

This exercise is a little harder than the others, sometimes a little darker but what we love about it is there are no action items once you are done. You just shine your light and let it go.

All credit and acknowledgment for this exercise goes to Leslie Temple-Thurston and her book *The Marriage of Spirit*. Leslie's spiritual journey awakened her to the polarities that exist everywhere. Where there is light there is darkness, good vs bad, consciousness vs unconsciousness. If you resonate strongly with words and written language, we highly recommend her book and the other great exercises therein.

We like to use this exercise when we are stuck and can't figure out why whatever aspect of our lives we are working on is not shifting. Frequently, this exercise will reveal some hidden beliefs or agreements you have that are lurking in the shadow.

We all have shadow energy or darkness that counterbalances our radiant light. Our shadows can impact our behavior in unintentional ways as it seeks to be noticed and acknowledged. True authenticity cannot be achieved without reckoning with this darker side. Once acknowledged, the darkness becomes a little lighter and you gain a deeper understanding of yourself and your motivations.

Ready? Let's get started.

Step 1: *Choose your polarity*

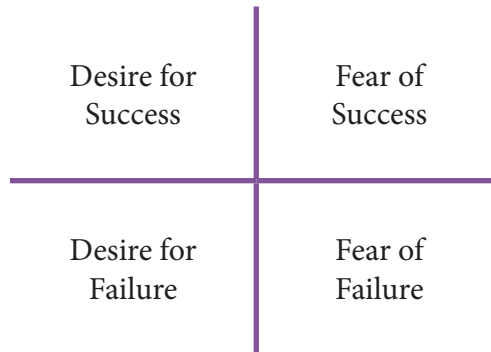
Choose a polarity for this exercise. There is an infinite number of possibilities. Pick one that feels right for you and your current circumstances. Believe me, you will never run out of these challenging duos. Right vs wrong, love vs indifference, sad vs happy, sexy vs undesirable, safety vs danger are just a few examples. Its easiest to explain if we walk you through an example so let's use *success vs failure* for our example. Attached is a sample list.

We have done this in groups too. Have your participants pair off and one partner will ask the question and record the answers as the other partner dictates. The person recording quickly gains insight to where her partner is getting stuck. Refrain from leading your partner in a direction, stay neutral and just witness. You will have time in the end to review your impressions with your partner.

Step 2: *Create the quadrants*

Grab a piece of paper, your favorite pen and a comfy place to gather yourself and settle in. Create 4 quadrants on a piece of paper or choose 4 pieces of paper. Believe me, once you get going you can cover a whole sheet of paper with one quadrant.

Following along using our example, title the first quadrant (top left) "Desire for Success". Of course substitute "successful" with any of the poles in the polarity duo of your choice. The second quadrant (top right) should be titled "Fear of Successful". The third and fourth quadrants will represent the opposite of quadrants 1 and 2 and will receive titles of "Desire for Failure" and "Fear of Failure", respectively.



Step 3: *Populate squares*

Start with one quadrant. Read the title and imagine yourself sitting in this quadrant. Write down whatever comes to mind. Ask yourself “Why do I desire to be [blank]. Stay out of your head, just write down the things you are feeling. There is no right or wrong or should or should not. Keep going until you run out of possibilities to your question. Move on to the next quadrant until you are complete.

You will find you want to return to the other quadrants as you trigger more answers. Or you find that a statement fits better in the previous quadrant than the one you are currently working on. This is great. Feel free to go back and forth between quadrants.

Suspend all judgment and be kind to yourself and others. Working through these quadrants can release strong emotions for some. Feel into it and breathe. Remember *You are safe!*

Here is my “Desire for Success” quadrant as an example

Desire for Success
Sense of achievement
Recognition
Doing something right
Security
To be selected for next level
Acclaim
Reward
Confidence in abilities
Money
Autonomy/freedom
Completion
Winning
Achieving a dream
Inclusion – being included in the club
Proving that I am enough to myself and others
Worthiness
The right to be here
Fame
To be part of something big

Step 4: *Release*

When you are finished, read through and review your results. What comes up for you? Did you find that while you already knew you had a strong desire towards one pole, you didn’t know that your stronger motivating force was fear of the opposite pole? If you did the activity with a partner discuss the results.

After you review and are feeling complete, give the lists up to spirit and ask for balance. Release and let your divine do the rest. There are no inspired-action steps. Just be confident that through this process you have rebalanced your light and acknowledged your shadow for your highest good. You can release silently or create your own ceremony of acknowledgment. These lists are probably not something you want to hang on to so destroy them as part of your releasing process.

List of Polarities

Accepted/rejected	Judged/accepted
Addicted/Free	Judgmental/forgiving
Adequate/inadequate	Light/dark
Advocate/demolish	Martyr/tormentor
Alive/dead	Masculine/feminine
Alone/community	Move/rest
Approved of/disapproved of	Nourished/starving
Authentic/imposter	Offended/complimented
Beginning/end	Open/guarded
Bondage/freedom	Outgoing/shy
Codependent/independent	Panic/ease
Conscious/unconscious	Passionate/reserved people
Control/out of control	Perfect/imperfect
Coupled/uncoupled	Pleasing people/disappointing
Curious/bored	Punished/Rewarded
Curious/indifferent or uninterested	Raw emotion/measured and controlled
Deception/truth	Reliable/unreliable
Denial/self-awareness	Right brain/left brain
Despair/hope	Right/wrong
Determined/uncertain	Sabotage/building up
Discarded/cherished	Safe/dangerous
Disciplined/undisciplined	scarcity/ abundance
Dominate/dominated	Serious/unserious or flippant
Doubtful/confident, purposeful	Settled/unsettled
Emotional/logical	Shattered/whole
Empathy/apathy	Show-up/check-out
Engaged/checked-out	Smart/stupid
Enlightened/ignorant	Success/failure
Entitled/unworthy	Superior/Inferior
Equivocal/decisive	True/untrue
Expansion/contraction	Tyrant/victim
Fame/infamy	Victor/victim
Fat/thin	Vulnerable/protected
Gratitude/Resentment	Warm/cold
Heart/mind	Weak/strong
Hidden/exposed	Will(resist)/surrender
Humility/arrogance	Winner/loser
Independence/dependence	Wise/knowledgeable
Inferior/superior	Withholding/giving
Intimate/distant	Wounded/healed