

Finding Community Within

Getting to Know Your Shadow Meditation #3

Begin with the shortened light meditation and then continue...

Now imagine that you are walking on a trail in the woods, down by a river... Begin to become aware of your surroundings, the colors, and the textures around you... Listen to the sounds... Inhale the smells... Notice what the air feels like... Hear the sounds of the river in the background...

As you are walking, begin to get a sense of your Loving Presence who is accompanying you... Take a few moments to focus on your Loving Presence and express whatever you are feeling about doing this meditation... Take in how your Loving Presence feels towards you... Notice how your Loving Presence wants to be with you...

As you get closer to the river, ask your Loving Presence to summon forth the parts of you that have been hiding in the darkness of the woods because they feel unacceptable... These are subparts that are part of your shadow side...

Take time to allow these subparts to reveal themselves to you... You may have never met these parts of yourself before... They may be hesitant to show themselves to you, so be patient...

As each of these subparts reveals themselves to you and your Loving Presence, be as accepting as possible of each one... Listen to what each one feels, wants, and needs...

Thank these subpersonalities for being willing to show themselves to you...

Stay with this meditation until it feels complete for you. And then knowing that you can return to this place again, you can gradually begin to bring your awareness back to your present surroundings and write down what you would like to remember from this meditation.