

SHADOW AND THE MOON



Forward Kind Heart



SHADOW

Shadow is the parts of ourselves we do not like, ignore or pretend do not exist so we project onto others in order to avoid. Shadow can be a holding place for our fears. Because we can place those parts of us we do not accept outwardly instead of holding them inwardly.

THE MOON

Shadow work illuminates parts of ourselves that long to be integrated but are misunderstood, often judged, mistreated and sometimes hated. The moon connects us with our subconscious, emotions, and intuition brings beautiful healing to our shadow selves. Let the moon signs guide you to shadow aspects ready to be incorporated. Notice what aspects cause a reaction- judgement, dislike or pain. This is your shadow.



SIGNS



Aries- The Ram, warrior, pioneer, daredevil, survivor, adventurer, leader headstrong, bold, ambitious, courageous, inspirational, passionate, stubborn, impulsive, impatient, egotistical, childlike, thinker, fierce, spontaneous, energized, bold, daring, angry, aggressive, careless

MOON SIGNS CONT.



Taurus- The Bull, Earth spirit, silent one, gardener, provider, builder practical, ambitious, earthy, stable, reliable, loyal, independent, persistent, self indulgent, possessive, lazy, frugal, builder, sensual, kind, tranquil, preserving, steadfast, slow, unyielding, rigid, stagnant

Gemini- The Twins, witness, teacher, storyteller, shape shifter, comedian, trickster unpredictable, adaptable, flexible, persuasive, witty, intellectual, volatile, superficial, indecisive, nervous energy, lacks focus, inventive, trickster, sharp shifter, storyteller, clever, curious, comical, friendly, fickle, gossipy, trivial, scattered, unsympathetic



Cancer- The Crab, mother, healer, counselor, protector, guardian conservative, home-loving, imaginative, intuitive, loyal, nurturing, loving, protective, tenacious, sensitive, unwilling to let go, attached, vulnerable, fragile, moody, pessimistic, counselor, healer, domestic, sentimental, imaginative, empathic, considerate, dependable, crabby, moody, cranky, clinging, insecure, worried



MOON SIGNS CONT.



Scorpio- The Scorpion, detective, sorcerer, alchemist, transformer
strong-willed, intense, magnetic, determined, fearless, poised, demanding, sensitive, passionate, ambitious, intuitive, jealous, secretive, resentful, controlling, vengeful, magician, investigator, powerful, resourceful, mysterious, possessive, obsessive, extreme, moody

Sagittarius- The Archer, gypsy, student, philosopher, idealist, teacher, explorer
optimism, intellectual, inspiring, generous, witty, adventurous, free-spirited, arrogant, careless, tactless, superficial, inconsistent, reckless, adventurer, upbeat, ethical, idealistic, open-minded, lucky, influential, loud, clumsy, indulgent, blunt, overconfident, preachy, judgemental, noncommittal



Capricorn- The Goat, hermit, father, manger, skeptic, advisor, consultant
stable, responsible, conservative, modest, ambitious, disciplined, rigid, materialist, pessimistic, stubborn, introverted, self centered, detached, moody, industrious, callous, achieving, skeptic, advisor, hardworking, diligent, structured, successful serious, wise, mature, mean spirited, cold, worried, lonely, judgmental, restricting





MOON SIGNS CONT.

Aquarius- The Water Bearer, genius, rebel, scientist, humanitarian, advocate strong, attractive, humanitarian, friendly, social, popular, inventive, intelligent, innovative, group conscious progressive, independent, unpredictable, inconsistent, detached, stubborn, lacks focus, aloof, rebellious, eccentric, rebel, advocate, independent, brainy, radical, , cosmic, visionary, erratic, selfish, authoritative

Pisces- The Fish, mystic, dreamer, poet, empath, visionary generous, emotional, friendly, intuitive, creative, kind, self sacrificing, gentle, impractical, gullible self less, escapist, idealist, lazy, weak-willed, hypersensitive, dreamer, poet, visionary, sentimental, artistic, fluid, dreamy, romantic, spiritual, mysterious, spacey, vague, shy, unrealistic, whimsical, passive, insecure, confused



PUTTING IT TOGETHER

Play, have fun and invite the aspects you feel invoke judgement, fear, envy, distain and even hate.

Each night before you go to bed, invite these aspects and archetypes to visit your dreams with messages on how to intergrate your shadow.