

# Book of Shadows

A Mini Guide Brought To You By:

**MAGIAZINE**

*“Everyone carries a shadow,  
and the less it is embodied in  
the individual’s conscious life,  
the blacker and denser it is.”  
- Carl Jung*

Shadows are unconscious aspects of our personality we tend not to identify with. The parts of us that we may hide or deny. The energy patterns we disowned as a coping mechanism.

This is a book dedicated to learning and accepting all the parts of ourselves we've tried to run from. Or hide from. Or attribute to others. To change our views and perspectives. To acknowledge our spirit, and grow with it.

*accept* that you are everything; both positive and negative, that duality exists within you.

*allow* your shadow to exist; connect with the parts of your self you like. connect with the parts of your self you dislike.

*admit* all of the aspects about your self; face your shadow. share it with someone.

*apologize* to your self. apologize to those you may have hurt by denying your shadows and the impact it had on you/ them.

*affirm* your shadow as an accurate portrayal of you. hold your self accountable. value the truth about you. share it with others who may help you.

A quality you really dislike in other people:

Judgments

List all the characteristics about this quality that you dislike:

How might a person with this quality would think of and describe you?  
List all the ways they might feel about you and what they might say.

Role Play

Imagine the worst things that could happen to a person with the qualities you dislike. What are some consequences they might have?

Nightmares

Review the role play. What's the worst thing that could happen to you by not having/experimenting with this quality? What are some potential side effects of your own behavior?

*But the attitude of faith is to let  
go, and become open to truth,  
whatever it might turn out to be.  
- Alan Watts*

Mirrors

Hypothetically, what if you took a dose of your own judgments?  
If you utilized the quality/qualities you were resisting, how could  
your life improve?



Think about some ways you may have suppressed the qualities you dislike **in your self** in daily life:

Dreams

*My recipe for life is not being  
afraid of myself, afraid of what  
I think or of my opinions.  
- Eartha Kitt*

List ways you can commit to honoring self-expression and healing your suppressed self: