

# I.

## Introduction to Shadow Work

According to Carl Jung, your shadow is a personality trait or characteristic of the personal unconscious, and therefore it *is* you, though your consciousness and ego do not want to identify that trait *with* you. Your “shadow self” refers to that aspect of who you are that you reject. If and when someone tries to associate you with that aspect, the association often triggers a negative or hostile visceral reaction from you. Interestingly, those who jump too quickly to the assertion that they know all about their shadow selves tend to know the least. If it’s readily apparent to you what your shadow self is, then chances are that is not your shadow.

Our conscious disassociation with the shadow typically happens because that shadow trait or characteristic is condemned by social norms, and even more specifically, would be considered morally deficient, or the existence of that trait is borne from trauma. Yet shadows are powerful, so they still surface no matter how we try to suppress them. The more we suppress the shadow, the more insidious the shadow is when it does surface. Conscious confrontation of your shadow self and ownership of that facet of your identity means *control* over that feature of your identity. Shadow work strives to gain *control* over your inner darkness, so that the impulse of the shadow self does not control you.

On the psychological level, shadow work is about tempering primal urges so that they are released in a healthy, harm-reduced manner. Shadow work is about mending past trauma so that you can alleviate physical symptoms such as depression, anxiety, fatigue, insomnia, or violence. On the magical level, for practitioners of craft, shadow work is about keeping yourself in check, so that you are less likely to become overtaken by darker, lower vibrational energies. Whether you want to acknowledge it or not, when you

open that nexus to connect with other non-physical realms, you can let in unintended malefic frequencies if you're not careful.

Carl Jung noted that the less apparent your shadow is in normal, everyday life, meaning the less integrated it is to your conscious mind, the more primitive your animal instincts, the more malefic that shadow side is, and the more personal power is surrendered to darker, lower vibrational forces. In other words, to truly stay in the Light, it is critical that you integrate the Dark. To best read tarot in a way that will be healing, cathartic, and spiritually helpful for yourself and for those you read for, shadow work is imperative.

It is rather easy to pick out those who have not integrated their shadows. They tend toward trolling, socially isolate themselves from their peers because they denigrate their peers, or are negatively critical of others to the point of emotional hostility, which in psychological terms is called projection. They tend to engage in passive-aggressive behavior to put others down. Instinctively and somewhat irrationally, they condemn a certain member of society as inferior or deficient and invest a great deal of emotion and vitriol in that person.

Shadow work prevents you from being that person who inadvertently projects onto others. Thus, it renders you a better human being. Shadow work also forms a protective shield and barrier around you, preventing others from projecting *their* shadows onto you. People are able to hurt you when they reveal features of your shadow that you did not want to reveal, in ways that you weren't ready for. When you don't integrate your own shadow, that is when you are most emotionally vulnerable. However, those who integrate their shadow selves are no longer vulnerable to people's negative projections and therefore shadow work is a form of energetic shielding. It renders you a bit more invincible.

More often than not, what we condemn in another is exactly what exists in our own shadow. If I exercise an inordinate amount of hostility in fat shaming someone, for instance, that conduct is a

projection of my own shadow, a facet of myself that desires to not put in all the work I've been putting in to maintain my own weight, to not have to feel secret pain around my own weight and body image. If I am judgmental about others' grammar and I shame others for misspelling words, I may be projecting a feature of my shadow self that is afraid others won't view me as articulate, educated, or cultured. I am quick to point out how others are inarticulate, uneducated, and uncultured, on the irrational hope that no one will see those qualities in me.

Hostility toward another's sexual orientation, religious subscription, or specific spiritual practices are often projections of one's secret struggles with personal sexuality, faith, or assurance of one's own spiritual path. How you criticize others also reveals your insecurities. Mocking those who appear to be intelligent and well-read reveals secret fears that you are not intelligent and well-read. Mocking those who appear drop dead gorgeous reveals secret fears that you are not beautiful. Emotionally-charged vitriol toward those who are very wealthy or very poor reveals your own insecurities around socioeconomic status.

Those who project openly are those who have not undertaken shadow work. Thus, if nothing else, shadow work is a form of public service. It makes you a better human being to be around and a more harmonious member of society.

The first step of shadow work is to audit yourself and reflect on the following:

- What are your biggest pet peeves in others?
- What are the negative criticisms you've hurled at others?
- What negative qualities in others do you loathe the most?
- What category of people have you mocked and ridiculed?
- Tell me in your own words: what is wrong with society today?

One of my personal pet peeves? I get peeved by life coach entrepreneurs who make their bucks off coaching others to become life coach entrepreneurs. Now, someone doing that doesn't directly affect my life in any way. So why would it bother me? Maybe secretly I would love to be able to make easy money doing that, too, but I don't because I fear doing so would make me look morally bankrupt, so when I see others doing it successfully and without incurring that same harsh judgment I was afraid of, I feel envy and jealousy. Admitting that is cathartic. Now I am giving myself an opportunity. I can either overcome that fear of harsh judgment and do what *inner-primal* me wants to do or I can acknowledge what aspect of my shadow self has produced that pet peeve and now detach emotionally from that pet peeve, which only goes to bring greater peace and tranquility of mind to my life. I shine a light on an inner fear and by shining that light, by confronting it through open acknowledgement, I exorcise it. That fear no longer has an emotional hold over me.

Fear is insecurity and insecurity is powerlessness. Powerlessness facilitates my weakness and keeps me from gaining the necessary strength—and power—I need to overcome challenges and achieve my higher goals. That is why shadow work is linked to attaining power.

Recently I criticized someone for being too “love and light” and a bit fluffy in that person's approach to spirituality. Why would I care what another's spiritual philosophy is? How does it in any way affect my spiritual philosophy? Well, the criticism reflects a darker, irrational fear that maybe my spiritual philosophy is not “love and light” enough, that I'm not high-vibration enough, and just what if my path is wrong?

Notice how acknowledging that aloud neutralizes the ungrounded fear or at the very least, now gives me the opportunity to address the fear and, by extension, quells any further inclinations to criticize someone for being, allegedly, fluffy. By neutralizing the fear, I seize back my power. When I give in to my fear and engage in acts of projection, I surrender my power.

Criticizing or demonstrating open hostility toward a majority race when I am of a minority race is a projection of insecurities around my own racial identity. Thus, I would then know that my own shadow work will require coming to terms with my racial identity. Projection is powerlessness. After shadow work and coming to terms with my fears and insecurities is taking back the power and strengthening my inner power. When I am more empowered, I am in a far more superior position to solve the racial inequality that affects me.

You might not be able to stomach what I am about to say next, but what you believe is most wrong with society today is going to be a projection of the inner demon most likely to keep you from spiritual transcendence, from your own awakening. That is going to be the manifestation of shadow that is most primal in you, that is most likely to, as Carl Jung puts it, “thicken the veil of illusion between the ego and the real world.”

The more resistant you are to acknowledging that darkness as existing in you, the farther from self-awareness you will go. Also, the more power you will be surrendering to that exact segment of society that you believe to be so wrong. To take back the power is to acknowledge that you are *part of* that exact segment of society, that you are *just like them*, that you are *no different*.

Dogma is often produced by our shadow selves. You can identify your shadow by identifying what you are dogmatic about. Why do you insist a particular person, or society, a situation, or a policy *must* be a certain way? Examining the answer to that question will help you to reveal your shadow.

If you are dogmatic about your religion, then there could be a lurking shadow within that rejects that religion. I know—it’s a triggering, provocative, and difficult thought to hold in your conscious mind if you’re dogmatic about religion. It’s hard to

acknowledge that you *don't* believe or *don't* follow something you're openly so dogmatic about.

Yet that's how our shadow functions. If you are dogmatic about a political position, it could be revealing of a shadow within you that does not want to follow that political position, a primal desire to reject that political position yourself. However, you suppress any desires to reject that political position and through that suppression, produce dogma insisting that *everybody* now adhere to that political position. Auditing your own dogma is a straightforward, surefire way to revealing your shadow. I would say it's easy, except emotionally we tend to be quick to reject the conclusions. What's hard is *accepting* what such an exercise reveals.

Shadow selves are also produced as a result of quantum entanglements. When you feel lost, confused, inert, apathetic, anxious, or unmotivated, it's due to an internal quantum entanglement. Quantum entanglement is a physical condition where separate particles are interacting with one another in such an entangled way that the separate quantum state of each particle cannot be ascertained. That feeling of being lost, confused, inert, or experiencing anxiety is the result of not having conscious separation of those particles, particles that are facets of the shadow. Jung proposed a method called individuation as the means for addressing quantum entanglements.

Individuation, in both physics and psychology, is the process by which we disentangle the particles and thereby experience clarity. Individuation is, in its essence, naming the pain.

The objective of shadow work is individuation, where you need to disentangle all the emotions, experiences, and memories that you can't define because of the quantum entanglement, and separately identify each particle.

Initially, naming those emotions, identifying the precise experiences and memories that are entangled is going to be painful,

but ousting those particles into the light for examination in effect exorcises the inner demons that had plagued you. Individuation is also a form of psychic healing, where you are able to patch up soul fragmentation and therefore mend trauma.

To take the discourse one step further, in psychology, shadow possession is an event that can happen when there is a deeply primitive, deeply malefic, and in effect powerless shadow in the unconscious that, through a trigger or shock, is thrust out into the conscious mind, takes over that conscious mind, and takes control of an individual's conduct.

Think Dr. Jekyll and Mr. Hyde. In everyday terms, that can be when you spontaneously blurt or do something that hurts someone you love, when you did not intend there to be hurt. In more problematic terms, it can manifest as sociopathic behavior. So-called demonic possession that many religions address is a form shadow possession. Neglecting self-actualization through shadow work can result in shadow possession, further emphasizing the importance of shadow work.

Interestingly, demonic possession is recorded more frequently among those surrounded by religious fervor. I do not discount the reality of these demonic possessions. I speculate that it is the manifestation of shadow possession and the failure to consciously integrate the shadow plus a triggering event that thrusts the shadow out from the unconscious to the conscious when the conscious mind is most powerless.

(Without veering too off-topic, the magical methodologies in exorcisms follow the same principles that psychotherapists use to address mental disorders. They seem to be two sides of the same coin, one being the side in plain view, addressing physical conditions, and the other being the occulted side, addressing metaphysical conditions.)

Yet Jung also described the shadow unconscious and our internal reservoirs of darkness as the “seat of creativity,” which I extrapolate further upon and propose is the seat of your power. Your greatest reservoirs of power are just beyond the shadow terrain. Journey over that shadow terrain and you arrive at your reservoirs of power.

There are five fundamental sources of power that you possess within you. Sure, there is no denying that we are born with different levels of access to those five sources of power. We are not all born with equal access but we are all born with equal potential of access. Shadow work, as I formulate it, is about leveling the playing field so that you can actualize self-empowerment.

My characterization of those five fundamental sources of power are based on the works of John R. P. French and Bertram Raven, two academics and social psychology researchers who published the seminal work *French and Raven's Bases of Power* in 1959. French and Raven identified five bases of power that determine success, control, and productivity: (1) legitimate power, (2) expert power, (3) referent power, (4) coercive power, and (5) reward power. Later, the two researches amended their publication to add a sixth, informational power.

I condense and synthesize those six bases of power into my five reservoirs of power, which further correspond with the fundamental elements that form tarot architecture: fire, water, air, earth, and the fifth that metaphysicians often observe, spirit.

Due to that common denominator, the tarot architecture can be used as a map for navigating your shadow landscape and finding those five reservoirs of power within you. Tarot cards representing specific energies relevant to you can then serve as keys for unlocking those powers.

Tarot vibrates sympathetically with the energetic frequencies of real world physical conditions and also psychological conditions in the world of the mind. Thus, we can use tarot to parse through

quantum entanglement in either the real world or the world of the mind. I propose that when we cannot pinpoint a facet of the physical or psychological shadow, we can turn first to archetypal imagery in the tarot and by using the tarot for self-reflection, arrive at realizations about the shadow that we weren't able to see before due to that quantum entanglement.

Through the archetypal imagery of tarot, we will be mapping out the terrain of your inner sanctum in search of the following:

- Your expert or authoritative power;
- Your power of charisma;
- Your power of punishment to establish your sovereignty;
- Your power of reward to build your social capital; and
- Your power of change, with the attainment of esoteric knowledge.

Understand that identifying power is not enough. Power must be seized. Shadow work is shining a light on terrain that had been dark, that you were blind to. Once you are able to see the terrain clearly, you still need to walk it. Tarot and shadow work will help you identify your sources of power. Actual attainment of those powers will require grit, action, and perseverance.

Start the journey by confronting your shadow self. Your first milestone is to name the inner demon, to identify and profile your shadow self. The subsequent page sets forth five questions to ask and answer with absolute, unfiltered honesty and candor.

The less you know or acknowledge about your shadow self, the more power you give that inner demon. Open acknowledgement is how you purge that demon of its invisible power over you and start the individuation process. The next chapter addresses the physics and metaphysical formula for power. Then we try to identify your lack mentality and begin building up your personal power to counteract that lack mentality.

*Auditing Yourself to Name Your Shadow*

- What are your biggest pet peeves in others? ▷ These represent behavior you secretly wish you could act out without consequence.
- What are the negative criticisms you've hurled at others? ▷ These represent the color of your envy and your subconscious, more primal desires. Search that criticism for what, secretly, you're jealous of.
- What negative qualities in others do you loathe the most? ▷ These represent suppressed personality traits within you that remain unresolved.
- What category of people have you mocked and ridiculed? ▷ These individuals represent facets of your shadow self that you are secretly or subconsciously insecure about.
- Tell me in your own words: what is wrong with society today? ▷ These represent a part of who you are deep down, the inner darkness with the strongest hold over your spiritual development, and will be the greatest hurdle you'll need to overcome for attunement with Spirit, for attaining that final fifth power, the power of change with esoteric knowledge.

## II.

### The Physics and Metaphysical Formula for Power

How can two individuals perform the same amount of work, yet one does the work in considerably less time than the other or be considerably more successful than the other?

I outlined, researched, and finished writing my second book, *The Tao of Craft*, which was around 600 pages (word count around 156,000), in just under one year's time, while fulfilling traditional familial obligations and holding down a 50-hour work week. For many, finishing a 600 page book will take far more than a calendar year. What do I possess more of that enabled my success?

Person A and Person B, of seemingly equal capabilities, do not perform at the same rates. Person A is able to turn a venture into a six figure business while Person B, attempting the same exact venture, can't even make ends meet. I said Person A and Person B are of equal capability, so what's the difference between the two?

Power.

The rate at which given work is produced is called power. The individual who completes the work in less time or who is able to produce more income has more power. Explaining different rates of success with words like "talent" or "skill" is intangible and unhelpful. Power, on the other hand, we can measure, and is the driving force behind so-called "talent" or "skill" anyway, so talking about power rather than talent or skill is more precise language.

Two individuals completing a book at different rates or reaping different levels of financial gains are real life illustrations of a common physics formula: force multiplied by displacement over

time equals power. Power, then, affects time. You may (or may not) recall the below formula from high school physics class.

$$\text{Power} = \frac{\text{Work}}{\text{Time}} = \frac{\text{Force x Displacement}}{\text{Time}}$$

How does the physics concept of displacement translate into everyday life for you? Displacement expresses the distance of movement for an oscillating body or differential between a starting reference point and positioning of that oscillating body.

You are an oscillating body that is in constant movement. Displacement is the difference between your point of origin and where you are now.

In psychoanalytical terms, displacement is the transfer of an emotion from its point of origin, or where that emotion first came from, to a situation or object you are presently facing. It's the psychological projection that your shadow self produces. Let's see if we can express that concept with formulas.

$$\text{Power} = \frac{\text{Force x Displacement}}{\text{Time}}$$

$$\text{Power x Time} = \text{Force x Displacement}$$

$$\frac{\text{Power x Time}}{\text{Force}} = \text{Displacement}$$

$$\text{Displacement} = \frac{\text{Power x Time}}{\text{Force}}$$

You want to examine displacement because displacement is the measure of your personal progress. It is how far you can come or not come in life. You can advance farther in life, i.e., increase your

measure of displacement, with the above formula. Thus, you see the importance of attaining power and also, noting the math here, the importance of reducing force. Force is the metaphor for personal resistance when it comes to individuation or integrating your shadow self with your conscious self. The less you resist your shadow self, the lower that value of force. Likewise, increase your value of personal power and the farther in your own goals and ambitions you will advance.

So what is power? From a physics perspective, power is force times velocity. Metaphysically, that means power is the efficiency with which you can integrate your shadow self.

$$\text{Power} = \text{Force} \times \text{Velocity}$$

Let's shift gears and use another perspective to better understand power. Spiritualist and 21st century thought leader Janet Hagberg describes six stages of personal power, often referred to as "Hagberg's Stages of Personal Power":

- Stage 1: Powerlessness
- Stage 2: Power by Association
- Stage 3: Power by Achievement
- Stage 4: Power by Reflection
- Stage 5: Power by Purpose
- Stage 6: Power by Wisdom

The initial stage of powerlessness as we are applying it to shadow work is the initial stage of being blind to your shadow self. You are in the stage of powerlessness when you see nothing but a deep chasm between where you are and where you want to be, and you cannot figure out how to overcome that chasm.

We are going to talk about the second stage of power by association as attributing an identified power with an archetype in the tarot. For example, let's say what's keeping you from

overcoming the chasm is lacking expert or authoritative power, which we associate with the element of Fire in the tarot architecture. The second stage of power by association would be to use tarot correspondences to identify your inner Fire and locate your innate expert or authoritative power.

The third stage, power by achievement, is the active engagement of specialized efforts, courage, and fearlessness to then manifest that power into your reality. For each of the five reservoirs of power, the third stage of achievement comes from corresponding physical action and metaphysical energy cultivation. Through energy cultivation, such as the practice of hand mudras and chakra strengthening exercises, you enhance your ability to access or harness that particular reservoir of power. Specific hand mudras and chakra strengthening exercises are provided for each of the five reservoirs of power.

The fourth stage, power by reflection, is being seen by others as now possessing that power you had started out lacking. Here, I am proposing that it isn't enough to simply achieve the power, but we advance that aspiration even farther to augment your power by reflecting that power out into society and having society acknowledge that power. That is power by reflection as we will be understanding it within the constructs of tarot and shadow work.

The final two stages relate to spiritual cultivation. Power by purpose means the power transcends the material world. Attainment of personal power is a cycle. It begins as a thought that you summon and manifest into material reality. Once power as a thought manifests in material reality, true invincible power comes from returning that power to the realm of thought. It is emanating power from within. Inner power can never be taken away. Material power or power by reflection *can* be taken away. That is why true power requires the advancement onward into that fifth stage, power by purpose.

When you possess power by purpose, you not only advance yourself, but you can advance those around you. You can advance

the social collective. You can create movements. You can produce measurable changes not just in yourself, but in the greater world around you. That is possessing power by purpose. Power by purpose requires vision, which requires returning material power inward, to the inner realm of thought.

The final stage of power is power by wisdom. Power by wisdom is transcendence. It's altogether detachment from the concept of power. It is spiritual awakening and it is enlightenment. It is a condition of perfect contentment where power is no longer needed. It is the decided, voluntary return to powerlessness as the ultimate form of personal power.

Each Major Arcanum in tarot will be a key for opening a gateway to one of the reservoirs of power. We start by identifying the Key, or the Major Arcanum, that will unlock the reservoir of power you need. Individuation is the process you undergo to put the key into the lock and open the door of access to that reservoir of power. Through personal reflection, discourse, and ritual with the tarot, you'll be able to attain any power as needed and evolve through Hagberg's Stages of Personal Power.

The stages of personal power delineate the journey it takes to actualize one of the five powers that tarot and shadow work can help to activate. I am linking the five sources of power with the standard four alchemical elements (Fire, Water, Air, and Earth) plus a fifth, Spirit and through that elemental link, these five power sources are accessed by the power of association with certain cards from the Major and Minor Arcana. The subsequent two pages set forth the correspondences as I've linked them.

A disclaimer should not be necessary to remind you that your associations may differ based on how you relate to these power sources and how you relate to tarot architecture. Whether to override my given correspondences to work with your own or, within the context of this course, work with my correspondences, is entirely up to you.

*The Five Power Sources and the Minor Arcana*

Element	Power Source	Minor Arcana Pips
Fire	Expert or Authoritative Power	Suit of Wands Two to Ten & Courts
Water	Power of Charisma	Suit of Cups Two to Ten & Courts
Air	Power of Punishment to Establish Sovereignty	Suit of Swords Two to Ten & Courts
Earth	Power of Reward for Building Social Capital	Suit of Pentacles Two to Ten & Courts
Spirit	Power of Change with Esoteric Knowledge	Ace of Wands Ace of Cups Ace of Swords Ace of Pentacles

The notation for courts in the right-most column above is to indicate which power source tends to be most prevalent and accessible to those identifying with the corresponding courts.

Generally, those identifying predominantly through the element of Fire, such as identification by way of astrological signs Aries, Leo, or Sagittarius, tend to access expert or authoritative power with greater natural ease than others. Those born of Water, e.g., Cancer, Scorpio, or Pisces, tend to access the power of charisma with greater ease. Those born of Air, e.g., Gemini, Libra, or Aquarius, are associated with the power of punishment to establish their personal sovereignty. Those born of Earth, e.g., Taurus, Virgo, or Capricorn, may find it easier to tap in to the power of reward.

*The Five Power Sources and the Zodiac*

Zodiac Sign	Power Source	Success Areas
Aries Leo Sagittarius	Expert or Authoritative Power	Initiation Leadership Expansion
Cancer Scorpio Pisces	Power of Charisma	Relationships Adaptability Affinity
Gemini Libra Aquarius	Power of Punishment to Establish Sovereignty	Discourse Intimidation Vindication
Taurus Virgo Capricorn	Power of Reward for Building Social Capital	Employment Establishment Prestige
	Power of Change with Esoteric Knowledge	

At the risk of getting ahead of ourselves, for those with a background in Western astrology, your sun sign can shed light on the power source that others perceive you as possessing, so knowing that can help you take advantage of that public perception. Your moon and ascendant signs can reveal a power sources that are a potential for you to develop further. Your midheaven or tenth house sign can reveal the power source you need to exert for advancements in career or status.

*The Five Power Sources and the Major Arcana*

Key	Element		Power Source
1. Magician	Air	Earth	Punishment
			Reward
2. High Priestess	Water		Charisma
3. Empress	Earth		Reward
4. Emperor	Fire		Authority
5. Hierophant	Earth		Reward
6. Lovers	Air		Punishment
7. Chariot	Water		Charisma
8. Strength	Fire		Authority
9. Hermit	Earth		Reward
10. Wheel of Fortune	Fire		Authority
11. Justice	Air		Punishment
12. Hanged Man	Water		Charisma
13. Death	Water		Charisma
14. Temperance	Fire		Authority
15. Devil	Earth		Reward
16. Tower	Fire		Authority
17. Star	Air		Punishment
18. Moon	Water		Charisma
19. Sun	Fire		Authority
20. Judgement	Fire	Water	Authority
			Charisma
21. World	(Earth)		Change-Knowledge
0. Fool	(Air)		Change-Knowledge