**Text

Description automatically generated**

**Love Yourself RICH**

**Alumni Club**

With Jill Hope

**Aug 2022**

**LYR Alumni Club Training Call #2: Your Light Shadows**

As you embrace and integrate more and more of yourself, the more of your authentic power you reclaim.

Our focus up to now has been on the dark shadows – those parts of ourselves that we have disowned, pushed away, or hidden so that we could be more “acceptable”.

However, it is not enough to embrace the dark shadows. We all have light shadows as well.

Light shadows are the *positive* aspects of you that you’ve denied and projected onto others.

In order to let your full light shine, you must make space for both the dark AND the light shadows to take their rightful place in your life.

**Why Would We Not Embrace Our Positive Aspects?**

For very similar reasons to why we don’t embrace the dark ones – somewhere along the way, most of us picked up information that we interpreted to mean it is in some way wrong to shine in our gifts.

Perhaps you were told that if you really shine you will look arrogant or conceited, or that you will become these things.

Or you may have seen that when you shined in the past, you made someone else uncomfortable, so you stopped and disowned this aspect.

These ideas are unpleasant so instead of owning these positive aspects, we project them onto others.

Another possibility is that your core wound of being unloveable or unworthy has dictated that you certainly are not good enough to embody that positive aspect.

**How Do You Recognize Light Shadows?**

You can suspect you have light shadows if you admire certain qualities about another that you don’t think you have, or if you wish you had certain positive qualities of another.

But it is important to remember that similar to how when you judge someone negatively you are that which you are judging, the same thing goes for when you judge someone positively. You are *that* too.

So, it’s worth looking at and reclaiming these light shadows as well.

Now it’s also important to note that often our disowned light aspects are disowned due to not wanting what we perceive as the dark parts of owning them, like the example of appearing conceited or arrogant or making someone feel inadequate if we really shine.

In that case, in freeing and owning the light shadow, you may actually be freeing and owning the dark shadow you fear.

For example, if you admire someone’s leadership skills, but you fear that if you become a great leader that someone may think you are full of yourself, and you perceive someone full of themselves as arrogant, and therefore you use that as an excused not to step into your leadership skills, then healing the arrogant would allow you to embrace the leader in you.

See how that works?

Or if there is a core wound causing you not to feel worthy or good enough to embody a light shadow, then we can use other processes we’ve discussed to get our subconscious to accept the light shadow.

**Note:** Integrating both light and dark shadows seems to be more art than science. We are working with deep parts of ourselves typically from childhood. There is a wounded inner child that craves love and attention. So be open to trying different approaches until you find what works for you.

**Golden Nugget: Integrating your light shadows, those wonderful gifts you struggle to see and accept about yourself, is just as important to connecting with your authentic self as integrating the dark shadows. Doing so will also help you to fully step into the empowered side of your sacred money archetypes.**

**Activity #1: Discovering Your Light Shadows**

Take a few slow breaths. Then, read the list of words below.

1. As you read each word, put “I Am” in front of it. Notice how you feel.
2. Then, for each word that feels uncomfortable as you read it, write it down or circle it.
3. Take a second pass of the list, this time circling or writing down any words that represent things that you admire in others but don’t embrace in yourself.
4. Make a master list of these positive traits that you can’t embrace in yourself.

**Positive Traits That Evoke the Light Shadow**

Satisfied Secure Loved Inspiring Sensual Responsible

Delicious Passionate Cheerful Joyful Sexy Reasonable

Alive Fulfilled Energetic Confident Flexible Accepting

Whole Healthy Talented Capable Wise Thoughtful

Embracing Free Powerful Funny Affluent Knowledgeable

Realized Balanced Brilliant Successful Worthy Compassionate

Open Strong Creative Peaceful Fair Empowering

Famous Happy Disciplined Pretty Radiant Enlightened

Desirable Blissful Mature Precious Fortunate Enthusiastic

Artistic Radiant Vulnerable Conscious Faithful Courageous

Cosmic Attractive Complete Centered Romantic Magnificent

Assertive Lucky Thankful Gentle Quiet Warm-Hearted

Full Soft Wanted Decisive Juicy Cherished

Tender Willing Timely Generous Beautiful Extravagant

Calm Carefree Easy Going Patient Articulate Irresistible

Honored Spiritual Loyal Connected Cool Non-Judgmental

Organized Humorous Content Forgiving Adored Spontaneous

Playful Clean Fruitful Punctual Fun Acknowledged

Dedicated Optimistic Forward Intelligent Credible Self-Assured

Active Leader Fearless Vivacious Warm Understanding

Focused Innovative Nurturing Superstar Sensitive Glamorous

Solid Champion Rich Simple Genuine Choice-Maker

Giving Assertive Adorned Prolific Bold Productive

Wonderful

**My Master List of Light Shadows**

**Activity 2: Who Do I Admire?**

Instructions: Make a list of 3 people you admire. Then, write down 3 qualities that inspire you about each one of them.

Ask yourself: Are there any qualities that trigger you? Any you can’t embrace? Circle/highlight them. Then, add them to your master list of positive traits you can’t embrace within yourself.

The 3 people I admire are:

1. 3 Qualities:\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. 3 Qualities:\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. 3 Qualities:\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Activity 3: Owning Your Biggest Light Shadows**

Take your full list of positive traits that you can’t yet embrace. Choose one quality from your list of traits that you wish to practice integrating here now. Then, with a partner, take turns with the I Am You Are statements. This exercise can also be done on your own with a modification. This is shown in the Homework exercises.

My trait: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“I Am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”. “You are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”.

**Note: Remember when you met your Authentic Abundant Self? That is the version of YOU that has fully integrated her dark and light shadows. Use her example as a model to what it can look like for you.**

**Homework**

**Exercise 1: Working With Your Light Shadows**

Instructions: You now have a list of positive traits you can’t embrace (aka light shadows --those words you wrote down or circled). Go through your list and select the circled traits that feel most charged or most unlike you. For each word you’ve selected, follow these steps:

**Step 1:** Where in your life have you expressed this trait before? In what situations? Write them down.

**Step 2:** Imagine a circumstance where you could express this trait (if you haven’t yet expressed it in your life). Write it down.

**Traits Most Charged or Most Unlike Me**

**Where have I expressed In what circumstance**

**Trait This trait before? Could I express this trait?**

**Where have I expressed In what circumstance**

**Trait This trait before? Could I express this trait?**

**Step 3**: Discover if there is a dark shadow lingering underneath. Ask:

**“If I am \_\_\_\_\_\_\_\_\_\_\_(insert light shadow), I’m afraid that…”**

**“If I am \_\_\_\_\_\_\_\_\_\_\_(insert light shadow), I’m afraid people will think…”**

**“If I am \_\_\_\_\_\_\_\_\_\_\_(insert light shadow), I’m afraid I’ll lose…”**

**“If I am \_\_\_\_\_\_\_\_\_\_\_(insert light shadow), I’m afraid I’ll sacrifice…”**

If you get a word or phrase as an answer to any of these statements, ask yourself “What kind of person does that?”

See if any dark shadows emerge from this that you were not aware of.

**Exercise 2: Embracing Your Light Shadows**

Instructions: Do mirror work with the “I Am \_\_\_\_\_” process like we did during Activity 3 in class. Look at yourself in the mirror and say out loud “I am \_\_\_\_\_\_\_\_(insert light shadow).” Repeat until the charge goes away, or simply repeat several days for as long as it takes for the charge to go away.

**Bonus Exercise: More Fully Integrate Your Archetypes**

Instructions: Once you have completed the exercises above, consider reviewing the words on your top archetypes and write down those that inspire you, those that trigger you, and those that you don’t feel you can own just yet.

Then follow the instructions for homework Exercises 1 and 2 above to integrate these traits more fully.