

We all have a shadow. Your shadow is the part of your psyche where you hide your most painful or uncomfortable feelings. It's called a shadow because the walls you've built to hide it do a really good job. Most of the time, you don't even know it's there.

You started building the wall when you were very young. At the time, you didn't have the understanding or strength to handle the challenging experiences you were facing. You didn't know how to process the difficult emotions being stirred up. Most likely, the adults who cared for you didn't know what to do with those feelings either, and so they told you they were bad or wrong or that you shouldn't feel them. That just made those feelings seem even more dangerous. You knew you had to make them go away somehow, but you didn't know how. In fear, you decided to hide them from everyone, including yourself. At the time, it seemed like the only way to be safe.

There's a lot of energy trapped behind that wall, and a lot more energy going into maintaining it. That energy is creative. It's meant to be flowing through you, revitalizing your body, giving you strength, helping you understand and evolve. Instead, it's trapped, and can only create in shadow ways...creating shadow experiences to try to get your attention. Your shadow wants to be seen and reclaimed. It's a part of you.

Perhaps you've felt it, in moments when you're "triggered" by something. You recognize that your emotional response is not in proportion to what's actually happening. You're "over-reacting," though the feelings are very real. Something has triggered the feelings you've locked behind that wall...your personal demons. They want to come out, and sometimes they do, acting out of their fear and hurting someone or yourself. They're so desperate to be seen and loved.

Today, give your attention to this part of you that has been living in fear. Reclaim yourself by feeling compassion for that small child who felt like he/she had no other choice. It doesn't matter what's behind that wall. However frightening it is, it can be transmuted and reclaimed with love. Love transmutes all fear, so let your heart fill with love and send that love to your shadow. Say,

**"Love transmutes fear. I choose to love the unlovable.
I reclaim my light from the darkness."**