

Focus on a card- Strength



A young woman pets, and based upon his body language subdues, a male lion.

That lion could be seen to represent our shadow- all those things we reject, project, and forget.

The problem is that rejected bundle of emotions is powerful and can take control of our psyche at any point- something we often refer to as “triggered”. When we have an out of proportion reaction.

That’s why the shadow is represented by the “king of the jungle” it will rule us if we give it half a chance!

The key to working with your shadow is not to try and master it, control it. Your shadow will respond to kindness.

You repressed emotions, parts of your character, created limiting beliefs about yourself out of fear. This may not be because someone was unkind to you- perhaps you really wanted to step up and help your family in a difficult time. Maybe you gave up your dreams of a creative career to get a reliable job to support a loved one. Shadow work is NOT always a result of trauma, but it is always the result of trying to manage a difficult situation.

Compassion, kindness, accepting you did what was best at the time. This is the way to make friends with whatever you have placed in your shadow. This is how you reclaim sovereignty over all of your psyche- instead of living with those repressed emotions, ready to be triggered at any moment!

Sit with this card, really sit with it.

Do you show yourself as much compassion and kindness as that young woman is showing the lion.

Know you are enough, and that compassion to yourself will always improve life.