

Shadow & Light Reflection Guide

Balance the duality of the self. A deep-dive worksheet designed to help you identify your "Divine Spark" while honoring the lessons hidden in the shadows.



Client / Practitioner:

Date / Season:

Core Theme / Life Area Being Balanced:

1. IDENTIFYING YOUR DIVINE SPARK (THE LIGHT)

How to complete: Connect with your core sovereign radiance. What values, natural soul gifts, and unwavering strengths remain bright regardless of circumstance?

Inherent Soul Gifts (Compassion, wisdom, creativity, intuition):

Where I Radiate Most (Moments I feel authentic & empowered):

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2. WITNESSING THE SHADOW WITHOUT JUDGMENT

How to complete: Shadows are not flaws; they are protective parts formed in response to past pain. Name the defense mechanisms currently active.

Shadow Expression (Control, Avoidance, Rage, People-Pleasing)	What It Is Trying to Protect Me From	The Hidden Wisdom / True Need
1.		
2.		

3. ALCHEMIZING DUALITY INTO WHOLENESS

The Conversation: What my shadow needs my light to say:

The Integration: How both serve my spiritual maturity:

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4. THE SACRED WHOLENESS DECLARATION

Integration Affirmation: "I honor both the sun and the soil of my soul. I do not exile my shadows; I bring them into the warmth of conscious love, standing whole and sovereign."

My Sacred Anchor for Inner Harmony:

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