

Magical Key 9

WORKBOOK

Shadow Work

Reawakening to Your Soul's Purpose



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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 ____/____/____



Large blank rectangular area for journaling.



TOP 3 THINGS ABOUT TODAY

-
-
-

WHAT INSPIRED ME THE MOST TODAY?

Blank rectangular area for journaling.



GRATITUDE FLOWER

HOW AM I FEELING TODAY?



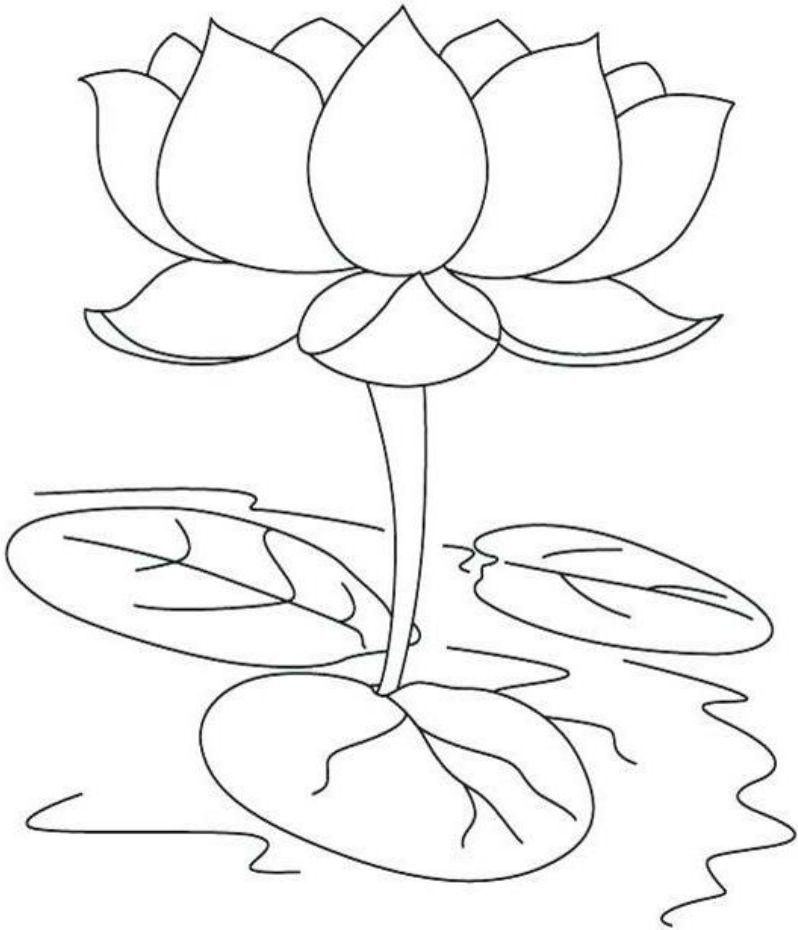
3 THINGS I WISH FOR TOMORROW

-
-
-





No Mud, No Lotus





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