

# TEMPLE OF SHADOWS JOURNAL ASSIGNMENTS

## JOURNAL ASSIGNMENTS

- Write a letter of love, appreciation, and forgiveness to your resistance to your own dreams.

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- Write a letter of love, appreciation, and forgiveness to your fears of betrayal.

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- Write a letter of love, appreciation, and forgiveness to your shame.

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- Write a letter of love, appreciation, and forgiveness to your fear of lack and scarcity.

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- Write a letter of love, appreciation, and forgiveness to your emotions and rage.

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## TEMPLE OF SHADOWS EMBODIMENT

- Prepare your ritual space. Read each letter out loud to your mirror.
- Safely burn each letter.

## TEMPLE OF SHADOWS INTEGRATION

- Add the Temple of Shadows goddess and your experience with these rituals to your Goddess Soulbook.

## TEMPLE OF SHADOWS ILLUMINATION MANTRAS

- This is me. I show up.
- I am protected.
- I am willing to know the truth.
- My blessings always overflow.
- I have a right to feel my feelings.