

Astral Meditation

Tutorial 3

Connecting with the Shadow Self

(Do not move on to this meditation until your Guide Energy is clearly established)

Greet your Guide and ask him if he will take you to see the Energy that represents your Shadow Self. Your Guide may invite her/him down there and then or he may walk to another part of the inner world where your Shadow energy lives. Notice the environment around you and anything you see on the way, everything is symbolic for the subconscious. The Shadow energy doesn't always come in human shape to start with...you may have an oak tree ...or a clearing with a fire burning; ask your Guide to bring the Sun to heal the image so that it can take human shape and talk to you. Your Shadow may well be the opposite of who you think you are, eg my Shadow self first appeared in black pvc cat suit with punk hair and safety pins in her ears. Much braver, wilder and sensuous than my conscious identity. What ever is presented to you remember your job is to work in harmony and love with this Archetype. Ask your Guide to invite the Moon Goddess to join the Sun in giving all the healing he or she needs "to come fully into consciousness, harmony, light and love". As the Sun and the Moon finish pouring their golden and blue energies over the figure you will see the changes, sometimes many different images will flash before you, or with the more watery personality a slow steady transformation into a more magnificence friend. Once the Sun and Moon have finished healing, ask your Shadow if they are willing to be friends and help you balance your energies into wholeness?

Often the Shadows wants to play, and will take you off on a little journey.... stay conscious and focused. My mind sometimes dismisses things during the meditation as not being important and its only afterwards when I am writing it up that I realize the true significance! Have a good long talk to your Shadow, find out what the Shadow wants to do, what makes them happy, are they getting on with all the others? Do they need specific balancing with the other Archetypes? Is there something you can do in your physically in your daily life that will help bring their energy into your life positively. Be prepared to enjoy these escapades. If your Shadow wants to fly a kite then go and fly a kite. Always check any requests with your Guide and if its anything which is not in light and love, don't do it!!! Ask the Sun and Moon to do more healing until the Shadow is happy to befriend you and work with you.

Your Shadow will change every now and again, and these changes in the inner world mirror changes in your outer world. As with every meditation ask your Guide to take you back when you are ready and return to the beach. Bring yourself consciously back into this world. Its a good idea to eat and drink something light to ground you. Write your meditation up.