

# OVERCOMING THE LOWER DOPPELGÄNGER

INTEGRATION & ALCHEMY OF THE  
TRAUMA BODY: A WORKBOOK



# STARTING PRAYER

This prayer is optional, but has been written with the intention to activate and stir up Higher Forces deep within the Christ-Pattern of your Being. To be spoken aloud, with clarity, intention, and authority!



CHRIST, WHO INSPIRES DEEP LOVE AND ALCHEMY  
WITHIN ME

ANGELS AND GUIDING FORCES, WHO SURROUND ME AT  
EVERY TURN...

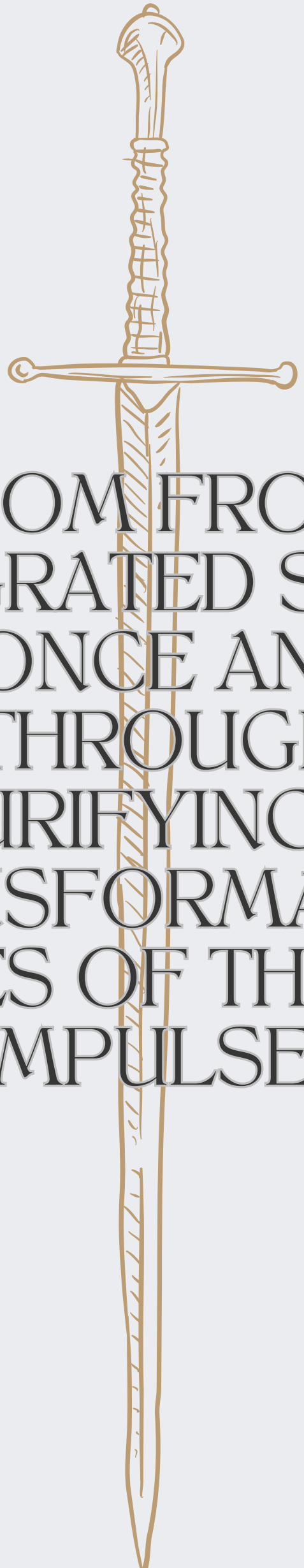


PLACE A HEDGE OF PROTECTION AROUND ME. DELIVER  
ME FROM EVIL, INCLUDING EVIL I MAY BRING UPON  
MYSELF. OH BRIGHT WHITE SUN, BURN AWAY ALL  
SICKNESS AND DISEASE! DEPART FROM MY SOUL ALL  
THAT IS NOT OF YOU. I SURRENDER TO THE WISDOM OF  
THE COSMOS AND EMBRACE CHRIST WITHIN. MAY I BE  
ETHERIZED ACCORDING TO YOUR UNFAILING LOVE!

I AM SAFE. I AM PROTECTED. I AM DIVINELY GUIDED.

I AM YOURS.

AMEN.





FREEDOM FROM THE  
UNINTEGRATED SHADOW  
SELF, ONCE AND FOR  
ALL, THROUGH THE  
PURIFYING &  
TRANSFORMATIVE  
QUALITIES OF THE CHRIST  
IMPULSE.



# AHRIMAN

Materialism and intellect

Technological Innovation

Individuation

Influencing the Crown & Electrical System/Nervous System. Influencing the Root (rooted in materialism/false "grounding")

CROWN

PINEAL GLAND

THROAT

HEART

# CHRIST

SOLAR PLEXUS

SACRAL CENTER

ROOT CENTER

Black Sun Womb Center  
("Cosmic Womb" in males)

Most influencing the "lower centers" as well as the Pineal Gland and Crown (Faux Enlightenment) Pride in "Gnosis"

Creativity & Fantasy

Pleasure & Freedom (Hedonism)

Expression & Enlightenment

# LUCIFER

# ASPECTS OF THE SHADOW

In the box below, take some time to reflect on some of your “lower” aspects, paying special attention to anything that may have held you back previously - especially addictions, obsessions, or delusions. What kind of impact or power have these aspects had over your life, Soul, and overall spiritual development? Are you more inclined to a Luciferic imbalance, an Ahrimanic imbalance, or both? (see diagram on page 1 for reference)

A large, empty rectangular box with a gold border, intended for reflection. The box is centered on the page and occupies most of the lower half of the document. It is currently empty, providing space for the user to write their reflections on their 'lower' aspects.

# THE SHADOW & SHAME

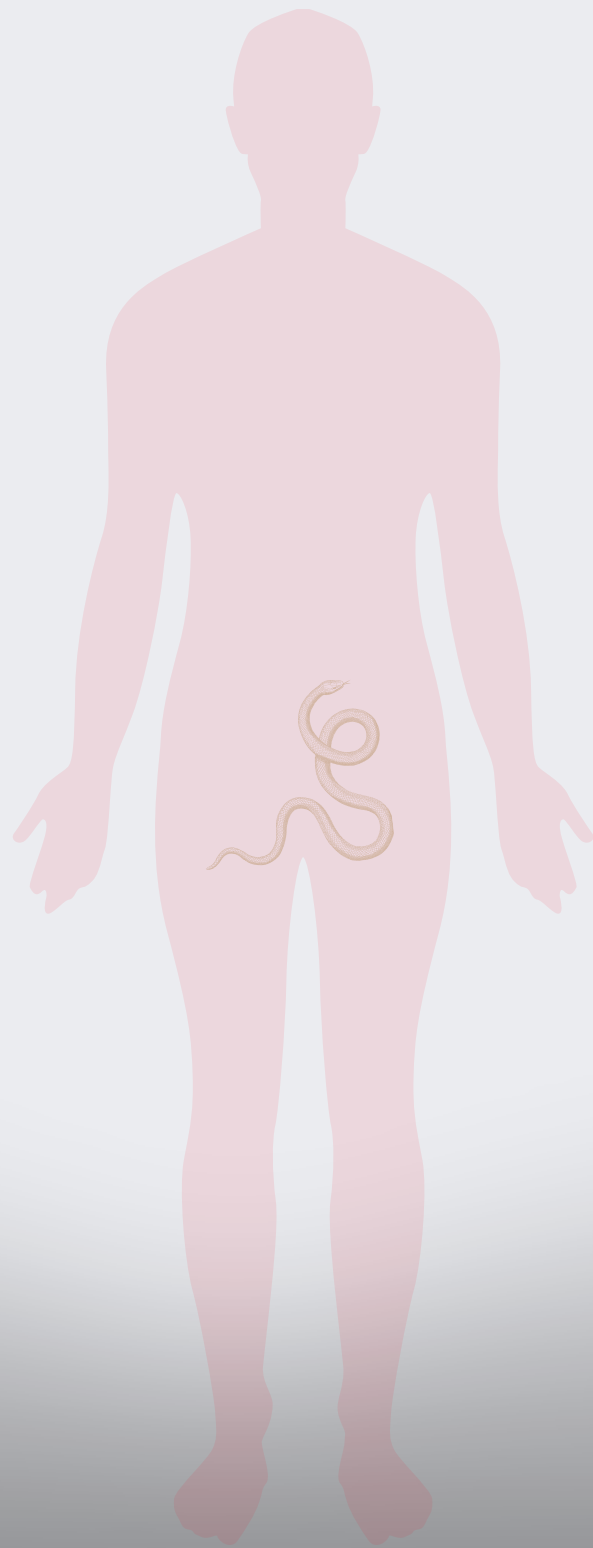
When thinking of interacting with these “lower” aspects of the Self, it is common to experience a sense of shame. This shame may stem from yourself, or it may be reflected through memory in the voices of a parent, caregiver, child, teacher, friend, spouse, boss, or mentor. Hurting people often use shame as a tool or weapon for control, or attempt to utilize it as a mechanism for change. This rarely works. Instead, it is normal for shame to have the opposite effect and leave one feeling like change simply isn’t possible for them because they are too “bad” or are unworthy. That is not true. Regardless of what you have done, you are worthy of love, and these “lower” aspects of you are worthy of love. Choose between 1 and 3 “lower” aspects and, in the box below, practice showing them love, compassion, and maybe even forgiveness.

*You are worthy of love.*

# THE PAIN BODY

There is no rush to answer these questions. Make sure to go at your own pace, and move only according to your capacity! When you are ready, answer the following questions in the space below:

1. If your “pain body” or “trauma body” had a voice, what would it say?
2. In what ways have you over-identified with this voice?
3. Reflect: Can you differentiate between this voice and a Higher voice or your Higher Self? If yes, take a moment to note some of the differences between these two voices or “impulses.”

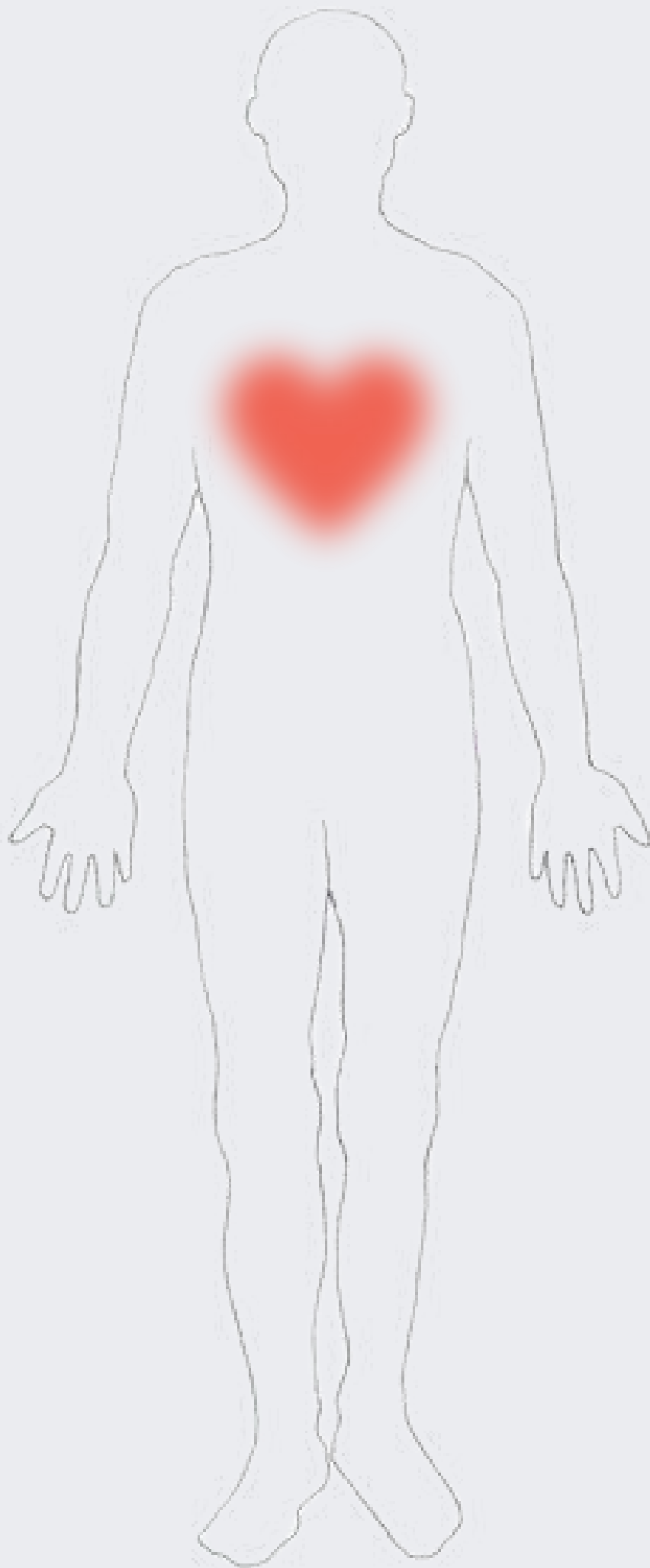


*The voice of pain is Power not yet activated.*



# LOVING THE PAIN-BODY.

On the below diagram, I encourage you to draw imagery associated with feelings of love and compassion. If you can, try to address each part of the physical body, paying special attention to any areas of significant trauma or pain, especially pain that is chronic. Often, chronic pain is the result of suppressed somatic sensations associated with unintegrated emotions. If any sensations arise during this exercise, practice being "present" with them and feeling them in your body. Remember, physical sensations, even painful ones, are just messengers.



*You are doing great.*



# THE DARK NIGHT OF THE SOUL

Have you ever had a Dark Night of The Soul, or a period of extended darkness and suffering that preceded rapid change and Spiritual growth? Take some time to reflect on these memories in the box below. What beliefs, people, or spiritual experiences helped to anchor you during that time? What did you learn about yourself? How could you better support yourself through another Black Sun initiation, in the future? In what ways have you changed since this experience?



*"I can't go back to yesterday because I was a different person then!"*

# THE EIGHTH SPHERE

The Eighth Sphere can be thought of as the "junk drawer" of the astral plane. It is also referred to as the "Lower Astral." It gives a container to all that is fallen, degraded, and subnatural. Though we can descend into the Black Sun and rise, transformed...the Eighth Sphere is not a place for descent or transformation, but rather, the home of the fallen. The Eighth Sphere acts not as a mirror, but as a Black Mirror, and is a place of deep, false-light confusion, and illusion. Gigi Young compared it to a false Cosmos. Unlike the Black Sun which has the potential to bring us closer to Truth, the Eighth Sphere presents a false truth, one that seeks to trap the undiscerning into a pit of deception and decay. Have you ever had an encounter or experience with the Lower Astral or the beings that inhabit it? What was your experience, and what did you learn from it? What did it teach you, if anything, about discernment?



# THE ROLE OF THE NERVOUS SYSTEM IN ETHERIZATION OF THE BLOOD

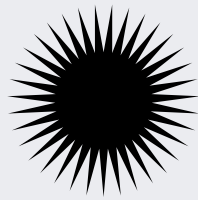


Proper etherization of the blood relies on the correct circulation of the blood, which we achieve through the Spiritualization of the nervous system, aka development of the Higher Nervous System. Without a certain level of the toning of the Vagus Nerve, there remains a disconnect between the adept and the Heart-space. The Heart is the furnace through which we transmute our pain and trauma, connecting to the inspiring, stimulating, and alchemizing impulse of Christ and Higher Forces which burn away all that is not of God. Additionally, the connection between blood and the Vagus Nerve involves the regulation of various physiological processes, including blood pressure and heart rate. The Vagus Nerve, also known as the tenth cranial nerve, plays a significant role in the autonomic nervous system, which controls involuntary bodily functions. In short, this is our connection to our senses....including our social and spiritual sense perceptions. Without healthy functioning of both of these mechanisms, the "I" fails to reflect the Atman or Higher Self, and instead becomes anchored into states of pain, trauma, and dysregulation which we would associate with the lower astral or the eighth sphere. This is because it is through the Heart that the blood processes our Individuality, and where we then develop our Will. It is my perception and understanding that this employs a sort of "reverse" etherization, causing the Will to then become possessed by pain egregores and lower astral beings. This is where we lose ourselves. That being said...not only does Nervous System Resilience and Vagal Toning have a positive effect on our ability to etherize according to the Christ Impulse, but our connection to the Heart and these Higher Forces, in turn, soothes and regulates the Nervous System and Vagus Nerve, often bringing healing and transformation through the astral body and into the physical human form. In this way, we see a mutually supportive relationship at play!

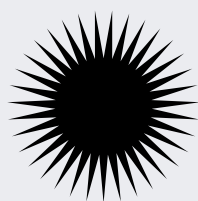


# Lower Nervous System Self-Assessment

Please rate yourself according to the following scale. 1= Not at all, 3=  
Somewhat, 5= Always



1. I am usually either shut-down, or hypervigilant.
2. I have experienced trauma that significantly impacts my day to day life.
3. I have many mysterious pains and health challenges.
4. It is easier for me to connect to the material than the Spiritual.
5. I have trouble “feeling” or connecting with a Higher Power.
6. I often find myself feeling dissociated, detached, or otherwise disconnected.
7. I struggle with self-control, or find myself powerless over obsessions and addictions.

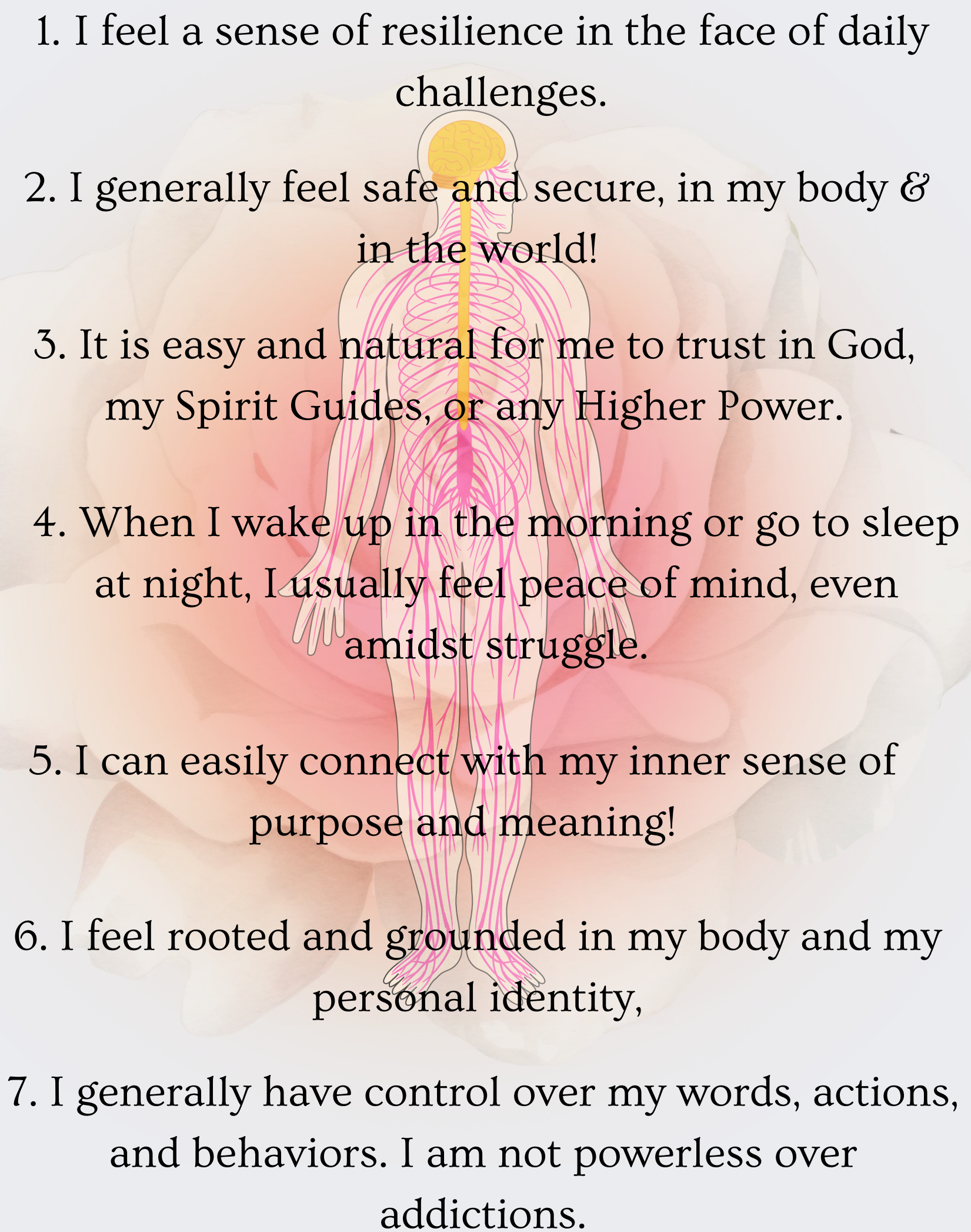


Higher Scoring indicates less nervous system resilience. Lower scoring indicates more nervous system resilience.



# Higher Nervous System Self-Assessment

Please rate yourself according to the following scale. 1= Not at all, 3= Somewhat, 5= Always

- 
1. I feel a sense of resilience in the face of daily challenges.
  2. I generally feel safe and secure, in my body & in the world!
  3. It is easy and natural for me to trust in God, my Spirit Guides, or any Higher Power.
  4. When I wake up in the morning or go to sleep at night, I usually feel peace of mind, even amidst struggle.
  5. I can easily connect with my inner sense of purpose and meaning!
  6. I feel rooted and grounded in my body and my personal identity,
  7. I generally have control over my words, actions, and behaviors. I am not powerless over addictions.

Higher Scoring indicates greater nervous system resilience. Lower scoring indicates less nervous system resilience.



# SELF-ASSESSMENT RESULTS

Add up your Assessment Scores and take a moment to reflect on the results in the below box. Are there any areas where you are exceeding expectations? Which areas need improvement? If you could set 3-5 “nervous system goals” for yourself, what would they be? (Examples: I would like to build more capacity for stress. I would like to feel more peace in my life. I would like to prioritize my health more, etc)



Wherever I am is perfectly okay.



# SUPPORTING THE HIGHER NERVOUS SYSTEM



Supporting the Higher Nervous System may be tricky if you live in a toxic or unsupportive environment or are facing health challenges such as autoimmune disease or chronic pain. Keep in mind that the goal is not perfection, the goal is to figure out how to best support your nervous system even amid certain challenges! Listed below are some of my favorite ways to build nervous system resilience and “get into the Heart.”

Pranayama (Diaphragmatic Breathing)

Inner-Child Work (Comforting, loving, and accepting the Inner Child. Prioritizing play, laughter, and adventure.)

Daily Prayer and/or meditation. Somatic-based meditations count.

To the best of ones ability, living a healthy and balanced lifestyle (balanced diet, quality sleep, time in nature, moving the body)

Living a life of purpose & service (volunteering, creating, expressing oneself)

Limiting addictions to the best of ones ability, even to caffeine, sugar, social media, etc.

Setting necessary boundaries with the Self and with others! Listening to & honoring body cues.

Supportive relationship such as sponsor (associated with addiction) mentor, or accountability partner.

Working towards Higher character traits: Practicing Truthfulness, Patience, Integrity (I am who I say I am) etc

# THE FRUITS OF THE SPIRIT.

The Fruits of the Spirit are as follows...Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self-Control.

Galatians 5: 22-23

Who do you know who embodies these traits? How do you feel when around them? How can you learn from them?





# THE FRUITS OF THE SPIRIT.



Fruits of the Spirit exist not only as symptoms of our communion with Christ, but also as guideposts. These Acts of Love are the template given to us for a Higher spiritual path. Integrating these fruits breeds more of them, as well as inspiring growth in those around us. Which Fruits of The Spirit come more naturally to you? Which feel more difficult to access or embody? Take a moment to reflect on your relationship to each one.

LOVE:

JOY:

PEACE:

PATIENCE:

KINDNESS:

GOODNESS:

FAITHFULNESS:

GENTLENESS:

SELF-CONTROL:

“And the greatest of these is LOVE.”



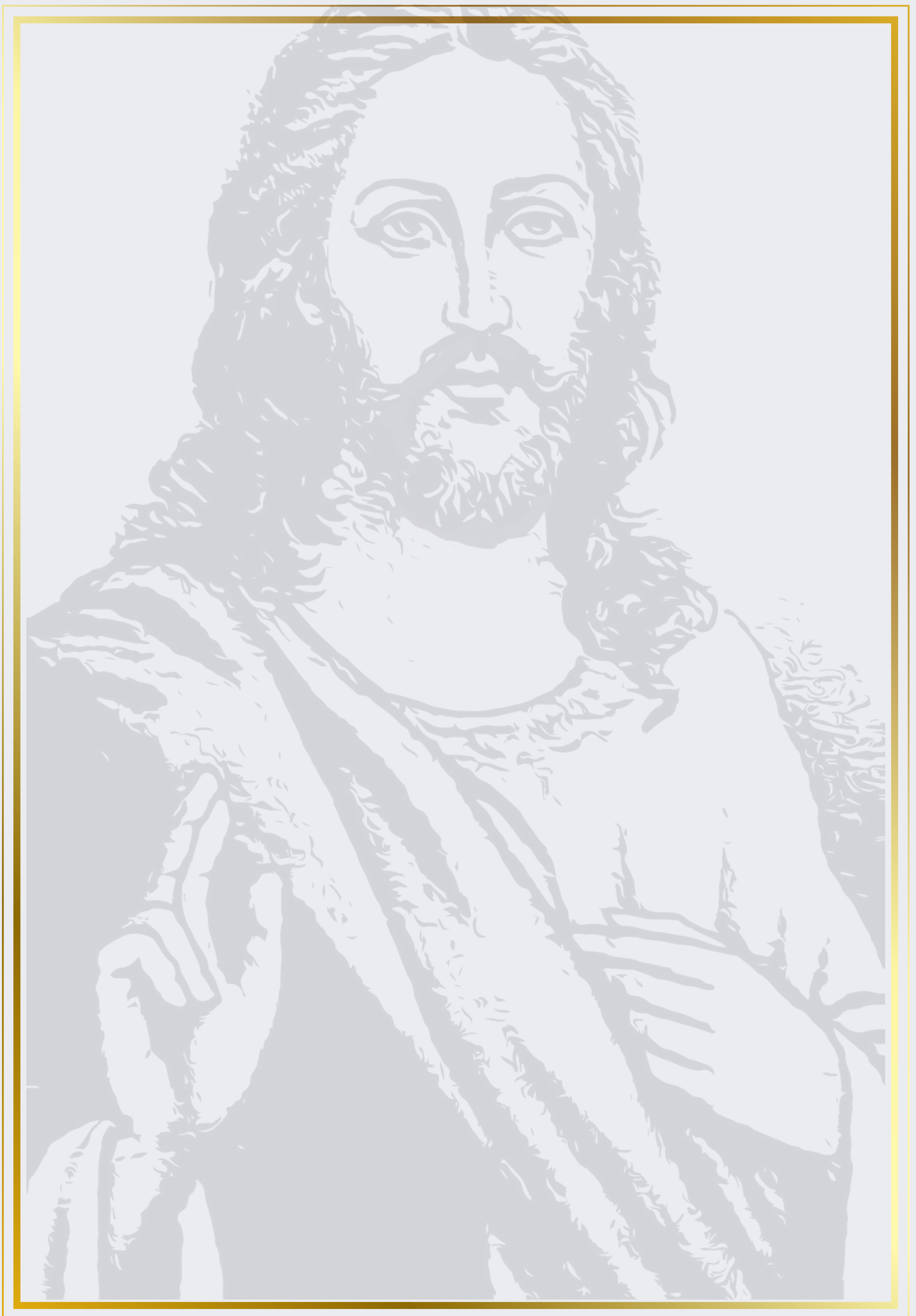


# THE CHRIST IMPULSE

FOR GOD SO LOVED THE WORLD THAT CHRIST, THE SON OF GOD, WAS SENT AS A SACRIFICE TO SET THE EXAMPLE SO THAT MAN (EVEN THOSE WHO HATED HIM) WOULD HAVE THE FORCES NECESSARY TO ATTAIN ETERNAL LIFE, AND WOULD NOT BE DAMNED TO PERISH/DEVOLVE, OTHERWISE. JOHN 3:16



The “Resurrection” was the final symptom of Jesus’ surrender to the Christ Impulse. When Christ asked us to “take of the body” after He was gone, this is what was meant...to set oneself apart from the world in such a way, in humble dedication to love & service, that we become Reborn in Higher flesh, just as He did. To follow in his initiatory footpath. To Rise from our personal tombs as the Spirit-Man! In the space below, take a moment to reflect on what that means for you, personally. You may meditate, journal, or even write a prayer.



# CHRIST AS THE WHITE SUN (SON)

The White Sun (Son) represents the purification, transformation, and ultimately the REDEMPTION of Black Sun Forces. Christ Consciousness is an inspiring force. The White Sun quite literally inspires change and alchemy within us via Holy Conviction that we receive through the baptism of the Holy Spirit. This “conviction” has nothing to do with shame. Rather, it is a natural symptom of The Christ Impulse. It is through the sacrificial forces of the angelic hierarchy that we receive the Light of the Sun which empowers us to transmute the impulses of the Lower Doppelganger and therefore etherize into “Angels” ourselves. Like Paul on the Road to Damascus, we encounter radical change through Christ. In His presence, we are never the same!

Have you ever had a “Saul to Paul” experience? (An experience of radical personal transformation)

Take a moment to meditate on the White Sun. What thoughts, feelings, and sensations arise? How has this force presented itself in your own life? If you can't yet feel or connect, know that it is still there and it may take time to feel as you ground into the body and activate the Higher Nervous System! If this is the case, use the space below to affirm yourself in the knowledge that Higher forces are working on your behalf, and remind yourself that healing takes time.



*You are being made new.*



# CHRIST IMPULSE ACTIVATION PRAYER

**There is nothing inherently special about this prayer outside of the love & intention that I have poured into it. That being said, if this prayer does not resonate with you, any sincere prayer from the Heart will do! Take a moment to say this prayer, or your own, setting the intention to align with the Christ Impulse that already exists, however dormant, as an innate pattern within you.**

CHRIST, IN WHOM MY LIFE IS ETERNAL & MY BODY  
IMMORTAL,

ALIGN ME WITH YOU IN EVERY WAY.

LET ME REMAIN HUMBLE, THAT I MAY FOLLOW IN  
YOUR INITIATORY FOOTPATH!

MAY I BE EMPOWERED TO REVOKE ALL THAT  
ATTEMPTS TO DENY THE TRUTH OF CHRIST OR THE  
SOVEREIGNTY OF THE DIVINE HUMAN FORM.

RID ME OF THAT WHICH ONLY SEEKS TO SERVE ME,  
AND REPLACE IT WITH THAT WHICH EMPOWERS ME  
TO SERVE YOU.

IN THE CASE OF EVER A FLEETING DOUBT, LORD,  
HELP MY UNBELIEF!

IN YOUR NAME, MAY I FOREVER FIND SOLACE,  
STRENGTH, PEACE, AND HEALING!

MAY I NEVER LOSESIGHT OF YOUR TRUTH & GRACE.

AMEN!



# VAGUS NERVE ACTIVATION EXERCISES



The Vagus Nerve is both the lock and the key to a Higher state of being. Vagal Toning exercises can help to activate the Vagus Nerve and bring us out of the Sympathetic State, which Rudolf Steiner has associated with our connection to the Eighth Sphere, or “Lower Realms.”

Below is a Basic Overview of Vagal Toning exercises. For more detailed instructions, refer to associated video module.

FASTING - FASTING (IF YOUR HEALTH ALLOWS) HAS BEEN SHOWN TO RESET THE VAGUS NERVE. IF A 24-HOUR WATER FAST SEEMS TOO EXTREME, INTERMITTENT FASTING (WHILE SETTING THE INTENTION TO RESET THE VAGUS NERVE) IS ALSO A VIABLE OPTION.

PRANAYAMA OR OTHER BREATHWORK EXERCISES. SLOW BREATHWORK, SUCH AS “BOX BREATHING” IS RECOMMENDED FOR FEMALES WHILE QUICK BREATHWORK (SUCH AS BREATH OF FIRE) MAY BE MORE SUITABLE FOR MALES.

SOMATIC MEDITATION (PLEASE REFER TO VIDEO MODULE)

YOGA, OR ANY SLOW AND INTENTIONAL MOVEMENT.

BALANCING ELEMENTAL FORCES WITHIN THE BODY.

RESTRICTION OR LIMITATION OF STIMULATING ELEMENTS SUCH AS CAFFEINE, WHITE SUGAR, NICOTINE, OR DRUGS.

VISUALIZATION PRACTICES (PLEASE REFER TO VIDEO MODULE)

ACTIVATION PRAYERS, “PRAYER BUILDING” (PLEASE REFER TO VIDEO MODULE)

# ACTIVATE THE VAGUS NERVE WITH PRANAYAMA

BEGIN BY EITHER LYING FLAT ON YOUR BACK, OR SITTING UPRIGHT IN A LOTUS (CROSS-LEGGED) POSITION.

INHALE SHARPLY THROUGH THE NOSTRILS, CONSTRICTING THE THROAT AND FILLING THE LOWER BELLY WITH AIR.

AS YOU DO THIS, IT SHOULD FEEL AS THOUGH AN INVISIBLE STRING WERE PULLING THE BELLY BUTTON AWAY FROM THE BODY. THIS IS DIAPHRAGMATIC BREATHING. THE FORCE OF BREATH SHOULD COMPENSATE WITH A SORT OF “HISSING” SOUND AS THE AIR IS PULLED QUICKLY UPWARD TOWARDS THE CROWN.

EXHALE, PULLING THE BELLY BUTTON BACK TOWARDS THE SPINE, FORCING THE AIR BACK OUT THE NOSE IN THE PROCESS. I CALL THIS “DARTH VADER” BREATHE, BECAUSE OF THE DEEP/HEAVY SOUND THAT ACCOMPANIES THIS BREATH.

AS YOU REPEAT THIS CYCLE, VISUALIZE (WITH THE INHALE) YOUR ENERGY SWEEPING UPWARDS IN THE FRONT OF YOUR BODY, MEETING YOUR CROWN AS YOU HOLD BEFORE THE EXHALE.

EXHALE, IMAGINING THE BREATH SWEEPING DOWN THE BACK OF THE BODY, RECYCLING BACK INTO THE ROOT.

REPEAT! I PERSONALLY PRACTICE THIS EVERY DAY, MULTIPLE TIMES PER DAY. NOT ONLY DOES DIAPHRAGMATIC BREATHING ACTIVATE THE PARASYMPATHETIC NERVOUS SYSTEM, BUT IT AIDS IN THE PROPER CIRCULATION OF ENERGY THROUGHOUT THE BODY.



# SEVEN RAYS AFFIRMATION

Take a moment to read aloud the following affirmations, based on the Seven Rays. The nervous system responds well to verbal cues and does not “know the difference” between our voice speaking truth over us, or somebody else’s.

Speaking over oneself out loud is very powerful for that reason. Many of us verbally speak criticism and shame over ourselves regularly. As a good rule of thumb, practice mindfulness when speaking, knowing that when you speak the body and nervous system are always listening!

RAY 1: I ALIGN MY WILL WITH THE DIVINE. I ACT WITH STRENGTH AND COURAGE.

RAY 2: LOVE AND WISDOM GUIDE ME. ILLUMINATING MY PATH WITH THE LIGHT OF THE SUN (SON)

RAY 3: I HAVE THE MIND OF CHRIST. INFUSED WITH TRUTH AND HIGHER PERSPECTIVE.

RAY 4: I EMBRACE CONFLICT AND SUFFERING AS A CATALYST TO BALANCE, HARMONY, AND HEALING.

RAY 5: MY BODY IS A BRIDGE BETWEEN THE MATERIAL AND SPIRITUAL. THROUGH THIS CONNECTION, COSMIC MEMORY IS REVEALED!

RAY 6: INSPIRED BY MY DEEP DEVOTION, I ACT WITH UNWAVERING FAITH EVEN IN TIMES OF UNCERTAINTY.

RAY 7: THE MAGIC OF CREATION IS WITHIN ME. MY LIFE, A SACRED RITUAL!

*I draw near to the Seven Spirits of God.*