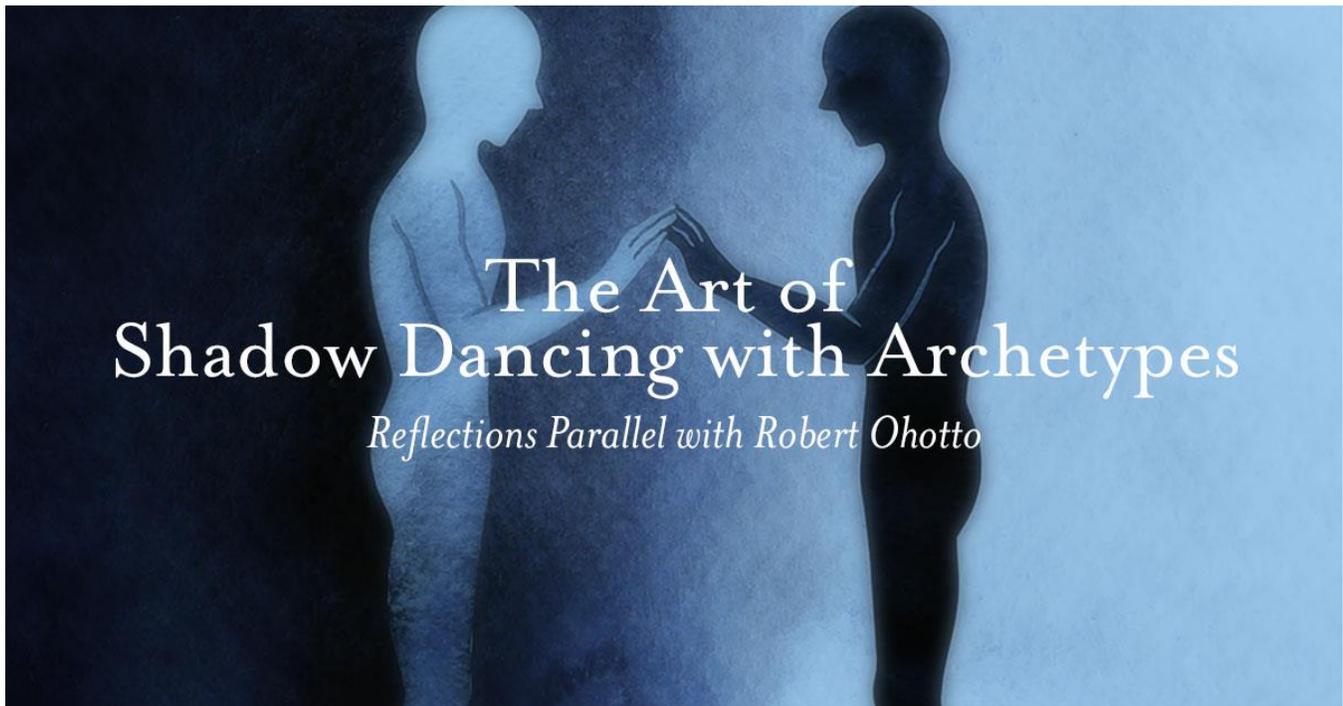


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## **Session/Lesson Three**

### **Some Questions for Reflection from Lesson Two as Review:**

*How did the opening guided meditation affect you – what are your Primary Shadow Archetypes that are ready for transformation – who in your life are you challenging Shadow Dance Partner?*

*Which Shadow Archetypes do others engage you with – and which Shadow Archetypes in you meet them on the dancefloor?*

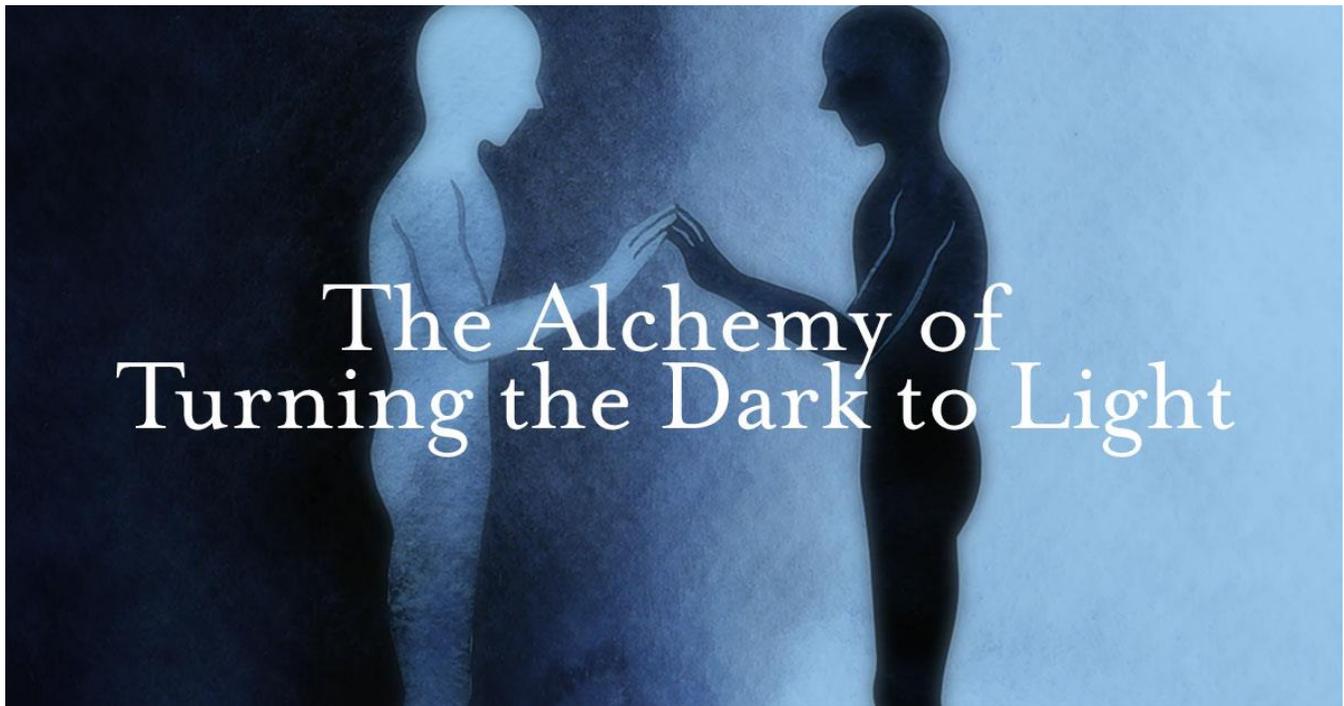
*Who are the Noble Adversaries in your Life that you have a Soul Contract with – how do you know for sure that you have a Soul Contract with them – how often have you spent too much time focusing on the 'Teacher' instead of the Lesson – what happened when you focused on the Lesson instead?*

*How activated is your Soul Sight most of the time – how do you know?*

*What Shadow Archetypes at your 'Round Table of Self' have been educated by your inner Mystical Archetypes – did you notice a change in your System when this happened – can you language this?*

*How do you approach the concept of 'Neutrality' – can you identify someone you are very triggered by – can you identify someone that is a level three for you – can you identify someone that you completely neutral with now at a level zero?*

*Can you identify areas where you would be better served by thinking/perceiving in both/and consciousness?*



# The Alchemy of Turning the Dark to Light

## Session/Lesson Three

In this Lesson we will cover:

- The Shadow Archetypes in you that call in, activate, and pair up with the Shadow Archetypes of others
- 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.
- Spotting Invitations to the Shadow Dance via the language of Shadow Archetypes
- How to Decline Shadow Dance Invitations, Dance with Awareness, Activate an Archetype that deactivates a Shadow Archetype in someone else, and use the Power of Language
- Shadow Dancing in an Internet Age
- How to handle the Dark Side of Group Energy
- A Step by Step flow chart process to follow to Turn the Dark To Light

### **A Beginning Prayer of the Power Self-Responsibility, Vulnerability, Divine Assistance, Turning the Dark to Light, and Protection**

- **Neutralizing Triggers/Triggering with Shadow Dance Partners Part I**
  - Neutrality isn't about feeling nothing, it's about taking a 10 down to a 3 and getting conscious choice/containment along the way...
  - Dealing with Shadow Archetypes is best done via both/and vs. either/or
  - First step is always Compassion – let it be OK that you are triggered

- **Neutrality & Shifting from Shadow Triggering to ‘Soul Sight’ with Your Shadow Dance Partners**
  - Must start with the personal level of Triggering and what is happening in your Psyche!
    - Acknowledge and accept that you are triggered
    - Explore the emotions of the trigger = FEEL THEM!
      - You cannot ‘mentalize’ emotions and explore neutralize Shadow Archetypes, nor get to Soul Sight
  - What is Soul Sight?
    - Seeing another through the eyes of your Soul as worthy of love, esteem, and having a right to be alive
      - This does not mean you have to like them!
      - Seeing the Shadow Archetype via its birth

## **Invitations to the Dance**

- How are You Invited to Shadow Dance?
  - Via the Shadow Archetypes of others...
    - Manipulation & Triggering
      - The most common way we are invited is through the power manipulative language that triggers you...
        - How you’re triggered by language depends on two things: what language is triggering for you (may not be for others) and the intentionality of the person speaking
          - The intention of someone may not be to trigger you!
      - We can also be invited to a Shadow Dance via a physical event
        - Abuse, threats, violence, terrorism, etc
- First Things First When Getting an Invitation
  - When Triggered first turn to your own System and Contain
    - Then shift to Soul Sight the best you can...
    - Then ask your intuitive system ‘what is the agenda of this person?’
      - Read the energy...claim your own projections
      - Evaluate actions, behavior, and language and the Archetype that speaks that language
    - Next ask, am I dealing with a personal or Tribal Shadow Archetype
      - Tribal = you need to de-tribe them first
        - Is this how you really feel, why?
- The Language of Shadow Dance Invitations
  - The language of Wounding, Manipulation, Shame, & Disempowerment, Tribal Warfare

- The language of Shadow Archetypes is sourced from how the Shadow Archetypes defend Safety, Security, Esteem, and Survival – and all this has to deal with Power and what Power gives you: Control
  - Each Shadow Archetype will use language that falls into these five categories
    - Wounding = compromise the integrity of your holism
    - Manipulation = control and influence
    - Shame = inherent wrongness
    - Disempowerment = esteem/power loss and self-doubt
    - Tribal Warfare = all of the above at a Tribal Level

## **The Primary Shadow Archetypes**

### **To Help Identify the Language of Shadow Archetypes – Remember:**

The language of Shadow Archetypes is sourced from how the Shadow Archetypes defend Safety, Security, Esteem, and Survival – and all this has to deal with Power and what Power gives you: Control

**When neutralizing Shadow Archetypes – your language must be backed up by your Power...and sometimes Power is sourced from your vulnerability and compassion. Also, consider which Archetype you'll need to neutralize the threat. All neutralization of a Shadow Archetype involves compassion and bringing the Archetype into the light of awareness, thus your language must include this as well as the establishment of boundaries**

### **Useful Compassion Language:**

- You seem really triggered right now, what's going on?
- I know you to be a loving and sensitive person, are you ok?
- While you can certainly speak to me that way, I won't stay in relationship with you if you do, and I really love to stay connected, so I hope you'll consider that...

**All Shadow Archetypes in Others are defending something vulnerable – their language is the invitation to the Shadow Dance! Keep in mind that you are also up against what has defended a low-esteem system in someone.**

**Some Shadow Archetypes will tell you a false Story About Yourself – do you believe it? Understand why you do, and then don't...get to Soul Sight and Soul-Esteem via the Mystic ASAP**

**Consider what Shadow Archetype do they activate in you – is it from the Dark or Light Side of Your Shadow?**

- The Child
  - The Language of Abandonment and Dependency
    - Can I have permission? – I want that! – you’re a terrible Mommy!
    - Shadow Dancing with the Child (Adult Child, Invisible Child, Orphan, Man Child)
      - Archetypes you can activate to neutralize the Shadow Child: Mystic, Mystical Parents, Mystical Adult, Guide, Friend
      - Power Language: “The way you’re speaking to me seems to be coming from your inner child, but I’m not willing to be your parent...can we regroup? It seems like you are speaking from the freak out of your inner child, are you ok? As a friend that wants you to be empowered, I feel like you’re sabotaging yourself with your approach to me right now. Do you think it’s my role in this life to be your parent – I ask because the language you’re using is that of a child, and out of love I gotta tell ya, that doesn’t serve your potential.”
- The Victim
  - The Language of Entitlement
    - Fair/Unfair – Should/Shouldn’t – Acceptable/Unacceptable – Why me?
    - Shadow Dancing with the Victim
      - Archetypes you can Activate: Mystical Victim, Truthteller, Alchemist, Realist, Karmic Technician
    - Power Language: The way you’re speaking sound like you see yourself as a Victim, is that true? It sounds to me like you are seeking power from me by getting me to feel sorry for you. I wonder if you’ve noticed that you’re using very manipulative language with me, why is that?
- The Scapegoater/Scapegoat
  - The Language of Blame/Finger-pointing/Fault & Story Telling
    - It’s your fault – Look what you’ve done – It’s all my fault
    - Shadow Dancing with the Scapegoater/Scapegoat
      - Archetypes you can Activate: Mystic, Mystical Adult
      - Power Language: “Do you feel that you’re trying to blame me for something that is your responsibility? Can you explain me to me how this is my responsibility?”
- The Perfectionist
  - The Language of Perfectionism/Fixing
    - I need to fix – I need to get rid of – Acceptable/Unacceptable – Should/Shouldn’t – What’s wrong with you?
    - Shadow Dancing with the Perfectionist
      - Archetypes you can Activate: Mystic, Mystical Lover, Friend
      - Power Language: “You know I’m not perfect, I hope that can be ok with you...Do you feel that as a person, I’m enough to you?”

- The Bully
  - The Language of Emasculation/Disempowerment and Story Telling
    - You sissy, wimp, pussy, loser, idiot, dumbass, etc...you better – or else!
    - Shadow Dancing with the Bully
      - Archetypes you can Activate: Mystic, Mystical Fighter/Martial Artist, Truthteller, Mystical Lover, Friend
      - Power Language: “I get the feeling you’re trying to bully me right now, why?”
- The Bitch
  - The Language of Criticism/Throwing Shade/Disempowerment
    - I don’t like you – You need to lose some weight honey – You ain’t all that
    - Shadow Dancing with The Bitch
      - Archetypes you can Activate: Mystic, Mystical Lover, Truthteller, Friend
      - Power Language: “What inside you is causing you to say these hurtful things to me? Is it your intention to cause me harm, why? Anyone that’s saying something like that to others, also speaks to themselves that way”
- The Vampire
  - The Language of Seduction, Manipulation, Spell Casting, Neediness
    - You are amazing – I love you – Can I come in?
    - Shadow Dancing with The Vampire
      - How did you unconsciously invite them to the Dance?
      - Archetypes you can Activate: Mystic, Truthteller, Requited Lover, Requited Friend
      - Power Language: Use language to dis-invite them from your field...
- The Wicked Queen
  - The Language of Light Dimming, Drama, Disempowerment, The Bitch, and Selfishness
    - Who do you think you are? – How dare you! – How could you?
    - Shadow Dancing with The Wicked Queen
      - Activate The Mystic/Soul-Esteem (via Soul Prayers)
      - Archetypes you can Activate: Mystic, Mystical Parent, Mystical Lover, Truthteller, Witness, Mystical Adult
- The Tyrannical King
  - The Language of Light Dimming, Authoritarianism, Control, Disempowerment, The Bully
    - I will abandon you – That’s not allowed or else – I will be the shit out of you – What are you, some kind of Sissy?
    - Shadow Dancing with the Tyrannical King
      - Activate The Mystic/Soul-Esteem (via Soul Prayers)
      - Archetypes you can activate: Mystic, Mystical Parent, Witness, Mystical Adult

## Moving into Shadow Archetypes that Create a Personality Complex

- The Addict
  - The Language of Lies, Denial, the High, and Shame
    - Projection – Perfectionism – Deceit
    - Shadow Dancing with The Addict
      - Archetypes you can Activate: Mystic, Guide, Networker, Truthteller, Friend, Mystical Lover
      - Power Language: “Everything you are saying to me seems to be defending your addiction, are you aware of that?”
- The Narcissist
  - The Language of Fault, Selfishness, Self-preservation, Scapegoating, Projection, Deflection, Avoidance, Denial, Lies, Deceit, etc.
    - It’s not me, it’s you! – I didn’t do that, they did – That’s not my fault, it’s yours – I’m not wrong, you are – etc
    - Shadow Dancing with The Narcissist
      - Are you dealing with a Shadow Archetype or a full blown Complex?
      - Archetypes you can Activate: Mystic, Mystical Lover, Truthteller, Friend, Guide

**Notice I didn’t mention Counselor, Healer, or Therapist for ANY of these Shadow Archetypes!**

### A Comprehensive Step by Step Flow Chart Process for Shadow Dancing with Archetypes

Shadow Dancing Level One

(Implies that you are triggered by the Shadow Archetypal Dynamic you have with someone)

#### 1. Once Triggered – Turn to Your Own System First

- a. Activate compassion and ok-ness, be with what’s genuinely happening in your system (feelings first, meaning later), take immediate action to boundary yourself to aid in containing your own triggering
- b. Become curious about your triggering, as you attend to your emotional responses – reflect on when you have felt these feelings in the past, what is the trigger drawing you back to?
- c. Next, start to identify the Archetype that came online at the point in your history
- d. As your emotions gradually calm, remember ok-ness is key, and turn on your Soul Sight – stay out of your mind the best you can...it will not be useful here as you activate the Mystic Archetype
- e. As you turn to your Mystic Archetype, evaluate what ‘Story’ their Shadow Archetype is telling you about yourself and trying to get you to believe

- f. Let the Mystic guide you to Soul-Esteem and consider what Shadow Archetype has been summoned in you (light or dark side of your Shadow), what is the Archetype(s) you need in this moment to stay connected to yourself, and make your next move in relationship to your Shadow Dance partner – bring that all online the best you can via a Soul Prayer
    - i. Let it be ok that you'll have some more of your own Shadow Work to do later with your Shadow Archetypes that have been summoned
      - 1. Work of Dark and Light Shadow Archetypes
- 2. Turn to Your Dance Partner with Soul Sight Activated and Intuitively Read Them**
- a. With the best Compassion you got online, assess the Shadow Archetype(s) and Shadow Agenda they are inviting you to engage via the language and energy they are using (do a first pass evaluation of their vibe, actions, body language, tone of voice, and overall behavior)
  - b. Go deeper into their language – is it: Wounding; Manipulative; Shaming; Disempowering; or Tribal Warfaring? Let this guide you to their Shadow Archetype
  - c. Once you've identified the Shadow Archetype, sense into when the manipulation began and check in with your own projections to make sure you have a clear read...
  - d. Next, get intuitively holographic and evaluate whether you are dealing with Tribal Shadow Archetypal energy in this exchange, knowing you'll need to de-tribe them in the next step if you stay engaged so go from here to Step 6!
- 3. What's your next optimal Move – do you stay engaged?**
- a. Consider what the nature of your Soul Contract with someone to identify their classification as a Noble Adversary (i.e. family member, romantic partner, co-worker, boss, passing stranger)
    - i. This will help frame the rightness of your next move...
  - b. The next move may simply be to get out of the engagement by any means you can – so leave!
    - i. You can't reason with shattered psyche – don't try...
    - ii. You're not under Soul Contract to help everyone – some will be beyond your medicine and skills...walk away
  - c. If you stay engage, it's time to use the Power of Language to evolve the Shadow Dance and Neutralize the Trigger
- 4. Intuitively engage them with Compassionate Language first via the Mystic Archetype and Soul Sight**
- a. Know that you are engaging what manages the Low-Esteem System of someone
- 5. If Compassionate language doesn't get traction in neutrality and connection, move onto your Activated Power Archetypes the best you can and use the Power of their Language to neutralize the Shadow Archetype and Dance with your Noble Adversary**

- a. Keep in mind that most of these Power Archetypes will have a 'Mystical' attunement and speak in direct, yet compassionate ways (i.e. Mystical Parent, Angel, Alchemist, Guide, etc)
- b. Make sure your Power is backing whatever you say
- c. Sometimes the most powerful thing to do is share the vulnerability of your hurt – sense for yourself if that applies

**6. If you sense someone is coming at you from a Tribal Shadow Archetype**

- a. Get an intuitive sense of which Tribal Archetype(s) you are dealing with
- b. Use language to de-tribe them next by having them reference themselves as an individual:
  - i. "Is this what your Soul feels is True? Is this what your Soul thinks about this? Is this what your Highest Potential asks of you?"
    - 1. If this doesn't work, leave them in peace on the dance floor!

**7. If you can't neutralize the Shadow Archetypes in someone else at this stage, turn this completely over to the Universe/Divine**

- a. Say a Soul-Prayer acknowledging your powerlessness and power, ask for protection, and walk away
  - i. Your Dance partner may amp up even more, keep on walking...
- b. Stay mindful of opportunities to be invited again, compassionately decline such invitations
  - i. If you fall back into the Shadow Dance, simply come back to ok-ness, then make your next optimal power pivot/move
    - 1. Don't make yourself 'wrong' and bring yourself to Shadow Court, this is simply not useful!

**8. LOVE YOURSELF AND BE PRESENT TO YOURSELF NO MATTER WHAT!**

- a. You have the Power to define your own Story, you have the Power to be YOU!
  - i. You are, will always, and have always been ENOUGH!
    - 1. Take that shit to the streets and live out loud and proud, I'm so glad you're here – so is ALL of Life. Much love...Robert : )

**How Can You Apply these Steps to Your Children, Family, Society, Culture, and other various Tribal Dynamics?**

(Same Steps with Different Focus/Application)

Children and Family will require the Activation of Mystical Family Archetypes

Society, Culture, and Tribal Dynamics require you activate Your Truth and Activate Archetypes in the 'Wholeheartedness & Sacred Activist Arena'

**BRING THE BOTH/AND!!!**

**How Can You Apply These Steps Online?  
Closing Guided Meditation**

**Stay Connected of Facebook's Reflections Parallel Page:  
<https://www.facebook.com/groups/181135612504904/>**