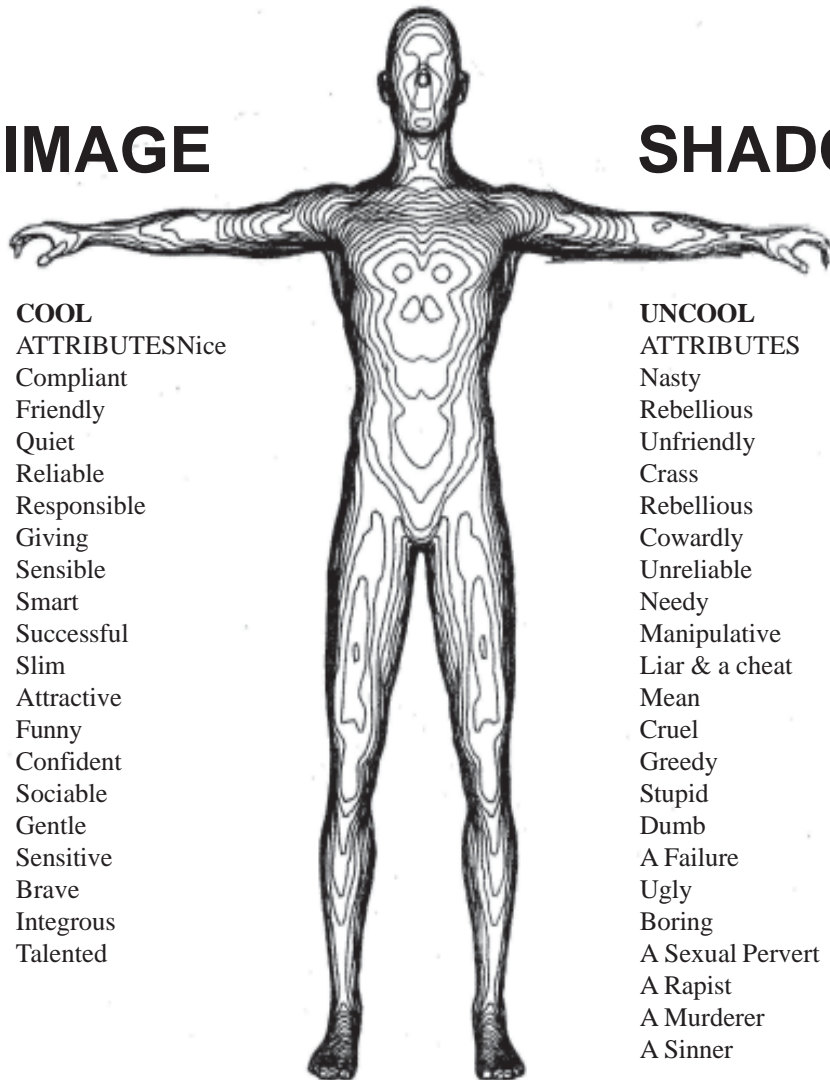


SHADOW STUFF

IMAGE

SHADOW



COOL

ATTRIBUTES

Nice
Compliant
Friendly
Quiet
Reliable
Responsible
Giving
Sensible
Smart
Successful
Slim
Attractive
Funny
Confident
Sociable
Gentle
Sensitive
Brave
Integrous
Talented

UNCOOL

ATTRIBUTES

Nasty
Rebellious
Unfriendly
Crass
Rebellious
Cowardly
Unreliable
Needy
Manipulative
Liar & a cheat
Mean
Cruel
Greedy
Stupid
Dumb
A Failure
Ugly
Boring
A Sexual Pervert
A Rapist
A Murderer
A Sinner

Repress Those Uncool Ones!

But in order to complete our Awakening and become whole, our Higher Self urges that our shadow stuff rise to the surface for healing. But still we panic and instead find someone on whom to PROJECT them, then criticize them for what we hate in ourselves. **But, in truth, we are looking in the mirror.**

IF YOU SPOT IT - YOU GOT IT!

THIS PERSON IS GIVING US AN OPPORTUNITY TO HEAL

[See numbers 10 and 11 on the RF Worksheet]