

Actualize OS

10 WEEK TRAINING

WITH KEN WILBER



ACTUALIZE OS

WORKBOOK

ACTIVATION TWO





Activation Two

SHADOW VISION

Ken sheds new light on one of the most important and misunderstood aspects of personal and spiritual development, known as 'Shadow'.

Hidden deep beneath our conscious personality are layers of repressed energy -- energy that can inhibit our development by causing us to avoid aspects of our experience or by encouraging damaging addictions.

This trapped life energy is called Shadow, and in this powerful Application 2 with Ken, he brings to the surface how Shadow is formed, the effects it can have, how we can identify our own Shadow and what we can do to reveal our own trapped energies and transform them in the light of our highest potential.

What You'll Discover in Application Two

- Discover the two primary forms of shadow and how to see them in yourself.
- Unlock the truth about 'projection' and 'transference', and why. understanding these parts of your personality will liberate your ability to truly connect with other people.
- Learn practices to integrate the fragmented aspects of yourself into a unified whole.
- Learn how to see your shadow in the shadow of others.
- Understand the roots of addiction and phobias and how to heal them from the inside out.
- Discover the source of aversions, allergies and phobias and how to remedy them.
- Learn about the 'Golden' shadow and how it blocks the full expression of your true greatness.
- Learn how the collective shadow impacts your life and your ultimate potential.

ACTIVATION TWO EXERCISE THE 3-2-1 SHADOW PROCESS

The intention of this exercise is to learn how to identify and reclaim disowned parts of yourself. The practice teaches you to take energy that is “out there” in 3rd-person, engage with it through 2nd-person dialogue, and then identify the energy within yourself, in 1st person, and reclaim the full spectrum of who you are.

At the end of each day, take some time to reflect on the events of the day.

1. Spot it. (3rd-person)

Identify one interaction with another that was more positively or negatively charged than the rest of the day. In your journal, or aloud, describe the interaction.

2. Face it. (3rd-person into 2nd-person)

In your mind's eye, bring the other person into your awareness. Imagine that you are sitting across from each other.

3. Talk to it. (2nd-person)

Imagine that the other person is listening to you deeply. Aloud or in your journal, describe the interaction that had charge. Tell the other person how the interaction made you feel. Explain why you felt the way you did.

4. Be it. Take the role of other. (1st-person)

Now in your mind's eye, imagine that you are the other person. Aloud or in your journal, as the other person, describe in “I”/ “me” language where you are coming from in the interaction.

Repeat steps three and four, switching back and forth, and ask yourself how you might be similar to the other.

ACTIVATION TWO GLOSSARY

Shadow: Material that is some important part of our own, psyche, being, or make-up that we're not acknowledging or not allowing; a way in which we are lying to ourselves about the truth of our self. The locus of that lie is shadow. Shadow is a way of denying parts of our self. Everybody has some degree of shadow.

Projection: Ascribing to others the qualities that we've disowned in ourselves. We may see others as controlling, enlightened, brave, angry, or any other quality, and believe that we are not those things. Projection is the process of imposing these qualities onto others so that we do not have to see those qualities in ourselves.

Trigger: If an item informs you, then it is simply information. However, if it dramatically affects you in one way or another then it's probably shadow. This can be thought of as a trigger.

3-2-1 Shadow Process: The process of reclaiming disowned shadow elements through intentional practice of bringing qualities back into first-person awareness in their healthy forms. This is the process of reintegrating elements of the psyche by bringing the 3rd-person object "out there", to 2nd-person other "you", to 1st-person subjective "I".



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