



of Shadows
&
Light

*Are you ready to let go of your
shadows holding you back
or making you small?
Do you want to step into your light?*



Of Shadows & Light

A JOURNALING PROMPT BY ANANDA SOUL

The following journaling prompts are developed to help you understand any beliefs or parts of yourself that might be stuck in the past or dominated by fear. The intention is to get to know these parts, release them if that is what is required and connect with your ever-present internal light.

Please follow the writing prompts one-by-one. We recommend finding a quiet, meditative space and allocate at least 20 minutes to write.

*I will love the light for it shows me the way,
yet I will endure the darkness
because it shows me the stars.*

-Og Mandino

Now tune inside for a moment and scan your being for any parts that you might consider your dark parts or your shadow parts - any qualities, voices, thoughts, fears, memories, habits and beliefs that you don't like about yourself but that you just can't seem to shake. Where in your body do you feel them? Is there one that stands out? Any sensations that are there? Take a deep breath and invite this part to share a bit about itself. Take your pen and free write anything that comes to mind as you read the following prompt, speaking from this part directly:

What I need you to know is that...

What I am afraid of is that ...

The thing I need the most is ...

All is Possible





*I find strength
in the shadows
& in the light.*

If you wish you could hold on to this page / these pages and place them onto your altar as a reminder or you might like to burn them as a symbol of transforming your relationship to this part / these parts of you. Feel inside and trust your gut instinct.

If more than one part or aspect of yourself came up, feel welcome to repeat this process as many times as you wish.

Once you feel complete, silently repeat the following words in your mind three times:

I embrace all parts of myself with love.

All parts are here for a reason but they have no power over me. My love has the ultimate power to bring healing and light to every part of me that needs it.

I am at peace.

*The Universe
has my back*





Blessings
All Around

Now tune inside once more and this time, feel into what you would say is your True Self. The inner knowing that is unwavering. Lean back into yourself. Settle into your soul. Now pick up your pen and complete the following sentences.

I feel my soul most when ... _____

What my inner truth wants me to know is ... _____



The thing my soul asks from me is ... _____

Now as you put down your pen, close your eyes
once more and see what is alive for you.

Pick up your pen again one last time and
complete the following sentence:

My darkness and my light ...

Once you feel complete, take a deep breath and repeat the
following words silently in your mind three times:

My true essence is always whole.

As I lean into my light,

I am filled with strength, love and healing.

My soul knows the way.

*Own who
You are*