



Your Golden Shadow Awaits

We all carry a version of ourselves we learned to dim — not because it was wrong, but because it was bright. This practice is an invitation to meet that brilliance again.

Across cultures and mythologies, the shadow isn't the villain. It's the hidden room inside your soul where truth waits patiently for your return. And while most people think of "shadow work" as exploring the darker parts of self, there is another side: the Golden Shadow — your gifts, your power, your voice, your radiance — the pieces you tucked away to stay safe, small, or acceptable.

This simple reflection practice helps you reconnect with that lost light. You create space for your inner strength, creativity, tenderness, and sovereignty to come home again.

Use this practice anytime you feel disconnected from your confidence, your magic, or your purpose. It's especially potent during seasonal transitions, liminal moments, or those days when you know something inside you is trying to rise.

You're not fixing yourself here.

You're reclaiming yourself.

Welcome to the work of remembering your light.

Begin when you're ready.

EXPLORE YOUR SHADOWS

Golden Shadow Reflection Practice



1

Prepare your space. Choose a reflective object — a mirror, glass of water, window, crystal ball, etc. Make sure it is in a quiet, uninterrupted place where you will have some time to yourself.

2

Gaze into your reflection the way you would look at a dear friend who is vulnerable. No scanning for flaws, no critical squinting, just presence.

3

Ask softly, either aloud or inside:

“What brilliance in me have I been afraid to own?”

Look for sensations, flickers of memory, images, a word or phrase that comes to you as an answer.

4

Name what you see. Say **“I see the part of me that is powerful. I see the part of me that is gifted.”** You’re not trying to believe it yet. You’re simply letting the hidden brilliance hear its own name.

5

Ask: **“When did I first learn to hide this?”** You may sense a moment, person, cultural expectation, a place where you were too much for someone else. This step is not for excavating wounds; it’s for recognizing the cost of dimming.

6

Welcome your Golden Shadow back home. Look into your own eyes and say: **“Your light is safe with me now. I won’t exile you again.”**

