

Welcome

Our Inner Gold contains all of our radiant qualities and unique gifts we learned to hide in order to fit in when we were young. It is the natural openness and tenderness of our compassionate hearts that we often become disconnected from.

I hope the exercises that follow will help you begin the process of reclaiming your own radiant qualities, and having the courage to embody them, so that you can feel more connected, engaged and alive.

Warmly,

Suzanne

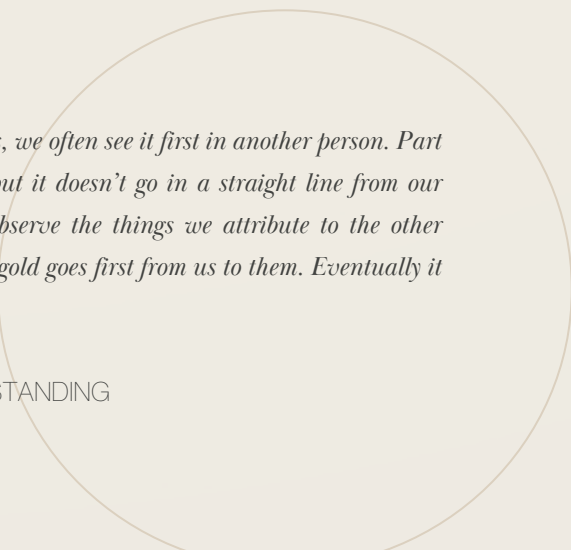


Exercise One



REFLECTION

- one* Think of someone you deeply admire. Write down everything you admire about them. Then, choose one quality you most admire to work with.
- two* Imagine what it would feel like to embody that quality right now in your life. How would it change your work? Your relationships? Write it all down.
- three* What will you look like? How will you feel inside? What will be different in your life?
- four* What is one thing you can do in your life right now to begin to express this new dimension of yourself?
- five* Begin acting as though this quality is already a part of you. As you are enacting this quality, try really feeling the feelings that you imagined you would in Step 3. Notice any changes you experience.



"When we awaken to new possibilities in our lives, we often see it first in another person. Part of us that has been hidden is about to emerge, but it doesn't go in a straight line from our unconscious to becoming conscious. When we observe the things we attribute to the other person, we see our own depth and meaning. Our gold goes first from us to them. Eventually it comes back to us."

- ROBERT JOHNSON, INNER GOLD: UNDERSTANDING
PSYCHOLOGICAL PROJECTION

Exercise Two



MEDITATION

one Close your eyes and imagine yourself taking on a new positive quality or behavior that feels scary (like being more outgoing, or sharing a gift or talent with the world).

two Allow yourself to feel whatever feelings come up: self-doubt, shame, fear of failure, rejection, etc.

three Notice the physical sensations in your body. It could be tightness in your chest, some shakiness or nervous energy. Just notice whatever is present.

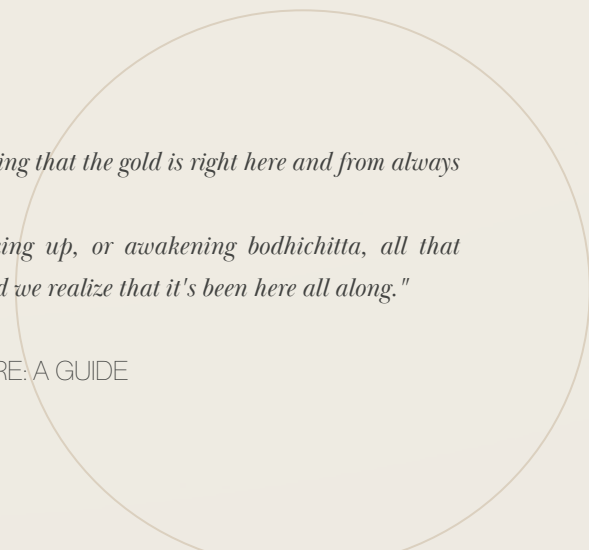
four Allow the feelings and sensations to be there and breathe into them. Welcome them. You could even imagine a loving energy surrounding them.

five Now very gently say, "It's okay for you to be here. I know you are trying to protect me, but I can't let you drive my life anymore." Stay there with the feeling of that for a little while.

Our confusion and misery come from not knowing that the gold is right here and from always looking for it somewhere else.

When we talk about joy, enlightenment, waking up, or awakening bodhichitta, all that means is that we know the gold is right here, and we realize that it's been here all along."

- PEMA CHODRON, START WHERE YOU ARE: A GUIDE
TO COMPASSIONATE LIVING.



Exercise Three



ACTIVE IMAGINATION

zero

Active Imagination is a technique for getting information from your subconscious mind by engaging with images and symbols that emerge from your imagination.

one

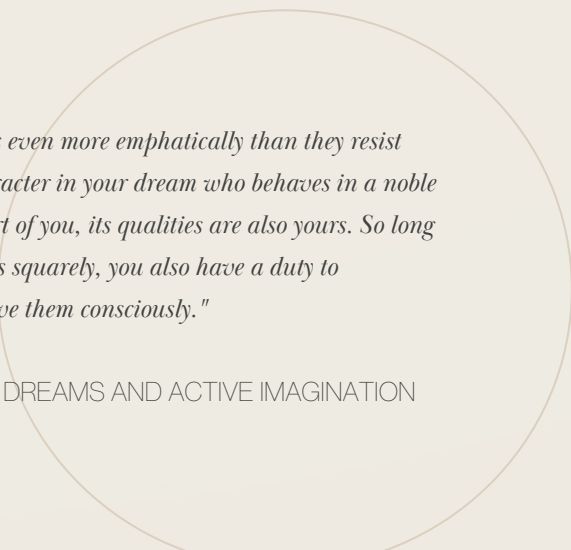
Call in a part of yourself to engage with. Close your eyes, take a few deep breaths and ask yourself (without trying to influence the outcome): Where is the obsession? Where does this feeling come from? Who is the one inside of me who feels this way? What is its image? What does he or she look like? Let the image, symbol or figure emerge naturally. What you call in will represent a part of yourself.

two

Now try consciously interacting with the image or figure who emerges. See what you can notice about it. Notice how it changes as you observe it. You could ask it: Who are you? What do you want? What are you showing me?

three

Write down everything you noticed, details about the symbol or figure, how it changed, what the surrounding scenery was like and the feelings you experienced. Spend time reflecting on what meaning it may have for your life.



Curiously, people usually resist their good qualities even more emphatically than they resist facing their negative qualities. There may be a character in your dream who behaves in a noble and courageous way. Since that inner person is part of you, its qualities are also yours. So long as you are facing your negative and immature traits squarely, you also have a duty to acknowledge the fine qualities in yourself, and to live them consciously."

- ROBERT A. JOHNSON, INNER WORK: USING DREAMS AND ACTIVE IMAGINATION FOR PERSONAL GROWTH.

Reclaim the Gold

JOIN MY FOR A
THREE-WEEK
RECLAIM YOUR
INNER GOLD
COURSE

AND EMBODY THE
RADIANCE OF YOUR
AUTHENTIC SELF

Reclaim the Gold

When we reclaim our gold and step into who we really are, we get to finally live life on our own terms. We move out of a reactive way of being (shaped by what others think and old patterns) into a creative way of approaching life that comes from deep within us. We discover a new power and freedom to express ourselves fully and to meet ourselves, others and life with compassionate openness.

This course merges inquiry and spiritual awareness practices drawn from Jungian Psychology and Eastern Spirituality.

In Jungian terms, our Inner Gold is our submerged creativity, spontaneity and aliveness. It becomes part of what Jung called our “Golden Shadow.”

In Buddhist terms, we can think of our gold as being our Awakened Heart-our innate goodness, compassion, and openness.

This course will help you tap into both kinds of gold, so that you can become a more conscious, integrated person who is able to be fully expressed and aligned with your calling.

You will learn to:

- UNCOVER THE BARRIERS THAT KEEP YOU FROM EMBODYING YOUR RADIANCE.
- MEET YOURSELF WITH COMPASSIONATE CURIOSITY.
- WELCOME AND INCLUDE THE PARTS OF YOURSELF YOU REPRESSED AND REJECTED.
- GET FREE OF FEAR AND SELF DOUBT AS DRIVING FORCES IN YOUR LIFE.
- COURAGEOUSLY EXPRESS YOUR RADIANT QUALITIES.
- LIVE IN ALIGNMENT WITH A SENSE OF PURPOSE OR “INNER CALLING.”
- CULTIVATE SPIRITUAL PRACTICES THAT SUPPORT YOU.

