

# WITCHCRAFT & METAPHYSICS

Magic pack for April 2024



Transforming SHADOWS  
with MAGIC

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# WELCOME TO WITCHCRAFT & METAPHYSICS DOWNLOADABLE PACK FOR APRIL 2024



If you are not familiar with what we're doing at Witchcraft & Metaphysics, be sure to check us out and subscribe at:  
**[witchcraftandmetaphysics.substack.com](http://witchcraftandmetaphysics.substack.com)**

Witchcraft & Metaphysics is a place to learn about:

- Spirituality and magic as my guides have taught me, often through the lens of history, myth, and synchronicity.
- Some of the many ways the Divine communicates with us.
- Animistic values and being in relationship with the spirits.
- How to deepen a sense of fulfillment through practical applications of all of the above.
- And so much more!

Thank you SO much for being a subscriber!

Paid subscribers make it possible for me to dedicate my time to creating posts, rituals, and other content that helps YOU cultivate your practice and grow your own relationships with spirit. The more paid subscribers I have, the more I can focus on the flow of information coming directly to you.

As you work your way through this month's pack, know that you are not alone. Please bring any and all questions and comments to the post where you downloaded this, or feel free to email me directly at [witchcraftandmetaphysics@substack.com](mailto:witchcraftandmetaphysics@substack.com).

Let's make some magic together!

# YEAR-LONG DOWNLOADABLE SCHEDULE

- SEPTEMBER 2023—MAGIC & IDENTITY
- OCTOBER 2023—RESOURCES OF MAGIC
- NOVEMBER 2023—MAGIC AND MINDSET
- DECEMBER 2023—AT HOME WITH MAGIC
- JANUARY 2024—THE JOY OF MAGIC
- FEBRUARY 2024—THE MAINTENANCE OF MAGIC
- MARCH 2024—MAGIC IN PARTNERSHIP
- APRIL 2024—TRANSFORMING SHADOWS WITH MAGIC
- MAY 2024—MAKING MEANING WITH MAGIC
- JUNE 2024—EXPANDING MAGIC'S POTENTIAL
- JULY 2024—MAGIC AND COMMUNITY
- AUGUST 2024—MAGIC AND THE DEPTHS

# HOW TO USE THIS PACK



## MONTH-LONG RITUAL

This month's magic pack is a little different. Instead of having weekly sub-themes, we'll be engaged in a single month-long ritual with smaller rituals throughout. This means that each exercise builds on the previous one and is meant to be done in order. The general structure for the month is as follows:

- Week one we'll meet our Shadow Guide, decide on the shadow we'll be working with, and create our Shadow Poppet.
- Week two we'll journey into the darkness of the underworld and create our Shadow Altar. Here we'll learn about the dark aspects of our relationship with this shadow.
- Week three we'll journey into the light and learn about the light aspects of our relationship with this shadow.
- Week four we'll come into conscious relationship with this shadow and commit to including this one into ourselves and our lives.

## MORNING RITUAL

At the beginning of each week, you will find a place to record your morning rituals. The morning ritual is a very important part of coming into relationship with magic and it is my hope that you will commit to doing this every morning for thirty days.

Just as we wash our faces and brush our teeth to begin each day, it's wonderful to start with connected, clean, Magic-filled energy. Doing this every morning helps us get really acquainted with—and make a lifelong habit of—connecting with Magic. It builds our relationship. We get to know magic and how it communicates with us, and how we communicate with it. This is a critical first step because we need to know how to communicate with magic in order to go deep in this practice. We need to be able to recognize the voice of Magic when it speaks to us, or even to be aware of when it's knocking on the door, asking for a visit.

The morning ritual is also a very potent container and can become a sanctuary in times of trouble. Let it be an anchor for you. Let it be the ground when you find yourself in free fall. It really is the ideal container for learning to let the sacred hold us.

What you do for your morning ritual is up to you. The intent is to begin the day consciously connecting with Spirit, or Magic, in whatever way feels good to you. For me, my morning ritual usually consists of a song and/or prayer of devotion followed by giving an offering. But sometimes the most I can do is quietly ask for support and let myself be held. The important thing is simply to show up and connect with Spirit.

Even if you can only spare two minutes in the morning, try your best to make it a priority. Each week in this pack begins with a page to track your morning rituals. Fill in the box for each day however you like...with a simple checkmark; a brief note for what you did as your morning ritual; a note about any guidance you received; or anything else that feels right.

For this month, I encourage you to do your morning ritual at your Shadow Altar. If you are short on time, do the suggested ritual for the day as your morning ritual.

# DREAM GUIDANCE

The last section for each week is a space to record any guidance you might have received from dreams, especially from nightmares or anxious dreams. I believe that dreams are messages to us from Spirit and are always relevant to whatever we might be exploring. As we work with our Shadow this month, our dreams will be especially significant.



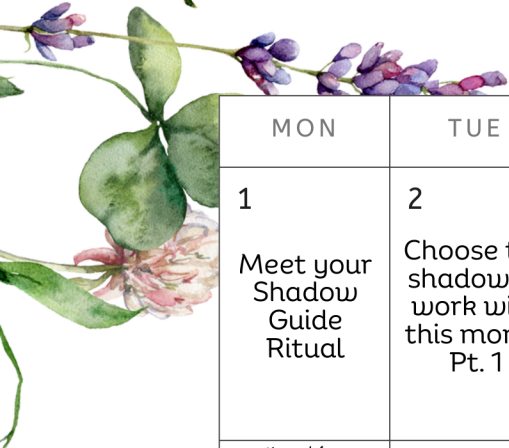
On the following page, you will find a calendar that includes a plan for working through the activities and rituals for the month. For this month, it is important to do these rituals and activities in order.

Because shadow work can be intense, move at a pace that feels good to you and always practice self-kindness. If you need longer than a month to complete this work, that is perfectly fine.

Please don't hesitate to reach out with any questions. You can email me at: [witchcraftandmetaphysics@substack.com](mailto:witchcraftandmetaphysics@substack.com)

# APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
1 Meet your Shadow Guide Ritual	2 Choose the shadow to work with this month Pt. 1	3 Choose the shadow to work with this month Pt. 2 (When have I experienced this before?)	4 Earth ritual for grounding and safety	5	6 Create your Shadow Poppet	7
8 <i>New Moon</i> Journey into the Underworld Ritual-Create your shadow altar	9 Air ritual for dialoguing with your Shadow	10 Put your Shadow Poppet in its own cave-relating with our shame	11	12 Who was I before this? Card spread	13	14 Prayer to clear ancestral connections to this shadow
15 Journey into the light Ritual-Ascending with your Shadow	16 Fire ritual for emerging into the light	17	18 Listening to your Shadow	19	20 How do I project this shadow onto others?	21 What are the gifts of this Shadow?
22	23 <i>Full Moon</i> Water ritual for drinking in your Shadow--including it into yourself	24 Write a letter to your Shadow	25 Commitment Ceremony	26	27 Celebration with this Shadow	28
29 Staying in touch with this Shadow	30 Ritual/Altar closing					





# TRANSFORMING SHADOWS WITH MAGIC



I found the title of this month's pack to be a bit tricky. It's important to me that we don't think of our shadows as bad or as the parts of ourselves that need to be transformed. I don't believe that our shadows are meant to be destroyed or transcended, because that implies that there is some part of ourselves that is inherently flawed. I think it's time to move beyond this sort of harsh self-judgment. And so, this month isn't about transforming our shadows into something else, but, rather, transforming our relationship with shadows by incorporating Magic.

What are these shadows anyway?

Simply put, our shadows are the parts of ourselves that we (often unconsciously) hide away, that we don't want to see. It might be easy, then, to think our shadows are our "negative" traits, like the parts of us that are hateful or prone to destruction. In reality, though, our shadows can just as easily be our inborn talents or our unbridled joy. Sometimes our shadows are the intense parts of us that we struggle to be with, and sometimes our shadows are the parts of us that are timid and vulnerable, too frightened to come into the light of day.

Almost always, our shadows were created out of shame and judgment, out of a fear of not belonging. Tucking these aspects of ourselves into the darkness was a coping mechanism that, at some point, kept us safe. But when the circumstances are right, we can turn back towards them and include them into the fullness of who we are.

In fact, my favorite description of the shadow comes from Mat Auryn [cite source] and he says: "The shadow is an aspect of ourselves that is crying out for inclusion."

Because my ongoing message is all about our collective move towards a more relational way of living, I based this month's pack on a process of coming into relationship with our shadows. We're going to go through a process of getting to know them and then including them into ourselves. We're going to acknowledge that there are times when when our shadows want to stay in the dark and that's perfectly fine. We'll go into the dark to visit them there.

This month's pack is a little different from previous months. For one thing, there are not any additional weekly journal prompts. More importantly, though, I've framed this month as a full, month-long ritual. Each exercise/ritual builds on the next so that we take our time, diving deep with one shadow while we're held in this ritual container.

This month-long ritual involves creating a poppet, or representation, of the shadow we've chosen to work with. I believe that, when we see our shadow, not as some part of ourselves that we're ashamed of, but as a separate living being, we can more easily learn to relate with it without judgment. In fact, my personal experience with this ritual has been that I end up feeling a profound love for this part of myself that I'd previously hidden away. My hope is that each of you has that experience as well.

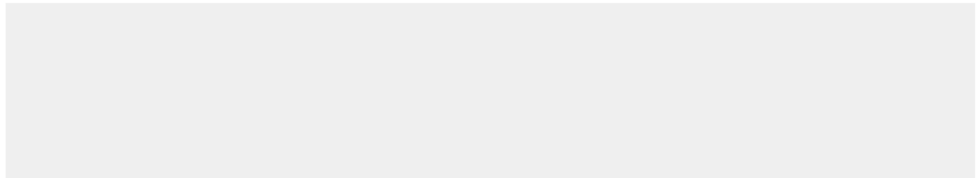
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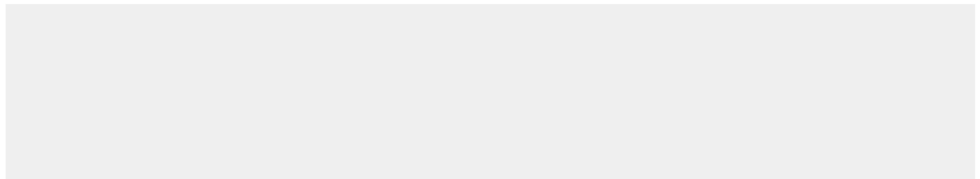
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# WEEK ONE MORNING RITUAL

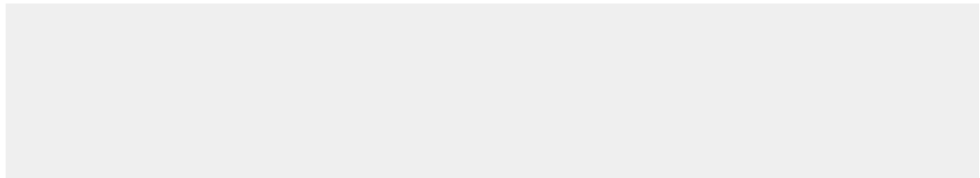
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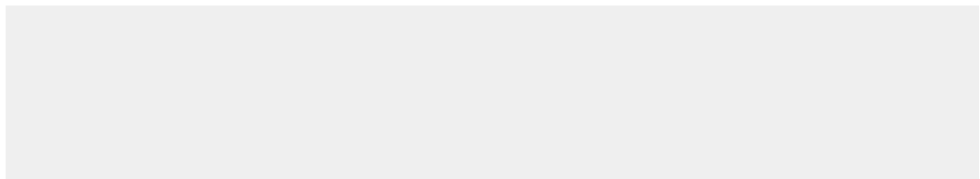
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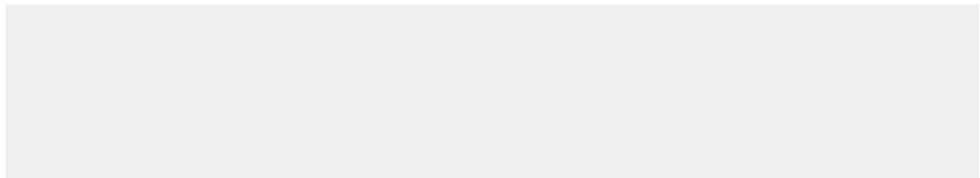
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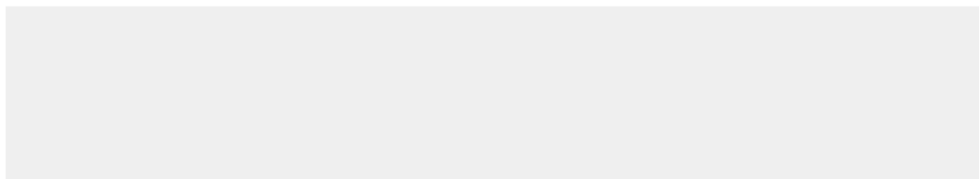
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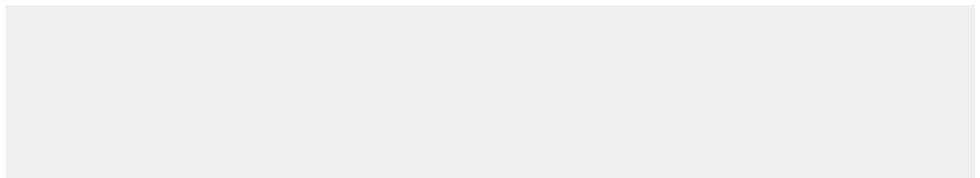
FRIDAY



SATURDAY



SUNDAY





# MEET YOUR SHADOW GUIDE

In our spirit teams, we each have a guide dedicated to helping us get to know our shadows. This month we will be relying on our Shadow Guide to help us navigate this journey. Below is a guided ritual to meet your Shadow Guide:

- Open your primary sacred space however you like.
- Ask your divine powers to resource you with clearing and protection.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Take a few centering breaths and feel your energy throughout your whole body.
- Say aloud to your primary spirit guide(s) and allies that you want to meet your Shadow Guide to help you navigate your journey with your shadow this month. Ask that your Shadow Guide be one that you can rely on and trust implicitly.
- Guides can come to us in any form, including an image, a sensation or a knowing. Be patient and open to whatever happens.
- When your Shadow Guide arrives, feel the energetic connection between you. Feel them around you. Listen and otherwise sense anything they might be telling you.
- Know that this connection will grow stronger each time you meet them.
- Once you feel strongly connected to your Shadow Guide, you can ask them questions like what are their names and what would they like you to know about them.
- When you feel complete in this ritual, offer gratitude and close the space.



# NOTES

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# CHOOSING YOUR SHADOW



We all have many shadows that can be accessed in numerous ways. To attempt to look at all of them at once can be very overwhelming. Instead, I like to work with one at a time. One simple, not-so-intimidated way I've found to choose a single shadow to work with is through answering the following question:

## **What emotion makes me uncomfortable?**

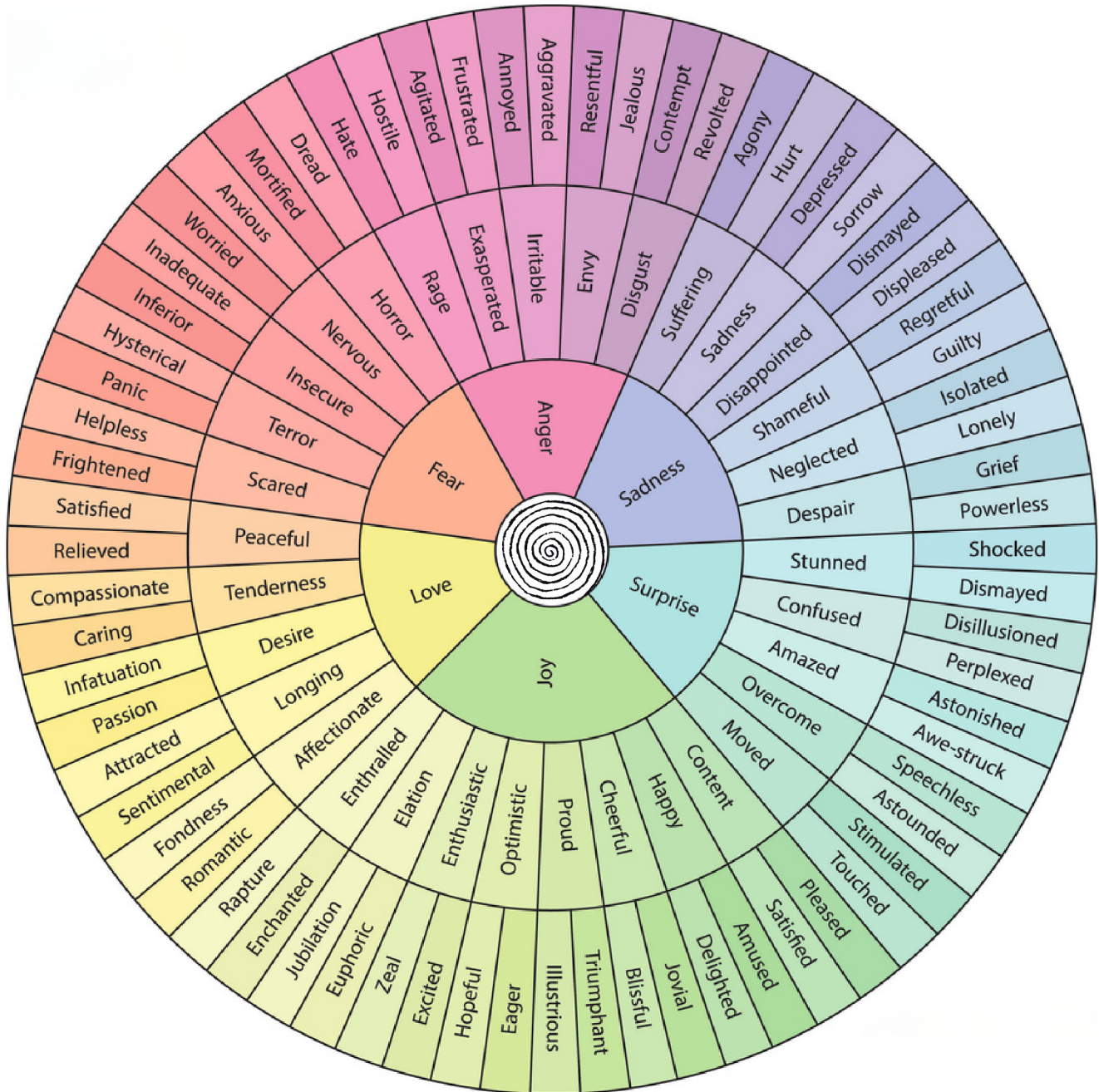
This could be an emotion that makes us uncomfortable to feel, or one that makes us uncomfortable to witness in others, or both.

On the following page is a wheel of emotions that displays some of our most common emotions. Use this for ideas if you're not sure where to start. Look through all the emotions, noting the ones that make you feel uncomfortable. Don't assume that these will only be the so-called "negative" emotions. Sometimes the "positive" emotions can make us equally as uncomfortable.

Go through the wheel and circle, or put a mark on, the emotions that bring up an uncomfortable feeling within you. Of these, choose the one that you most want to work with at this time. You can then repeat the whole month-long ritual in the future with another emotion.

Check in with yourself here and proceed with self-kindness.

# WHEEL OF EMOTIONS



# WHEN HAVE I EXPERIENCED THIS SHADOW BEFORE?

Think of specific examples of when you've experienced this uncomfortable emotion in your life (again, through yourself or through another).

Write about these situations. Do you notice any other patterns emerging?





# NOTES

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# MY SHADOW IS:

*When you feel sure which shadow/emotion you want to work with this month, give it a name. This could be anything from the emotion word itself to a person's name to something more creative. If you feel stuck here, ask your Shadow Guide for some suggestions. When you've decided on your shadow's name, write or draw it in the space below:*

# EARTH RITUAL



*Intent: to connect with the element of Earth in order to be rooted and grounded in a sense of safety before embarking on our shadow journey.*

## What you will need:

- A stone
- Your journal and a pen

## Process:

- Open your sacred space however you like.
- Invite in your Shadow Guide and ask them to resource you with clearing and protection.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Take a few deep, centering breaths.
- Next, visualize roots extending from your feet, or your sit bones, deep into the earth, connecting you to its stable and nurturing energy.
- Hold the stone in your hands and focus on its texture, weight, and energy. Feel its solidity and strength grounding you in the present moment.
- Repeat a mantra or affirmation related to safety and grounding, such as "I am safe, supported, and grounded in the earth's embrace."
- Finally, spend a few moments in quiet reflection, feeling the earth's energy surrounding you and providing a sense of security.
- When you feel ready, thank the earth element for its presence and support, extinguish the candle, and release the sacred space. Anytime you need to feel grounded, you can hold onto this stone. Carry this feeling of safety and grounding with you as you embark on your shadow work journey.





# NOTES

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## CREATE A SHADOW POPPET

Often used in sympathetic or substitution magic, a poppet is a sort of doll that stands in for something else. In this case, we are going to create a poppet as a representation of the shadow that we're working with this month. This is an important step in learning to come into a healthy relationship with our shadow.

Tap into your creativity for this project. If you feel called, you can make an elaborate poppet from wood or felt; or you can keep it as simple as designating a single stone to be your shadow poppet. Below are instructions for my personal (VERY easy) poppet-making method.



Get a square piece of cloth. I love to use old bandanas, but any square cloth will do: a scrap of fabric, a washcloth, scarf, etc. Try to choose a piece of cloth that you feel neutral towards rather than something with strong emotional associations.

In the center of the cloth, place a bundle of magical allies to help with this work. Some suggestions include crystals to help with shadow work like black tourmaline, lapis lazuli, or labradorite; and plants such as rose petals, garlic, pomegranate, or mugwort.



When your bundle is complete, simply gather up the corners of the cloth and tie something around the bundle. You can see here that I simply re-used an old twist-tie from the kitchen. But string or yarn work well too.

The key is that it sort of looks like a doll at the end, with a head and body.

Once your poppet is made, place it on your 3-in-1 tool (or sacred altar space) and make a declaration that this poppet now represents your shadow for the rest of this journey.



# NOTES

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# WEEK ONE GUIDANCE FROM NIGHTMARES OR ANXIOUS DREAMS

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WEEK

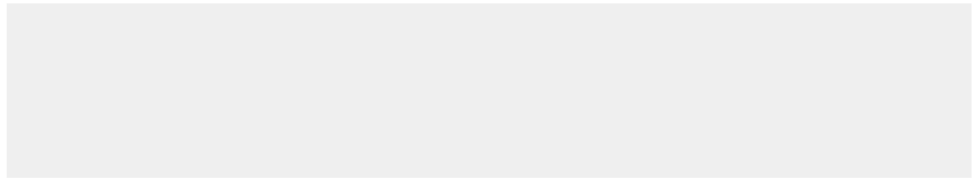


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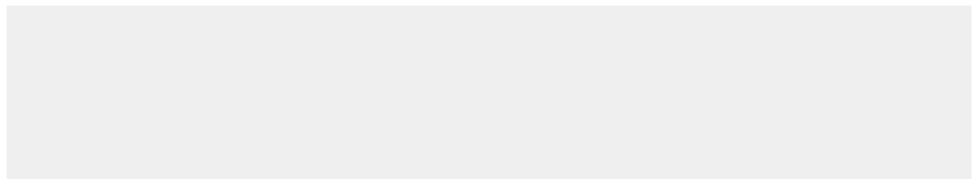


# WEEK TWO MORNING RITUAL

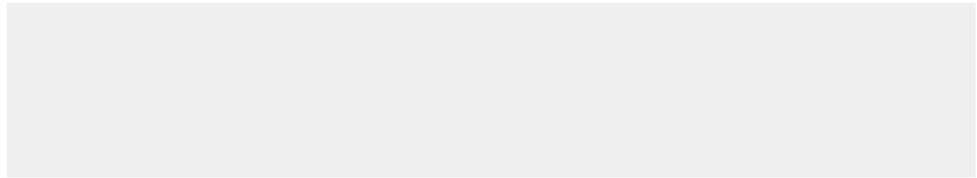
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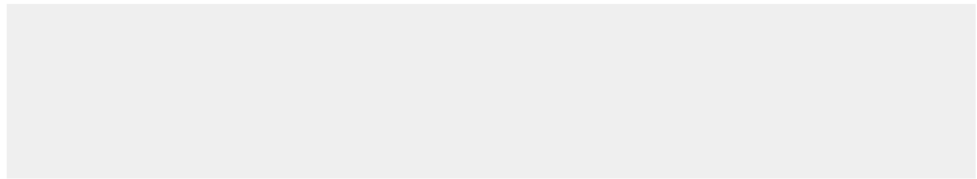
TUESDAY



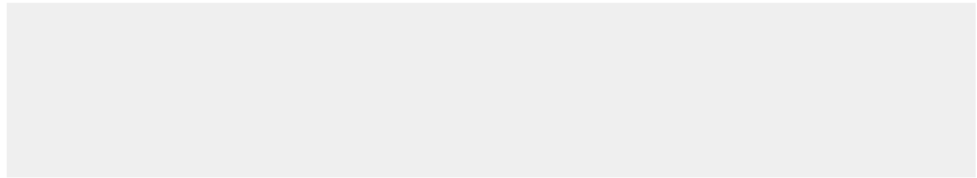
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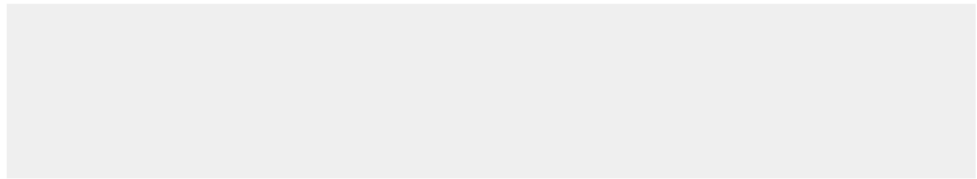
THURSDAY



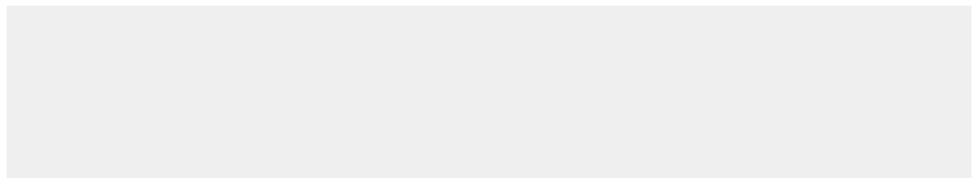
FRIDAY



SATURDAY



SUNDAY





# JOURNEY INTO THE UNDERWORLD

Together with our shadow poppet, we'll be descending down into the Cave of the Underworld to come into deeper relationship with darkness. We'll begin by creating a Shadow Altar as our sacred space for the month (or longer if you wish). Here we will become accustomed to all that the shadow realm offers. The intent this week is to come to understand that it is in darkness that we find wholeness and integration. Despite what we may have believed, darkness is not filled with the unknown. Rather, it is simply a different sort of knowing than we have in the light. As we grow our relationship with darkness this week, we will come to know the wholeness of the shadow we're working with.

## What you'll need for this ritual:

- Your shadow poppet
- A dark cloth
- A dark tray or plate
- A black candle (large enough to be lit for a time each day this week. It's also okay to use more than one candle if needed. If you don't have a black candle, use the darkest one you have.)
- Dark or black stones
- An image of an ouroboros or anything else that represents wholeness to you
- Your journal and a pen
- Optional: book light for journaling if the candlelight is not enough

# JOURNEY TO THE UNDERWORLD RITUAL



- Open your sacred space however you like.
- Invite in your Shadow Guide and ask them to resource you with clearing and protection.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Set up your altar by placing your tray or plate on top of the cloth, then arranging the other items on the tray any way you like. Say aloud your intention that this is your Shadow Altar, a sacred space for relating with your shadow.
- Light your candle and turn off all other lights.
- Stand up and take hold of your poppet. Walk slowly (and carefully) in a counterclockwise circle, feeling yourself descend as you would down a dark, stone, spiral staircase.
- Feel your feet, your legs, your roots disappear into the darkness.
- Continue your descent, feeling your abdomen and heart disappear into the darkness.
- Finally, feel your neck, head, and entire aura disappear into the darkness, along with the poppet you carry.
- Be still and present with the darkness for several minutes.
- When you feel ready, introduce yourself to the darkness. Ask permission to linger and if there is any particular offerings the darkness would like. (Make note of what was requested.)
- Place your poppet on your altar and say, "I have brought you to the darkness where I was once hiding you and will now get to know you. May we relate well."
- Sit down and take several minutes to journal about your feelings. Some prompts might be:
  - How do you feel about being fully in the darkness this way? Is darkness frightening to you or does it feel more like a safe shelter?
  - How do you feel about letting the darkness know you?
  - How do you feel about getting to know your shadow here in this space of darkness?
- When you are done journaling, ask the darkness if there is anything it would like you to know at this time. Be open and receptive to the answer.
- Make a commitment to spend time here each day this week.
- Offer gratitude and close the space.
- Be sure to bring the offering that the darkness requested at some point this week.

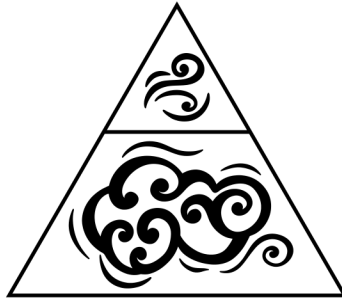


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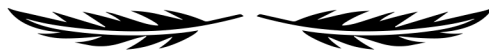


# AIR RITUAL



What you need for this ritual:

- A feather (black if possible). If you don't have a feather on hand, feel free to simply use your hand to move the air around.
- A way to make an audio recording of yourself speaking (there are many free apps for your phone for this).



- Open your sacred space at your Shadow Altar and light your candle(s). Turn off any other lights.
- Ask your Shadow Guide to resource you with clearing and protection.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Invoke the power of Air. You can say something like, "Living Air, I thank you for sustaining life in me; for being the power of inspiration in my life. I call to you now in this sacred place of the shadow. Let me know your power here in the darkness."
- Using your feather or your hands, move the air around your head and face. Let yourself really feel it. Notice if it feels different here in the darkness than the air you might be more accustomed to.
- Ask Air to be your ally in speaking aloud to your Shadow Poppet.
- When you feel ready, take a deep breath and turn on your audio recorder.
- Spend as long as you need talking out loud to your Shadow Poppet, knowing that the power of Air supports your voice. Tell your Poppet how you feel about it. Tell it all your grievances, as well as your hopes about it going forward. Whatever is on your heart in regards to this Shadow, say it aloud now.
- When you feel complete, offer gratitude to the Shadow Poppet and to all your allies in this work, especially the element of Air.
- Blow out your candle and close the space.





# NOTES

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# RITUAL: PUT YOUR POPPET IN ITS OWN CAVE

What you'll need for this ritual:

- Your Shadow Altar
  - Your Shadow Poppet
  - A box that closes and is large enough to hold your Poppet
  - Your journal (or use the following 'Notes' page) and a pen
  - Optional: book light for journaling if the candlelight is not enough
- 
- Go to your Underworld Altar and light your candle to open your sacred/ritual space. Turn off all other lights.
  - Invite your Shadow Guide in and ask them to resource you with clearing and protection. Ask them to be near you and guide you in this ritual.
  - Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
  - Pick up your Shadow Poppet and allow yourself as much time as you need to reconnect.
  - Recall some of the things you said to your Poppet in the previous ritual.
  - When you feel ready, place your Shadow Poppet into the box.
  - As you close the box, say aloud something like, "I have kept you hidden, but now hide you with intention. May Wisdom guide this act."
  - Within your capacity in the moment, let yourself feel whatever comes up and make a note of it.
  - Spend time reflecting and writing on the following prompts:
    - Why have I hidden this Shadow in the past?
    - What shame do I feel about this Shadow?
    - How has hiding this Shadow kept me safe?
    - How do I feel about hiding this Shadow now?
  - When you feel complete in this ritual, thank your Shadow Guide, offer gratitude and close the space.
  - Leave your Shadow Poppet in this closed box for at least 48 hours. Check in with your feelings about this several times throughout each day.



# NOTES

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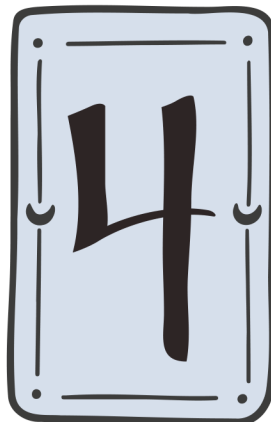




# WHO WAS I BEFORE THIS? CARD SPREAD TO FIND MY PRE-CONDITIONED STATE

*While our Shadow Poppets are separated in their own caves, it's a good time to think about what we were like before we had these shadows. Can we work at merging our pre-shadow selves back into who we are now with these shadows?*

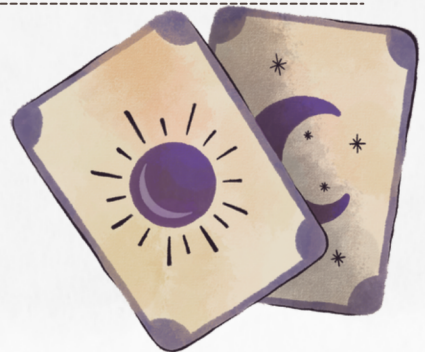
1. What circumstances created this shadow?
2. How has this shadow changed me?
3. How has this shadow impacted the decisions I've made?
4. How can I re-integrate who I was before I had this shadow?





# NOTES

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# PRAYER TO CLEAR THIS SHADOW FROM YOUR ANCESTRY

- Go to your Shadow Altar and light your candle to open your sacred/ritual space. Turn off all other lights.
- Invite your Shadow Guide in and ask them to resource you with clearing and protection. Ask them to be near you and guide you in this ritual.
- Read aloud the following prayer:
  - To all the great, benevolent powers that back my life, to my Shadow Guide, and to all the wise and well ancestors I ask you to look into all of my lineages for traces of this shadow that I have named, [say Shadow name]. If you find it anchored in any past, present, or future times, on any of my lineages; and if it is for the highest and best, please release it. This way I can come to know it fully as it appears in my life.
- Feel this shadow being lifted from your ancestry. Spend as much time in this energy as you need.
- Write about your experience in your journal.
- When you feel complete in this ritual, thank your Shadow Guide, offer gratitude and close the space.



# NOTES

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# WEEK TWO GUIDANCE FROM NIGHTMARES OR ANXIOUS DREAMS

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WEEK

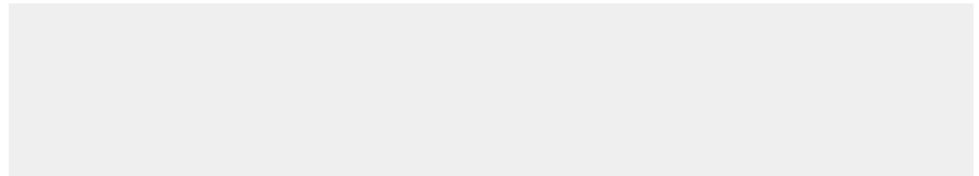


THREE

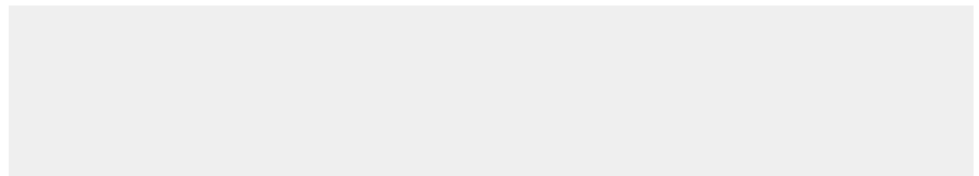
# WEEK THREE

## MORNING RITUALS

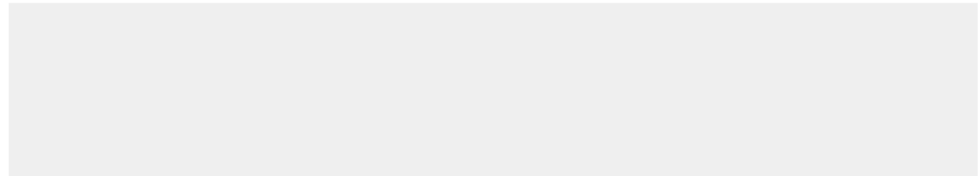
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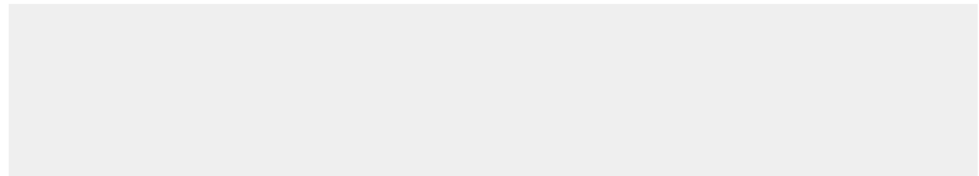
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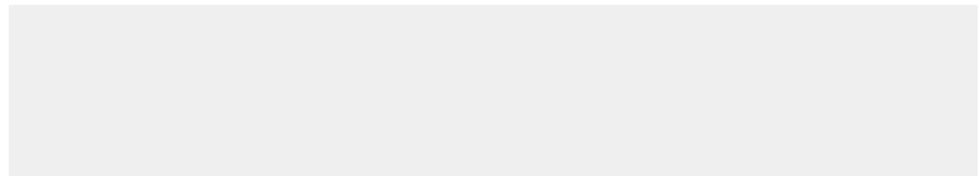
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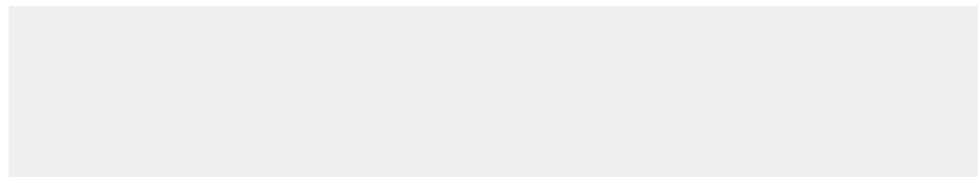
THURSDAY



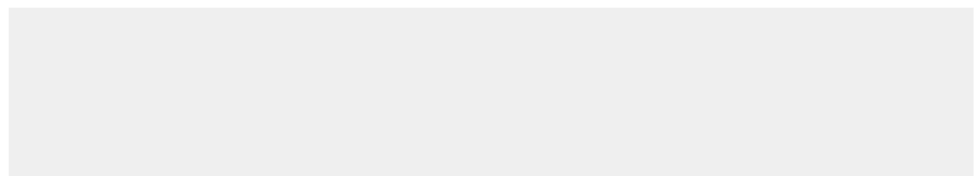
FRIDAY



SATURDAY



SUNDAY



The title is centered between two stylized cave entrances. The cave walls are dark with red and orange highlights, suggesting fire or light filtering through. The title is in a large, black, serif font.

# JOURNEY INTO THE LIGHT

After our week in the Underworld, we're now going to ascend back into the light, bringing with us the wholeness we met in the darkness. After we ascend, we'll add light components to our Shadow Alter to further experience the wholeness.

## What you'll need for this ritual:

- The box with your shadow poppet inside
- A light-colored cloth
- A light or brightly-colored tray or plate
- A white candle (large enough to be lit for a time each day this week. It's also okay to use more than one candle if needed. If you don't have a white candle, use the lightest-colored one you have.)
- Clear quartz or white stones
- The ability to turn on the lights in the room. Alternatively, a flashlight works fine.
- Your journal and a pen



# JOURNEY INTO THE LIGHT RITUAL



- Go to your Shadow Altar and light your dark candle to open your sacred/ritual space. Turn off all other lights.
- Invite your Shadow Guide in and ask them to resource you with clearing and protection. Ask them to be near you and guide you in this ritual.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Pick up the box that holds your Shadow Poppet. Open it and hold your Poppet. Say aloud, "I bring you out of hiding to know you even more. Let us journey into light together. May Wisdom guide our relationship."
- Walking in clockwise circle, feel yourself ascend as you would going up a spiral staircase. Feel yourself emerging higher and higher into the light.
- When you feel you have completely emerged into the light, turn on the lights in the room (or turn on your flashlight).
- Introduce yourself to the light. Ask permission to linger and if there is any particular offerings the light would like. (Make note of what was requested.)
- Be still and present with the light for several minutes.
- Turn your attention to your Shadow Altar. You may set your Poppet next to your altar or continuing holding it. Trust your intuition here.
- Spend some time arranging the light-colored things next to the dark-colored things on your altar. We are not covering up the darkness with the light, rather we are integrating the two and witnessing how they can exist side-by-side in this sacred space.
- Light your light-colored candles.
- Sit down at your altar and spend some time journaling about your feelings. Some prompts to consider:
  - How do I feel about returning to the light?
  - Can I hold the wholeness of dark and light within me?
  - How do I feel about letting the light see me?
  - How do I feel about being with my Shadow in the light?
- When you are done journaling, ask the light if there's anything it would like you to know at this time. Be open and receptive to the answer.
- Make a commitment to spend time here each day this week.
- When you feel complete in this ritual, thank your Shadow Guide, offer gratitude to all your allies and close the space.
- Be sure to bring the offering that the light requested at some point this week.



# NOTES

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# FIRE RITUAL

*This ritual involves fire and smoke so please use common sense safety procedures. You will be burning paper, so this one is probably best done outdoors or in a fireplace.*



What you need for this ritual:

- A fireproof container (I like to use a mini-cauldron) or this could be done in a fireplace
- Matches or a lighter
- A piece of paper and a pen



- Go to your Shadow Altar and light your candles to open your sacred/ritual space.
- Invite your Shadow Guide in and ask them to resource you with clearing and protection. Ask them to be near you and guide you in this ritual.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Take out your piece of paper and begin to make a list of all the things you haven't wanted to see about this Shadow. You don't have to explain why. This practice is about naming the characteristics and aspects of this Shadow that we've been hiding, or hiding from.
- When you feel ready, take your paper, your fireproof container and a lighter to a fire-safe location.
- Light the piece of paper, letting it burn in the fireproof container.
- As it burns, say, "Through the power of Fire I bring all these traits into the light. Not to display them to others (unless I choose to), but so that I can see them clearly, accept them, and come to love them."
- Gaze into the flame as it burns, feeling yourself connect with it and attune to it.
- When the paper is completely burned, you may put dots of ash on the inside of your wrists to physically connect with the energy of the words you wrote, and then sprinkle the remainder around your altar. If that does not feel good to you, feel free to dispose of the ashes at this time or otherwise let them go.
- When you feel complete, offer gratitude to the Shadow Guide and to all your allies in this work, especially the element of Fire.





# NOTES

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# LISTEN TO YOUR SHADOW



- Go to your Shadow Altar and light your candles to open your sacred/ritual space.
- Invite your Shadow Guide in and ask them to resource you with clearing and protection. Ask them to be near you and guide you in this ritual.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Set your Shadow Poppet on your lap and spend as long as you need to feel a deep connection with it.
- Have your journal and pen handy and settle in to listen to what your Shadow Poppet wants to tell you.
- Here are some suggested questions you can ask your Poppet. The important thing is to listen for the answers and let the Poppet guide the conversation.
  - What caused you? Why are you in my life?
  - Where in my body do I tend to experience you?
  - What experiences trigger you the most?
  - Have you shown up in other guises in my life?
  - What lack do you fill in my life?
  - How have I expressed you in the past?
  - Have I seen you in my life partner? My parents? My child? In other relationships?
  - Are you happy being hidden?
  - What are you afraid is going to happen if you come into the light?
  - Do you feel appreciated?
  - Do you feel stuck in a specific moment in time? Could you show me this moment?
  - What do you most need from me?
- Let your Shadow Poppet say everything it needs to say. Listen without judgment.
- Write down what it says and your feelings about it.
- When you feel complete, offer gratitude to you Shadow Guide and Poppet and close the space.



# NOTES

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Sometimes our shadows communicate with us by having us see it in others instead of ourselves. This is called projection. One example of this might be if we have a tendency of noticing, and being triggered by, a friend's insecurities. Even though this friend's insecurities have no actual negative impact on us, we feel disproportionately bothered when we see it.

We can think of this as our inner shadow waving a banner that says, "I know it's easier for you to see me in others than in yourself, so here I am!"

It's important to learn to recognize when we're doing this. Again, this is not about shaming ourselves. In most cases, projection has not been a conscious choice. But through learning to see the way we project our shadows, we build stronger relationships with ourselves, our shadows, and everyone else in our lives.

Think about possible ways you've projected this shadow in the past. In your journal or on the following page, spend some time free writing about times you've experienced your shadow triggers or peeves in others. Can you now recognize the face of your own shadow in these experiences?



# NOTES

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# WHAT ARE THE GIFTS OF THIS SHADOW?



- Go to your Shadow Altar and light your candles to open your sacred/ritual space.
- Invite your Shadow Guide in and ask them to resource you with clearing and protection. Ask them to be near you and guide you in this ritual.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Set your Shadow Poppet on your lap or have it nearby, and spend as long as you need to feel a deep connection with it.
- Spend some time journaling about the gifts of your Shadow.
  - For example, let's say the Shadow you are working with is rage. Some of the gifts of Rage might be that Rage is powerful; passionate; transforming; it makes things happen; it tears down old patterns; it gives release. Following this example, make a list of every gift of your Shadow that you can think of.
- In addition, explore these questions:
  - If you knew you would not be judged, shamed, abandoned or rejected, how would you most love to express this Shadow?
  - How big can you make your joy? Your laughter?
  - What brilliance or greatness is this shadow helping me hide?
  - What traits do I really admire in others? Can I find ways that these traits correspond to my Shadow?
- When you feel complete, offer gratitude to you Shadow Guide and Poppet and close the space.



# NOTES

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# WEEK THREE GUIDANCE FROM NIGHTMARES OR ANXIOUS DREAMS

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WEEK



FOUR

# WEEK FOUR

# MORNING RITUALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# WATER RITUAL



What you need for this ritual:

- A vessel filled with drinkable water
- Your Shadow Poppet
- Your journal and a pen



- Go to your Shadow Altar and light your candles to open your sacred/ritual space.
- Invite your Shadow Guide in and ask them to resource you with clearing and protection. Ask them to be near you and guide you in this ritual.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Greet your Shadow Poppet and spend a few moments reconnecting.
- When you feel ready, hold your Poppet over the glass of water and say aloud, “May the spirit of this Shadow combine with this water.”
- Feel the energy of your Shadow Poppet go into the water. Take as long as you need for this step.
- Now take hold of the glass of water and say aloud, “Through the power of Water, I take in this Shadow. I consciously include it into myself.”
- Drink the water and open to the experience of merging with this Shadow. Let it be an experience of deep love, as you would merge with any other beloved.
- Know that this merging does not have to be permanent and that you have the power to choose when to merge with this one.
- Spend some time writing about this experience and how it makes you feel.
- When you feel complete, offer gratitude to the Shadow Guide and to all your allies in this work, especially the element of Water.





# NOTES

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# WRITE A THANK YOU NOTE OR LOVE LETTER TO YOUR SHADOW POPPET

On the following page, or in your journal, write a letter to your Shadow Poppet. Let this be an expression of gratitude and love. Tell your Poppet how much you appreciate all the ways it's kept you safe and how grateful you are that it has now showed itself to you. Thank it for all the gifts it brings to you and your life.

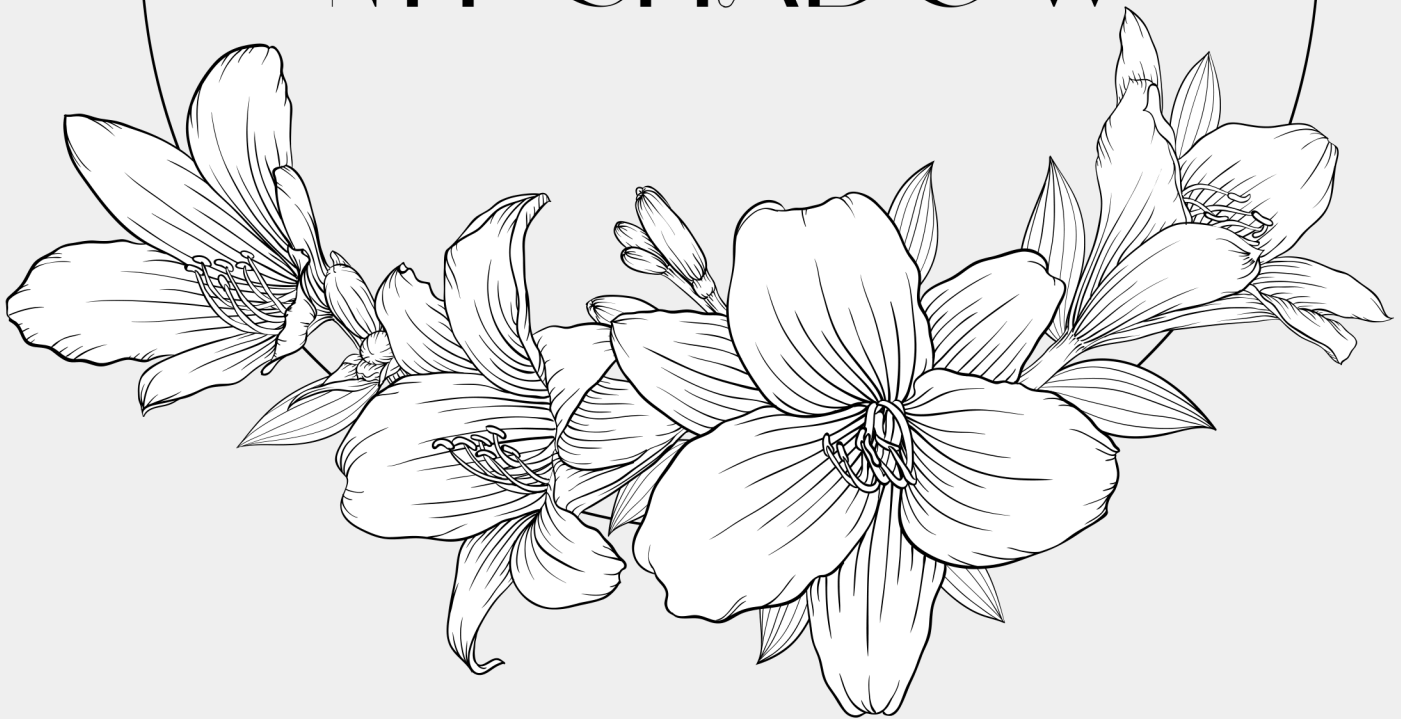
You might also consider describing your plans to consciously include it more as you go forward into your life.





You are warmly  
welcome to witness  
the commitment ceremony of

# ME AND MY SHADOW



Location:  
Shadow Altar

Reception to follow

# COMMITMENT CEREMONY

This may feel like a silly thing to do, but Magic is all about putting our intentions into action. And our intention for this month-long ritual has been to fully commit to including the Shadow into ourselves and into our lives.

Let yourself be as invested in this ceremony as you feel able. Dress up. Write your own vows. Use music and decorations. Most importantly, have fun! Your relationship with this Shadow is now one built on love and gratitude.

Follow the ceremony with some kind of celebration that includes music and food. Dance with your Shadow!

Below is a brief example of this commitment ceremony, but feel free to make it all your own.



In the sacred union between light and shadow, we gather here today to celebrate the commitment ceremony between myself and my shadow. As I stand before you, I embrace both the bright light of my being and the mysterious depths of my shadow self. I vow to honor and cherish both aspects of myself, recognizing that true wholeness comes from integrating all parts of who I am.

With this ring, I symbolize the merging of my light and shadow, acknowledging that both are essential for my growth and evolution. I promise to embrace my shadow with love and compassion, knowing that it holds valuable lessons and insights for my journey. Together, we will walk hand in hand, facing challenges with courage and embracing joys with gratitude.

I pledge to consciously include my shadow into my life, not as a separate entity to be feared or rejected, but as an integral part of my being. For now and always, I commit to loving and accepting myself in all my complexity, knowing that by marrying my light and shadow, I become whole and complete.



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# STAYING IN TOUCH WITH OUR SHADOW

Shadow work is a continuous journey of self-discovery and introspection that requires revisiting throughout one's lifetime. Delving into the depths of our psyche to confront and integrate our shadow aspects is a profound process that can bring about healing and growth. However, even after acknowledging and accepting our shadows, there may be times when they retreat back into darkness, especially during triggering moments or challenging circumstances. And this is perfectly fine. As I said in the introduction, now that we know this shadow, we can choose to visit it wherever it's most comfortable.

To stay in touch with our shadow going forward, it is important to create a plan. This plan may include regular self-reflection practices such as journaling, meditation, or therapy sessions to stay attuned to our inner workings. Cultivating self-awareness and mindfulness can help maintain a relationship with this Shadow that's based on compassion and understanding. Additionally, seeking support from trusted friends, mentors, or mental health professionals can provide guidance and perspective during challenging times.

Some suggestions for keeping in touch with your Shadow might be:

- Keep your Shadow Poppet on on your Shadow Altar and visit them weekly.
- Include your Shadow Guide in all of your ritual activities.
- Carry a touch stone that connects you with this Shadow.
- As part of your daily ritual, make a practice of envisioning embracing this shadow until it feels fully included in your self.

On the following page or in your journal, write your plan for keeping in touch with this Shadow.



# NOTES

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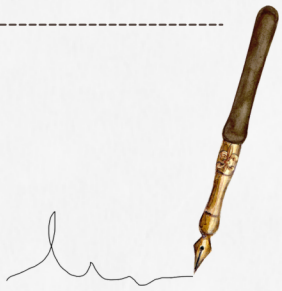


- Go to your Shadow Altar and light your candles to open your sacred/ritual space.
- Invite your Shadow Guide in and ask them to resource you with clearing and protection. Ask them to be near you and guide you in this ritual.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Spend some time offering gratitude to every component of your altar for its participation in this work.
- Make a special offering to your Shadow Guide and your Shadow Poppet.
- Decide what you want to do with your Shadow Altar and Shadow Poppet. As always, let your intuition guide you here. Some suggestions:
  - Keep your Shadow Altar in place as a sacred space to be revisited as you need or want.
  - Put your Shadow Altar away for now, knowing you can recreate it the next time you make this journey. To do this, simply cleanse all reusable items and store them safely. Dispose of non-reusable items (like burned candles, etc) as sustainably as you can.
  - Keep your Poppet on your main altar or sacred space to be included as an ally in all your ritual work.
  - With love and gratitude, carefully dismantle your Poppet. Cleanse the components then save them for future ritual work.
- Spend some time writing any final thoughts and feelings.
- When you feel complete, offer gratitude again and close your space.



# NOTES

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# WEEK THREE GUIDANCE FROM NIGHTMARES OR ANXIOUS DREAMS

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