

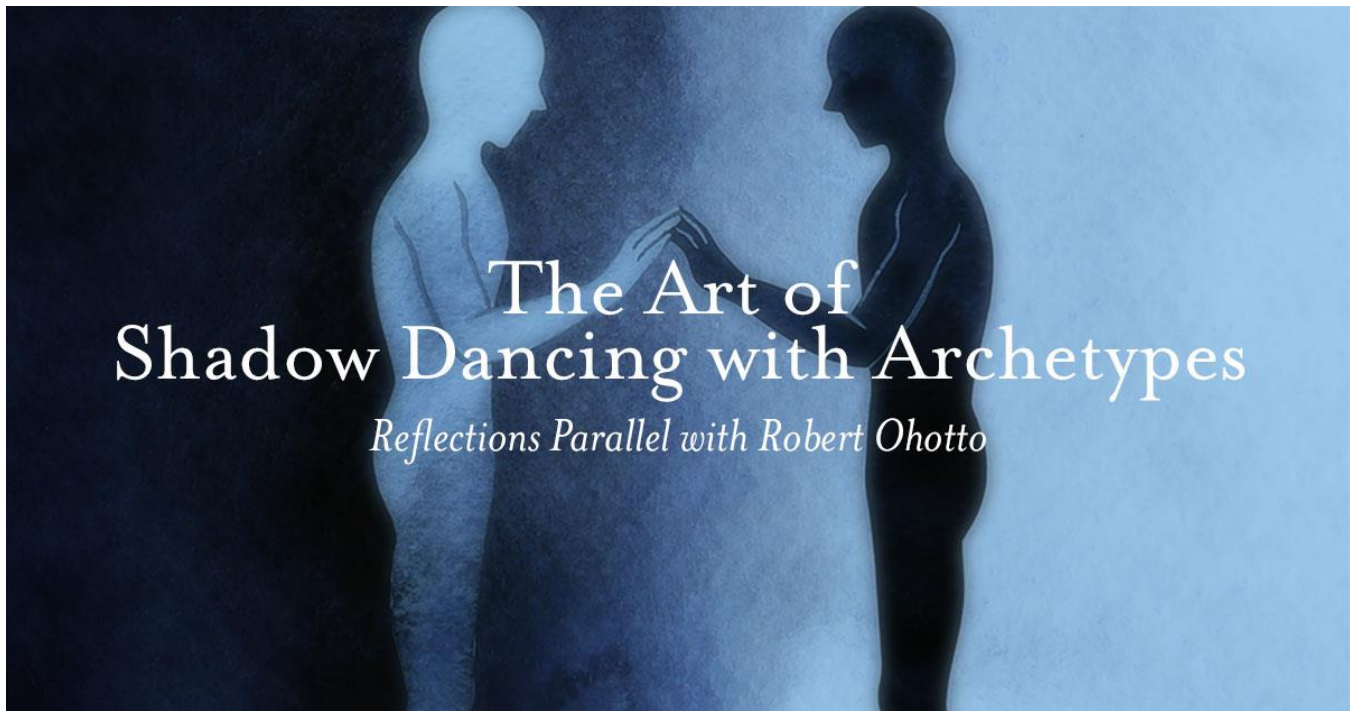


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Session/Lesson Two

Some Questions for Reflection from Lesson One as Review:

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? 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 & Destiny Archetypes? 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?

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?



Shadow Archetypes & Invitations to the Dance

Session/Lesson Two

In this Lesson we will cover:

- Soul Contracts with Noble Adversaries and Triggering
- How to recognize the various Shadow Archetypes in others by identifying each Shadow Archetype's pattern and language.
- A new kind of Compassion
- The Shadow Archetypes in you that call in, activate, and pair up with the Shadow Archetypes of others
- Spotting Invitations to the Shadow Dance

Soul Contracts, Noble Adversaries, Shadow Archetypes, and Invitations to the Shadow Dance

A Beginning Meditation on Shadow Archetypes & Noble Adversaries

- **Soul Contracts with Noble Adversaries**
 - What is a Noble Adversary?
 - Noble Adversary = Opponent, enemy, adversary, foe that you have a Soul Contract with to Shadow Dance
 - Someone there to teach you about your worthiness, power of choice, power of perception, percentage of presence, and alignment to Mystical Truth/Power
 - Someone who calls you to the dark/light sides of your Shadow
 - They initiate a process of healing your historical wounding...

- How do you recognize a Noble Adversary?
 - They shadow trigger you!
 - They tend not to go away until you've gone to neutral and shifted the power dynamic
 - They use the Language of Disempowerment & Manipulation
 - Smaller vs. Larger Noble Adversaries...
- **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
 - 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?
 - Shadow Triggering connects us to our historical wounding
 - Go Holographic with this if need be...
 - What is my Soul Contract with the person triggering me – what immediate boundaries do I need with them...?
 - Boundaries are an Intuitive Process (Consult your Soul not another Shadow Archetype)...best served with Both/And Consciousness
 - **Shadow Dance Partners & Moving from Compassion vs. Boundaries to Compassion & Boundaries**
 - Victim Compassion vs. Mystical Compassion
 - Ex: The Pedophile, The Rapist, The Psycho/Sociopath
 - Step One - Cultivate Mystical Compassion for Noble Adversaries
- **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 Archetype defends 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 Archetype defends Safety, Security, Esteem, and Survival – and all this has to deal with Power and what Power gives you: Control

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...

When neutralizing Shadow Archetypes – your language must be backed up by your Power...and sometimes Power is sourced from your vulnerability and compassion

All Shadow Archetypes in Others are defending something vulnerable

- The Child
 - The Language of Abandonment
 - Can I have permission? – I want that! -
 - Shadow Dancing with the Child (Adult Child, Invisible Child, Orphan)
 - To be continued....

Questions for Reflection

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 percentage of yourself is generally present?

Can you identify the difference between Victim Compassion vs. Mystical Compassion – what makes them different – have you believed that you had to 'like' things to have Compassion for them?

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 it be ok that your System may never get to zero with triggering with some people?

Can you identify all the ways you think/perceive in terms of black/white polarities?

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

How often are you ok with whatever is happening in your own genuine experience – how often to mentalize your emotions right away to get out of feeling them?

Exercises

When in a Shadow Trigger Ask Yourself:

Is someone attempting to wound me, manipulate me, shame me, disempower me, or is this a call to Tribal Warfare?

What is this person under Soul Contract to teach me?

What feelings are triggered up in me? (feel them!)

When have I felt these feelings before – when was the first time?

What Shadow Archetype has been brought online?

Remember:

Everyone is allowed to their own experience of you, your truth, your triggering, themselves, their truth, and their triggering

You trigger others, in as much as they trigger you

Soul Sight neutralizes Shadow Dancing

Make a list of your Noble Adversaries and note how you've identified them as such – next language what your Soul Contract is with them and what boundaries you need: