

HOW TO LOVE YOUR SHADOW SIDE?

Edition 2015

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Online Edition

TOPICS

My Story, The *Ghetto PARADISE* and how to change your perspective on negativity. Bring your shadows into the light, find out how to love them and follow your bliss.



**THIS BOOK YOU ARE READING NOW
IS A GIFT FROM MY HEART
TO YOURS.**

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Our spirits resonate with each other through the Ghetto Tarot. Your appreciation and love for the photos create this bond between us: We are connected.

If you'd like, it would be my pleasure to share with you the story of my life together with the lessons I have learned from it. I speak with my heart wide open. By sharing this, I make myself vulnerable. That is exactly what is needed when it comes to healing. Love cannot enter our heart if we keep it closed due to fear.

My name is Alice. I am a woman, a daughter, a friend, a photographer, a dancer, a traveler and a free spirit who follows her heart to make her dreams and ideas come to life. By taking this approach to life, I want to open people's eyes to what happens in our inner and outer worlds. To expose the inherent beauty therein contained in order to spread inspiration.

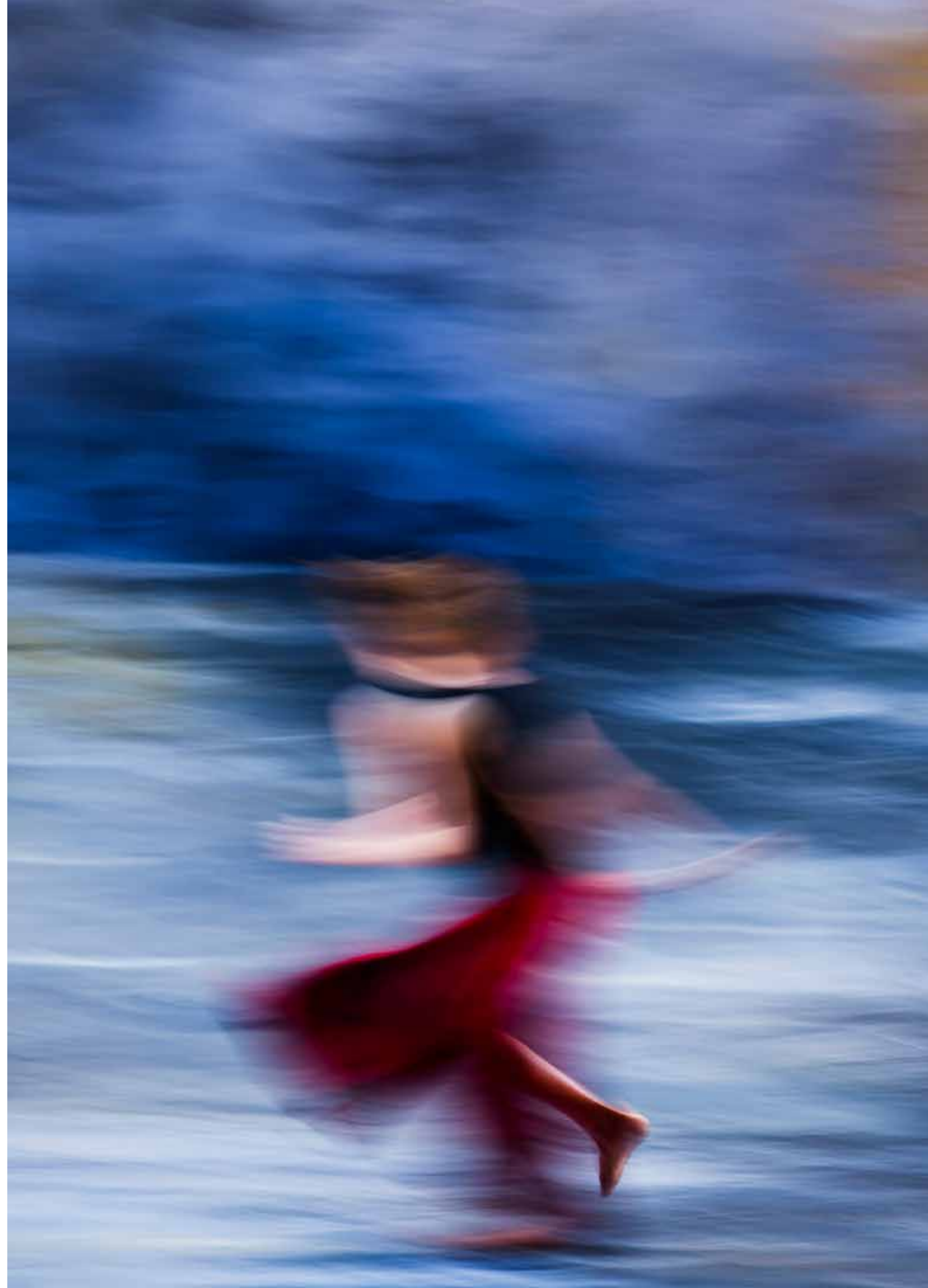
I travel around the world, have incredible experiences and earn my living by doing what I'm passionate about. This gives me plenty of time to discover places and topics that interest me and I always try to act according to my beliefs. Some people believe that I am lucky, that they could never do what I am doing, but I don't believe in luck.

I am convinced that everyone is capable of living the life they have dreamed about, including you!

This is a guidebook meant to inspire you to turn the negativity in your life into positivity; to change your perspective and to learn how to reconnect with your deepest feelings so you can live every moment of your life to the fullest extent possible. My experiences will be shared with honesty, my ups and downs talked about without restraint. I will also tell you about my convictions, beliefs, and my intuition.

I have gotten to love my shadow side and I would be happy if I could help you do the same!

If you are looking to dive right into learning how to overcome your inner blockages and how to find your true potential, you can skip the first chapter (my life story) and go straight to chapter 2.





I grew up in Eupen, a small town in Belgium, belonging to a middle class family. I used to spend my time with my wonderful grandmother and my loving great grandmother when she was still alive. When I turned four years old my baby sister was born. Like most children, I played outside a lot, made my dreams come true in my imaginary fairy tale world and was safe from judgment. But soon enough I found myself struggling with my dad's convictions. He used to suppress his feelings, thinking that fear wasn't a real emotion and therefore didn't allow my sister and me to be scared. He would often laugh at me and spank me whenever I got scared of sleeping alone in my room.

I was a very shy six-year-old when I enrolled in school and had to face a new environment. Teachers were suddenly telling me how to appropriately behave and judged me constantly according to how I performed my tasks. It was at this young age that I started a silent revolt against adulthood. Its rules and regulations made little sense to me, and the sadness and anger in my parents' eyes told stories about a life not worth living. During my secondary school years, the rules got stricter and I openly rebelled against them. This period of my life was absolutely chaotic and seemed very difficult to navigate back then.

But that struggle ended up being my biggest blessing. My parents rarely shared the same opinion. My dad believed that children didn't need rules or guidelines from their parents. He wasn't around often because he worked constantly. My mum believed that children needed an extraordinary amount of rules and care, which for me felt more like being under constant surveillance. She often made up rules just for the sake of having rules, something I could not understand. As a result, I rarely respected her requests. I got my way usually, but only after bitter fights.

This made me realize that there isn't only one truth, everyone creates their own truth.

Even being that young, I began to question what I was told and became the creator of my own little universe. While finding this very exciting, I also felt very scared. I felt that I didn't belong in the world I was born in and that I wasn't loved. This terrified me because nobody seemed to understand what I was going through. Talking about my feelings was no option because of my fear about my parents' reaction to such revelations. Back in school, I only used to pay attention to a few teachers whom I respected. I felt many of them didn't like me, but I was smart enough to not be so rebellious for them

to expel me. To a certain degree I used the school as my playground. I studied only what truly interested me and cheated to pass the exams of the remaining subjects. It made no sense to me to be forced to study something that I had no interest in learning only to forget about it immediately after the exam. Often the subjects were so abstract that I couldn't relate to them; they had nothing to do with my interests and my life. When I used to complain about this, I would be told that these are the realities of life and that I should learn to deal with them. I refused to believe that and felt that there must have been an alternative out there. Life could not be all about work, struggles and unhappiness.

That's when I made a pact with myself never to become like these unhappy adults.

It seemed to me that my parents were trying to fill their inner emptiness with addictions. My father was addicted to achieving things that made him feel powerful such as being best at work, winning in sport competitions and putting others down in order to make himself feel like a bigger person. My mother was obsessed with my father and his acknowledgments. For many years she tried to change him, convinced that she only had to become nicer and forget about her own needs. Frightened to lose him, she didn't allow herself to express anger in front of him, but often directed these emotions towards me. Constantly wondering about my existence on earth and being part of this family made me feel lost. I tried to spend as much time as possible with friends because my own family's house didn't feel like home. At the same time, I wasn't fully honest with my friends either because I was afraid they might not listen to me. Trying to avoid more disappointments, I kept all



negative feelings inside me. For several years I struggled with an eating disorder and felt profound loneliness.

When I was 15 my mum was diagnosed with breast cancer. We had a horrible relationship at the time because we were disrespecting each other. I wasn't able to open my heart and didn't feel capable of helping her out in these hard times. The cancer changed her because she understood that this illness was her body's way of telling her to follow a different path. Taking matters into her own hands she started to change her life bit by bit. She went through intensive therapy sessions and left my father. For the first time in her life she understood her own value and I regained a lot of respect for her. This respect continued to grow stronger with time.

This understanding that you can turn something severely harmful into the biggest blessing of your life, was an important lesson for me.

During my last years of school, I continued my "partly silent", "partly loud" revolt. I tested out which teacher would report my absence and

figured out which classes could be skipped without getting noticed. I overcame my mother's restriction on weekend outings by climbing out of my window, riding to parties on my bicycle and coming back in the early morning hours unnoticed.

After graduation, most of my friends went on to university to learn a profession with the goal of becoming independent, making a living on their own and becoming part of society. I decided to travel because I wasn't sure about what I wanted to study. Participating in a 6-month English course in New Zealand helped me overcome my fear of speaking a foreign language. Being so far away from home led to a condition of emotional stress and I spent 3 months in depression and isolation. After getting back home, I had the urge to travel again. I enrolled in a 3 year BA program in photography at an art college in Belgium. Photography fascinated me, particularly telling stories through reportages. During my studies, I used to go outside every single day to take pictures for my school assignments. After a year, I started feeling that school wasn't the right place to learn how to become a photographer. The teachers' knowledge was outdated and most of them had never worked as professional photographers to begin with. During summer-break I flew to Haiti to shoot my first reportage in a foreign country. I had contacted hundreds of NGOs



and asked if they could accommodate and guide me around the country by promising them to share my photos. Seven different NGOs operating out of different countries sent me invitations and I decided to work with one NGO operating in Haiti. The first month in Haiti was intense.

I went through culture shock and was totally shaken by seeing the poverty there.

Not knowing that I was unconsciously attracting situations that made me see only the negative, I directed my camera straight into the wound and photographed the poorest of the poor with intentions of helping them.

After my Haiti trip, I continued lessons at university, but also applied to participate in workshops, internships, and visited professional photographers to get my portfolio reviewed. One of those workshops was run by Philip Jones Griffiths, a famous war photographer, in New York. Even though I couldn't afford it at the time, my curiosity made me apply anyway just to find out if I was good enough to get in. The reply came quickly telling me that I was accepted. I was very happy and answered with a lot of gratitude

explaining that unfortunately I didn't have enough money to attend. One week before the start of the workshop, they offered me a 50% discount. This news made me happy and stunned at the same time, and a week later I found myself sitting on the airplane to New York.

Spending time with Philip showing him my photographs from Haiti was the best photography training one could imagine. He looked through all of the photos taken on my trip three months earlier to teach me the importance of selection and how to create a story with the photos.



Before the workshop ended Philip offered me a position as his assistant. That was the moment I decided to leave my Belgian art college after only one year and two months. My stay at Philip's place in London lasted only two months, because it was also the last months of his life as he was suffering from terminal cancer, but it seemed like a lifetime full of lessons, laughter and happiness.

Philip taught me an immense amount about photography, journalism and the current state of the world. He felt the need to pass on his knowledge to a young photographer before his death. The stability and acceptance he gave me were amazing.

His support was pure and made me believe in myself.

His house became a castle for me and for the first time in my life I felt what it was like to have a "home". Philip encouraged me to send out my work to photo editors. So I collected email addresses of editors from friends and sent out my pictures to most major newspapers and magazines around the world. Even though none of them wanted to publish my photos yet, I received many replies and they seemed to appreciate my work a lot. One email was from a photo editor of Geo magazine

who nominated me for the Unicef Photo of the Year Award, an international photography award highly regarded in the industry. Everything seemed to suddenly fall right into place.

Philip died shortly after, which made me fall into a hole again. I found myself back in Belgium in my mum's house, without a mentor, without a school to go to and without a regular income. My sadness was immense, but I didn't allow myself to cry or to seek care from friends. I repeated my behavioral patterns, deeply integrated into my subconscious mind from childhood experiences. "Don't cry, because you will make others sad or angry," "Don't look for help from somebody else, because if you ask and they do not hear you, you will be saddened even more," all resulting from one core belief: "I am all alone in this world." I felt like a victim for long periods, pitying myself about my past, my traumatic childhood and being all-alone. Thinking that I wasn't good enough or not worthy to be loved because of the mistakes I had made, I unconsciously drew many people into my life that would confirm these core beliefs. Unaware of my behavior, I would also treat others the same way, constantly criticizing them for not living and acting out their full potential. I was being sucked into a downward spiral of pity, sadness and unexpressed anger,

which resulted in several unsuccessful therapies.

Luckily, the feeling of not being good enough was also a great motivator that drew me out of bed and into the world.

I continued traveling to Haiti as well as other countries, financed by collaborations with NGOs, always traveling as cheaply as possible – sleeping in tents, couch surfing or staying with friends.

The modern witchcraft movement crossed my path and I got fascinated with Neopaganism, Wicca, Druidism and the return to nature. I started documenting witches with my camera while traveling around Europe and participated in their gatherings, workshops and festivals, and taking photographs. Having never been spiritual up until then, it was a venture into uncharted terrain. The experience helped me to slowly open up to discovering the sacredness of our universe. One of the workshops I attended was at the Far Away Center in England. The host, Marcus Katz, and his wife, Brina, were a blessing to me. I learned how to read tarot cards and on top of that, they helped me to gain awareness of some of my destructive thought patterns,



which had kept me from finding happiness.

Eight months after Philip's death, I won the UNICEF Photo of the Year Award. The award helped as it allowed me to get hired as a photographer, getting paid to travel around the world. But the happiness lasted for only a few days, as soon the need to win more and more awards, to keep my photography valued, won over.

In 2010 I founded an NGO with an intention to help people in Haiti. In reality, however I was subconsciously looking to find help for

myself. It was a time full of struggle and confusion, and not knowing where I belonged. Torn between two men whom I loved, without knowing where I wanted to live, I was trying to balance the successive phases of feeling very high from my success and feeling very low because even the biggest success didn't make me feel complete. Over and over again the emotion of loneliness was crawling up my throat. Putting a huge amount of energy into NGO work exhausted me as the people whom I wanted to help did not seem to highly value my ideas. Despite these setbacks, I organized a photography workshop with a few of my friends for 20 young Haitian students that lasted 6 months. It was a successful step and the students learned a lot about photography – a few are even professional photographers today – but I was constantly sick during that time. I felt judged by others for not always being highly effective, a better group leader, and the best photographer in the world or for not winning more awards.

But in reality it was I who was the most critical judge and unconsciously invited the others to place their blame on me.

Soon enough I started surfing on another “feeling high wave” again, which gave me the inspiration to produce and direct a documentary film about the work of NGOs in Haiti. Together with one of my best friends, we made this dream come true. I wrote a proposal to receive financial support from a Belgian foundation for journalism and we set out on a journey to Haiti to shoot the film. I spent many hours analyzing documentaries that I loved and chose one to use as an example and inspiration for our film. The documentary titled *AI Dependence* talks about the negative effects that aid from NGOs can cause if it is given in a disempowering way. The topic of the film helped me understand, not only the aid industry, but also where most problems in our world come from. The main characters of the documentary are Robi, who grew up in the Haitian Ghetto, and his American girlfriend Sabina, a former aid worker.

They taught me how important it is to focus on the potential instead of the problems and how we have made people powerless by constantly focusing on everything that they don't have or don't know.

Although I loved working for the documentary during the beginning, I found myself again in a state of profound isolation by the middle of the process. To see the successful reception of my film in the cinema made me happy and proud, but at the same time thinking about the fact of not being able to live a more peaceful life, rather than having the one with so many ups and downs, made me tired. I wasn't able yet to apply the lessons learned from the documentary to my own life. Moreover I didn't want to shoot photo reportages for newspapers and magazines anymore because of the gap between reality and the news reports. Most journalists, including myself, were so trapped in their dogmas that it was impossible to report the truth. Because as I learned early on in life, there is no truth other than your own truth and what we perceive as truth is always just a reflection of our inner state of being. In my eyes, the media was full of lies. I had gotten to know a whole other side of Haiti; I was witness to the strength and creativity of its citizens and couldn't understand why the media was constantly reducing them to victimhood.

This inspired me to enable the Haitian people to remember their own strengths.

Joined by a good friend, we started a project called Nou Pou Nou (Haitian Creole for "we for us") in collaboration with Haiti's biggest newspaper as well as their radio station to spread positive news. We searched throughout the country to find communities that had achieved and sustained a successful project to help themselves as well as their peers without international help. For one year we published a story a week in the newspaper, on the radio as well as online. During evening screenings we showed short videos of those communities, all with the aim to inspire other Haitians, and the world, to see their own potential and start taking responsibility in solving their problems. But my self-awareness was still not up to the point to which I could apply these observations to my own life. I was the master at telling others what to do, but was blind to see that I was myself still stuck in unhealthy belief systems. I was at least opening up more, and more inclined to search for positivity. At this time, when a phase of sadness hit me, I was ready to deal with it, understanding that it would pass.

Sometimes the thought entered my mind that it was just the normality for an artist, that I needed the moments of sadness and depression to have moments of inspiration and real happiness in which I was able to realize my ideas and dreams. To some degree this is actually true;

there will always be ups and downs and the negative emotions can actually be our driving force. But I know today that the intensity of the negative feelings was multiplied by my resistance to these feelings and by my fear to speak about them.

Two years ago, after gaining this insight, I started to implement it into my life slowly, bit by bit.

It was when I first encountered the best teachers of my life.

No therapist has ever given me so much insight in such a short time. It started when a good friend of mine told me that he was taking psilocybin mushrooms to heal himself. At first I was upset and told him that these drugs are dangerous and not to be played with. But I had an open ear to listen to his experiences and watched him become more and more spiritual. He explained how the mushrooms expanded his consciousness and how they helped him overcome his fears. That made me curious in trying them too. We went into the forest in search of the mushrooms and just before the effect kicked in, my friend said, "Look at the forest one last time. You will never see it the same way again after the experience

that is about to begin." And he was right, I became extremely aware of my senses and was admiring the forest like it was the most amazing temple. I could sense the communication between the trees, felt amazed by seeing the beauty of an apple and was running through the forest like a child. Layers of belief systems were shed, filters of perception were stripping away and I finally got to meet the real me again, experiencing the day with no fears, strong sensations and filled with awe. I wasn't the same person anymore. I tested out other psychedelic substances and slowly but steadily was learning from those experiences, understanding how to deal with my emotions, ready to let go of the suffering and let go of the resistance; I was healing.

As my consciousness was expanding, I met some wonderful people, who helped me turn inwards even more. Therefore, I concentrated on my inner wellbeing only. Then, after many years, I rediscovered my tarot cards and regained my fascination for them. I remembered all the rituals, gatherings and talks I had been to while photographing the witchcraft movement and was now ready to not only fully understand their importance, but also to feel it.



I WAS HEALING.

I opened up my heart, broke down the wall I had built to defend myself because it was no longer needed. I was ready to feel and stop judging the pain, but was thankful for the wonderful life lesson the pain had brought to me.

Last year, after participating in a permaculture workshop in Portugal, I gained a deep understanding of how to see our world and ourselves in a holistic way, by emphasizing the importance of the whole and the interdependence of its parts. Permaculture is a system of agricultural and social design principles centered around simulating or directly utilizing the patterns and features observed in natural ecosystems.

I found wonderful friends that I could be completely open with, started my own little garden and finally realized the importance of connecting with nature. I understood that everything I had ever projected onto others in judgment, were actually reflections of inner wounds that wanted to be looked at. After the summer, I didn't have any new projects and

didn't feel the need to change the world anymore. I understood that white cannot exist without black; the positive cannot exist without the negative. So resistance and judgment are unnecessary.

To quote philosopher Alan Watts:
Then, not realizing the inseparability of the positive and negative poles of the rhythm, we are afraid that black may win the game. But the game, "White must win" is no longer a game. It is a fight, a fight haunted by a sense of chronic frustration, because we are doing something as crazy as trying to keep the mountains and get rid of the valleys.

I was going to Haiti to photograph a friend's wedding but I didn't feel like taking documentary pictures as before. I wanted to take time for myself and do only what I really loved without any plans or expectations. Among other things, that meant taking time for my rediscovered passion for tarot.

Shortly before the trip, during meditation, an idea came into my mind:

"Photograph the tarot cards in Haiti!"

So that is what I did.



It was fun, easy and done without any complications. I was in alignment and followed my heart. My only motivation was my love for the work. And this state of no expectations – or you may call it “flow” – was needed to make the project successful. I trusted my intuition to call it “Ghetto Tarot” and when some people were frustrated with the name, rather than taking it personally, I answered them with compassion and understanding. The project helped me grow and express my true self.

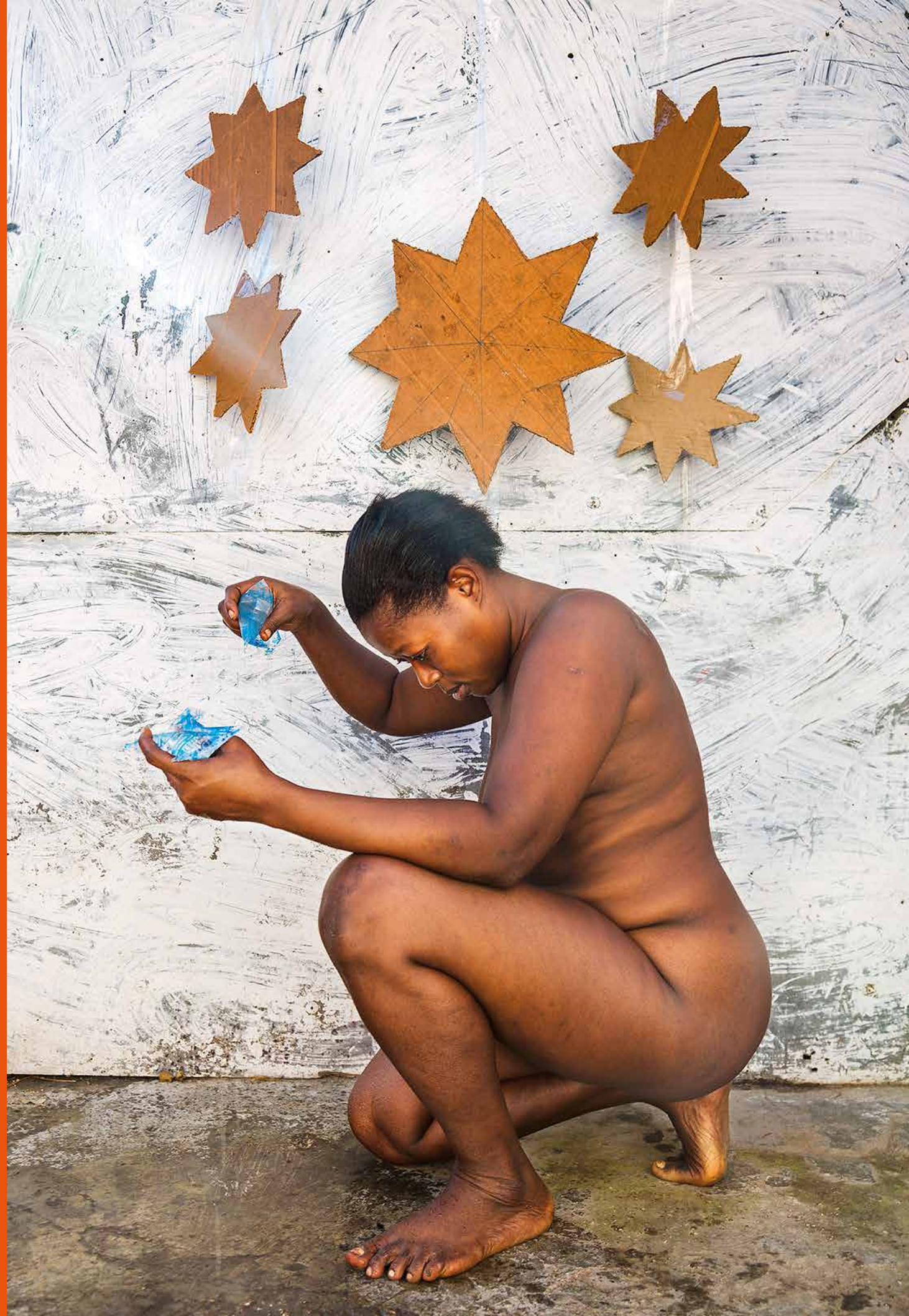


I am conscious enough to see and notice that my thoughts are not the real “me” and that negativity is not there to be destroyed or resisted, but needed as a powerful motor on the road to self-discovery.

It's 2015, I'm 28 years old and I am free. Some days I still struggle after forgetting the lessons that I have learned, but I quickly remember that every pain you get in life just needs to be felt and acknowledged.

I am extremely grateful for the experiences that life gave me, for the family I grew up in, for the friends I met along my way and for all the valuable life lessons I have learned. Today being the happiest I have ever been, I strongly believe that we can change the world step by step by healing our wounds, because we can only truly respect others and our mother earth when we first respect ourselves.





Ghetto Tarot

The Ghetto Tarot is the most personal piece of art I have created to date. It is a photographic interpretation of the well-known traditional Rider-Waite-Smith Tarot deck. Set in the Haitian ghetto, these scenes were inspired by those originally created in 1909 by the artist Pamela Colman-Smith. The scenes were replicated with the assistance of a Haitian artists' group called Atis Rezistans, within the Haitian slums. We used only materials we were able to find or create locally.

In Haiti, 'ghetto' means a life in the slum; it means living without financial security. Yet 'ghetto' also means community, family, solidarity, strength and rich creativity.

The Haitians are claiming the word 'ghetto' as their own. The word reached the island from overseas where it was associated with racism, poverty and exclusion. They liberate themselves from this unfavourable interpretation and are turning it into something beautiful. Their act of appropriating a cheerless word by altering its meaning is an act of inspiration - it has inspired hundreds of visitors and it has inspired me. Therefore I decided to present the Haitian Ghetto in another light and

to highlight the creativity and strength of its citizens. I am certain that each one of them holds a well of innovative ideas, enough to break out of the circle of dependence and victimization.

My work with the Haitians has made me realize that only we are able to assign value to a tangible or intangible thing, which creates with it a positive or negative emotion. We lend a word meaning according to the way in which we were raised, our personal experiences and depending on who taught us to speak. Every one of our sentiments is a choice based on our thinking. We can look at destruction and see either despair or the start of something new. With this awareness comes the power to change the meaning of every word, action and emotion.

This means we are not tied to our past, we are not imprisoned by our current societal pressures, but we are free if we choose to be. We can give ourselves the freedom to create our own reality.

The Haitian artists are turning trash into art, they are turning the meaning of a word around and I would love to inspire you to do the same—to turn any negativity in your life into positivity by changing your perception and as a result going into a state of non-resistance.

Non-resistance is a state of unconditional love for the world and for yourself. It is a place with no judgment in which you allow everything and everyone to be whatever they want to be.

The Ghetto Tarot project aims to reach beyond the boundaries of judgment and beliefs to achieve a much-needed transformation of the collective

conscious perception of the negativity in our lives whilst discovering the power of our own thoughts.

In the following chapters I will explain steps that you can take to reach a state of non-resistance. It is a collection of my own thoughts and words, as well as amazing articles from others who have inspired and helped me along the way.





02 NEGATIVITY AS A TEACHER

Now that I have opened up to you and you know my story, it is time that you look at yourself. All of us struggle and all of us have had difficult experiences in the past.

I am not a therapist or a doctor and I am not able to heal you. But I can share my experiences about strategies, rituals and opportunities for you to heal yourself.

Experiences only fit the person for whom they were made, like tailor-made suits. Therefore, I understand very well if you do not agree with me on some things or maybe even anything, but still I invite you to read my words with an open mind. You never know if one thing or another will somehow inspire you.

In this chapter, I would like to open your mind to the idea that negativity can be a wonderful teacher. In this day and age, it seems as though we live in an “Emotional Dark Age”; we are taught that negative emotions are bad and therefore we try to run away and avoid them.

But what if this belief isn't true and these emotions are actually one of the most valuable assets we have because they can potentially lead us to our true self?

a. God in disguise

I want to share a story that gave me a new understanding of life. The story's sentiment is deeply integrated in the spirit of the Ghetto Tarot. It goes like this:

**Before our world was born,
God used to be only love
and light.**

God had the knowledge that he was love and light but couldn't experience it. Because to experience something and to know what it is, you first need to know what it is not. So God decided to split herself up into quintillions of pieces and created a universe of opposites to not only know but also feel that he was love and light. To experience light, she therefore created the darkness. To experience love, he created fear. To experience the conscious, she created the unconscious. And each of us is tiny but a very important part of the big oneness called God.

When we were children we still remembered that we were only love and light, and then we went through a series of experiences that made us forget this fact completely. Most of us spend the rest of our lives searching for that feeling again and we often don't understand why life is

**EMOTIONS ARE THE BASICS OF
OUR LIFE EXPERIENCE.**

so difficult. But life isn't difficult at all once we find out who we really are, God in disguise, sometimes hiding very well to make the game more exciting. The road to light leads through the darkness. Therefore, there is only one way to encounter the true you; give up your resistance to negativity, let it flow through you and let it remind you that you are nothing but love.

In our world of contrast, we can only know something through knowing the opposite.

Negative emotions are like the question and positive emotions are like the answer.

You cannot condemn the question without condemning the answer at the same time. If we are running away from negativity, we are running away from ourselves. That's what I have done many times in my life. I was one out of many people in this world who did not understand emotions, tried everything to avoid pain and to move away from being present with them. I moved through life unconsciously without knowing what function these emotions serve. This creates huge problems, because our emotions are the basics of our life experience.

When we were young children we had no resistance to negativity. When children feel emotions of sadness, anger or irritation, they feel this sentiment without judgment. They go deep into the feeling, live through it intensively and are then able to let it go of it quickly. But the older we get, the more we learn that it isn't socially acceptable to cry or scream. Overwhelmed when handling their own emotions, adults try to calm the child by trying to focus the child's attention on something else, trying to distract or trying to calm the child by saying: "This isn't a reason to cry," "You don't need to be angry," etc. Sometimes they even try to punish the child, "If you don't stop screaming, you will go to your room."

This emotional neglect causes trauma created by what is not done instead of trauma by what has happened. We all have emotional needs. If they are not met, feelings of emptiness grow inside of us. Most of us have been there!

With time, most children learn that they are better off hiding negative emotions from the adult world to be able to fit in and be accepted. That's the start of our resistance to negativity. We start judging it and want to get rid of it, and slowly but steadily, we forget how to let negative energy flow through our body, feel and transform it.





It's time to end this circle and create new paradigms. If we want to change the world, we need to start with ourselves and the great news is; we don't even need to learn how, because deep inside we have never forgotten.

We only need to unlearn what we have been taught and what we BELIEVE to be true.

You are already perfect the way you are. You are not here to improve yourself or become a better version of yourself.

The sun in your heart has always been shining very brightly.

There are simply a few clouds obscuring the sunrays. These clouds are your shadow side. These clouds are your belief system that causes harm in your life. If you try to force the clouds away, more will come, because whatever we resist will automatically persist. But if you approach them with awareness and without judgment, if you start detecting their reason for existence and learn to love them, your sun will start shining through them. Your sun is your consciousness and your clouds are the unconscious.

We take for granted that this is how it should be, because the people around us have taught it this way. We become adults, completely out of touch with our emotions, who do not know how to meet their own emotional needs and pass on this behavioral pattern from generation to generation. We are stuck in a never-ending circle.

Until we see what could have been there, we won't even know what is missing.

b. What is the human shadow?

The Shadow is those aspects of self that are kept hidden in the dark and out of awareness. Many of these aspects of self have great holds on your life and dictate your thoughts, feelings, beliefs and actions. A metaphor would be a hidden cave in which you keep those parts of yourself that, on an unconscious level, you prefer to avoid or ignore.

The Shadow includes your deepest fears, shames, regrets, judgments, core beliefs, unconscious contracts/vows, "truths" about life, about others and yourself, as well as your greatest power, your beauty, your sacred and divine self. In other words, the Shadow includes all these things about yourself that "you don't know that you don't know" or those things that sit in your subconscious.

With the understanding that your everyday life is a reflection of your inner state - i.e., that your actions and manifestations including relationships, career, money, etc. are a reflection of your inner state - the Shadow has a great impact on your life. The Shadow is a major part of your inner self that is hidden from your awareness. Ignoring or avoiding your Shadow is like driving a car that was programmed to turn right at every

intersection while assuming that, because you are the one holding the steering wheel, it should be going in the direction you dictate. Getting to know your Shadow is like cracking the code and revealing the programming that dictates your thoughts, feelings and actions and eventually your manifestations and results.

In addition to healing those parts of you that hold you back from achieving your desired results, getting familiar with, healing and embracing your Shadow can assist you in unleashing trapped life energies, your deepest power, inspiration and authenticity. For example, many people know that they are extremely talented; however their bank account does not reflect this fact. Their Shadow may include an unconscious vow to never have more money than their family or to never shine as it might cause others to be jealous.

Can you see how much energy is put into keeping yourself small although it does not serve you or those exact people you try to "protect?" Can you see how much of your life force is suffocated? Honoring these old "truths," vows and fears that served you in the past and then releasing their hold of you, can free much of your energy and inner power to be used to achieve both progress in your daily life and desired results.



c. Our elephant rope

Everything we experience is created within our own consciousness. There is nothing that would appear in our physical reality unless it had already existed in our thoughts or feelings. We often think that it is some external action that produces the result, and so we go about trying to change it. But our external actions would not have taken place if they weren't created by our state of mind.

When still a baby, the elephant is tethered by a very thick rope to a stake firmly hammered into the ground. The elephant tries several times to get free, but it lacks the strength to do so. After a year, the stake and the rope are still strong enough to keep a small elephant tethered, although it continues to try, unsuccessfully, to get free. At this point, the animal realizes that the rope will always be too strong and so it gives up. When it reaches adulthood, the elephant can still remember how, for a long time, it had wasted its energies trying to escape captivity. At this stage, the trainer can tether the elephant with a slender thread tied to a broom handle, and the elephant will make no attempt to escape to freedom.²

We are no different than an elephant. As we grow up and gain experience from this world, we absorb

assumptions, and whatever information comes to us in a form that we can digest, we file appropriately into our fledgling belief system.

This is the same as an elephant's thin rope tied to a post, which then drives our life and limits our choices. When we hear the elephant story, we see how easily he could free himself from this tiny rope but past experience tells him otherwise. He has tried so many times, he has failed often enough for him to lose faith in his own strength.

When we watch other people, it is much easier for us to see the rope that holds them back.

But our own rope is buried so deep inside of us that it can be tricky to bring to the surface.

We try to change our lives; we do yoga, we change our diet, we think positive thoughts, we change jobs or we move to another city. But some patterns stick with us and we cannot seem to get rid of them - e.g., we find ourselves in an abusive relationship repeatedly, we are fighting again with our new roommates, we find new friends who do not respect our boundaries, or our new boss is treating us exactly the same way as the old one.

If subconsciously you are singing a song with the title "Abuse me, Hit me, Treat me like I'm worthless", and out of the hundred people who are listening there is only one person who feels drawn to that particular song because of their experiences, you will attract this kind of person into your life.

These core beliefs are so deeply integrated into our mind that they have become part of our identity and it's difficult to see them. Subconscious patterns are running in "auto" mode in your brain because at some point you took these patterns as truth in your life and invested beliefs in them to the point where they became "ingrained" patterns.

When you think a thought long enough, it automatically goes into "auto" mode because the neural pathways for this thought become strongly embedded in the neural network of your brain. For example, when you learn to drive a car it's a very conscious effort initially, but after a few months the patterns become so embedded in the brain that the whole action of driving becomes subconscious or "auto" mode. Certain negative thoughts are running in "auto" mode in your brain, and these negative thoughts are usually the root cause of many negative perceptions and

interpretations that you come up with in your daily life. Unless you identify and let go of belief in these subconscious negative thoughts, you will constantly be struggling with negativity.³

Some examples of subconscious negative core beliefs are:

- I'm alone
- I'm a bad person
- I'm worthless
- I need to compete with other people to succeed in life
- I cannot trust anyone
- Life is never easy
- It's tough to make money
- I am always exploited by others
- Earning a lot of money means being a bad person

You could have experienced these thoughts at any point in your life and they may be running on "auto" mode in your brain right now. These core negative beliefs influence your perception of reality and therefore create new negative thoughts on a daily basis.

**THESE CORE BELIEFS ARE SO DEEPLY
INTEGRATED INTO OUR MIND THAT THEY
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AND IT'S DIFFICULT TO SEE THEM.**



03

BRING YOUR SHADOW INTO THE LIGHT

One does not become enlightened by imagining figures of light, but by making the darkness conscious. — Carl Jung

True and lasting change only occurs in the moment that we bring these beliefs into our consciousness, when we start seeing the rope that holds us back from our freedom and then dare to let it go. Here are three different ways to bring your shadow, our unconsciousness, into the light, our consciousness. Find your elephant rope. Which belief is holding you back?

a. Reveal your shadow with Tarot: The Ghetto Tarot Spread

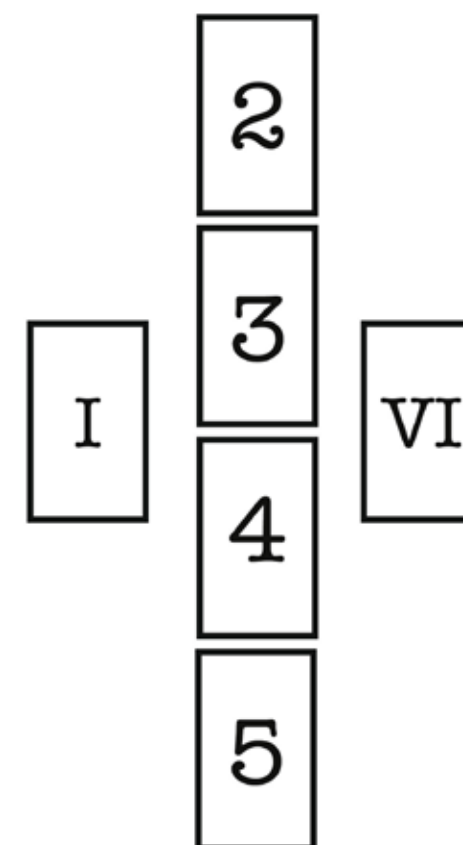
Tarot, which Carl G. Jung considered to be a process that unveils the unconscious, is a wonderful tool to dive deep into our shadow. Any tarot card that induces strong feelings within you (positive or negative) may embody a shadow aspect or a lost part of you. What are you holding back? What needs to come to the surface and wants to be acknowledged for you to feel whole? One of the best ways to understand the message in a tarot card is to meditate on it. Use the pictures as a focal point for your meditation and attend to

whatever thoughts come into your mind. Mentally converse with a card. Ask about its shadow side. Your intuition will tell you. I developed a spread that will help you to become aware of your shadow. Your shadow is hidden from your consciousness.

The spread will reveal your suppressed feelings, your belief systems and how they present themselves in your daily life.

It will expose the elephant rope that is wrapped around your foot and what light you are covering up by choosing to leave the unconscious in the dark. Only do this spread when you feel ready to confront your unconsciousness.

Description: Choose a place that makes you feel very comfortable and safe. Before starting I suggest that you take nine very deep breaths and breathe into any tension you can sense. Divide the cards into 5 different piles: one for the Major Arcana and four for the Minor Arcana: Cups, Pentacles, Brooms and Machetes. Then shuffle the cards in each pile, while asking the question: What is my shadow side?



What is hiding deep inside of me that needs to come to the surface? Spread out the cards and read them by looking at their shadow sides, except for card VI. Search for examples and a connection to your life. Cards:

I: Major Arcana: What is my shadow side?

This is the shadow side whose energy is most dominant in your life at the moment because you resist and suppress it. The suppression of your shadow side is never successful; it will come to the surface in many different ways to be acknowledged. Its characteristics either suggest a behavior acted out by yourself or a behavior that you confront often in others.

2. Cups: How does my shadow side manifest itself in my emotions?

This card reveals the way that suppression manipulates your emotional life.

3. Pentacles: How does my shadow side manifest itself in my material concerns?

This card reveals how the suppression influences your material concerns.

4. Machetes: How does my shadow side manifest itself in my mind?

This card reveals in which way the suppression controls your mind.

5. Brooms: How does my shadow side manifest itself in my spirituality?

This card reveals the way that suppression blocks your connection to spirituality.

VI: Major Arcana: Which light aspect of yourself are you suppressing at the same time that will come to the surface together with your shadow side?

To suppress only negativity in your life is impossible without suppressing some positive aspects of your being at the same time. This card reveals the treasures that will be uncovered once you stop holding back your feelings.

It might happen that you don't want to recognize it as your shadow side. If that is the case, you are not ready to face it yet. There is nothing wrong with that, just try again after some time has passed.

Remember that it is a side of you that you have hidden from yourself, so it takes some time to bring it to the surface. Meditate with your shadow aspect cards. Ask the card which one of your core beliefs it wants to reveal to you. I also suggest that you keep in mind the outcome of this spread during your daily life, especially in situations that make you feel negative emotions. Raise your awareness and find out if you are projecting your shadow aspects onto other people or events.

b. Projection

Our outer reality is a reflection of our inner reality. Whatever we see in another person that provokes a reaction, is a reflection of something within ourselves that needs to be owned.

When you reject a trait in yourself, you have a tendency to become very conscious of that characteristic in other people.

For example, if you think of yourself as a "kind" or "understanding" person, then it's the mean, nasty, inconsiderate, egocentric people that you will feel most repelled by. In that case you identify with kindness and empathy, while nastiness and apathy might be part of your shadow. Now you can safely label it as "not you." You may react irrationally to these characteristics in someone else, becoming overly annoyed and blowing things out of proportion.

Another way to spot your shadows is to look for things you find yourself doing by accident. No matter how hard you try to keep your bag sealed, your shadows may leak out in a way that seems beyond your control. For example, you may promise yourself that you're going to spend more time with your family, then you actually spend more time at work. You may find yourself jumping into a questionable relationship, when you know that this person isn't right for you. You may ignore your own rules about eating, smoking or drinking. When you repeat a pattern of behavior involuntarily, it is a sign that your shadow is running the show.

You can also notice admirable traits in others. Who do you look up to? Who are your idols? We often project our golden shadows onto others, and get stars in our eyes, because these people represent the qualities we have disowned in ourselves out of a false sense of modesty. You could say that we paint other people with our shadows, for better and for worse.⁴

Ghetto Tarot Tip: Shuffle the cards and draw a Ghetto Tarot card and look at its shadow side. Are you judging other people that go through this kind of situation or emotion?



c. Find your core beliefs

By identifying and changing our core beliefs, so many of our uncomfortable emotions and sabotaging behaviors will dissolve away.

Core beliefs are mostly subconscious. They are the result of impactful childhood experiences and most of them develop over time. And once we develop these beliefs and gather more proof of their accuracy, they become un-flexible. We tend to only notice evidence that supports them and ignore evidence that contradicts them. We think these beliefs so often that they become subconscious. They become a part of the human shadow. Most of the core beliefs we have, we are totally unaware of.

The first step is that we have to notice the events that are making us upset.

If you have become upset, you have been set up by the universe to discover something that is hidden in the subconscious mind... including core beliefs. When we notice this upset, we sit down and begin to repetitively question the upsetting situation with two specific questions, gradually whittling down our thoughts until we arrive at the true source of our upset.

The two questions that we ask are:

- 1) If that is 100% true, why is that so bad?
- 2) What does that mean to me or mean about me?

So let's say that you notice that you become upset because you get home and the house is a total and complete mess. You begin with the most surface thought you can find which in this case would be the judgment:

Thought: "The house is a mess"

Questions: If that is 100% true, why is that so bad and/or what does that mean to me or mean about me?

Answer: It means I live in a pig sty.

Questions: If that is 100% true, why is that so bad and/or what does that mean to me or mean about me?

Answer: It means no one respects my house.

Questions: If that is 100% true, why is that so bad and/or what does that mean to me or mean about me?

Answer: I'm getting used by people.

Questions: If that is 100% true, why is that so bad and/or what does that mean to me or mean about me?

Answer: No one cares about how I feel.

Questions: If that is 100% true, why is that so bad and/or what does that mean to me or mean about me?

Answer: It's inevitable that I'm going to be hurt by people.

Question: If that is 100% true, why is that so bad and/or what does that mean to me or mean about me?

Answer: Suffering is the purpose of life.

Question: If that is 100% true, why is that so bad and/or what does that mean to me or mean about me?

Answer: Life is a punishment.

Question: If that is 100% true, why is that so bad and/or what does that mean to me or mean about me?

Answer: It means I'm bad.

Question: If that is 100% true, why is that so bad and/or what does that mean to me or mean about me?

Answer: I'll be unloved.

Question: If that is 100% true, why is that so bad and/or what does that mean to me or mean about me?

Answer: I'm all alone.

"I'm all alone" is the core belief in this above scenario. So ironically, the reason that we got upset when we came home and saw that the house was a mess is that it instantly triggered the belief and all the memories associated with that belief that "I am all alone". Beware of "cop outs" or "justifications" during the process of finding a core belief. We have the tendency, especially when we are just about to reach the core belief, of veering in the opposite direction of digging deeper and justifying why we are right to think the thought we just presented. For example, if someone said

"Suffering is the purpose of life" and they asked themselves "If that is 100% true, why is that so bad and/or what does that mean to me or mean about me?" the truthful answer might be, "It means life is a punishment". A "cop out" answer or a "justification" might be, "Suffering shouldn't be the purpose of life." When we are finding core beliefs, we always need to be willing to admit to a belief that is a bit more painful and a bit more painful than the one before, rather than trying to bypass the pain by justifying why a less painful belief is correct.

We can apply this process of questioning to any judgment or negative thought that we have. You will be absolutely blown away at the real reason behind why certain things upset you. Often we find multiple beliefs that would benefit by being questioned in one core belief finding process. For example, in the above scenario, the belief "no one cares how I feel" and the belief "I am bad" would benefit by being questioned and changed.⁵



04 HOW TO LOVE AND EMBRACE YOUR SHADOW SIDE

Now that you have your shadow side in front of you, there is only one thing left to do. Love and embrace it. When I say that, I mean that it is essential for you to understand its reason for existence. The darkness in your life is the pathway to the light. Accepting your shadow will allow you to take responsibility for yourself, and once you truly acknowledge one of these dark traits instead of avoiding it, it will stop having control over you. Being honest with ourselves and accepting our shadow parts, frees us to truly witness the unexplored areas of our minds, allowing us to see that we are not these elements, but simply own thoughts and emotions that come and go. You cannot simply move “beyond hatred” if you don’t admit to yourself that you possess hateful feelings. To completely experience Love we must learn to experience our Shadow Selves and voyage into the dark, dim waters of the unknown.

I’m going to present five different and easy methods of healing. I personally practice all of them. Choose the ones that speak to your heart.

a. Move into your emotions

My life has taken a drastic turn since I started to dive deep into my emotions and accept them for what they are; my inner navigation system.

The long phases of depression I used to suffer through have dissolved into an ever-returning state of inner peace. If we judge a feeling and try to push it away by distracting ourselves from it, we automatically judge our inner navigation system that is trying to tell us something very important. Therefore it will not go away, but instead persist and try to communicate with us even louder.

If you try to run away from your emotions, they will stick to you and grow stronger.

So what do I do when an uncomfortable emotion comes up? I feel it without judgment. I investigate the feeling the same way that a scientist would do research: Where is it located in your body? What does it feel like (“bad” isn’t a sufficient answer)? What shape and size is it? What color, texture and temperature does it have? Analyzing a feeling in this way will automatically stop the judgments, which is key to start loving yourself. Sometimes I even welcome the feeling and thank it for being there.

I would like to share with you a brilliant explanation by spiritual teacher Teal Swan, who explains in detail how to move into your emotions and allow them to transform themselves:

**IF WE JUDGE A FEELING AND TRY TO
PUSH IT AWAY BY DISTRACTING
OURSELVES FROM IT, WE
AUTOMATICALLY JUDGE OUR
INNER NAVIGATION SYSTEM.**

We run from our feelings. We would do almost anything to avoid being in the now and moving towards the way we feel. Most processes are designed to change how we feel deliberately, so we can avoid being present with how we feel. It serves a purpose to know that you can deliberately change the way you feel, but it also serves a purpose to know that by being present with how you feel, the feeling changes on its own.

Most of us follow a four step process:

Step 1: We experience something.

Step 2: That experience causes us to form a belief, in other words, it causes us to tell a story about what happened and attach meaning to the experience.

Step 3: Then, our emotion reflects that story that we are telling ourselves. It reflects the thoughts we're thinking about the experience. It causes us to feel certain ways.

Step 4: Then, that creates the emotion and the way we feel relative to the experience and the thoughts we were thinking as a result of the experience, causes us to take an action or exhibit a behavior.

Here's an example: Step 1. I get into an argument with my boyfriend or girlfriend. Step 2. This causes me to tell stories (which are beliefs systems) like this: It is always like this; They are going to leave me, I'm not going to end up with anyone, I'm going to die alone, guys are such assholes, women are such bitches, etc. Step 3. Your emotion and your feelings reflect those stories. You feel depressed, hopeless, or maybe panicked. Step 4. That emotion translates to a sensation in your body, and an uncomfortable one. So you try to get away from it as fast as you can. So you drink alcohol, or cut yourself or binge eat. The thing is, this process happens so fast that you most likely did not even notice steps 2 and 3. And you sure as hell did not take time to be present with step 2 or 3, enough to recognize the thoughts or to intentionally move deeper into the emotions and feelings that were present with you as a result of the experience. Instead, you got into a fight with your girlfriend or boyfriend and you immediately skipped step two and three and jumped straight to drinking alcohol or cutting yourself or binge eating. But true healing, comes from step 2 and step 3. We have the opportunity to heal our thought patterns and change our stories, so we are attracting different experiences into our life. And, we have the opportunity to be present with the way we feel, so the feeling moves and is transformed. One of the major problems with the way we deal with mental

health in our modern world is that we try to help people escape from feelings. This is why we numb them out with prescription pills. We do not understand that those feelings serve a purpose, many in fact. We don't understand that by moving into the feelings, they will transform on their own. And we tell people that the reason they feel the way they feel, is because their brain is defective. This could not be further from the truth.

There is another lie that we tell ourselves, the lie is that we have to consciously do something proactive to change the way we feel in the moment. The truth is, we don't. All we need to do is release resistance to the feelings we feel and emotions we feel. How do we do that? By moving into our feelings in the present moment. If you observe a feeling, and let yourself be conscious of feeling it, it always changes on its own. Then, our only job is to follow the way it changes, drop into that new feeling and breathe into the new feeling. And when that new feeling changes, we simply follow it again and consciously let ourselves feel and breathe into that new feeling. We do this until the feeling changes into something we can identify as a positive, better feeling sensation. Belief systems and stories are mental constructs. They are the ego interpreting and translating experiences and feelings into meaning.

They pull us away from the very in-the-moment feelings that they produce. So, it is important to know that there is a difference between the thoughts you're thinking and the feelings you are feeling before attempting this process. You can do this process whenever a feeling comes up, wherever it comes up. And you can do this with your eyes closed or open. Just stop what you're doing. Turn your focus towards the sensations in your being right here and now. Be with that feeling. What does that feeling feel like, what does it look like? Describe it to yourself mentally. Don't deliberately do anything to change it. Stay with it and notice it shifting. If it does not shift, give it some room to shift by breathing into the feeling and/or expanding the sensation outwards into the room, so it is both inside you, and you are surrounded by it. It will transform on its own. Then, your job is purely to chase or follow each sensation as it shifts, as many times as it does shift until you arrive at a feeling in the present moment that feels good to experience.

You can use emotion to help you to step into the feeling by naming the emotion and then describing how that emotion feels in your body. So let's say you feel sad, ask yourself what does sadness feel like in my body?





If your mind takes over and tries to tell you a story about what it is feeling, or if you get lost in mental imagery instead of paying attention to the actual sensations in your body, don't try to go back to the last thing you were focused on before your mind took over, instead just come back to the present moment again and place your attention on the new sensation that is current in your being and continue the process from that place.

Here is an example of what this process may look like:

- What feeling am I feeling in my body?
- Panic.
- What does panic feel like in my body?
- It feels like the inside of my body is buzzing. I feel a heart beat in the center of my stomach. It is very heavy. It looks like a metal ball sitting in the pit of my stomach.
- Just sit with that feeling and that image and breathe into it.
- Notice how it changes, what does it change into? How does that new feeling feel in my body?
- It turned into blackness, a feeling of emptiness, it is like being in a closet but I can't see the walls because there is no light that is getting in.
- How does it feel in my body to feel the darkness in that black closet?
- It feels lonely

- How does loneliness feel in my body?
- It feels empty, like a dull, frightening ache in my muscles
- Just let myself be with that feeling of the empty ache in my muscles, let myself experience it, stay with it, and breathe into it.
- What is it turning into now? What does the feeling feel like now?
- Confusion
- What does confusion feel like in my body?
- It feels dizzy like I'm spinning. My throat feels heavy and constricted, my rib cage feels too small.
- Let myself experience that sensation, just be in it, letting myself feel it and breathe into that feeling.
- How is that feeling changing? What is it changing into?
- It isn't changing!
- Expand that sensation so it is not just in my body, it is also outside my body. Breathe it into the room so that it is both inside of me and outside of me. This gives it space to transform.
- I see calm ocean waves... I know why I'm seeing ocean waves, when I was little I got really confused when my parents were arguing and I ran to the ocean and I immediately felt better!
- Now my mind is pulling me out of the present moment of how I feel in my body by asking me to get lost in a story. Come back to my body, not the image of the ocean waves, what am I feeling in my body?
- Relief

- What does relief feel like in my body?
- It feels like my chest and stomach are opening. It feels like the energy is moving out of my arms and legs. I feel my throat opening up
- Just stay with that sensation. What is it turning into?
- I see the image of hot buttered corn.
- What does that feel like in my body?
- It feels like contentment, like my whole body is getting lighter. My heart is moving forward like it wants to experience the world. My body feels warmth like sunshine, especially across my back.
- If you closed your eyes, open them. Notice how you feel better now than you did when you started the exercise.

Some of the feelings, and sensations you experience will be ineffable; so don't worry if you cannot describe them. The point is not to be able to describe them; the point is to let yourself feel them and experience them. The prerogative of this exercise is to follow the sensations one by one as they shift until you find yourself in a feeling state that feels good. And if you happen to decide to chase the feeling states one by one as far as they can go, eventually you will arrive at a state where no superficial feeling exists in the now. For some of us, when the sensation itself shifts, we will be able to follow the shift in sensation alone. But for those of us that are especially trapped in

the mind, feeling will be preceded by a visual image. The point is to then ask yourself how that visual image makes you feel in your body. The only way to transform a feeling is to actually stay with the sensation of that feeling in the body. We can't do this if we get lost in the visual image that represents the feeling or in the meaning of the visual images that are attached to the feeling, because it is a kind of avoidance of feeling the actual feeling.

At the root of all impulse behaviors is an unwillingness to be with the feeling that is evoking the behavior. Being with the feeling, is the way to slow down enough to gain control over the behavior. It is very important for personal growth to know that your feelings do not own you. They are just feelings. There is no feeling that cannot be transformed by moving into it with the focus of consciousness. You can't change from a state of resistance to a state of non-resistance unless you move into the feeling of resistance within you. When you do not resist the feeling directly and you do not run away from the feeling (which is also resistance), the feeling has no power over you. It becomes nothing more than a perception. It becomes nothing more than information. By doing this process, you will find that your being is the observer, perceiver and translator of those feelings. Your being isn't the feelings themselves, any more than it is at the mercy of those feelings.⁶



If you experience very intense feelings caused by a deep-rooted trauma, you can go a step further and talk to this feeling.

Here are some questions to ask yourself:

1. How do I feel? Name the feelings and emotions and sensations within you. Allow yourself to feel the aspects of your experience that you've long suppressed.
2. When did I last experience this exact same feeling? Let yourself visualize that experience fully so that the emotional state becomes very real
3. When did I first experience this same feeling in my life? Let yourself go all the way back, even if it makes no sense whatsoever to you. What images do you see? What feelings? What smells? What sensations are taking place within your body? Why are you feeling what you're feeling? What is the circumstance?

If nothing comes, be patient with that. Trust the process. Trust that you will receive the exact experience you need at this time. When we are taken back to the memory in which we experienced that original trauma, we are provided with an opportunity to alter the original experience. The adult us can help the child us.

We can remedy the situation. We can observe the memory and then mentally alter that memory in a way that feels emotionally positive. This is what they call "inner child work". For example, if you are taken into a memory where your father left you, imagine the adult you approaching the child you, comforting the child and finding a way to meet the child's needs. For example, you could become the stable parent for your inner child. Or you could give the child a reliable father figure of their choice. Or you could explain the whole situation objectively to the child and help them to not take the action personally. Altering the memory in this way changes the causation of the trauma. This alteration ensures that all that has transpired as a result of that trauma is altered as well. You are affecting the very blueprint of your emotional life. The circumstances of your life will change on their own as a result of altering the cause of those circumstances, which is always past trauma.⁷

Ghetto Tarot Tip: Shuffle the cards while asking which one of your feelings has long been suppressed. Draw a Tarot card and try to connect with your intuition only. Are suppressed feelings coming up? Try the exercise!

b. Question the voice in your head

All the suffering that goes on inside our minds is not reality, it's just a story that we torture ourselves with. Whatever you focus on is where your energy flows. What you focus on, you experience. What you focus on, you become. Your core beliefs feed your thoughts. Your thoughts feed your emotions. Your emotions create your actions. Your actions create your life.

If you are trying to get rid of the negativity in your life, you will attract more of it. The answer lies not in its suppression but in the questioning of it. Once you find the core belief, multiple beliefs, judgments or thoughts that are fueling your distress, you can challenge those beliefs. My favorite process for questioning a belief is a process called "The Work" by Byron Katie. Here is how it works:

Write down your stressful thoughts, judgments or core beliefs, and then ask yourself the following four questions:

Question 1: Is it true?

This question can change your life. Be still and ask yourself if the thought you wrote down is true.

Question 2: Can you absolutely know it's true?

This is another opportunity to open your mind and to go deeper into the unknown, to find the answers that live beneath what we think we know.

Question 3: How do you react—what happens—when you believe that thought, judgment or core belief?

With this question, you begin to notice internal cause and effect. You can see that when you believe the thought, there is a disturbance that can range from mild discomfort to fear or panic. What do you feel? How do you treat the person (or the situation) you've written about, how do you treat yourself, when you believe that thought? Make a list, and be specific.

Question 4: Who would you be without the thought, judgment or core belief?

Imagine yourself in the presence of that person (or in that situation), without believing the thought. How would your life be different if you didn't have the ability to even think the stressful thought? How would you feel? Which do you prefer—life with or without the thought? Which feels kinder, more peaceful?

Turn the thought, judgment or core belief around: The “turnaround” gives you an opportunity to experience the opposite of what you believe. Once you have found one or more turnarounds to your original statement, you are invited to find at least three specific, genuine examples of how each turnaround is true in your life.⁸

The power of the turnaround lies in the discovery that everything you think you see on the outside is really a projection of your own mind. Everything is a mirror image of your own thinking. Once you have learned to search for your own answers and open yourself up to the turnarounds, you’ll experience this for yourself. In discovering the innocence of the person you judged, you’ll come to recognize your own innocence. ~Byron Katie

Find out more on her website: www.thework.com

Our thoughts and judgments are a product of our core beliefs.

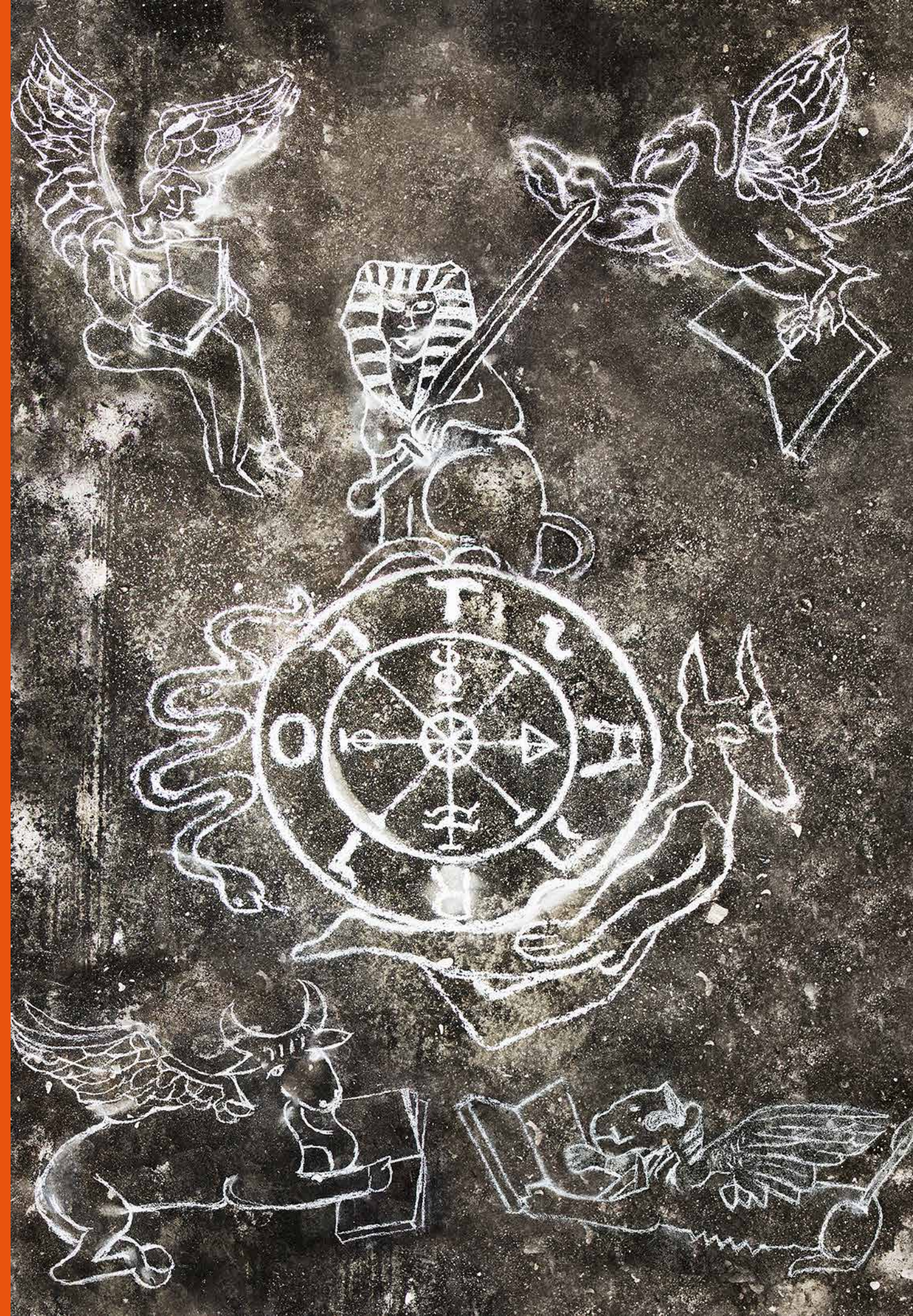
It is easier to start questioning our thoughts and judgments, but you will ultimately find that challenging your core beliefs is more fruitful.

We also need to use our core beliefs to determine what we would rather believe. So once you find a core belief, ask yourself “What would I rather believe?” And begin looking for proof that this new belief is true. Read and watch and seek out any material that supports this new belief. As you go about your daily life, ask yourself “what would I do right now if I believed this new belief with all my heart? And do those things. With enough focus, you will manifest more proof that the new belief is true and the belief will become stronger and stronger until it has completely replaced the old core belief.

Most of us struggle for years against beliefs that have been deeply rooted in our being. We do everything we can think of to try to resist and fight against the beliefs when all we really need to do is sit down and directly pull these roots up so we can see them clearly and then replace them.

It may be a bit time consuming, but look at it this way... you have the choice to struggle against them every day of your busy life or to take an hour or two of your time and focus specifically on doing the work necessary to alter them for good so you no longer have to struggle against them.⁹





'How do you know?' A Chinese parable by Hermann Hesse

An old man called Chunglang, that means 'Master Rock', owned a small estate in the mountains. One day, it so happened that he lost one of his horses. And so his neighbors came to express their condolences for Chunglang's misfortune.

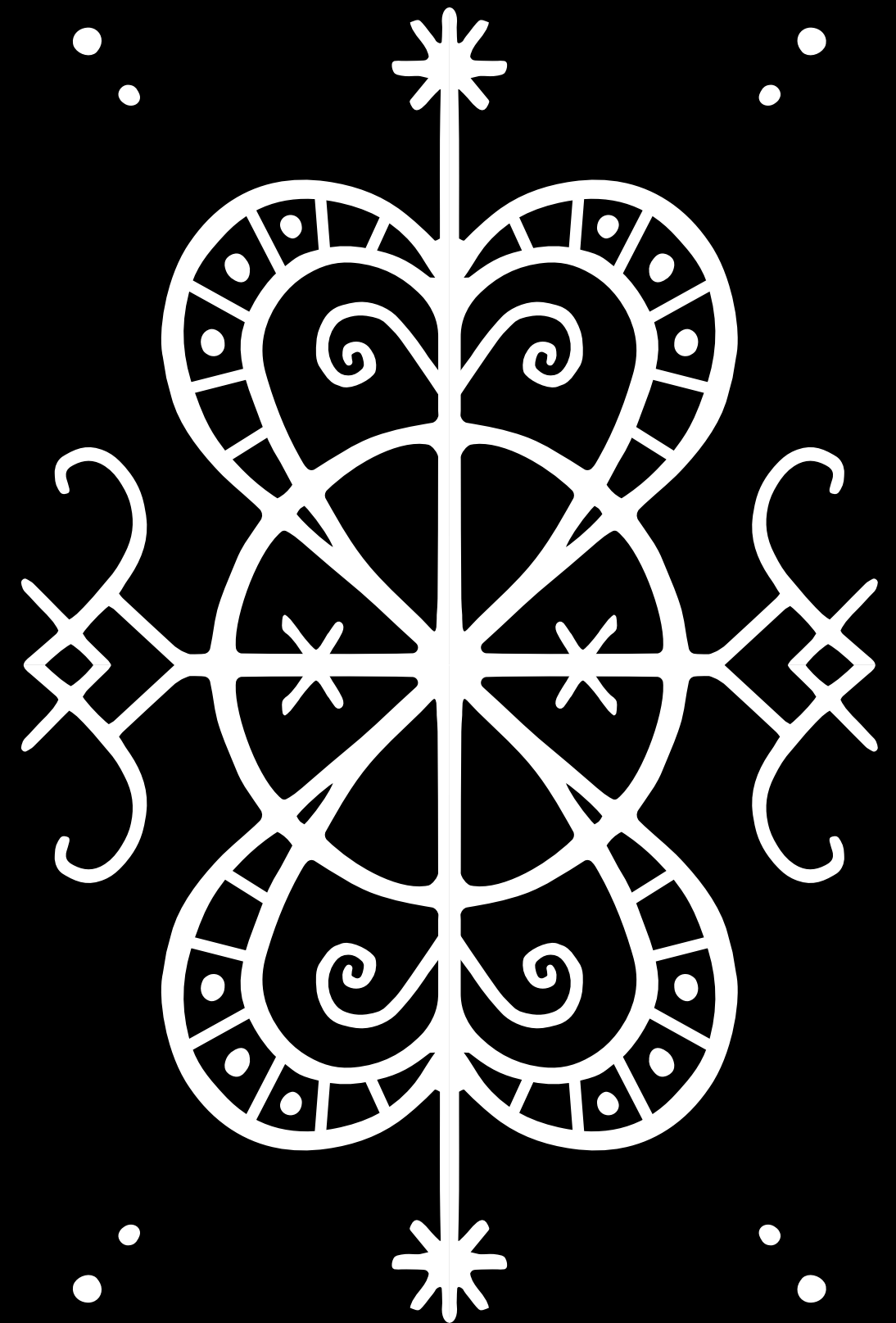
But the old man asked: 'How do you know that this is a misfortune?' And lo and behold: a few days later, the horse returned and brought a whole pack of wild horses along. Again, the neighbors arrived and wanted to congratulate him for his good fortune.

The old man from the mountains thus spoke: 'How do you know that this is good fortune?'

Since there were so many horses at his disposal now, the son of the old man began to develop a liking for horse-riding, and one day he broke his leg. And again they came, the neighbors, to express their sympathy. And again the old man said to them: 'How do you know that this is a misfortune?'

In the following year, the commission of the 'Langen Latten' appeared in the mountains to draft strong men to serve the emperor as palanquin bearer and for other lowly works. The son of the old man, who still had damage on his leg, wasn't taken.

Chunglang smiled.¹⁰



c. Share your truth

Sharing your feelings releases built up energy inside of yourself. Sharing helps to create bonds, to become more authentic and intimate. Sharing is a beautiful way to get closer to the real you and to reintegrate with your shadow aspect.

Some of us fear hurting the other person when speaking about their truth that they will not be heard or will be judged for what they say. And this fear could become reality. You may part ways with some of your friends because your honesty may trigger their shadow sides and you never know if they are ready to confront them yet. It happened to me. And you know what? Letting go of the old makes space for the new. Embracing change will lead to growth. Now, my life is full of people who appreciate my shared truths.

I used to let myself be controlled by fear. I didn't share my feelings, because I was afraid that people wouldn't care. I was scared that once again, the world would prove to me that the others wouldn't listen or wouldn't help me. So I carried all of this energy inside of me, which constantly caused phases of depression. If you choose to not share your feelings, you will hurt somebody. That somebody is you. Once I allowed myself to

feel all my emotions, including fears, I found the inner force to tell others what I really felt.

There is an old Chinese poem that explains that only a person, who resists the arrow, can be pierced by the arrow. But if one becomes like water, in a state of total openness and non-resistance, the arrow cannot injure them. It would be absorbed into the expanse of them. To live in a state of constriction, especially when we live a secretive life that is closed to others, is to resist the arrow and thus, to become a match to being pierced by it. If we are completely open, we give all of our ammunition away, and by doing so, it cannot be used on us. We become too expansive for other people to make a dent in us.

We have a choice at all moments of the day; the choice is to be open or to be closed. This is why one of the most beneficial exercises you can do is to ask yourself throughout the day "how am I being closed right now? How am I constricting myself or letting myself be constricted?" and make the necessary changes in favor of openness based on the answer you receive. A state of openness is the real state of freedom. Everything we do is a creative expression of our inner selves. To be constricted in any way, is to prevent the energy of our being from flowing through our bodies and into our lives."



There are many ways in which you can practice openness. My favorite one is a wonderful ritual called the Sharing Circle. It's a traditional way that Native American people use to solve problems. It can be done in a group or with two people. It is a very effective way to remove barriers and to allow people to express themselves in complete freedom. The symbolism of the circle, with no beginning or end and with nobody in a position of prominence, serves to encourage people to speak freely and honestly about things that are on their minds. You can set a time limit (e.g., 10 minutes) or let everybody speak as long as they want. The importance is that nobody is allowed to interrupt the speaker and everyone must listen attentively in a supportive presence. Listening with the heart allows you to hear the true intent beneath what the speaker is saying. The speaker can say whatever is in their heart, let it out without being judged, and choose the tempo as well as time needed to express their true selves. Everybody thanks each other after sharing.

The circle may be used to allow everyone to get problems off their chests. Very often, a simple chance to have a voice and to have their problem heard in a sympathetic and supportive environment is all that a person requires to heal. Whatever has been said in the circle, remains in

the circle. I practice this with my boyfriend at least once a week. We find it to be a wonderful tool to express anything on our minds. It is a moment in which we talk about problems and concerns, reflect on our feelings and give thanks to each other. It's a wonderful way to practice truly listening to each other without judging how the other feels.

The only way we can achieve self-awareness is to be open with ourselves and by opening ourselves to the world.

Ghetto Tarot Tip: Do a sharing circle in which each of the participants draws a card and speaks about the emotions that this card evokes in them.

d. Forgive yourself and others

If we can accept that we are the sum total of all past thoughts, emotions, words, deeds and actions and that our present lives and choices are colored or shaded by this memory bank of the past, then we begin to see how a process of correcting or setting aright can change our lives, our families and our society. Morrnah Nalamaku Simeona

Here is a wonderful explanation of a Hawaiian ritual called Ho'oponopono, to Heal Your Inner and Outer Worlds, written by Pamela Turner.

The energy of everyone you have known and everything you have done resides within you. This energy affects your behavior now. It's part of the filter and belief system that makes up your perception and how you interpret everything that happens to you. In the process of Ho'oponopono, you clear and balance that energy so it can no longer affect your experience of life in a negative way. It's like clearing away a fog that prevents you from seeing life as it really is. Gradually you get back to your clear, natural state of Love and Joy. It is your inner energies that are creating your reality. Events in the outer world, our objective

reality, are just events and affect everyone differently because we all carry different energy within us. The way we interpret these events, due to our memories, programs and beliefs, creates our inner subjective reality. It is this inner reality that is creating our experience of life. It IS our life. So when we change our inner world, through clearing and balancing, we change the experience of life itself.

Our perception changes. We start noticing different things in the outer world and giving them different meanings. This is an amazing thing to know because it means that you can take responsibility for your experience and have the power to change your world. As we all find more peace and balance within, our outer world will become one of more love, joy and harmony as well.

There is a special formula to ho'oponopono that allows this healing. It is actually the underlying formula used in many ancient as well as modern healing practices. It engages the subconscious, conscious and Higher Self all at once, your Whole Self. If you leave any one of these out, healing can't take place.

**HERE IS THE FORMULA:
BALANCE = IDENTITY + LOVE +
FORGIVENESS + GRATITUDE.**

IDENTITY: When you first notice there is a problem, you have a choice. You can either engage in the problem and become part of it with blame and thinking, or you can choose to see it for what it is, unbalanced energy, and begin the healing and clearing process. It is a matter of identity. Are you identifying with the problem? Or are you identifying with the greater part of you, the Divine part of you that can heal it?

LOVE: You send Love to the problem. You are accepting the problem rather than suppressing it. If you suppress something, it persists and gets stuck. It doesn't change; it just keeps coming back and bothering you over and over again. Instead, you can recognize that it is just energy within you that is trying to be integrated and healed. Love connects you to your Higher Self/God/Divinity which is the true healer, and, love gets the energy unstuck and flowing. So, all healing involves Love. Healing is integrating and gathering back the unbalanced energy so it can be balanced.

FORGIVENESS: Forgiveness is freedom. What you are forgiving is not that you did something wrong or that the problem is wrong. Nothing is wrong; it's just out of balance because this energy was created in you through wounding and misperceptions which is just part of the human

process. In forgiving you are recognizing that you are responsible for these energies within you and that you are also the means to allow their clearing. So, in evoking forgiveness you are allowing the memories, patterns, and energies to be released. You are done clinging to them and you are giving them permission to be integrated and healed.

GRATITUDE: Finally, a feeling of gratitude for the entire healing process. This seals it. When you are thankful for something you accept that it has been done and given to you. Gratitude is also blessing and love for who you are, what you are doing, and the harmony and balance that you have brought into the world through this work.

You can do this clearing process on the go. Every time a problem comes up you repeat the phrases: "I love myself, I love you. I'm sorry. I forgive myself, I forgive you. Thank you." In this simple way, you can use the Ho'oponopono formula and clear energy and memories as they arise throughout your day. It is highly effective. Every time you identify with the powerful healer in you and not the problem, you are clearing and creating change for yourself. And remember, if you're not clearing the problem, and you engage in it instead, you are actually making the problem stronger. Energy follows thought.



Any energy in your life that is causing you a problem can be healed and transformed. You can work on problems in a relationship, either past or present, a younger version of yourself, blocks and limiting beliefs, a traumatic event, a physical problem, or an emotional problem. You can transform any problem you have in your inner world or outer world. As the energy is healed and cleared, your experience in the outer world shifts as well.¹²

e. Live in the moment

The reason we find ourselves consumed by worries and stress is because we live in thought most of the time. We want to deal with something that will happen in the future, or we want to be somewhere else, doing something else; or we regret a past action that we cannot change.

Eckhart Tolle describes this in an interview: For many years I had been deeply identified with thinking and the painful, heavy emotions that had accumulated inside. My thought activity was mostly negative, and my sense of identity was also mostly negative, although I tried hard to prove to myself and to the world that I was good enough by working very hard academically. But even after I had achieved academic success, I was happy for two weeks or three

and then the depression and anxiety came back. On that night there was a disidentification from this unpleasant dream of thinking and the painful emotions. The nightmare became unbearable and that triggered the separation of consciousness from its identification with form.

At that moment, consciousness looked at the thought “I can’t live with myself,” and I realized there are two here—“I” and the “self I can’t live with.” And then there was another little thought: Who is this self that I can’t live with? But there was no answer; that was the last question. And then it didn’t matter. This peace had changed my perception of the world of form too, of the external world. When I woke up the next morning, everything was beautiful and intensely alive and peaceful. Without perceiving things through the old filter of past conditioning and conceptualization, one can sense the universe is intensely alive. Even so-called inanimate objects – I often pick up little objects and just look at them and sense that they are alive. Physicists actually confirm that what we perceive as dead matter is not dead at all. Everything is an intensely alive energy field. That aliveness is only an aspect of the aliveness or life that I am.¹³

¹² Pamela Turner, <http://www.beginwithin.org/uncategorized/hunahooponopono/>

¹³ Eckhart Tolle, <https://www.eckharttolle.com/article/Spiritual-Awakening-Of-Eckhart-Tolle>

YOU ARE AN OBSERVER OF YOUR THOUGHTS; YOU DO NOT BECOME YOUR THOUGHTS UNLESS YOU ATTACH TO THEM.

**You are an observer of
your thoughts; you do not
become your thoughts
unless you attach to them.**

How do you detach? See the thoughts that enter your mind without judgment. This simple, though difficult at first, notion can make fruitless thoughts become but a whisper.

In Eckhart Tolle's book "The Power of Now", he writes:

Try a little experiment. Close your eyes and say to yourself: „I wonder what my next thought is going to be.“ Then become very alert and wait for the next thought. Be like a cat watching a mouse hole. What thought is going to come out of the mouse hole? Try it now.¹⁴

This attention automatically brings you an awareness of your own thought process. You become conscious and step out of obsessive thinking in that very moment. Say Tolle's phrase to yourself at different times throughout the day. This will help you to increase your overall awareness of your thought processes over time and to distinguish them from "you".

You can also imagine your thoughts to be clouds that move through your head. Whenever a thought comes, let it flow through your mind and wait until the next one comes. You may also try to become more mindful in your daily activities.

**How does it feel when your
foot touches the ground?**

How does your toothbrush feel on your teeth? What does an apple actually taste like and on which part of your tongue do you taste it? How does the cotton of your pullover feel on your skin?

If you are right handed, try using your left hand to do activities such as brushing your teeth or your hair. Take deep conscious breaths several times a day and feel the air inside your nose. Slow down and look around to see the beauty that surrounds you every day, everywhere. All of this will lead you out of the autopilot mode in which you do everything.

Through self-observation, more presence comes into your life automatically. The moment you realize you are not present, you are present. - Eckhart Tolle

The Invitation

By Oriah Mountain Dreamer

It doesn't interest me what you do for a living. I want to know what you ache for and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the centre of your own sorrow, if you have been opened by life's betrayals or have become shrivelled and closed from fear of further pain.

I want to know if you can sit with pain, mine or your own, without moving to hide it, or fade it, or fix it.

I want to know if you can be with joy, mine or your own: if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, be realistic, remember the limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself. If you can bear the accusation of betrayal and not betray your own soul. If you can be faithless and therefore trustworthy.

I want to know if you can see Beauty even when it is not pretty every day. And if you can source your own life from its presence.

I want to know if you can live with failure, yours and mine, and still stand at the edge of the lake and shout to the silver of the full moon, "Yes".

It doesn't interest me to know where you live or how much money you have. I want to know if you can get up after the night of grief and despair, weary and bruised to the bone and do what needs to be done to feed the children.

It doesn't interest me who you know or how you came to be here. I want to know if you will stand in the centre of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away.

I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.¹⁵



05 FOLLOW YOUR BLISS

Now you have found ways to deal with belief patterns and negative emotions, how to let go of energies that cause inner blockages, how to find your elephant rope and set yourself free. Some of us have drifted so far away from our dreams that we have completely forgotten what we would love to do if we didn't have responsibilities in our lives.

a. What do you desire?

Are you doing what you love? Are you living your full potential? Do you want to be an artist? Do you want to travel the world? Do you want to be your own boss? Do you want to work in nature? Do you want to heal our planet? Do you want to be a shaman traveling the Sahara on a camel?

Whatever you love, it can be yours if you open your mind to the possibility that it can happen.

You do not even need to fully believe it, you simply need to let go of the belief that it is not possible.

Marie Kondo is an international acclaimed organizing consultant from Japan. During her childhood she loved nothing more than tidying her room and her family's house. She developed

her own cleaning method and today hundreds of thousands of people around the world are using her technique to tidy up their houses.

Mark Morales is a chef that uses healthy food and is famous on television in Malta. He never received professional chef training but loved cooking very healthy food. He trained himself and always cooked for all of his friends. He also happens to be very outgoing and unafraid to speak in public. One day he was discovered by the daughter of a television show producer that truly enjoyed his food. Today he is on television several times a week and shares his passion with the Maltese people.

Nadia Meli is a famous German wedding photographer, who gets bookings from all over the world. She has never had photography training and in the beginning when she told people she wanted to become a photographer only a few encouraged her. She followed her heart, developed her talent and today she is able to choose her clients.

Louino Robbillard is a successful social activist from Haiti. He grew up in the poorest slums of the Western Hemisphere without financial resources and didn't have the option to attend university. Instead he observed the people in his environment, realized that there is a lack of self-confidence in

Haitian society created mainly by international nonprofit organizations, and ever since he has used his energy to change the humanitarian systems in Haiti. He taught himself most things and was never afraid to make a mistake. Today he gets invited to speak in different countries and is engaged in change-making with Haiti's upper class and politicians.

What do these people have in common?

They never concentrated on how to earn a living. They focused on what they loved and on how to make more time to do that.



Enthusiasm and a love for something naturally leads to competence in the field. If you walk around with an open heart, telling everybody about your passions, you will attract people that want to profit from your expertise and suddenly you will see everything in your life falling right into place. You may argue that these are examples of lucky people and that this doesn't happen for everybody. Remember the elephant's rope? Your belief system? Your shadow side? Remember, you are the creator of your own reality.

The first important step in pursuing our dreams is to be clear on what they actually are.

When we were young, we were allowed to dream. If we told our parents that we wanted to be a singer, a dancer or a semi-precious stone collector, they would simply smile at us without judgment. But as we grew older, we were taught to forget our dreams and get ready for reality and so many of us listened – some with resistance in the beginning. In the end we all want to be loved, accepted, and to fit in. As a result we forget what we are really good at and what we love to do. We didn't see that the people surrounding us were all stuck in their belief systems. We didn't know that they had simply

forgotten their dreams and were repeating past experiences without questioning them. If you want to find out what you love, I invite you to take some time with a blank paper and a pen. Before you start, get yourself in the right mood. Meditate, read the tarot cards, turn on your favorite music, cook a delicious meal, get a massage or take several deep breaths. In short, indulge yourself while relaxing your mind. Then take your paper and answer the following questions. Try not to think too much and write the very first thing that comes into your mind. If you can't answer one of the questions, skip it and move to the next. Dream big without limits. Everything is valid.

Ghetto Tarot Tip: Shuffle the cards while asking: What activity would make my life more blissful? Draw a card and find out what attracts you on this card. Use only your intuition only to read the card's message!

- What would I do with my time if I were a millionaire?
- What do other people value in me?
- What would I do if I could not fail?
- What am I really good at?
- What were my dreams when I was a child or teenager?
- What would I do in life if I had no responsibilities?
- Who do I admire and why?
- What makes my heart beat?
- If I had only one more year to live, with what activity would I fill it? How would I want to be remembered?



Alan Watts, a British-born American philosopher, writer, and speaker (1915 – 1973) explains it in beautiful words:

What do you desire? What makes you itch? What sort of a situation would you like?

I do this often in vocational guidance of students, they come to me and say, well, “we’re getting out of college and we have the faintest idea what we want to do”. So I always ask the question, “what would you like to do if money were no object? How would you really enjoy spending your life?”

Well, it’s so amazing as a result of our kind of educational system, crowds of students say well, we’d like to be painters, we’d like to be poets, we’d like to be writers, but as everybody knows you can’t earn any money that way. Or another person says well, I’d like to live an out-of-doors life and ride horses. I said you want to teach in a riding school? Let’s go through with it. What do you want to do?

When we finally got down to something, which the individual says he really wants to do, I will say to him, you do that and forget the money, because, if you say that getting the money is the most important thing, you will spend your life completely wasting your time.

You’ll be doing things you don’t like doing in order to go on living, that is to go on doing things you don’t like doing, which is stupid.

Better to have a short life that is full of what you like doing than a long life spent in a miserable way.

And after all, if you do really like what you’re doing, it doesn’t matter what it is, you can eventually turn it – you could eventually become a master of it. It’s the only way to become a master of something, to be really with it. And then you’ll be able to get a good fee for whatever it is. So don’t worry too much.

Anything you can be interested in, you will find others will. But it’s absolutely stupid to spend your time doing things you don’t like, in order to go on spending things you don’t like, doing things you don’t like and to teach our children to follow in the same track.

See what we are doing, is we’re bringing up children and educating to live the same sort of lives we are living. In order that they may justify themselves and find satisfaction in life by bringing up their children to bring up their children to do the same thing, so it’s all retch and no vomit. It never gets there.

And so, therefore, it’s so important to consider this question:

What do I desire? ¹⁶

b. Follow your dreams

We are all in this world to find out who we truly are and to express ourselves as such. When we experience joy, we are an expression of pure love and are benefiting the lives of everybody around us.

So why would you keep yourself from experiencing bliss by doing what you love? Give up excuses, all the “I can’t”, “I must”, “I should”. They are all part of your belief system and do not serve you. Do more of what makes you happy.

Did you answer the questions? Do you know what you desire? The way out of suffering is right in front of your eyes. Are there still any blockages? Any things that are holding you back? Write them down and go through the exercises that I have explained. Find out which core belief hides behind them and then start slowly but steadily to change them.

Let go of expectations and free yourself from what you think the outcome should look like. If you concentrate on the desired results, you get stuck in the “how” instead of living the “why”. The expression of the real “you” lies in the question “why” and this will automatically

lead to your life’s purpose: to follow your bliss.

**Wake up every morning
and be yourself, fall into
yourself, enjoy your SELF
and love your SELF.
Have faith, share your
truth and trust your SELF
– the river will carry you
and there isn’t much you
need to do...**

It’s time to live your dreams. It doesn’t matter how old you are. The time to start is NOW!



**DO MORE OF WHAT MAKES
YOU HAPPY.**

Thank you for reading my words. This book is my personal gift to the world.

It is my heart's wish to create a paradigm shift on this earth. In my lifetime I want to see as many people as possible daring to move into their emotions and follow their bliss. If this book has changed your life in any way, you can help me make this dream come true by spreading the word and forwarding this book to many others.

I encourage you to find out what gift you can bring to our world! Whatever talents you were born with, no matter what it takes to make you feel your true self; open your heart and share your soul's energy. You will find people who desire to receive it. Please also tell me if you have further questions, I would love to continue writing and share my experiences with you.

If you feel that this book should exist as a paper version, let me know. We could either do another crowdfunding campaign or maybe you even know somebody who has the financial abilities to sponsor the printing.

Please write to inspiration@ghettotarot.com

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Become a patron of my next project: www.patreon.com/alicesmeets

Find out more about the Ghetto Tarot and me:

The Ghetto Tarot, upcoming exhibitions as well as workshops on tarot and how to love your shadow side on

www.ghettotarot.com (fully ready in 2016)

More photos and information about my work on www.alicesmeets.com

My documentary on aid: www.vimeo.com/ondemand/aidependence

Positive news inspire change in Haiti: www.noupounou.com

The gallery that represents my art: www.artco-art.com

How to become your true self; my teachers and further readings:

Karin Haemmerle: www.selfhealingatlightspeed.com

Teal Swan: www.tealswan.com

Byron Katie: www.thework.com

Eckhart Tolle: www.eckharttolle.com

Information on using psychedelic substances as a therapy: www.reset.me

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Thanks to every soul I encountered on my way through the experience called life.



**FOR AS LONG AS I CAN THINK, MY
CORE BELIEF HAS ALWAYS BEEN “I AM
ALONE”. IN THE MIDDLE OF THE PROCESS
OF CHANGING IT TO “I AM PART OF
A COMMUNITY”, YOU BLEW ME AWAY
WITH ALL YOUR SUPPORT AND SHARED
ENTHUSIASM FOR THE GHETTO TAROT
CAMPAIGN. NOW I CAN ACTUALLY FEEL
THAT I AM NOT ALONE, AND I WANT TO
THANK EACH ONE OF YOU FOR OUR
SOULS CONNECTION.**

Text and photos by Alice Smeets ©2015

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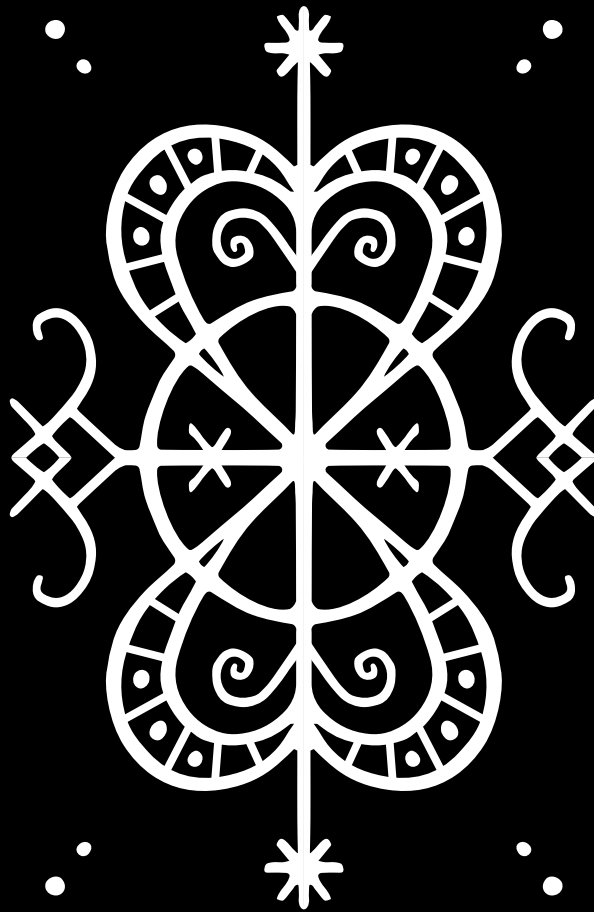
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www.ghettotarot.com www.alicesmeets.com



**YOUR VISION WILL BECOME CLEAR ONLY
IF YOU CAN LOOK INTO YOUR OWN
HEART. WHO LOOKS OUTSIDE DREAMS,
WHO LOOKS INSIDE AWAKES. – CARL JUNG**