## Magical Key 9 WORKBOOK

## Shadow Work

Reawakening to Your Soul's Purpose



Celia Barsby

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Your deepest wound holds the greatest medicine.



# Welcome

to your

# Soul's Garden Party

A Creative Lifestyle

giving you permission to

discover your Authentic, Rebellious, Quirky Self

Reawakening to your Soul's Purpose



## Love Note from the Garden

I recall the second time I experienced a dark night of the soul, though I did not have the language or understanding at the time.

I could remember the first time I was diagnosed with depression and recognised the signs too well; I felt I was once again sliding down a steep slope and had nothing to cling on to. I was afraid of how long it would take me to crawl back up the slope; how long would I have to be covered in sludge and slime this time?

I can now look back and see that it was in the darkness, in the muddy depths that I began to recreate myself in alignment with my soul purpose.

Somewhere I came across the quote by Thich Nhat Hanh "There can be no lotus flower without the mud" and I drew the lotus flower with its roots reaching down to the mud, full of nutrients.

I dug in the mud of my garden.

I painted in my little notebook with the local mud while on a walk.

I mixed paint and created my own muddy colours and painted roses in the beautiful earthy colours which were my own.

I remembered going to mud baths on holiday, how I had coated my body in the mineral rich slime, how I had laughed and how amazing my skin felt afterwards.

In short, I fell in love with mud!

I no longer feared being in the mud and as I began to play, with paint and the earth around me, I realised I was no longer at the bottom of the pond but was beginning to bloom like the lotus flower.

I painted sheets of paper black and then added symbols and patterns in bright colours.

I doodled Zentangle patterns on black paper with white and gold and silver.

In the darkness I experienced transformation, and I discovered my light.

A beautiful lesson I learned through my mud play is that now when I am working in my Cosmic Smash Book™ and my colours turn out all muddy I celebrate; this is a sign from my sub-conscious that I am about to discover more treasure, another lotus is getting ready to bloom.

Acknowledging and accepting the shadow side of yourself is one of the most transformational stages of your journey.

Do you remember the story of Peter Pan? In escaping through the bedroom window, he leaves his shadow behind which is folded neatly and placed in a drawer by Mrs Darling. He later risks returning because he was lost without his shadow and needed to retrieve it; your shadow is an extension of yourself.

#### Do not fear your shadow.





Time to do some Magical Journaling



# Gratitude Journal

5 MINUTES OF GRATITUDE DAILY TODAY \_\_\_\_\_/\_\_\_





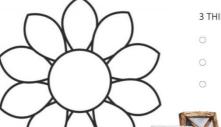
TOP 3 THINGS ABOUT TODAY



WHAT INSPIRED ME THE MOST TODAY?

#### **GRATITUDE FLOWER**

HOW AM I FEELING TODAY?



3 THINGS I WISH FOR TOMORROW

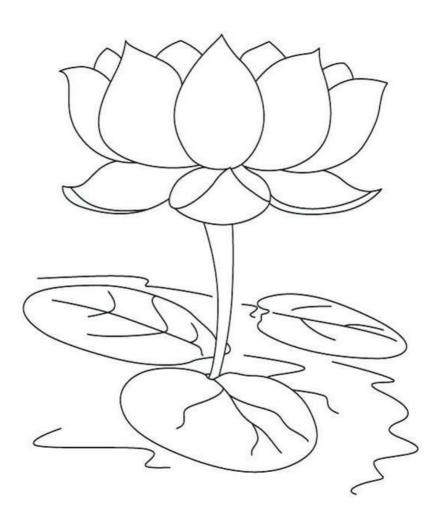
Reflect on a time when you felt in darkness or in shadow, a			
"dark night of the Soul". How did you feel? Wh	at did	you	
discover about yourself?			
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Explore the c	concept of "beauty in the darkness."	Describe a
situation whe	ere you found unexpected beauty or	growth in a
challenging c	or difficult experience. How did this c	hange your
perspective of	on adversity?	



Explore your creative side by engaging in a form	of artistic
expression, such as painting, writing, or music, t	hat allows
you to tap into your subconscious. What emotio	ns or insights
emerge from this process?	

### No Mud, No Lotus



Reflect on a time when you felt a strong emotion that you			
usually try to suppress or hide. How did you handle it, and			
what do you think it reveals about your shadow side?			
,			

Consider the people in your life who trigger strong emotional				
reactions in you, whether positive or negative. What might				
these individuals reflect about your own unacknowledged				
qualities or desires lurking in your shadow?				

Sometimes, you may resist confronting certain aspects of yourself or your life through journaling; practice exquisite self-care as you explore your shadow.

Remember that personal development is a lifelong journey, and your journal is a powerful tool for self-discovery and growth.



Create an affirmation or use one of these.

I am not afraid of my own shadow.

In the dark night of my soul, I discover my light.



See you in the Garden