

This book is a magnifying glass held to the most imperceptible tendencies that inhabit you.

This book is a telescope revealing the crystallization of your soul within the world.

This book is written from another fold of yourself.

Its information is meant to map the inner path so as to ease your inner journey — to shed light on aspects of the soul that are obscure or misunderstood, so that you may enter into a substantial relationship with them. To collaborate with the forces that govern and rule you while they remain unconscious, and to co-create with them once you have brought them into the light of your awareness. To place you in the position of creator — a position that carries both responsibility and deep understanding of the phenomena that move your psyche. To gather all your energy like a laser beam, directed toward what truly holds meaning and worth, so that your action may be effective. This information points toward a more accurate vision, and a more functional way of standing within life.

These notes arise from an attempt to map my own shadow work, consciously undertaken these past twenty years. The observations are, therefore, grounded on the one hand in lived experience — which makes them direct and sincere, but also subjective. Whatever, then, is not clear or liberating to you, let it be set aside; whatever is illuminating, test it against your own judgment, and let it be

digested in practice. On the other hand, they are grounded in the studies of Western and esoteric psychology. Yet none of this would be possible, or fruitful, without being approached through meditation — that is, through the contemplation of the timeless dimension of being.

I would describe them as a highway code for the inner path, one that widens understanding and smooths the way. The record is written in the second person, just as it is conveyed to me by the higher mind, and carries no personal reference to the reader. The masculine gender is also used here because the point of reference is you, as a human being. Whenever reference is made to you, you are the consciousness that perceives life through the senses of the body and through thought. You are consciousness, and all the tendencies of consciousness that have crystallized within time shape your personality. Your personality, then, is the set of fixed tendencies of consciousness, many of which find no resonance in the present moment but are fed by the past. For this reason, the reference here is first to you as consciousness, and then to you as personality — personality being part of consciousness, and the object of its observation.

All the reasoning developed below rests on **one foundational vision** : that everything you live and perceive through your senses is your own creation. You bear absolute responsibility for everything you receive through the senses, and therefore for all your experiences. This

approach, if applied as given, should lead you toward unity. Why? Because the moment you place yourself in a position of responsibility for what happens, the principle of harmlessness is cultivated, since everything that goes wrong is a creation of your own perception — placed there, through the design of your soul, to light your path. Even the most horrifying experiences.

More specifically, when you live and perceive your life through this lens, it follows immediately that when someone treats you badly, since you know this act originates from you as "director," instead of reacting, you will want to understand the place from which they speak. Instead of your action being a reaction, let it be action from the centre, and toward the centre. That is, seek to understand the inner dynamics unfolding on the stage of material reality, and to engage with those — with the causes, not the effects; with the essence, not the phenomena.

The principle of harmlessness: a genuine understanding of another's position is a force that unites and grants forgiveness together. Unity and compassion should be the fruits of this action. Finally, the idea that you bear absolute responsibility for what you experience is, in essence, liberating, since all the power to change this reality lies in your own hands. And yet, humankind has significant reasons to resist this vision. Apprenticeship in the absolute responsibility for our life is not for everyone, but for those

who have matured enough to move to the next evolutionary stage, which is spiritual adulthood. This book is addressed to such people.

The inner mapping is done, in part, with the help of Greek mythology. We examine mythology through a cosmogonic vision, and at the centre of this cosmogony is your own soul! For it is only through your own soul that you can connect to the human soul, and, by extension, to the soul of the world — the *anima mundi* of the sages. And so your soul, from your own point of vision, is the observatory that experiences and interprets every cosmogonic event. Your soul is an unbroken part participating in this cosmogonic, orgasmic unfolding of the soul of the world. We find this narrative within the myths that connect us to the collective content of the soul. The symbols they carry narrate, through code, the journey of your soul and of the collective soul. They carry information whose decoding can lead you to a clearer contemplation of the drama enacted in the partly unconscious world of your life's causes. In this way, they will lead you to a deeper reading of the world of phenomena, or of what you call "reality out there."

This book cannot be read by a mind that is tired or filled with thoughts. It will make no sense. But when the mind manages to focus with clarity, these writings will lead it to a deeper understanding, one that the mind's memories and senses will assist to such a degree that this understanding becomes, potentially, an experience lived in the body.

This Book Is a Film, and You're the Whole Cast

Mapping the Work

If this book were a film, its producer would be opposition: you will play by its rules, whether you like it or not. You will play the part so convincingly that even you will forget it is only a role. You will even forget who you are. This, after all, is your wager: to remember, from within the kingdom of forgetting, and to make sense of everything that appears opposed and desperate!

The screenwriter would be the Archetype: the supreme intelligence that inspired you. Its life unfolds through, and within, your own personal narrative. The road is pre-written for those who live within forgetting, and the script is written before you are even born. But for those who step outside, and beyond, the role of protagonist — for those who manage to hold in their sight the whole set, together with everything behind the scenes — there is no pre-written road. For them, every possibility remains open, and the scripts are countless, exceeding even the screenwriter's imagination.

And while, on the surface, you appear to be the protagonist through your own personality and small life, it is consciousness itself that is writing history. Because consciousness does not dwell here or there, nor is it divided among separate people. It is one, and timeless, while at the same time it is the simple, everyday consciousness underlying every one of your thoughts and acts. You think that the protagonist of your life is you — you, as a single entity, geographically defined within your body, yes? Don't you find that a little boring? Somewhat one-dimensional? How would it feel if you — the protagonist, that is — were all the actors together, along with the extras and the sets? If everything you observed through your individual consciousness were folded back through everything your senses show you?

It's starting to get a little interesting, don't you think? How is it possible for the sets and the protagonist to be one and the same? Yes, you understood correctly! The reality surrounding you, and the events your life weaves, are a folding-back of yourself. Not of yourself as the personality you recognize in the mirror, but of your own archetypal self — the one that inspired you, and gave you life and a reason for being. So what, then? The sets, the actors, the protagonist, the screenwriter, and the producer — are they one and the same? Yes! It's quite something, isn't it!

But to make the film a little more piquant, we need an enemy too, don't we? An obstacle the hero must overcome for the film to have a happy ending. And as you find various enemies, outside and within you — various people to blame for the difficult script of your life, or various karmic difficulties within and without — it might surprise you if I tell you there is only one enemy: within, without, above, below, whatever places you in identification pins you down, fixes the flow of life, makes the plot of your story harder to navigate, its events harder to digest, and life itself more tasteless.

And the most tragicomic element of the struggle with this adversary is that, while the hero's feat is indeed hindered by the enemy, it is only through this that the way forward is revealed: the difficulties you meet along your path, the identifications and attachments, are like the special markers on the map of your life, guiding you to your destination. Together, we will find the compass to navigate the most surreal film you have ever seen.

This film is your life, seen through the lens of the Archetypes!

To navigate the wider vision offered by the perception of a more spherical consciousness, we will use a vocabulary that describes the regions of the psyche your consciousness travels through during this work. These regions are recognizable both in the microcosm — that is, the human system — and in the macrocosm, that is, the solar system, and further still.

What This Book Is Not (Seven Myths, Busted)

"Whenever an unpleasant situation appears, I am called to work with the Shadow."

Shadow work is a way of life and perception, not a medicine you take whenever a headache appears. Just as, in the cycle of life, night follows day, so too, for harmony to exist in your life, let the Shadow be in an inner rhythm with the light. For the Shadow is what shows the way toward the light. The Shadow points to the work that, if you do it, will connect you to your power. Trauma carries healing within it; loss carries gain; and shadow work reawakens you into the light. A choreography whose

rhythm you listen to every day, and a dialogue that, if you had eyes to see where it springs from and how it unfolds, you would call, at the very least, a love affair.

"This region frightens me — it seems that all my demons live there."

Shadows include not only repellent memories, unpleasant emotions, and morally questionable contents of the psyche, but also gifts and talents from which, for the sake of some misunderstood memory — some sense of guilt, say — you have cut yourself off. And so this work has been described, in mythologies across the world, as the passage through the dark forest that leads to the palace, the "home," the source, or the Self. Within the dark forest lies your fear, and your resistance, which give rise to the frightening forms you meet there. In your first encounters with the Shadow, if you have never lifted the rug of your life to see what lies beneath, it is only natural that there be surprise, fear, aversion, even dread. Whatever has accumulated and built up in ignorance will seem large, perhaps, when you finally look at it. But through this work, the selfknowledge you gain allows you to discover that you, too, are much

"bigger" — meaning more capable — than you thought, and to gain greater trust in yourself, so that this work may reach a point where it becomes enjoyable. In other words, it is your blurred vision, on the one hand, and your

prolonged absence from working with the unconscious, on the other, that makes you see "the Midnight Express" where you might instead see "Alice in Wonderland."

"Shadow work is a very serious, and usually painful, process."

Shadow work is not necessarily an unwanted and painful process. What causes pain is identification with form and phenomena. Identification happens the moment consciousness takes on form, and so, up to a point, it is unavoidable. But the more the walker of the inner path wears down the soles of their shoes, the more they de-identify from painful emotions, and then the path, little by little, begins to transform.

There are also many pleasant and playful techniques through which subconscious content can be drawn up to the surface of consciousness. Active imagination, for example, is a technique that C. G. Jung developed in depth with his clients. And again, let me repeat: the enjoyment of this exploration is inversely proportional to your identification with the content being brought up.

"Once I become aware of my Shadow, I will be freed from it."

The Shadow, like a child of yours who has grown for years in the dark, also needs time to grow accustomed to the light — in other words, to be understood, to manifest, to

merge with its polar opposite, and to be transmuted. It also needs patience, so that all the parts of yourself can come to agreement — can be persuaded, if you like, that this way, this costume you are wearing, no longer serves you. There are energetic bonds, negative pleasures that have become habit, and that, even on the biological level, have carved entire highways into the neural network of your brain. De-identifying from a heavy emotion, for instance, one so familiar to you that you draw your very identity from it, is not achieved simply by becoming aware of it. It will keep knocking on your door, again and again, at every opportunity, like a good old friend. The mind, the soul, and the body, when convinced and aligned, can change the gears of destiny.

"Working with my Shadows will heal me of my trauma."

This is a groundless expectation, one I would not invest in. And this is because every expectation limits the field of possibilities available to manifest the highest potential in our life. Complementary to this observation comes the awareness that the mind moves within two dimensions — also limiting — unaware that in another reality, one more true than the one you experience, time does not exist. It follows that the blissful self is already here, perhaps even embracing the very thing the mind campaigns to destroy or heal. Perhaps, seen through a wider vision, if the trauma did not exist, neither would the experience of grounded bliss

exist. Perhaps, at first, the personality's motive is healing, and that is not, in itself, a problem — but it is good to keep in mind that as you walk the path through the forest, the vision, the visionary, and the one who sees all change.

*"Shadows are all the difficult feelings that don't
let me be happy."*

The feelings that trouble you, and are already familiar to you, are nothing but the loose end of the thread you must take hold of in order to unravel the ball of yarn. The feeling will show you the thought, and the thought, the experience. The experience will bring you into contact with your fixation on particular patterns, and the patterns will lead you to your beliefs. The beliefs will show you the thought-forms, and their opposite, and will bring to the surface of your awareness the defences you have invented in order to feel safe within an environment whose conditions are in constant negotiation with your deeper needs. Keep in mind that although a regression is usually needed to hear the course and origin of the Shadow, the work itself is always done in the present. You do not, for instance, work on the childhood trauma itself, but on its living roots — the ones that distort your reality and govern your behaviour now.

"My shadow work is work I do for myself."

Neither is it you who does it, nor is it done for yourself. Your whole being — soul, mind, body — works in harmony with outer events to fulfil the purpose of this particular incarnation of yours. Beyond allowing the flow with awareness — beyond, in other words, not obstructing the natural flow of things — you have no work to do. And everything written below exists essentially to calm and clear the mind that, through a blurred and distorted vision, obstructs the flow from taking its course. Finally, the work being done, although it appears to unfold on this personal level, is not personal — but, as part of a group soul with a shared agent of action, you are here to ground the vision of the Earth. As cells of the organism of planetary consciousness, carrying within them the potential for completion, you serve the vision of the entity we call Gaia. This service passes through the purification of the planet, and, naturally, through your own purification too. It is good to remember this piece of information, like Ariadne's thread, whenever you find yourself lost in the "personal" labyrinth of the Minotaur.

The Beauty Hiding in the Wound

What Shadow Work Actually Is

It is often said that shadow work is work with trauma, and with all the unwanted experiences that, for whatever reason, you could not digest or assimilate, and that were

absorbed by the unconscious. And this is true. But when the Shadow is mentioned, it has become customary to place particular weight on its repellent and unwanted contents. How unfair! There is even a well-known little exercise for mapping your Shadows, which asks you to write down whatever you find most repellent in the people around you. Somewhere in that list, you will find your Shadows, and you may be surprised. And it is, indeed, somewhat like that.

But I want to take you further still, to say that among all that you have been unable to assimilate lie also all the wondrous fragrances of your soul, **your highest potential**, the gifts and talents with which existence has endowed you. Having identified your personality with a certain range of capabilities, you have directly cut yourself off from your wider potential. Whatever wondrous traits you cannot assimilate and express through your personality, because someone once taught you that this is as far as you are allowed to go, you project onto others — in exactly the same way you project what is repellent and unpleasant. And so this little exercise could have a second half. It could ask you to write down everything you admire in others. And this, too, is shadow work. Many of your talents are Shadows projected onto the wall of the cave, just as, with great vividness and scientific precision, Plato's myth narrates — which we will interpret in more detail later on.

But to discover your highest ideal, **you must pass through the lowest point** of its manifestation. The seed must die within the earth, in the darkness of matter, to be reborn as a plant — a tender, yet sufficiently strong, sprout, able to push through the soil, move the stones, survive the insects, and emerge into the light of the sun. This process sounds paradoxical, and the mind perceives it linearly, through the binary of "I like it / I don't like it" — but nature shows you otherwise.

Within the Shadow lies the beauty and greatness of your soul, which you have refused to accept, to absorb, and which you instead project outward. Within the Shadow lies the greatness of your soul. How will you approach it? How will you approach, experientially, this so abstract a concept called the soul — a concept confined to the jurisdiction of religion and philosophy, which study it as an abstract phenomenon? Even psychology, in its attempt to approach it, often falls into the unavoidable trap of cutting it into regions, listening to it only through dreams, symbols, and abstract contents.

The Light, the Shadow, and the One Watching

Soul and Consciousness

The Shadow is nothing but the soul you exiled into the unconscious,

and the light, the soul recognized by consciousness.

Two faces of the same coin.

There is, within the circles of self-knowledge, a common assumption that consciousness is the organ that processes whatever your perceptual and sensory faculties receive. But what would you say about the consciousness of your cells? What relationship does the consciousness hosting your ego have with your biological consciousness, and with the consciousness of the dreamer, or that high-frequency consciousness you have also experienced, one that comes involuntarily and intuitively? Are these not also your own lived experiences? Are they not, then, part of your own consciousness? All of this shows us that consciousness is a range we are called to explore, so as to unite our fragments and let consciousness widen into a wholeness.

Of course, I am not urging you to do anything about this. This widening cannot happen only through the part of consciousness that is recognized — but it is good to have the awareness that your range is unlimited, while your consciousness is strictly limited. The possibilities and limits of your perception, within what you are and what you perceive, choreograph the dance of opposites within you. Because it is only when you know your limits that you can move toward your freedom. Otherwise, you cannot know what freedom is if you have no awareness of the prison. It is true that when human consciousness recognizes phenomena as phenomena, within their illusory nature, then it is liberated. To be precise, consciousness cannot be liberated — it is always free. It is the phenomena that are liberated from their own separate existence. But this liberation is nothing more than an opening into a wider confinement. It is not the end of the search, but the beginning of a new journey.

What depth psychology divides into the conscious, the subconscious, and the unconscious is, in fact, one single, complete consciousness. The unconscious and the subconscious–superconscious are parts of your consciousness in which you are not transmitting — where there is no attunement.

If there were a way to change your frequency, your consciousness would attune to other regions of the psyche, to other realities, and your senses would receive new information, even if nothing in your outer environment changed at all. These "regions of consciousness" are called the unconscious simply because your mind is attuned to other frequencies. But they never cease to be there, and available.

Yet human perception filters reality through a duality that seems to be innate. Everything is perceived through opposites — good-evil, darkness- light, conscious-unconscious. Everything in nature echoes this same battle. The planets have a dark and a light side. Day and night stage your earthly experience. For the story of your soul narrates, in miniature, a greater cosmogony, of which you, too, are a part. You are a cell performing this sacred work of marrying light with darkness — no less significant than the smallest insect upon the earth, no less significant than the greatest avatar in the world.

This is why shadow work is your most substantial "spiritual" work — because it is the cornerstone upon which the Babel of your personal misunderstandings has been built, and also the candle that lights the secret liturgy of your life. The one within you has been divided into many voices, each with its own wants and limits, each claiming space in your life. When you relate to these voices, or tendencies, through identification, you have the sense that they are you. A

Babel. And so the only work is deidentification from the voices. You step aside, and the river flows. The river knows. You — who are all the voices haunting your identifications — step aside, and the river, which is your true self, flows on. The river knows. Now, you know too.

Truly, the Shadow hosts your most hated fears, but also your most longedfor blessings — your most repellent feelings, but also your most gracious faces. Truly, it is within the Shadow that your soul lives to the greatest degree. Let me give you a simple **image**. **Suppose you are walking a narrow path** through an entirely dark forest. This path is narrow, so narrow that only one person can pass through it. In your hands you hold a torch, which lights only your next few steps. You cannot see far, and, of course, you cannot see, or even guess, where it begins or where it ends. You cannot even perceive the coils of the path, since the arcs it traces are wide, and its turns appear, within the darkness, to be straight lines. Yet on this path is inscribed the entire potential of your course — a potential you are unable to grasp, since all you can perceive is that tiny fragment illuminated by your torch.

The torch of awareness is your compass, and the reference point for your experiences — but, on the other hand, it limits your perception of the path's full breadth. And if the path is a psychic quality you are travelling through, you perceive only the small fragment you are currently walking, and characterize it by these same limiting criteria. The

quality itself has a range that spans your deepest darkneses and reaches through to your most luminous potential. As you walk the path, you move from its coldest and most repellent stretches toward more open and luminous ones — places that liberate you, and open you with confidence and trust. The more you walk, the more experienced you become, the stronger and more practiced upon it. At one end lies the dark manifestation of the quality; at the other, its highest potential. At one end, love shines; at the other, the light is lost among the foliage, and you perceive it as fear. For fear is the absence of love. Fear is the weakest point of love's manifestation. Fear and love, though you experience them as opposite qualities, are nothing but the degraded and undegraded forms of one and the same quality. But you, as an observer and a walker upon this line, can see only forward and backward. From your own vantage point, you see the two phenomena as diametrically opposed.

Once you grasp this image, you will understand the mind's misunderstanding — the one that creates oppositions in something that is not only not opposed, but whole and complementary, within its own fullness. It is the full manifestation of the quality across the spherical spectrum of creation. Now, what is this path? Is it a quality? An entity? An Archetype? We will unfold this as we go. The fact that you lean toward the luminous parts of the path makes you biased against its dark points, and makes you live them

as separate from the luminous ones. But the sooner you see that every point on the path is nothing but one of the possible manifestations of a single quality, the more directly the conflict and opposition you live within is soothed, and the path becomes more accessible, smoother, and more pleasant to walk.

Like everything else, the Archetype, too, has its dark and its luminous qualities within you. And so, whenever you work with a Shadow whose content is very heavy, tiring, and repellent, this is exactly how you open it toward its highest potential! Simply because your consciousness is shining light onto this difficult point on your path.

The deeper you dive, with awareness, into your scapegoats, the more you awaken your *deus ex machina*!

Once, I got lost in a forest and ended up at a remote monastery inhabited by two monks. I slept there that night, out of necessity. The energy of the place was so arresting that it would not allow me to leave, even on a purely physical level. When the elder asked me what I was looking for, what I was seeking, I told him I was seeking to find my

highest potential. With direct simplicity, and with that irritatingly laconic mystery the wise tend to employ, he answered, "Your highest potential is also your lowest."

After many years of shadow work, I understood his words. I understood, experientially, that every time I dive into my unwanted depths, through that very dive I emerge into regions of my psyche that are even more luminous — regions that shed light on the darkness, that liberate me, redefine me, widen the sense of self, and reawaken me within a sphere capacious enough to hold, with understanding and compassion, every manifestation of the same Archetype.

The dive into the Shadow is not a process I set in motion. It happens the way night follows day. I only need to be there, to be sincere, not to whistle indifferently past it. The dive into the Shadow is nothing but a call from the part of your soul that is trapped in illusion — a call for compassion and acceptance, one that comes through humility. Humility does not always arrive gently. It can manifest through events that will crush you, that will push you outside your safety zone. Crushing and humility are the two hands of freedom. How else, since what keeps that part of your soul bound is a misunderstanding ego? How else, unless the image of the self is shattered, and unless everything that gains value through illusory circumstances and fickle balances is humbled? The two feet of liberation are discipline and persistence. How much do you need to

work? You will meet the Shadow again and again on your path, and you will grow indignant, and say, "But we already finished with this — is it here again?" Who knows? Who can see the mandala of your life from afar, and say? Patience and persistence. And discipline. Discipline is the ruler of your soul, which, by its own will, will draw a straight line, will focus awareness like a laser to make the incision, the transcendence — or, in other words, to bow every day before the will of life, without evasion.

The more you look this energy, functioning as a Shadow within you, in the eye, and listen to it, the more you hear its memories, and the stories it has to tell you. It is a constellation of experiences, built one upon another, that have led to this misunderstanding. Some of these experiences, as happens with constellations, are pivotal. And this is the greatest bulk of the work: simply to turn and look at the Shadow's story, simply to recognize that the thought manifesting in your mind is not you, but a quality that, if you turn and listen to it for what it is, will be absorbed by your presence, and assimilated as presence. Awareness! Because once it has been perceived with awareness, every time it resurfaces you will be able to say, "Ah, well met, old friend! All right — you're not so functional for me anymore. I know you served me for as long as I chose not to see you, and to defend myself in life. Thank you for serving my insecurities all these years, but now you can rest!"

The power of habit, of course, is great, and it will bring it back, again and again, along the paths of your projections, until this habit gradually weakens, no longer fed by your awareness.

So, for those who have grown tired of hearing the phrase "God is within you," and who feel weak and guilty because they have not yet experienced it, let them remember that this experience is the meeting of consciousness with the soul. When consciousness beholds the soul, whose depth is unspeakable, indescribable, and unexplored, this very experience is what the sages call "God is within you." What is most intimate, most personal, and yet, at once, most collective — what is most beloved and longed-for — is the contemplation of the soul by consciousness, through one breath, and then another. A breath dipped into the sweetest memory of your own being. Until every breath brings the fragrance of your soul into awareness.

A living hologram, sculpted from light and time, is your soul. Where is it within your day? It speaks to you through everything, and yet its presence is imperceptible. What relationship do you truly have with your soul — with this entity that has given birth to its whole reality, and to you along with it? Or is it, perhaps, just another concept you approach now and then, under certain conditions, at some ceremony, or during some "special moments" of your life?

"All right, all this sounds a bit distant and vague. But practically, what does this understanding have to give me? Will it make me a better person?" And the soul continues to do its work, undisturbed, as if in answer to my question. Through the union of heaven and earth, through the flow that passes through the crown of the head and the base of the sacrum, it breathes its fragrance into the heart, and diffuses it into all the hearts of all creatures.

And you may already have a foretaste of your soul, or an experience of it, or a relationship with it — you may have a crystallized image of it. At some point, this image, too, will shatter, because it is just one more mould, and because the soul is not what you have experienced of it so far. Your soul has no boundaries. It cannot be contained within experiences. Your soul is not even yours! The soul is Gaia herself, and Heaven, embracing you every moment you breathe their breath and walk within their embrace. The soul is the planets themselves, is the very sun that warms you and hides from you each day. It is out there, and yet all these phenomena are also deeply personal. Your soul lies beyond the sun. The soul is the constellations, and stretches even further, into the invisible spheres. Your soul animates all these Archetypes. The collective soul! The Anima Mundi!

For there is no personal soul — there is personal experience. But your soul is collective. It is connected to worlds, spheres, and entities beyond all imagining. You are these worlds, these spheres, these creatures. The soul stretches even further, into the very origin of the world. The soul is the source. The soul is rooted deep within the nothing that gave birth to everything. Soul = breath, respiration. Whatever breathes is soul. Soul is everything that is!

The soul is the vehicle of creation, through which creation experiences, and ceaselessly expands, itself within the vast universe.

And you will tell me again, "All right, this is my soul, so what? What do I do with this information now? What can I do?" What should you do with this? Make your coffee. Take your bath. Make your phone calls, pay your bills, go about your routine. Do it all with this!

What am I telling you now? I am showing you a mental norm within you that separates knowledge from wisdom, that separates experience from theory, that separates matter from spirit. Because what you characterize as knowledge so transcendent, and so "useless" — since it has no practical application — is your very own daily life. It is one and the same thing.

Shadow work calls you to enter **consciously** into a **personal relationship with your soul** . A sincere, substantial, deep contemplation. Whole and honest observation is your most important tool. Listen, with devotion, to the hieroglyphs the soul leaves within the body — that is, within matter — and within memory, that is, within space-time. All of creation is nothing but the vocabulary through which it speaks to you. Remember it. Call it to inhabit you, to speak through your centres. You have a deeply personal relationship with your soul; you, as consciousness, wish to remember the whole essence composed from its origin. Composed from all the experiences you have gathered. Composed like a ray from the centre of the sun — a ray that, as it spreads through its solar system, is grafted with the qualities of all the planets that compose it.

The only relationship you can ever form is the one with your soul.

The only relationship you have ever formed is the one with your soul.

The unconscious contents, the unconscious figures of the soul, are incarnated by loved ones, and by others. The contemplation of the soul by consciousness, and of consciousness by the soul, is the only relationship. And it is a relationship capable of realizing everything the laws of

nature render impossible. The more you look your soul in the eye, the more you work for its will, the more it satisfies all your needs. But if you struggle instead to meet your own needs through the limited consciousness that does not serve your soul's will, then you find yourself in a vicious cycle of struggle and effort, in which one need follows another, and desires cannot give you what they promised. Gently, involuntarily, naturally, with deep trust in your relationship, when you are hungry, food will appear.

And so this adventure — shadow work — becomes a loving embrace between soul and consciousness: the more each beholds the other, the more deeply they recognize one another. And the more deeply they recognize one another, the more the Shadows are illuminated.