

# Embracing My Shadow

1. I now see that \_\_\_\_\_ has been mirroring for me the following parts of me I have made wrong and have judged, denied, repressed and projected onto him/her. I thank him/her for mirroring the following parts of my shadow:

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

2. I am now taking back the projection(s) and am now willing to love and accept those part of me. They each are a part of who I am and I would not be complete without them.

Agree  Disagree

3. I now realize they are not things to be overcome or to fight with every day. Neither are they obstacles standing in my way of my growth and healing. I love and accept each one just the way they are.

Agree  Disagree

4. As I become willing to love and accept these parts of me, I trust that if the underlying beliefs that caused me to form these shadow aspects were lies or misperceptions, they will dissolve automatically as I come to love them.

Agree  Disagree

5. Conversely, I realize that if I continue to judge those parts of myself and resist loving them, they will grow stronger. (*What you resist, persists.*)

Agree  Disagree

6. If the underlying belief about one or more is actually 'true,' then my acceptance of it as just being who I am will allow me to transform the energy and use the positive power inherent in that part of me to good purpose. (*My perfection lies in my imperfection.*)

Agree  Disagree

7. Having brought my shadow aspects to the light, I realize that my healing has come unbidden and I honor and bless \_\_\_\_\_ for showing me the way.

Agree  Disagree

Thank you \_\_\_\_\_, for being my healing angel.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_