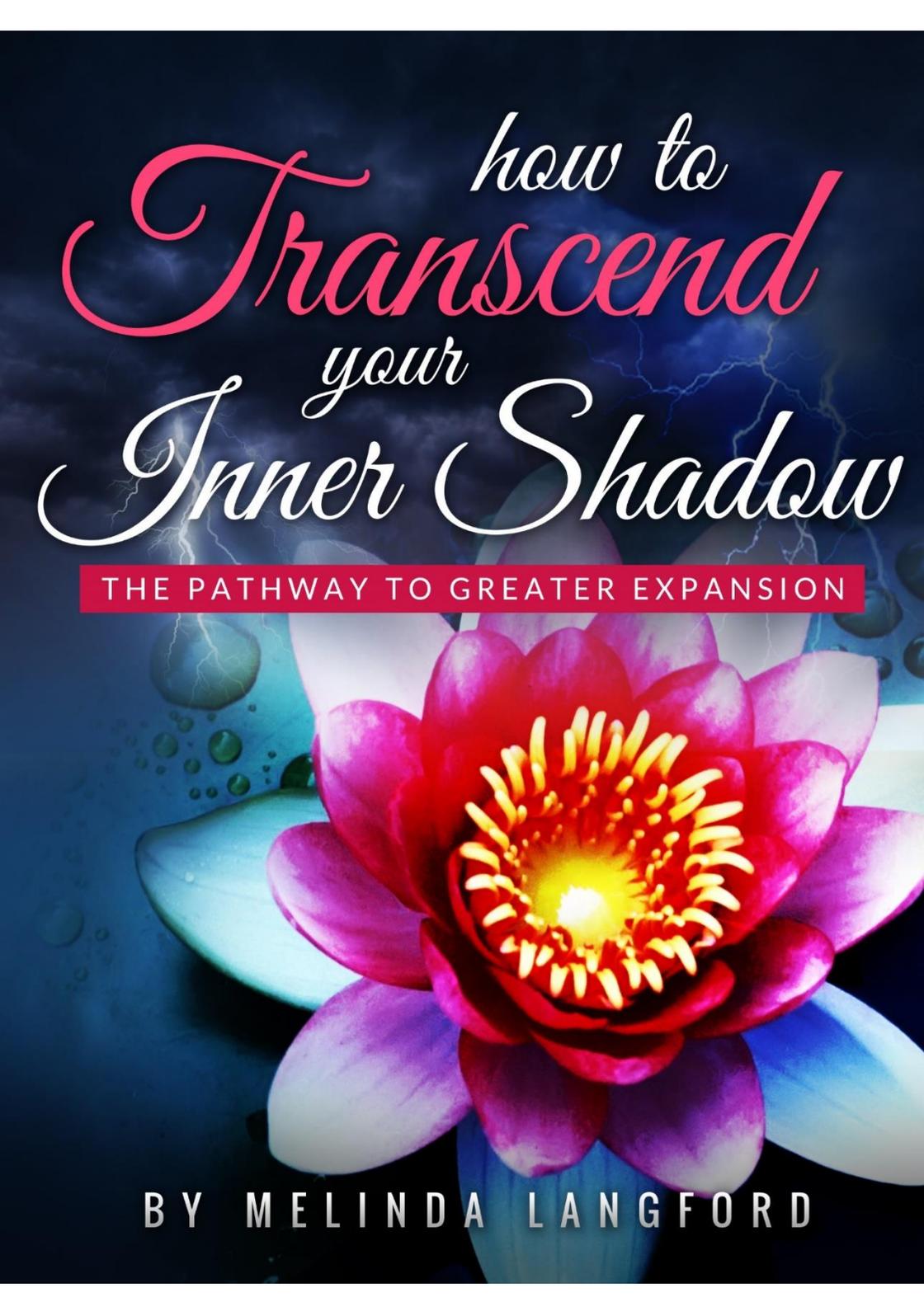


how to
Transcend
your
Inner Shadow

THE PATHWAY TO GREATER EXPANSION

BY MELINDA LANGFORD

A vibrant pink lotus flower with a glowing yellow center, set against a dark blue background with lightning bolts and water droplets.

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MELINDA LANGFORD



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***To my wonderful husband Scott & 2 beautiful boys Blake & Dylan
for all your love and support during my intense time of self
discovery, especially when things were tough for me.***

I love you guys so much!

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PREFACE

My intention for this book is to introduce you to the concept of learning to identify what your inner shadow is (I also refer to it as unhealed wounds or baggage that has been accumulating along the way) with the intention of wanting to clear out and allow for new exciting things. How you can live more consciously, thereby living a life focusing more on what you do want without necessarily experiencing the emotional trigger all the time. This trigger could feel like fear, anger, worry, anxiety, panic, being the victim, you might even experience a state of being frozen or a strong pulling sense of being stopped. Let me be clear here, I am not saying that you will never feel these emotions, I am saying you can start experiencing life the way you want, in more control of your thoughts and feelings.

I will talk about how your inner shadow likes to communicate, what it can feel like, both emotionally and physically. How can you make peace with it and then start focusing on what you want more effortlessly. This can look like living a life more consciously and experience more moments of freedom, inner peace, joy, happiness, free from the constant fear, anxiety, worry or anger that may have been the main drivers that you have been basing your decisions from.

So, what do I mean by having an inner shadow? Well, I was introduced to working with this concept (even though I didn't realise that was one way of calling it) about 6 years ago.

I was attending a business conference with my husband for another business that we owned (and still do), and during that time I had received an “aha” moment so clear as day. As if I was being spoken to from the heavens. Well it was something like that, it was actually my soul calling out loudly.

I just want to jump back a little here and give you a very brief overview of my background so you can see where I was at emotionally, mentally, spiritually and physically that led me to the business conference in the first place.

I grew up in a family no different from anyone else. We all have a story or many stories, some more intense than others. I had good times, I had tough times, there were challenges and struggles. I experienced laughter, tears, pain and anger. Growing up I was a very sensitive person and still am. I mostly grew up with a lot of fear, anger and anxiety. It was like the fear, anger and anxiety was built into every cell in my body. They were my main drivers. These drivers became the motivating basis for me to get things done, not done, and to run away from, which I learnt over the years didn't serve me at all.

Being so sensitive means that I experience life through all my senses in a much heightened way to most people. I am also able to feel and interpret other people's energies, in other words, I am an empath. I didn't know this about myself when I was a kid, I only found out that there was a term for this a couple of years ago. Experiencing life with heightened emotions, thinking they were all my feelings. One minute I am fine then the next I have dropped, I felt like I was going crazy. I was constantly living from a place in my mind of worry, fear and anger. Because of this and not

understanding what was going on, like any kid I was doing what I thought was in my best interest at the time.

In the end I created habits and behavioural traits that lead me to control a lot of things in my life. This was primarily because I wanted to control not being triggered by my emotions/feelings all the time. I wanted to suppress these feelings. Let's face it, I know I didn't like feeling uncomfortable all the time. So I ended up creating an addiction, if you will, to basically avoid dealing with what I was feeling, what I was thinking. My main addiction was having to have my house ridiculously spotless all the time. This started as soon as I left home. One friend referred to it every time she came to visit that it was like going into a showroom, everything was perfect and had a specific place and nothing could be out of place. It controlled me for a long time and I would go nuts when something was out of place.

It has taken some major events in my life's journey for me to come to realise and learn that the life I had created was basically a life of running away from my own feelings and blocking my true potential. If I wanted to move forward in life and live a life in alignment to what I was desiring, then things had to change.

This change I was searching for, I thought other people would do that for me. I thought other people had all the solutions and they were going to change things for me. I believed other people must know me better than I knew myself. I also thought that if I changed my external circumstances then things had to get better. Well things did get better for a while. But not for long. You see, I also learnt the same negative feelings were still there beneath the surface and I didn't know why.

I did change things so the same situation or experience wasn't going to happen again. However, that didn't change how I was feeling deep down and these feelings would just come back up to the surface when another situation occurred. There they were again and I would be behaving in the same old patterns, feeling the same old feelings. I was living in a pattern of what I call my inner shadow surfacing and recycling over and over again.

After a number of years and trying different things, finally the penny dropped while I was attending a business conference, a business conference that we had been attending for 3 years for my previous business working with my husband.

That "aha" moment that was so clear to me was that I realised I was getting in my own way of what I wanted to achieve. It wasn't about the strategies, or the tools that were going to get me where I wanted to be. Yes they do help but it's not for me to fully rely on them only. I finally realised that I had to stop pointing the finger away from myself on to others and to turn it around and start pointing it at myself. I decided to take full responsibility for where I was at emotionally, mentally, physically and spiritually in my life.

For any type of change to occur, I knew it had to start with me, so at first this looked like "letting go of the baggage in my life". This baggage I refer to are the stories, beliefs, feelings, emotions, thoughts, all the unhealed wounds that have been programmed into my subconscious and conscious mind from childhood and even further back (like generational, genetics, my soul imprint from many lifetimes and mass consciousness thinking) – which I truly believe all can be healed and re-programmed, as I have been doing this slowly. However, this is not covered in the scope of this book, this is for another time, however it's just to paint a picture for you.

So what I was getting to is that for any change I was looking for, I realised I needed to change the way I saw myself, my life and this would change my external experience. This all started with me deciding to learn what exactly was going on, on the inside of my mind, with my emotions, thoughts, my soul and even what my body was trying to reach out and tell me. I gave myself permission and courage to be real and honest with myself. I had this new thirst, this drive, motivation that was yearning within to learn more about who I am, which meant every part of me.

So I made a commitment to myself that no matter what, I was going for it and decided to go deep into myself and explore, feel and learn what I thought made Melinda be Melinda, what was my driving force. I wanted to know what my values were, what was important to me, what was driving my fears, anger, worry and anxiety, and how to release from them. Most importantly I had a strong desire of believing there had to be better than this, there's got to be more. I wanted to become an expansive being, filled with happiness and joy and living a life of freedom.

After a number of years of being on this journey of self-discovery and this is still continuing, studying and being trained in a lot of different modalities and receiving qualifications along the way, everything that I have learnt I have put to practice on myself.

There were times where I needed to really build up the courage and strength within myself to continue on this path of commitment that I made to myself. I did want to quit a number of times, but I realised when I started on this journey and started opening my eyes and learning what I had learnt, I remember thinking "I know differently now to just go back and play ignorant and continue with the way things were and I would just have to come back again and

go through it all again until I resolve my emotional wounds”. So it simply was not an option for me anymore. Keep moving forwards was the key, no matter how things would seem to get.

I am gratefully in a much better place within myself now. This journey is a constant expansion and I am learning to truly love and respect myself and in doing so I also continue to appreciate and respect others on a much deeper level. I am constantly learning and expanding myself and as a result I experience more in my daily life of love, inner peace, calmness, joy and freedom rather than the fear, anger and anxiety that were my main drivers for a long time.

Yes I still get emotional triggers, the difference now is that I am willing to feel them, allow myself to learn from them and release them and shift my focus to what I do want and how I want to feel instead.

So from the massive gains that I am experiencing in my own life and continue to expand on, my desire is that I share with you all the knowledge and skills from my own personal experience. Because I have a better understanding of the huge benefits I am receiving. Now I didn't do this all alone, I did have help and support along the way for which I am truly grateful. What I learnt from my mentors, teachers (Like Michael Adamedes, Irene Horvarth, Louise Hay, Caroline Myss, Wayne Dyer, Carol Tuttle, Donna Edan, Deepak Chopra, Michael R Smith, Brian Weiss, Esther & Jerry Hicks & many more) and loved ones that have been supporting and helping me, my desire is that this will inspire you in some small way to make changes in your own life's journey. To become a more conscious being – working towards living in an expansive way in all areas of your life.

The insights, inspiration, and tips I will be sharing are not my own, they're nothing new, they have been around for along time, I have been taught these from my mentors and teachers. The reason why I am wanting to share this with you, it really resonated with me.

I am experiencing massive gains and you just may experience what I have. It's like I have woken up, I am so passionate about this and truly believe in the massive gains I have already experienced in my own life. Maybe you too might feel a pull or nudge from inside of you, which means you are ready or your soul is letting you know it's time, this is meant for you, even if you are just curious.

I am holding the highest vision for you that you are receiving further insight or gaining more understanding about living a more conscious life in whatever form that looks for you. It is perfect for you.

Much Love

Melinda Langford

“Dare to embrace all of you & be Inspired, Inspired to take action”

CHAPTER ONE:

WHY TALK ABOUT INNER SHADOW?

There has been a lot of emphasis placed on positive thinking, on connecting with our higher selves, on affirmations, all is good type of thinking. While this is all great and necessary, it is only a small part of the whole. There doesn't seem to be too much focus on the inner shadow side of us.

We all have a darker side to us and I am all about encompassing my complete self, which means to me embracing all the different aspects that make up my whole self. That being my soul, my personality and my inner shadow self. In this publication I am choosing to focus on the inner shadow and its opposite counterpart. The inner shadow can be referred to as the darker, 'all is negative' part of us and our higher purpose can be referred to as the inner light, 'all is positive' part of us.

I see my inner shadow just showing me what I have rejected about myself, it's a teaching mechanism. I truly believe by being open to learning more about what my inner shadow is saying to me, it opens up so much potential greatness.

A lot of people are scared to face or even talk about their inner shadow for numerous reasons. For me, I didn't want to open that door and look at what my inner shadow was wanting to reveal for a very long time. I was ashamed to admit this was a part of me. I believed if I shared what I was really feeling and thinking inside, out loud or even to myself, I would be judged, criticised, disliked and even hated.

Back when I was a child there was consequences I received if I expressed what I was honestly thinking and how I truly felt. I wasn't a fan of the consequences so I decided to watch what came out of my mouth, most of the time what I ended up doing was containing my thoughts and feelings and started pushing them down inside of me.

As a child expressing my true thoughts and feelings was not acceptable because my parents didn't know or understand what was really going on, how it worked. It's no fault of their own especially when their own parents didn't know either. What they didn't know was being conscious of all aspects of us that make up the complete self. They didn't know what it means to refer to their own inner shadow, so of course they are only going with what they know and in this case they reacted to what they learnt when they were growing up.

We get most of our learnings from early childhood as we are wired to absorb pretty much everything and be influenced externally from our parents, siblings, and significant others from birth up until approx. 12 years old. This sets up the lessons we get the opportunity to work on throughout the rest of our life.

By the time we reach adult hood all the limiting beliefs, thoughts and feelings, both positive and negative are pretty well programmed in. Some were age appropriate, some can still serve us and others just don't serve us at all. It's up to us as an adult to become aware of what no longer serves us and the idea is to reprogram ourselves, to grow and evolve in order to work towards reaching our full potential, however that may look for each of us. Unfortunately a lot of us tend to go about our daily routines

running these old programs with the shadow strongly intact and being none the wiser.

From an early age I didn't agree with a lot of things my parents were doing or saying. I always felt different from the rest of my family, a lot of the time I felt like an outsider. I acted like a quiet rebel for a while. On the outside you might be thinking what did she get up to?. It wasn't anything full on, a lot of it was going on inside of me. At first I would do little things deliberately out of spite of what my parents taught me, especially if I knew I could get away with it. I didn't go too extreme because if you knew my father, the act was not worth the consequence. Why I am sharing this with you is because I didn't know at the time that this was my shadow that was very strong and was constantly wanting to show itself, I experienced a lot of the internal dialogue going on within myself. Sometimes I felt like I was going crazy, it was so intense and other times it just showed up through my physical acts instead.

Inner Shadow work has become an absolute passion of mine. I decided to immerse myself into my inner shadow 6 years ago as I wanted to learn and know how I could be free of my own baggage (things like fear, anger, anxiety, worry, blame, playing the victim & having judgement, being critical, basically having all those negative stories and thoughts playing out in my head). I wanted to resolve the unhealed wounds inside of me and reconnect back with my higher self (my soul). At the time I started this I didn't realise that was what was going to happen. I just wanted to get out of my own way so I could do what pleases me.

I felt my inner shadow had a strong hold on me and felt like it was in control of me more than I was in control of it. It ended up affecting all areas of my life, in my personal relationships, in my

health, my relationship with money – this is a big one for me. It even affected how I saw God (my spirituality), mother nature – everything. I was subconsciously allowing my inner shadow to have control of every aspect of my life.

So, I decided I would take the leap and go through it. I learnt the more I cleared my own baggage (inner shadow) the freer I felt, the more inner peace I was experiencing, the more lightness and joy in my life that was happening. I can say that I am in more control of me every day (meaning my own thoughts and feelings) so much more than I ever have been.

I found it so worth going through the work. Was it easy for me, hell no, not at first. I can say It definitely does get easier the more you do. So why do I do it? because I had such a strong desire within me to be free, happy, have inner peace, and have my inner light shine through me. This desire is so much stronger than allowing my inner shadow to have control over me any more and let it decide how I am going to feel and be thinking.

It does require a level of noticing where you are at in life and how you are feeling. A bit of self examination. I wanted something more and different instead of what I had been experiencing in my life for so long.

***“One does not become enlightened by imagining figures of light,
but by making the darkness conscious” C.G.Jung***

CHAPTER TWO: WHAT IS INNER SHADOW?

This is where I will get a little technical and will bring in examples with the aim to tie it together. I am a visual person so examples for me give a very good visual interpretation. If you're also a visual person then this will be perfect for you.

I like to explain the inner shadow this way, the inner shadow is the part of the mind that likes to look for or interpret things from a space of all doom & gloom, chaos, destruction. It's the part that really works with the hidden fear, anger, worry, guilt, shame, judgement, blame, the victim mentality, the lack of instead of abundance, survival instead of everyone can thrive and depression amongst others.

The inner shadow or another way of looking at it, the unhealed wounds (the unresolved parts of us) is what we all carry around inside of us. It is the part of us that is waiting to be healed or resolved.

When I realised that the inner shadow exists because I have separated in my mind and forgotten who I truly am, then I knew I can start to work toward unity within myself. The shadow can be very seductive and alluring, especially if I allow it, even by slightly entertaining how believable the information I am being shown is to me. It is very easy to be pulled down into a spiral of negative thoughts and emotions. It wasn't until I hit rock bottom and I have been in this place a few times before I started to shift out of it.

Unfortunately, there are a lot of people that get stuck in this spiral for a long time and not even realise that's where they are. Some people don't ever come out of it in their lifetime.

On the flip side to the inner shadow, we all have the counterpart, I like to refer to it as my inner light. The law of polarity focuses on two extremes of the one thing, which is essentially the same thing. For instance, if I use a pole as the analogy and I use shadow & light, birth & death, positive & negative, these are all examples of two extreme ends of the pole. There is a whole spectrum in the middle of the pole of varying degrees on where you might find yourself sitting. It's not a simple black or white type of approach. So when I choose to focus on the complete other end of the pole of the shadow, then I view myself as an eternal being of light, the highest version of myself.

For a moment I would like to focus on the inner light part of us. I would like to add we all have a soul and it never dies, our physical bodies will though. The essence of who we are never perishes, it is eternal. We just transition on to the next part of our journey, back into the essence of who we are (eternal light, soul, pure consciousness, energy, whatever resonates with you). Who we truly are is a very big subject and is best to dedicate more time on this topic in another setting and give it the full attention and respect it deserves. For the purpose of this book a brief overview was provided for a bigger picture type scenario of how I am seeing it.

“We all have the power to transform our perceptions, I have the choice to decide what end of the pole I want to focus on”.

What Does Your Inner Shadow Look Like?

The shadow side of me is quite dense in nature, a much heavier type of feeling and this can be quite alluring most of the time. The idea for me is to learn to identify when it is my shadow side that I am responding from. There are many ways the shadow likes to disguise itself, the main way it shows up is by me projecting out onto others in the form of judgement, blame, finding fault, criticism. It can also show up in my own self talk, like I hate myself, I don't like the way I look, I'm stupid, I'm an idiot, you get what I mean. This type of self talk gives the shadow more power, because as I say these things to myself or even others it is reinforcing shame and guilt on top of all that.

When a traumatic situation has been experienced, I generally like to lock these ones away and try and forget about they ever happened. The number of different denser type feelings attached to it is fear, anger, anxiety, panic, despair, powerlessness & even depression. The reason why I have locked them away, is because I don't like reexperiencing these feelings, it's very uncomfortable. There is nothing wrong with this decision as we have all done it. The thing with this is the more I choose to keep rejecting these experiences ever happened and suppressing and repressing them, it then turns into more unhealed wounds lying beneath the surface. When they stay unhealed for a period of time (I don't have a crystal ball so I can't give exacts), it can start to show up in the body as physical systems like, malfunctions, aches & pain, diseases, disorders.

Not all negative experiences are traumatic in nature when dealing with the inner shadow. There is a complete spectrum, for example, when I was a child at primary school I would get ignored, kids

wanted to stay away, I wasn't included in any of their games, I was a bit of a loner really. From these experiences, I chose to interpret something like, "people don't like me" and it made me feel sad and lonely. I try and ignore and forget about it for a while until another situation happens. This time it was one of my parents behaving in a way I don't like and I also interpreted this, "they don't like me" and this as well makes me feel sad and lonely. You see it's a build up of lots of little experiences like these accumulating over time adding to the same interpretation "he/ she/ they don't like me".

See, the inner shadow is the part that is saying "they don't like me" – "there must be something wrong with me", "why doesn't anyone like me" and I feel depressed, sad, hurt and alone. As a result, a belief is now created like "I don't belong and I am not loved" or "I am not appreciated". How I feel about myself or see myself is now lowered.

Then what can happen because this belief has been created, is I start to compensate and try and fix or change things to start feeling better. What I set out to behave and do was to start seeking that love from others and it showed up in the form of "people pleasing" or seeking approval from others.

There might even be a level of expectation I put onto others to fill that void that has been created within me. So not only how I feel about myself is lowered (been wounded), I am also giving my personal power away to others in the hope they will love me. This can keep spiralling down and affecting a lot of different aspects of my complete self.

For every situation or event I experience, there is a choice on how I choose to perceive it. I can either see it from a glass half full

perspective or a glass half empty perspective. I can go another step further with it and see it from both perspectives. By doing this I am honouring both sides of me (the inner shadow and my inner light) and feeling it all in the moment.

From my subjective view point, my inner shadow or unhealed wounds collect information and stores it up if not acknowledged. It will continue to show up one way or another to the surface until the original interpretation has been healed, resolved or made peace with.

“Until you make peace with who you are, you’ll never be content with what you have”.

When Does Your Inner Shadow Show Up?

The inner shadow is always lurking around, most of us are not conscious of it. It shows up in the choice of words I use by projecting onto others my feelings and thoughts. It shows up in my self talk, in my thoughts, in my feelings and beliefs. It hides a little beneath the surface, and it’s also buried deep down into the dark unconscious areas of our minds.

One significant example where it’s loud enough to be heard and be taken note of, is when I’m in the middle of having a conversation with someone. Something is being said by the other person (it could be my partner, child, parent, colleague, friend or even a stranger), and all of a sudden I am feeling an intense feeling rising up, I just got triggered.

What do I mean by getting triggered? Initially there was a thought. However, the process was so quick I didn't even know what thoughts were going on in my mind at the time I got triggered. Before I knew it I was feeling a strong emotion. Emotions can show up as a strong heavy negative feeling somewhere in the body. In most cases it is the emotion that I notice initially. Then I would revert to the mind and notice what my thoughts are saying.

Now being the inner shadow, it can show up as any of the following examples. As for myself, I experience more than one of these at any given time (these are just some examples):

• Judgement	• Pessimism	• Frustration
• Irritation	• Impatience	• Overwhelm – panic or anxiety
• Disappointment	• Doubt	• Worry
• Blame	• Discouragement	• Anger
• Revenge	• Hatred/Rage	• Jealousy
• Insecurity	• Guilt	• Unworthiness
• Fear	• Grief	• Depression
• Despair	• Powerlessness	

What I am so eloquently trying to say here is, my inner shadow has been triggered/ activated and it can show up in a number of different ways. It is also showing me where I have disconnected from my soul (out of balance) and to work toward getting back into

alignment with my higher self (soul). I will keep repeating this as it is so important.

So the next time someone triggers you to feel a negative emotion and before you start to blame, try seeing them as either a teacher or a messenger as they are the catalyst not the cause. Look within first to see what you are being shown.

***“If you hate a person, you hate something in him that is part of yourself. What isn’t part of ourselves doesn’t disturb us” –
Herman Hesse***

How Long Does Your Inner Shadow Stick Around?

Whenever I am triggered or let me say; when I get automatically riled up, it might be a quick spurt, or it may take a while for me to calm down.

For example I might voice out and start to calm down relatively quickly, or I may choose to sit with it and let it fester just beneath the surface for a while (a while might vary from one person to another) and by doing this I am adding fuel to the fire by now giving the silent treatment to the person I was triggered by and eventually I will start to calm down.

Another example is, I can turn it into a full-blown argument, I used to be very good at dragging out arguments for quite a while.

I got very good at giving the silent treatment for days. I even went as far as dragging it out to for up to 2 weeks, this happened on a few occasions. Talk about sitting in my own shadow and letting it control me for that long.

In the meantime, I played the event out in my mind over and over again like a broken record. I even decided to break it down into chunks and looked at it from every angle I could think of. I was doing this because I wanted to punish them and find more evidence to prove I was right. I wanted to find reasons to keep blaming the other person and point out their faults, I didn't even contemplate that any of it would be my responsibility at all.

I would also retrieve memories from the past to add to my arsenal, like adding fuel to the fire. By doing this I was finding more excuses to keep my attention on to what had happened. I realised I wanted to punish the other person, I also judged them by labelling them as being a bad person, when in actual fact this is how I felt about myself, I just didn't want to see it.

More and more I realise my inner shadow just wants to keep me in it, and speaking from a heap of experience it can be quite a seductive and alluring feeling. I was allowing myself to stay in that heavy feeling state longer. Sometimes, this can also be quite challenging to get out of. If we are not conscious of what is happening, whenever we are getting triggered it would just be a vicious cycle repeating itself over again. It's up to us to break the cycle. To do this requires getting to know your inner shadow.

Once I got to understand my inner shadow more and how it all works, it's not as scary as I first made it out to be.

“People are like stained-glass windows, they sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is light within” – Elisabeth Kubler-Ross

CHAPTER THREE:

WHEN DO YOU WORK ON YOUR INNER SHADOW?

I realized that the best time to work on my inner shadow was when I had been triggered. By this I mean, I just noticed what I was feeling and what my mind was saying, this meant I had to train myself to slow down the action steps that just took place and to not react immediately. ***It is important to learn what your mind is saying in the situation.***

Now I do get it, trying to learn more about what just got you triggered while you're still in the middle of experiencing a heightened feeling is probably not going to happen. It took me quite a while to learn how to just sit with the feelings and recognize what thoughts were coming up from the situation while I was still in trigger or activation mode.

SUGGESTED EXERCISE #1:

This exercise I am sharing with you is one of my favorites, I use it all the time. If it sounds well to you please try it and see how it goes. If you haven't done any of this type of exercises before then, it would seem very strange to you. My suggestion is that you should give it a try for at least 1 week as it might take some practice to get used to.

When a trigger has occurred for you, or you notice yourself projecting onto others, the first thing you should do is to write

down the situation, what you were thinking at the time and the trigger you experienced like your feelings/ emotions and/or any physical sensations in the body as well. Be as totally honest with yourself as you can. Then go back and reflect on what has happened for you. You will still get results if you end up reflecting after you calm down. It is still better than not doing anything at all. If that's the case then try asking yourself some questions like:

1. What thoughts were running through my mind or What is my mind saying to me?
2. How am I feeling? Or What feelings came up?
3. Notice if there was any physical sensation in the body when this was happening?
4. How did I react? Or What did I do?

I would like to share my experience about what I am trying to do now, when I am in the middle of the situation and when I got triggered. I am now starting to share what I am thinking and feeling out loud. I never used to do this, particularly in my relationships, every time I got triggered, I would start to blame my partner.

From my perspective he was responsible for all the reasons why I was feeling so low. I never saw myself at fault, It was always his fault and never mine. I couldn't fathom how I could be responsible for all these feelings going on inside of me since I wasn't the one who was doing the talking. I was very good at pointing out all his problems, get him to change what he was saying. Prove to him how he was wrong, he was always the bad person in this scenario.

I realized all I was doing was projecting out onto my partner. This is how my shadow was showing up for me. Now, I can say I am

expressing myself in a much different way and it can look something like this:

I am in the middle of a conversation with my eldest son and I notice I am nagging and shouting out loud my feelings. I say to my son “I am feeling angry, really frustrated and annoyed right now” and in my mind I notice my shadow saying to me “this is my responsibility to fix how my son is feeling” and at the same time another part of it will be saying “no I don’t want to fix how my son is feeling”.

I’m experiencing an internal dialogue and a state of dilemma that’s occurring with my inner shadow. What I really want to express is something like this “I am happy to help and offer solutions or suggestions if you want it, only you can control how you choose to think and feel”.

I do allow myself to feel the emotion and share what I am thinking at that moment to the other person. I am choosing to take full responsibility for my own action and not practicing to not lay judgment or blame. I love to voice out my feelings and thought as this also helps me to run a quick check on what I just experienced. I will go back and self-reflect the trigger in my own time and drill a little more in-depth by using the above questions to start learning where the belief initiated from “that it’s my responsibility to fix how others are feeling”.

I also believe communication is important, saying what I am feeling and thinking during a conversation can be quite therapeutic as well. Yes, the other person also has their stuff and triggers rushing in them and they may be blaming and passing judgment onto me. However this is for me to realize what was going on in me initially.

Communicating how I feel by placing emphasis on someone else and saying something like “because you did this or said this I feel or you made me feel like because you did or said this”. That is not really what I’m getting at. This type of communication is accusive, that is I am placing blame on someone else for how I am feeling and thinking in that moment.

The idea is to take responsibility for my own thoughts and feelings & learn what has triggered me as well as to change it. No one can control how I think or feel; only I have the power to do that. What I have learnt over time in my own experience is that the other person is generally the catalyst for my trigger not usually the cause of my trigger, my trigger has come up to the surface again as an opportunity for me to learn what needs to be healed or what to resolve within myself, my perspective on the situation.

As I have mentioned earlier in this book, I feel its imperative to mention it again, a lot of us don’t want to explore or investigate this part of us. There is a hidden belief (which was created at some point) that “it’s not okay, I will get into trouble, or I don’t want to admit that I feel this way”, “It’s wrong to have these bad thoughts in my mind”. When we were kids we may have even been in trouble for expressing how we felt over and over again. As a result, we may have even taught our self to push those kinds of feeling down.

A possible thought we may be saying to ourself around communicating what we really feel is “If I tell people how I am really feeling they will just get angry or hurt and In the process I may even get hurt – emotionally or physically” maybe the underlying belief is “what will they think of me, I feel rejected”.

Once again the inner shadow adding more guilt and shame and reinforcing a lack of self esteem.

My point is It is really important to notice what your mind is saying to you as much as possible, for this is where the growth is and we start to become more self aware.

“Don’t be afraid of your shadow, it is really just a constant reminder that there’s light all around you” – Rachel Wolchin

CHAPTER FOUR:

IDENTIFYING WHAT YOUR INNER SHADOW IS SAYING

I would like to use this moment to recap what I have shared so far with you. I have talked about why I am choosing to focus on the inner shadow, and from my point of view how I see what the inner shadow is. I also talk about when the inner shadow can show up in our everyday experiences and when it is the best time to work on the inner shadow.

Identifying what my inner shadow is saying when I either get triggered or I notice I'm projecting onto others is the first important step in the process. By noticing and acknowledging what my negative thoughts are, how I am really feeling is totally empowering. Because I am now starting the process of becoming more conscious rather than just reacting to my trigger or projecting out my negativity onto others.

I used to go about my daily activities being in autopilot mode. I would just react automatically to every external situation I experienced. This would occur so fast that I didn't even become fully conscious of what had just happened until after the event sometimes. This was when I knew my inner shadow was fully controlling me.

When I realized that I was automatically reacting and not being aware of what was going on inside of me, alarm bells started ringing for me. It took though someone else to point it out to me. I was so caught up in my own story that I thought it was normal. I

was in denial for a long time, once I became curious and open minded to the possibility, that's when the shift occurred. My eyes opened up, you can say the process of spiritual awakening was happening inside of me. Another scenario that occurred for me several number of times was my tasks used to be very repetitive, and so I would switch off or go into what I can call daydream world. When I entered into daydream world, I realized I was just replaying the same things that had already happened over in my mind, maybe in a slightly different way. I wasn't dreaming about where I wanted to be, what I wanted to do or how I wanted to be feeling and all the details in between.

Start to pay attention to what your mind is saying to you!

Have you ever experienced staring into a nothingness state? When you don't even know what you're thinking about. I experience these frequently, it's like I just switched off for a moment and something has me locked, so to speak. Something has got my attention (running in the background) I just don't know what it is. This can be another form of my inner shadow showing up in my world, it's like it wants to take control of me if I let it.

When I notice myself doing this, I just ask myself questions like "where am I right now?" "what is my mind locked onto?" "How am I feeling at this moment?".

The mind is very active, fast-paced and continuously running. I'm advising you to start being more aware of where you're at, I'm not asking you to know every thought that is going on, this is impossible. It is very possible to slow down your thinking and shape your mind towards the right direction in which you want it.

After the shift that happened inside of me, I decided I wanted to become a more conscious and powerful human being and so it will benefit me more to pay attention to myself and what was going on in my inner world.

The most crucial component in this whole process is knowing how I am feeling through all of this. Yes, it is also important to learn what my thoughts are as they lead me to how I am feeling. A thought is just really an idea. It is the feeling I attach to it that then turns it to a belief, this is the crucial component. Whenever I dismantle the feeling the thought can be easily changed.

When I ask myself what am I thinking? It is amazing how it converts into how am I feeling. For example I ask myself what's on my mind and something like "I feel hurt" comes out. That's great and it's one piece of the puzzle. I am describing more of how I am feeling instead of what my thoughts or intellect is saying.

My intellect could say something like "I don't like it when someone talks to me with an impatient tone" and the emotions that follow could be "annoyance, frustration, maybe even anger or it can make my blood boil and put me in rage."

The feeling component could also show up as a physical symptom in the body. Let's take the above example, "I am feeling frustrated, annoyed and my blood is boiling with rage" the result can be felt in my stomach area (solar plexus) like a tightening sensation or the chest with slight tension occurring. These are all different ways my inner shadow is talking to me. It's up to me to investigate what's going on inside.

The way I see it, they are all teaching mechanisms to let me know where I am out of balance within myself and my higher self. It's an unhealed wound surfacing to gain understanding, for me to release it and start to reprogram myself toward being more aligned with my higher self.

Here are my few choices, I can either:

1. Go deeper into myself to explore and discover what it's all about and learn from the bigger picture & reprogram myself, OR
2. Just react to the situation occurring, be on autopilot which can be adding more fuel to the fire, OR
3. Try to avoid and run away from dealing with what is going on inside of me and how i am feeling at the moment. This is where a lot of addictions originated from; eating disorders, alcohol and substance abuse, constant retail shopping, regular cleaning of the house to be perfect when there is no need.

I choose the first option as I want to be a deliberate creator of my own life and take control of my thoughts and feelings, be more in balance with my higher self. I want to be empowered and live a life full of richness, purpose, joy and freedom. This is what makes my heart rejoice and happy and I feel so alive every day for it.

The below exercise I am sharing with you, is another tool I use all the time. You may notice it is similar to the previous exercise; this is intentional. If it sounds good to you please try it yourself and see how it goes. If you haven't done any of this work before, it would seem very foreign to you.

My suggestion is for you to give it a try for at least a week as it takes some practices to get used to. If you like it then you can keep to it.

The shadow likes to disguise itself in many forms, so the following are suggestions you can try.

SUGGESTED EXERCISE #2

1. Notice how you are talking and the kinds of language you are choosing to use to others and yourself, could it be in any of the following forms? Like placing blame, judgment or victimization. Could it come from a place of self-pity? These are just some examples of how the inner shadow can be working by disguising itself in this way to hide the actual fears, anxiety, anger or worry that is accompanied by projecting in the above forms onto others.
2. Ask yourself some questions:
 - a. What is on my mind? Just let the thoughts flow, even if it sounds crazy, unrealistic or not very nice, don't try to censor yourself – just let it flow freely. When I do this, I found a small amount of relief in just acknowledging what's going on inside of me. There's no point trying to pretend or try and make it go away by brushing it off. You are only trying to fool yourself and not anyone else. It doesn't matter what anyone says, it's your thoughts, it's your truth. We all have to start somewhere.
 - b. How am I feeling right now? Don't worry if the thoughts and feelings get mixed up. The main point is to notice and allow what you are currently feeling. It is just a matter of time before it will pass.

- c. What belief have I created? By learning what your thoughts and feelings are there is usually a deep belief that this is all attached to.

Try the following statement, it is for you to fill in the blanks.

3. Ask yourself, “By thinking _____ and feeling _____ Therefore I believe _____”. The more thoughts and feelings you can learn about yourself when you get triggered the easier it can be finding the belief that has been running in your unconscious mind like autopilot. You might want to consider a journal to write down your thoughts and feelings. I was previously not a big fan of keeping a diary of my thoughts and activities, but once I started, I realized two things, when I write down what I am thinking and feeling I would start to feel lighter. The other thing is by writing it down the thoughts will not be continuously bordering my mind. It’s like a form of release/letting go.

Less I forget, it might sound funny, but I also do get rid of my journals especially if it is carrying a lot of my trigger issues in it. Though it does have it’s benefits and inspiration loaded in it, I clear it out of the house once its full, to clear the energies.

“Time spent in self- reflection is never wasted – it is an intimate date with yourself.”

CHAPTER FIVE:

LOOSENING THE GRIP THE SHADOW HAS ON YOU

The next important step in the process is for me to fully accept my thoughts and feelings as my truth, no matter how disturbing, destructive, perverted, ridiculous or violent it is. This is where the real challenge is. This requires compassion and self-love (did you really love yourself?) instead of judgment, shame or guilt.

When I first started dealing with this part of the process on myself, I found it quite challenging because I didn't want to admit that I had these kinds of thoughts lurking around inside of me. I thought I was a bad person and feared I would be judged, criticised and even be punished. I will even start to feel nauseous sometimes because I was rejecting the idea rather than accepting that I was having these thoughts inside me. I would think bad of myself, like who would have these thoughts? You might say; only sick people think this way. All my judgments were surfacing and all the while I was just adding more guilt and shame on it and creating more of a mess.

Because I felt this way it took a while for me to allow myself to see, say and accept what I was really feeling inside of me. This also meant allowing myself to be vulnerable, raw and real. As well as I was learning to embrace my inner shadow. I love to realise the belief that I had created or had in myself. I do this by going back in my life as far back as I can remember (very early childhood and even further back if necessary) and see the

story from different angles. I have done this type of work using a couple of different techniques (inner dialogue work, and a rebirthing technique -breath work).

With inner dialogue, I simply do ask myself a lot of questions and allowing myself to receive whatever answer comes to mind no matter how ridiculous it may sound. I love asking myself a lot of “why” questions. Some people say it has a negative connotation to use WHY, maybe if you are asking this from someone else and depending on what kind of underlying intent you have, then perhaps yes, it has a negative connotation, and the other person will only get defensive. I am asking myself though, no one else and I am totally okay with it as I love playing detective.

For me when I do this work, there is one thing that is always certain; it makes me get the understanding and that’s great. It’s also important to feel the emotion that goes with it. When I am doing inner dialogue work, and I am allowing all the thoughts to come to me, I started to feel the emotions that are attached to it. This can result in me either bursting-out and crying my heart out or just let myself feel it as if it just wants to run through my body without any severe effect and I might release the hold it used to have on me.

I also want to seek a more permanent result, and for that I want to go deeper and through my shadow as I want to release it for good if I can. I know this works as I have had a number of different inner shadow aspects show up both as physical changes in my body and paralyzing emotional blockages, now they have been resolved and healed. One way of releasing while going through the shadow is by the act of sincerely forgiving oneself, the other person or both.

This part of the process may take a little time to let go. I know for myself I found it really hard just to let go of and forgive. I found I was still hurting a lot inside, my shadow really wanted to hold on to things because a part of me was feeling vengeful, wanting to hold a grudge, wanted to hate them. This part of me just wanted to hold on to these things longer. This is how the shadow can be quite alluring with these feelings, yet I made the choice once I accepted this about myself I was able to start letting go and forgive elements as I don't always get every aspect in one go. It's a process.

I also found the grip can loosen even simply by just acknowledging my own truth of what my inner shadow was showing me. This meant letting myself get really raw no matter how ugly, bizarre or hurtful it sounded in my head. This is where the true healing starts to begin.

This process on how I transcend the inner shadow that I have been sharing with you is not a temporary solution nor is it a quick fix. This process is more like a marathon and with permanent results. We have our whole life's journey and it's a continuation not a set and forget type process. If you are seeking solutions with quick results and easy then you will not find them here. You will most certainly start to see results, it just may not be what you are thinking or expecting.

The unhealed wounds, beliefs, deep feelings, the baggages has been there for quite some time and our inner shadow is not always going to drop it just like that. If we find the cause and where it came from then it will definitely loosen the grip it has, it can even be eliminated permanently. However there has been a lot of stories I have played and there is a number of different aspects linked to them. This journey takes commitment, determination,

courage, compassion and a strong drive for the reason you will want to do this as it will test you.

Having said that it is so worth the effort. I am so much happier, more calm, experience more inner peace, have increased compassion and understanding for myself now than I did when I first started on this track 6 years ago. I am living more consciously and being a deliberate creator by living intentionally. I experience and feel free more and more every day. Because I have gone through this process for a while now and still working on it I know I am in a better place to understand and be compassionate with no judgement toward others. Having the right support also helped me through this process, without the support I would have stayed heavily stuck in my own shadow.

I am not looking at stopping this at all, as I am about continual improvement in this act. It has become a new way of life for me and I absolutely love it. Do I still get triggered? Of course, now though I don't sit in the trigger for very long like I used to and I find it easier to go through the process, the more I do. I have been practicing this for quite some time now and I know the steps that work for me in this moment. I am learning to become detached from the trigger as I now see things in a completely different way.

There are other processes I use as well to work with my inner shadow. There are so many different modalities on offer and I like to find what is working for me by how I am feeling and the results I am seeing. I then integrate them all and create my own regime that will enhance my results.

Another process I like to use when I get triggered or notice when I am projecting out onto others is to choose to switch my focus and

focus on positive thoughts, focus on what I want and how I want to feel at the time. This does depend on what's going on, where I am and who's with me and so on. This works most of the time if I am specifically looking for a short-term fix due to the circumstance I am in. It does not override or change the main process of dealing with the inner shadow I have been sharing with you.

At some point I will choose to go deeper in cooperation with what my trigger was saying so I could loosen up the grip the shadow has had on me or even eliminate the grip completely if I find the root. I do work very intuitively and do my best to be guided in my journey. Doing this means simply that I am really trusting my inner knowing of what's right for me.

As soon as self-doubt comes in, I simply acknowledge it and embrace it. If I let self-doubt step in, I start to second guess myself and analyse my initial thoughts. I might end up going with a more logic approach (the ego). Going with logic definitely has its place and merits, I suppose this is where discernment starts to play a part in the process.

For me, whenever I choose logic over my intuition, it is mostly out of fear. Fear of the unknown, the lack of trust I have within myself, I don't fully believe in myself. At some point I would decide to let go of the need to understand everything. I thought this was my shadow telling me if you don't understand everything then you are stupid and you will make a mistake. If you make a mistake then you will get into trouble then you will be a bad person and therefore start believing I am not deserving. Which then resulted in a belief that I am **"not good enough"**.

When working with short-term fixes, the process allows me to intentionally control myself at any moment that surface. It has not stopped the trigger and I will probably get activated again in another situation and have to go through the same thing all over again until I am ready to go into it deeper.

Yeah, sure I can keep focusing on shifting my thoughts when I find myself being triggered and focus on what I want. I realized this would only work out for a short period for me. Meaning the same trigger comes back whenever I let my guard down or when I am not making a conscious effort to feel and think in a certain way. I realised when I hadn't been triggered on one particular thing for a while and I forget about it, then suddenly a situation may occur and I will encounter that old trigger that I get reminded about, through this I have learnt to accept that things can take a while to be figured out completely and released and I am now totally okay with that.

For a long time, all I wanted was to see results immediately, more like I expected results immediately. This just used to frustrate the crap out of me, when I didn't. Sometimes I wanted to give up and stop; then I realized I was just throwing a tantrum like when I was a kid who doesn't get what he wanted. This process that I am sharing has taught me many things, some of which are, patience, trust, inner knowingness, belief, and compassion.

There is a multitude of solutions that can be very effective either for short term or long term results. Finding what works best for you is the key and the most fun of it, especially when you approach it with curiosity. Sometimes you might try a number of different things before you find what really resonates with you. Until you

give different ideals a go, you will not know how effective it is for you.

“Nothing ever goes away until it has taught us what we need to know”

“The greatest act of human courage isn’t climbing mountains, conquering countries or fighting in wars; it is walking into the mysterious abyss of one’s own inner self and truthfully face one’s own pain and tortured shadow” - Lonewolf

CHAPTER SIX:

SHIFTING THE FOCUS

So far, I have been talking about what the inner shadow is, explaining how it likes to play, how to learn to work with it and loosen the grip the shadow can have on you. The next part is full of creativity and it's the one in which I have a lot of fun. It's all about focusing on living a more intentional life while fully accepting all parts of me, being guided by my higher self by doing what my heart desires, what I am passionate about, living on purpose. At the same time becoming more conscious in all areas of my life.

What does this look like? Well the first thing I want to mention is about understanding and working with universal laws. Yep! They do exist even if we haven't been taught about them in the traditional sense. By living a more intentional and conscious life it does benefit us greatly to learn how to work with the universal laws. It's like learning about law of gravity, if you don't understand how it works, putting in all the effort, belief and trust into a project is only part of the equation, (if you are a scientist you will have a little knowledge of what the law of gravity means). Understanding and working with the law of gravity as well will yield us more favorable results. I love working with the universal laws. My most favorite one is the Law of Attraction, one way it has been defined is "whatever I put my attention, focus or energy on, I will attract it to my life whether it be positive or negative". This cannot be switched on or off, we are constantly attracting to our own reality whether we like it or not.

Another way of saying it “like attracts like”. To go a little deeper with this, we are all energetic beings and we vibrate out a certain frequency. This frequency is constantly changing. This frequency is closely linked to our feelings/ emotions and thoughts. An example, if I’m feeling scared about not feeling safe around something and my feeling is quite strong about it, with these types of heavy feelings, if I’m constantly putting my attention on this, I am emanating this out as a vibrational frequency to the people around me, and therefore I am attracting to myself experiences concerning the same frequency. Then, I will continue to keep feeling scared of not being safe because this is how I am feeling. The universe is just responding to my level of frequency.

The universe isn’t biased, it doesn’t know the difference between what I want and what I don’t want. It is responding to what I am putting my attention on the most and how I am feeling about it. For me to change this means I need to change the way I am feeling and thinking on the inside.

The most significant learning for me was when I realized with all the universal laws, it all starts with my inside world first and then I will manifest this into my physical world. This concept right here has taken quite a while to work in flow with the universe. At times I still let my outer world influence me on how I feel. Meaning if I am experiencing something I don’t like, I have forgotten that I have already had these thoughts and feelings, that is why I am experiencing them now. It’s for me to remember this and then start putting my attention on to what it is that I really want to think and feel.

The cool thing with this is, I get to create my own experiences. I choose to create ones that are in balance with my higher self as

this feels right for me. You might be thinking, How does this tie in with my inner shadow?, well I can look at it from 2 different angles.

First Angle

I can choose to continue living my life on default, running on autopilot mode and react every time I get triggered on every issue and/or keep projecting out onto others. By deciding to do this, I will continue to attract to myself unconsciously what I am emanating out which is my inner shadow. If I am holding onto an inner shadow belief like “not being good enough” then I will continue to attract situations to me that will reinforce I am not good enough.

Second Angle

I can choose to fully accept all aspects about myself and then start changing my frequency by moving forward and focus on what I want to create in my world. This means to also feel it and believe it has already happened.

However, while I’m making things happen, I might start feeling stuck and still don’t know why. Maybe I have had a great idea but I’m not executing it or I have found something appealing to me which look insurmountable. In my experience, I have learned this generally boils down to some kind of fear that got triggered within me. There are lots of layers to what fear looks like. On a surface level fear can come in the form of procrastination, lack of understanding, all the what if it's from a negative or lack context, fear of being seen, or fear of perfectionism. If I keep drilling down further in each of these I will eventually hit the core belief/s that’s causing this.

In a nutshell, the reason why I am feeling stuck is that my inner shadow is surfacing. If I can go in and see what my inner shadow is saying & learn from it, then I can make the shift. I would have released something and now I am not feeling stuck and I can keep moving forward.

Otherwise, I will just continue to stay stuck, I would still possibly get results if I should push hard and I may find this to be a struggle working against myself. Or I could even give up and try something else because I thought it was all too hard, now where would this get then?

I believe it is important to know where I am, meaning knowing precisely what my inner shadow is wanting to show me, embrace it and eventually learn to love this part of me as well, this includes allowing myself to feel it, understand it and then letting it go. Then from this point, I can start to deliberately move forward with more harmony and flow rather than a struggle.

Just like Abraham Hicks says start paddling downstream with the current instead of trying to paddle upstream against the current.

I'm not saying to dwell in negativity (my inner shadow), on the contrary, I am saying you need to understand, feel it, get the learnings from it, and heal it or resolve it. I have already been sitting in this place with my inner shadow being triggered and me projecting out for a little while anyway, I just didn't know it before this time. Nor did I know how the law of attraction worked and how I keep attracting the same frequency to myself.

In my experience I have noticed people choose to stay where they are at or another way you could say; they let their inner shadow

have the power to control them consciously and unconsciously. We are all on our separate life journey of unfoldment and experiencing changes. Some people are further along than others and whatever it is for each of us, it is perfect. The only thing that is permanent is energy, so that means we can all change.

Some of the reasons I noticed; why people may choose to stay put and not try to change are:

- They are scared: – change requires old patterns and feelings to be triggered and felt, this can be scary stepping into the unknown.
- It's easier –avoid feeling uncomfortable, it's easier to stay where they are.
- It's what they know - they are familiar or used to feeling the way they do and have accepted it at some point within themselves to be their truth.
- Didn't realize that's what's happening – being unconscious to it.
- Don't know how to change it.
- Don't know who can help them with it.

However, if you are reading this book then that's not you. You are a person who is seeking change; you want to become the best possible version of yourself. You are seeking help to guide you through your own transition to become more of a conscious being.

When we take a look at ourselves and be willing to do the inner work, massive shifts can occur on all levels and areas of our lives on who we truly are as opposed to who we think we are. From this point, movement can start to occur and the more you focus on it,

the more momentum you will build in the direction that feels right for you. You will know this by how you are feeling.

We are all creators and we create with every thought and feeling. So instead of living by default you can start being a deliberate creator of your life and live on purpose in alignment with your highest self if you choose to decide not to think about it, that is making a choice.

SUGGESTED EXERCISE #3

I invite you to start thinking about **what you choose for yourself right now**. The following 3 questions I found very effective in my own experience and it will help you to gain more clarity and by doing so you will start to make that shift into becoming a deliberate creator as you get to choose what you want in your life:

1. What do I want?
2. Why do I want it?
3. How will it make me feel once I have it?

When I talk about getting to choose what I want in my life, yes I can have the possessions I seek, gain the status I am after, have the holidays, perform activities. Because I know they are all just the by-products of how I want to be feeling. This is the real essence of the reason I want all those things in the first place. It's the essence, the feeling I want to experience in a physical way that motivates me to want these things.

“Be a reflection of what you’d like to receive. If you want love, give love. If you want the truth, be truthful. If you want respect, give respect. What you give out will return to you”.

CHAPTER SEVEN:

LIVING LIFE MORE PURPOSEFULLY

Starting from where I left off in the previous chapter, from this point I am now consciously starting to take control back of my inner world and empower myself by becoming more of a deliberate creator of my life. Being a deliberate creator means that I am consciously choosing where I want to be focusing. I am sending out a frequency knowingly and this includes being aware of how I am feeling in each moment. So what I give a conscious thought to with emotion, I will get more quickly in my physical reality. I am already in a state of mind within myself that I already have it or I am already experiencing it.

SUGGESTED EXERCISE #4

The below exercise I am about to share with you, I have also used it several times. You may notice that it's similar to the previous practices, you may also start to notice a common theme through all this. If it sounds nice to you, please give it a try and see how it goes. If you haven't done any of this work before then it would seem very strange to you. My suggestion to you is to give it a go for at least a week as it will take some practice to get use to.

Start with focussing more clearly on what your vision, dream or desire is, also that is in alignment with your highest purpose. The clearer you are with what you want the better position the universe will be to start making this happen for you. How do I know what my highest purpose is? Well there are a few different techniques that are available. It comes down to which of them

works for you – below are some example you can try by asking yourself some questions like:

- What do I want?
- What makes my heart sing?
- What am I passionate about?
- What truly makes me happy?
- What's important to me?

This exercise can work best when you are alone with some quiet time and allow yourself to go within. Take some deep breaths in and let them out slowly, then take your attention from your headspace down to your heart centre (middle of your chest) and just allow yourself to feel this area of your body then ask the above questions from yourself as you sit in a silent place and think about whatever comes to you. You may want to jot down or keep the record of whatever information comes to you, how it made you feel and whatever else you experience. There is something powerful in writing it down on paper.

Remember to keep your attention at your heart center, if you notice you have moved back into your headspace, just gently revert your attention to your heart center.

If you don't know what you want that's okay as well. Let me ask you "If you did have an idea, what would it be?, What would it look like?, What does it sound like?, What would you be doing?". Maybe you should allow yourself to ponder on these questions and see if it helps you to open your mind to any possibility. This idea is just to allow whatever comes to your mind based on the questions you are asking without trying to judge it or dismiss it. Play with it, at this stage it's just ideas, merely thoughts. Writing down what

comes to you without any filtering will help you to gain more clarity on what you want the more you ask questions. See it like a jigsaw puzzle; I'm gathering all the pieces together to make a complete picture.

Sometimes I don't get all the messages at once, I may only receive a couple of the messages and that's okay. The next time I'm ready to go back and revisit, then I will see how many more I can collect. Remember it's not a race, it's a journey of unfoldment for the purpose of greater expansion.

I found it challenging at first when I decided to start creating my life consciously. It was challenging because I was so used to thinking what I didn't want, I knew it like the back of my hand. I had so much clarity knowing what I didn't want.

For example whenever I'm asked by someone what do you want or what do you like?, the first thing that would come out of my mouth would be explaining what I didn't want or didn't like instead. Like I shared with you at the beginning of this book, I was living from a place of fear, worry, anxiety and anger most of my life, and to start living more intentionally, at the same time while becoming more intimate with my own inner shadow, yeah, it was intense. I was so used to being motivated to take action from the things I didn't like or didn't want. Now there is nothing wrong with knowing what you don't want because it's from knowing what you don't want we start to learn what we really want.

Our subconscious minds are not biased, it accepts whatever information we give it and will play it back to us either positively or negatively. So when I get triggered and I am choosing an intention that is motivated from not wanting something and focus on what I

do want, the universe doesn't know the difference between what I want and what I don't want, it notices the frequency (or feeling) I am putting my attention on.

For example, say I want to lose weight and I get even clearer with my intention and say to myself "I want to lose 5kg within 3 months". Is my motivation coming from the point of not liking the way I look right now or the way I feel? The universe will pick up on the stronger frequency I am putting out there. If my frequency is not liking the way I look and feel right now, then this is deemed to be the stronger feeling and focus rather than my desire of being 5kg lighter and looking marvelous. I am attracting to myself what I'm putting out in which I might still find myself experiencing more situations where I still don't like the way I look or feel. I realize this requires persistence, compassion and patience with myself just like whenever I want to learn anything new.

This path hasn't always been easy for me, and at times I can still get lost in my own stuff. Let's get real here for a moment, this book is about introducing you to the concept of your inner shadow and I'm encouraging you to take your time to get to know your inner shadow more intimately. This is associated with some disturbing thoughts and quite heavy feelings, to feel them all over again for the purpose of gaining a greater understanding of it, it does take courage. This is exactly what a lot of people love to avoid, it hurts too much and I totally get it, this is another reason why a lot of people don't like changes because you get triggered, I fully know and understand how someone can feel about this.

Knowing what I know now though and the tools I have to help me and all the support around me, it is so worth it. I have a coach that I see whenever I get myself into a mess, whenever I am getting lost

in my own shadow or Not been able to coach and counsel myself; I found these to be my biggest learning hurdles.

I genuinely believe the permanent benefits gained from this far outweigh the momentary discomfort experienced through this process. I feel more empowered, I have a stronger sense of purpose, experience more inner contentment and happiness, more inner peace and calmness, I have more gratitude and appreciation for what I have in both a tangible and nontangible way. I have a greater understanding of the bigger picture concept of my life, experiencing more confidence in being true to myself and knowing it is okay and beautiful being my authentic self, genuinely owning it is amazing and spectacular.

When it comes to freedom, yes; I know a lot of us want to experience or have freedom. For me, I often thought freedom was something I had to obtain outside of myself like I had to achieve freedom. I saw it as a by-product such that, after I had achieved something like earning enough money then I will have freedom. I was making it conditional and I was doing this because I was always looking at my external circumstances to define my freedom.

One day all that changed, I realized the freedom I was seeking was from my mind, from my own inner shadow. I felt it had so much control over me and I didn't know what I was going to do. I did know that I wanted things to be different though. So, freedom to me means allowing myself to be free and to be my authentic self. I am freely expressing myself more, I am freely doing what pleases me. For example, I am here right now sitting outside in my backyard enjoying the gorgeous warm, filled autumn day with almost a full blue sky, taking in the fresh air while watching birds play around, my children are at school, with the surrounds quiet.

Why I choose to share what I am passionate about with you as I write this book. To me this is doing what I want to do, when I want to do it – It's pure freedom!

Adopting rituals is an effective way to help you to slow down your mind and focus on what you want. I have adopted a morning ritual for my continual self-care. I realised this sets me up for the day, to be proactive, energetic and living on purpose. These rituals do also aid in releasing the grip of your inner shadow, just in a different way. Most importantly these rituals or (self-care) as I fondly call it, the program helps me to maintain a better feeling state throughout the day. If we focus on Law of Attraction for now, it responds to the vibration you are emitting out and so the better feeling state you are in the more of those experiences you will attract to yourself. Some examples are:

- Meditation
- Physical and Energy Exercises
- Body movement – dancing, walking, yoga cardio work out
- Breath Work
- Your Diet – what you choose to put into your body
- Massages
- Playing music
- Having an Epsom or Himalayan salt water bath
- Writing down what you are grateful for on a daily basis/
Journaling

Setting intentions is a very effective way of practicing taking back control of your thoughts & feelings. It is a very good practice to set intentions throughout your day, if you're not accustomed to this then it's good to start slowly and by setting one intention each day

and then increase it to setting 5 for each day as you progress. As time goes, you will eventually, reach a point where you would have set intentions throughout the whole day. Always remember to include feeling component whenever you are setting intentions and practice feeling and visualising what you want.

“The key to being a deliberate creator is to find some way to distract yourself from what is while you focus upon what you prefer” – Abraham Hicks

CHAPTER EIGHT:

CONCLUSION

You have always been the creator of your own experience whether it be a positive or a negative one, so by embracing your inner shadow and learning what it's trying to show you by focusing on what you want, why you want it and how you want to feel once you have it. You will start to live a life in more harmony and flow. Start living life purposefully and through this process your life's purpose will begin to unfold and reveal itself to you.

The idea of being enlightened requires all aspects of ourselves to be recognized and integrated to come together to encompass the complete self. So this means understanding and accepting the inner shadow side of you as well as your inner light.

Focussing on just the positive side of us and not accepting our inner shadow is only half the work. The inner shadow is part of us whether we like it or not. The sooner we accept this and be willing to go with it, then we start to recognize a complete self-concept. Otherwise, all we'll be doing will just be limiting ourselves by only seeing and accepting what we want to.

Remember, we are all spiritual beings having a physical experience and we all have a gift and talent given to us by God to offer the world. When you allow yourself to go within, you will realize you are a fantastic being. We all have a purpose why we are here and all the answers are already with us. Sometimes we just might need some support in discovering what those answers might be. It was hard for me to figure stuff out for a while. I thought I knew all the

answers and I thought I knew how to find out what they were. It turned out for me that I was too close to my own story and learned well no I didn't have things figured out at all.

I hope you found this book helpful in some way or at least interesting and maybe opened your mind to this concept. If any of this resonated with you and you would like to learn more or go deeper on your journey, I do highly recommend you get support and help, especially if you are new to doing this type of work.

A coach or mentor that is familiar with inner shadow work would be highly advisable to help and support you through the process.

***“The basis of your life is freedom, the purpose of your life is joy” –
Abraham Hicks***

About the Author

Melinda Langford, is a certified Law of Attraction intuitive life coach and has received her diploma counselling. She is an authority in working with the inner shadow and becoming more balanced.

Melinda has 12 years' experience in owning and operating businesses. She was also awarded in an industry specific area the winner in her category.

Melinda has received training in Ashati, reiki, chi gong, energy medicine. She has personally experienced many of her own past life regressions. Melinda has also been trained in rebirthing (a breath work technique). Melinda is an empath.

Melinda likes to live her life intentionally as much as possible. She is a mother of 2 beautiful boys and a wife. Melinda has lost 20kgs over a 2 year journey and is maintaining by working with the principles in this book.

She is very passionate about the work she does and absolutely loves being able to share her knowledge and experience with the world.

Melinda's vision is to inspire others to create a deeper connection with themselves to become a more conscious, purpose driven being.

“Open your mind & your heart for there is much to see – look within, all the answers you seek are there. Trust your guidance”.



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