



A letter from Ariel and your Deepening Practices for Week 3:

Dear Beloveds.

I LOVE MY SHADOW AS I LOVE MY LIGHT, UMBRA SOLIS!!!

Thank you for holding such a potent field, so that we could journey so deeply into the shadow negredo.. to hold the resonant space that we did together to alchemize these shadows in our love! I am joyful that we are getting further and further into what alchemy actually is and its potency to transform us in LOVE. Remember LOVE IS THE ONLY REALITY. IT IS THE ONE SUBSTANCE OF WHICH ALL CREATION IS MADE. So USE it to transform the self, by loving yourself WITH your shadow material!! Really use this practicum to work with your shadow material to love it.

You would be served in working with someone on the email Platform to work the questions that are in the "Working with Shadow" materials and, of course, deepening in the meditation with the blue and gold river of light to develop your Witness consciousness and a means to clearing any shadow material in GRACE!!

*CONSIDER ENTERING IN THE CHRYSALIS AS SOON AS YOU ARE ABLE TO, THAT IS,
STOP STOP STOP ... doing doing doing.*

to be still and listen to soul voice an Witness consciousness about your preparation for the time we are moving into of the magnetic sheath of the sun reversing polarities! I honor each one of you for doing the alchemical work personally and for the Collective One!!

*I Embrace you each one in my love,
In Oneness,
ariel*



Practices for the week of Module 3

Practices for MINING THE GOLD OF
CONSCIOUSNESS IN SHADOW with Ariel
Spilsbury www.holographicgoddess.com

Practice: Accessing the Witness

This week, practice sitting with the blue and gold meditation given to deepen your access and connection with the Witness consciousness within you. This is foundational spiritual work and well worth the effort.

Practice: Breaking Ancestral Patterns in Self Forgiveness

Meditation for the release of ancestral shadow Maat Ancestral Lines/Self Forgiveness Meditation which you have a hand out as a patterning for.

Practice: Loving Shadow as it arises

If any shadow reaction arises this week, simply love yourself with it saying: "I love my shadow as I love my light". Notice that shadow melts in your love and over time, simply melts away.

Practice: Monitoring Vibrational Frequency

Bring awareness this week to where and under what circumstances you find your vibration contracting and how and where, under what circumstances your vibration expands.

Notice what the markers of expanded vibrational frequency are and what the markers of lowered vibrational frequency are.

You can find all of the session 3 handouts on your course homepage under Session 3.

QUESTIONS FOR DEEPER INQUIRY SOLO OR WITH PARTNER VIRTUALLY Module 3

What, for you, are the markers of expanded vibrational frequency? What are the markers of lowered vibrational frequency?

What apparently stands between you and the pure awareness of the transpersonal witness?

What apparently seems to make you doubt? What apparently seems to make you grasp/contract/react?

What apparently seems to make you compare?