



Bring the Shadow Into the Light

A practical practice for releasing your blocks and liberating your shadows

1. Get in touch with the block or shadow aspect of your Sacred Wealth Code Archetype that is holding you back.
2. Embrace it! It believes it is doing something good for you. Imagine you could put your arm around it and truly accept it.

If the shadow was not holding you back what would you be doing differently?

3. Ask it what it is trying to do for you? Be open and really listen. It thinks it is doing something good for you. It wants to protect you, keep you safe, make sure you are loved, or empower you in some way. It is just stuck in a survival pattern from the past.

4. Thank it!

5. Consciously remind yourself that you no longer need to have that belief the shadow has been holding for your survival. You are grown up and powerful and can take care of your survival needs.

High-value gifts are the bridge between the light and shadow side of your Sacred Wealth Code Archetypes.

The Practice:

Show your shadow how you are already powerful in this area of life by consciously bringing it present when you are using your high-value gifts that you are comfortable and have already mastered around this archetype. Not the big leap that made you aware of this shadow to begin with. Consciously be in your power and not the shadow and when it's time to stretch into your potential it will not feel like a big leap. It will just be the next step.