

**YOUR OTHER
HALF**

**The Inner Twin
Shadow Remedy
Mini-Course**

Your Shadow: Long Lost Friend

As you might have heard if you spend any time on the New Age web, meeting and rectifying the Shadow is an important step on the path of self-integration. Shadow integration hastens the dissolution of the ego, initiating the process of the constellation of the true Self. Though **“shadow work”** is a popular idea today, the way it is often talked about can be misleading. In this mini-course we’re going to clear the spiritual fog and provide a simple but impactful reorientation to The Shadow.

First, understand that the Shadow is not a tricky inner entity to be conquered, dissolved, “confronted,” subdued, or neutralized. Nor does your Shadow secretly rejoice in your suffering, or require that you admit to enjoying hardship. In fact, your Shadow’s true identity is actually your **Twin Soul - Your Inner Other Half**. Trying to get rid of it, “alchemize” it away, or even use it to justify toxic traits will not only be pointless - it will damage your relationship to your Shadow even more, potentially creating dangerous psychic leaks and even driving the Shadow further into, well, the shadows. Understand this: The Shadow’s true main goal is *connection*, and its essence is **Love**.

To reconnect with this dynamic in-dwelling source of Love within us all, in this mini-course we will:

1) Radically change our concept of the Shadow and discover the true inner friend who has been waiting for us all along.

2) Build a place in our waking life for our Shadow so that our relationship to it becomes cooperative, mutually loving and accepting, and conscious.

What to expect from this mini-course

This mini-course is an amuse bouche, if you will, for the deeper astrological and archetypal dives of Soul Figures’ flagship Self-Guided Course. In the full course, we introduce you to the Inner Guide Meditation through your natal astrology chart, and provide you with a dynamic, choose-your-own-adventure tour of your personal underworld. The Inner Guide meditation is a 20th century Jungian, Hermetic approach to astrology and tarot, and the new Soul Figures approach to it was designed to make it significantly more accessible for people of all learning styles and levels of astrological background (from beginner to expert).

In this course, we’ll acquaint ourselves with the Shadow’s true identity as our Inner Best Friend, then learn how to identify this Inner Friend in our natal astrology chart. Then we’ll look at some of the archetype clusters associated with the Shadow and cover some common missteps and detours that can happen along the path of Shadow integration. Finally, we’ll provide some suggestions for a lightweight but powerful Shadow Integration practice, to jumpstart your internal realignment. This practice is a simple adjustment but also a profound inner alignment.

Supplies Needed:

- 10-15 minutes to read the course text
- A dedicated journal for your Shadow
- A black candle and a white candle of equal size
- A stone, a gem, a piece of fabric, a bead, or any item that resonates as a representation of your Shadow. (This can be obtained after reading, once you get some inspo).
- Access to your astrology chart. Either find it online or email us for guidance at hello@soulfigures.art.

Onward!



The Inner Twin

Let's fill in the Shadow's biographical background a bit, relying on the wisdom of the father of psychoanalysis, Carl Jung. Jung's ideas about the Shadow have significantly shaped our modern concept of the Shadow (and his psychological ideas and practice, were, in fact, deeply informed by astrology).

Jung said that the Shadow forms to hold all of the things that are not supported as part of our forming ego identity in our early years. We learned we could not do certain things or behave in certain ways and still get acceptance or be loved — which meant that we, as totally dependent, soft, dribbling little creatures, would not survive. This was serious stuff to our young psyche.

So, we shoved all of that “unacceptable” stuff into the dark - boomeranging it off into the beyond - **“not me.”** But all that dispossessed stuff doesn't actually “go” anywhere; it is held, faithfully and patiently, by the Shadow, helping to keep our psychological world organized. The Shadow carries all of this for us, our invisible companion throughout our life, helping anchor our sense of what is “me” and what is “not me.” To really understand the power of the Shadow remember the “problem of other minds”? This is not merely a philosophical issue for adults to ponder; it is also a deeply confounding aspect of consciousness also encountered in young human brains. Think about it: Suddenly, after being snuggled in the womb of total support and connection, we are thrust out into a new, confusing, in-between state. We see all these other beings around us, who seem to have a consciousness *like us*, but who are somehow not physically *connected to us*. This is a big trip, man! To keep it all organized, we need the “self” vs. “Other” polarity - **I, me, mine** versus everything else. In short, an ego structure.

It so happens that all of this is described in astrology by the relationship between the Ascendant and Descendant, because the Shadow archetype sits at the 7th house cusp in the natal chart. Where the Sun was rising when we were born is our Ascendant - and right next to it is the first house (though the sign of the Asc and 1st house are not in fact usually the same).

Depicting exactly what Jung said about how the Shadow helps organize our forming ego identity, our first house is our outer mask and persona - and where the Sun sets is our Shadow. Our Shadow hugs the opposite end of the horizon from our persona, “catching” and holding everything rejected by our conscious ego identity. **The Descendant is also, in fact, our Shadow's Rising Sign.** This points to how the natal astrology chart as a whole depicts the entire inner psychology and unconscious world of each human psyche. This position of the Shadow on the 7th house cusp also captures how our Shadow is deeply entangled in our relationship to significant Others in our lives.

But our conscious way of organizing the world and keeping it coherent when we are young is not meant to hold onto the oppositional nature of this duality forever and ever. At some point, we need to confront the reality of other people as “real,” and at the same time embrace the fact that **a lot of the stuff we've sent into the dispossessed land of the Shadow is actually stuff we greatly need. Understanding this is key to unlocking the Shadow. The Shadow's methods for getting our attention are not meant to antagonize us - they are to draw us into connection and enlarge our capacity for bringing our full Self online, thereby activating self-compassion and profound self-acceptance.**

Let's clear a bit more of this spiritual fog:

We are often told by well-meaning New Age gurus that when we are triggered by someone else's behavior, whatever agitates us about **them** is actually true of **us**. The idea is that our response is based on a projection of something we can't see in ourselves. There is some truth to this, and this concept can be helpful in certain situations.

However, there is often a more subtle, less literal nature to these shadowy dynamics with others: If we remember that the Shadow is holding everything we never actually developed and shut away as "**not me,**" it follows that what bugs us about other people is quite often the fact that they are getting to embody traits that we actually closed ourselves off from long ago, leaving them underdeveloped and untempered. It's not that we already **have** those traits, it's that we **need** them!

For example, let's say we're pissed that our friend Brandy is being "selfish and egomaniacal." But the reason we're pissed isn't necessarily because "we are also selfish and egomaniacal." It might actually be that we don't know how to assert ourselves and our ego is threatened by a person who does. Why does Brandy get to waltz around flouncing the rules that we learned were so critical to our survival we had to follow them as a dictate?

When we react to this "no no" behavior in others, our Shadow is helping inflame our emotions to send word to our psyche - **so that we can see Brandy has something we actually greatly need!** The Shadow is intensely fanning the flames through the emotional charge of our reaction: "**Hey Ego! It's your Shadow! I've been holding ego assertion and boundaries for so long for you! Come get them!**" Projections are, thus, a great gift, a clue from the Shadow that through connecting with the stuff they have been lugging around for us for decades, we can find some integration and balance.

Our Shadow bears the burden of Projection, but also offers the gift of Integration

So you see, "shadow work" is not about conquering some evil, dark, treacherous part of you. Instead of dissolving, releasing, subduing, or freeing oneself from the Shadow, real "shadow work" is about inner connection and understanding. It is about turning towards everything that your conscious mind long ago sent to a faraway land and recalling all of it, growing it "the rest of the way up" from its half-baked, awkward, reactive forms and into a healthy, full expression. Shadow work brings all the broken shards of mirror back into cohesion. It is **an act of self-love, an inner embrace.**

The astro-savvy out there will notice that the natural house ruler of the 7th house, where the Shadow lives, after all, is Libra, in the domain of Venus, goddess of Love, Connection, Values, Choice - and her primary Hermetic expression in this dimension is as Justice. As Justice, Venus helps ensure the correct navigation of our values in our relationship with others. We stand to fare much better at embodying our values if we are in good standing with our own inner truth. Our personal, internal mirror. Our Inner Twin. So you see, although the Shadow's only recourse for connecting with us is often to Mirror us through other people, even the phenomenon of projection in fact comes from a loving place that seeks wholeness.



★ Justice & The Shadow as the “Meditators” ★

We mentioned previously that the Shadow relates to the Zodiac Archetype of Libra, the “natural ruler” of the 7th house. (Archetypes work in clusters or “layers,” so that there is often a handful of them associated with any given planet or sign. If this all feels hard to remember, just start to get acquainted with the visuals, which provide your mind with symbolic imagery that helps all of this snap into place.)

On a basic relational level, Justice helps balance (with the scales of Justice) our relationships to others, through the cultivation of the principle of Inner Truth (the Shadow). But there is another asset that comes to us via this archetype and region of the zodiac, one that is especially useful to us in a day and age where the concept of social “fairness” is often controversial or corrupted in the outer world. As this archetype hugs the horizon between the lower (personal) and upper (public) halves of the zodiac, Justice has much to offer us in cultivating the principle of fairness as we move from our personal origins into the outer world of the remaining five public houses. Our modern society is plagued by issues of inequality, and often the bureaucratic solutions to inherited injustices fall short - either because they aren’t implemented well, aren’t implemented for long enough, or agitate other people’s sense of “fairness.”

Through our Shadow’s help with the development of dormant traits that we did not get to embody due to being, in one way or another, underserved in our formative years, Justice is a personalized way to “level the playing field” in the issue of equality amongst people. Just because we didn’t get to fully develop everything we needed and we haven’t exactly felt like a privileged little lamb for most of our life doesn’t mean we can’t develop the assets and inner resources we need, today. At the heart of issues of inequality is the problem of people not having fair and equal access to what they need to live their lives, after all.

Airy, detached Justice can seem like a cold, rather calculating archetype, in her obsession with measuring and weighing, meting out karmic judgments, and striving towards detached objectivity. But in her connection to the Shadow, the Inner Truth and self-development carried by this archetype is actually quite supportive. If we work with her, and our Shadow, she ensures that we can transmute the sting of unequal access to what we need for our self-realization, the uneven set of tools that we might have inherited from our families or communities of origin. Justice & The Shadow help us get what we need to move into the world and do what we want to do - regardless of whether bureaucracies are going to administer it broadly or not.

JUSTICE





DO NOT SKIP THIS PAGE



LOVE, RELATIONSHIPS, & “TWIN SOULS”

A WARNING!

Yes, you read that right: **a warning**. Because our Shadow sits on our 7th house cusp, when we start working with this archetype, we may manifest relationships with people with whom we have a deep soul connection. However, this is not always good news.

You might bat your eyelashes and ask, **“How could manifesting a soul mate ever be a bad thing?”** In a love and relationship-obsessed society, this might sound like a very foreign idea. But the relationships that can sometimes characterize this part of our chart, combined with the potency of working with the Shadow, often have challenging themes associated with them. The type of relationships that can sometimes come forth from activating this sensitive node of our chart are often of the heavy, stressful, unfulfilling “twin soul” variety. Soul mate relationships, particularly related to the “Inner Twin” archetype, are not always easy relationships. Since The Shadow inherently wants to bring forth everything that we have not yet cultivated in ourselves, when we attract people who embody the traits of our 7th house, we are met with the sometimes harsh realities of our own ill-adjustment to our true selves.

Elizabeth Claire Prophet, the mystic/cult leader who originally coined the phrase “twin flames,” warned that for underdeveloped “twins” to find each other too soon can actually be quite dangerous - or at least result in a lot of emotional stress. Though the New Age internet conveniently skipped past this piece, Prophet made clear in her work that “twin souls” share such a potent spiritual connection that a certain self-integration and maturity is required for each person to be able to handle the intensity. And, that hunger many people have for the promise of “completion” that we hope could come from a Twin Soul in *human* form is actually already available to us - you guessed it, in our Shadow.

Indeed, there are many people who have “found” their twin soul but are very glad to not be with them any longer and have zero desire to “reconnect” with them ever again! In these types of relationships, one partner might find themselves in the “activator” role; though the other might at first seem positive towards the connection, then they run like hell from the self-development the connection requires. Or, both people might set off such intense reactivity in each other that they never have enough time between explosions to create enough peace and harmony to sustain the relationship through its challenges; like a warzone continually getting bombed, preventing the safety needed for two people to really blossom together. There are other variations to the stressful dynamics of these types of connections as well - and don’t listen for one minute to anyone who tries to “assign” you a Twin Soul or tell you it’s healthy whatsoever to chase a “twin” who won’t commit. That’s called obsession and stalking, and it only reflects the imbalance and lack of well-being on the part of the stalker. (And, obsession with others is a **loud** invitation from the Shadow to do some deep inner work and self-care! And perhaps have a look at what Pluto and Neptune might be up to in our natal chart...)

This is not to say you cannot find and create real, lasting love with someone who aspects your 7th house - and many people do, and it’s lovely. It’s just that you need other factors in the synastry of the charts involved to help ground the potency and support it in becoming a stable connection that can really go the distance. Plus a healthy dollop of self-development on the part of both people involved. And fear not: We do get more than one chance at this stuff, and we can have more than one “soul” mate. When intense, destructive connections have run their course, often it opens the way towards stable, grounded parts of ourselves, and to the possibility of stability with others.

How to put this knowledge to use

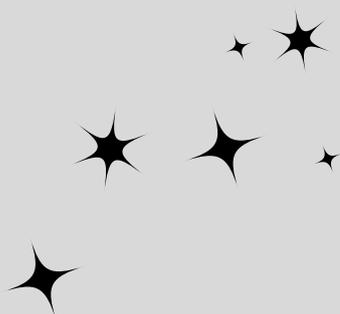
Now you get a sense of how your Shadow is not trying to harass you or make life miserable for you - in fact, your Shadow is actually deeply benevolent. Through generating edgy projections onto other people, your Shadow is actually desperately trying to reconnect with you, to mirror you in the ways that you need to be mirrored. And though other people might trigger these issues, it's their job to mirror you - it's yours. This is why one of the archetypes related to the Shadow is, well, The Mirror. Your Shadow, Your Inner Twin, "the other half of the whole of you," only wants to be in friendship with you. So that all the dispossessed parts of you, all the rejected needs, can come online and be met.

In summary, **your Shadow is one of your biggest allies in this life, one of your greatest advocates on the inner planes.** Jung also identified the Shadow as the "apprenticeship-piece," a sort of prerequisite level of archetypal working before the psyche is ready to move on to the more profound archetypes that govern the inner realm (the planetary archetypes, follows by the signs).

In Soul Figures, you learn how to work safely with this "primer level" archetype as well as the other two Universal Archetypes. Then you work with the specific archetypes of your natal chart. This is profound, transformative work and it is best done with the safety and guardrails of a solid technique supporting your journey.

You can also get started with a more lightweight version of this practice, using simple daily rituals to create a welcoming place for your Shadow to come home to you.

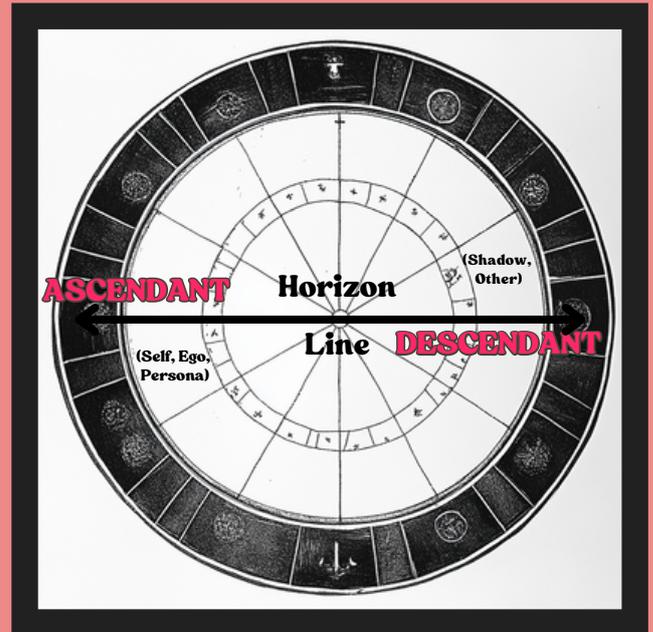
On the following page you will find a quick exercise to start building your credit back up with your Shadow. A dedicated journal just for this meditation is recommended. (Do we have any affordable, snazzy shadow work journals at the Soul Figures gift shop? Why yes we do!) Whichever type of journal you prefer, this should be your shadow-specific grimoire, a dedicated place of record for the transformation of this powerful archetype.



Your Inner Twin Remedy Ritual

Step 1: Gather Supplies

- A black candle and a white candle of equal size and shape.
- A stone, a gem, a piece of fabric, a bead, or any item that resonates as a representation of your Shadow.
- Create a clean surface on an altar or sacred surface of some kind (a special windowsill will do, as long as it has a decent surface area).
- Print out the “empty” twelve house chart at the end of this course, the last page of the booklet. Or, if you want to get old school, copy out your own natal chart by hand with a compass and ruler!



Step 2

Lay the printed or drawn chart on your cleared altar space. Place the white candle to the left, anchoring your Ascendant, and the black candle to the right, on the Shadow's side. (If you're using an empty chart don't fret about where the Ascendant is; it is the left 9 o'clock side of the wheel.) Place the sacred Shadow object on the circle at the exact middle center point of the chart, halfway between Rising and Descendant.

Step 3

Pick an image for your “Inner Twin” from the last page of this booklet. Three forms of the archetype are available to choose from: **Inner Truth, The Inner Twin, & Justice**. You are also more than welcome to generate your own image, either in your mind's eye or in a sketchpad, or using AI. Whatever floats your boat and gets your mind surfing some new thought forms. But as a starting point it's a good idea to stay close to the suggested images and their themes. You can also see the [Archetype Warehouse](#) for further inspiration.

Step 4

Light the candles, and spent a moment looking at the image you've picked for the Shadow.

Step 5

Sit quietly for 10-15 minutes, eyes open or closed - if open, keep your gaze relaxed on the image. If closed, hold the image you picked in your mind's eye. Imagine the white candle emitting acceptance and the black candle sending back awareness, and let the candles and the archetypal image transform in whatever way they are inclined to.

Step 6

When done, blow out both candles. In your dedicated Shadow journal, take notes on anything that came up. Did your Shadow have anything to share with you? You can use your journal to note any waking life or dream activity that reverberates with related themes.

Ongoing practice

Visit your Shadow once per week, and journal after each session. Allow space and time for reintegration, for your dreams to reflect back to you how this new reorientation to your inner world is shifting things in your psyche. If you want to understand the larger philosophy and magical history behind the tarot, get helpful worksheets and visuals for tracking your progress, and create a self-guided path to your own liberation from the astrological cutting edge, see the full [Soul Figures course](#).

Inner Truth



The Inner Twin



Justice



