

Uriel Heals article
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The Shadow Connection

We are a collection of many different aspects, each of them contributing to our unfolding path of reconnection to Source and re-membering our physical, emotional, spiritual and mental bodies into wholeness. Within the plane of polarity which is the third dimensional experience, each thing has its opposite, beginning with love and fear, which is one aspect of what we know as light and darkness. These are expressed in continuously shifting proportions, whose balance depends on the experiences we have chosen for our lifetime's journey of learning and understanding. There is a space in between our light and darkness, which contains everything we need to know to propel us into the path of our choosing. This is our shadow and although we can be afraid of what it contains, it is also an aspect of our being.

We are not, at any time, fully light or fully dark; rather, we live in a place that is in between the two, a middle place where we experience life through our shadow which shows us the proportional balance of light and darkness that we carry. Within the shadow is all of our pain, suffering, and fear, as well as the knowledge, understanding, and love that we need to bring enlightenment to our path. It is in the shadow that our transformation occurs and understanding our shadow connection is the key to understanding the purpose, meaning and learning of our journey.

Since we are on a journey of reconnection and movement from the darkness to the light, we believe that the dark is the bad and light is good, so we run from the dark, afraid to face its lessons and blessings, unwilling to acknowledge the aspects of ourselves which we believe make us unworthy of the Light. We believe that unless we are all light, we are all dark and yet there is no understanding in either of those polarities. It is just as impossible for us to see if a light is too bright as it is for us to see in total darkness. Yet it is that glimmer of light in the darkness that allows us to see the shadows, where we can begin to understand where we are and what we are doing. The shadow is our helper, our vehicle of understanding on the earth plane and without it this journey is not possible.

What lives within our shadow? Everything that we have ever experienced until this moment in time. Why is it so valuable? Without understanding the shadow we can run in circles, forgetting what we have already learned and repeating that which we no longer need to experience. Instead of fearing the shadow we can bless it, learn from it and embrace it because it is both our humanity and our light, what we love and hate about ourselves, the sum of all of the light and all of the darkness we have ever created. We see examples of its many manifestations in our physical reality. On a warm day we are grateful for the shadow which offers relief from the hot sun. Yet on another day that same shadow can be cold and uninviting. The shadow is the same, but the context is different.

It is not the shadow that we fear, it is our memories and experience of some of the shadow's aspects that keep us from looking at it more closely. Since the memory of the shadow is part of our mental and emotional body what we fear are the possibilities that the shadow could hold. Ultimately, we fear the possibility that within the shadow we are outside of the light and in the darkness. Yet the shadow, like everything else, is a combination of light and dark, and it is just a thing that is powerless without the interpretation of our feelings, beliefs, thoughts and desires. The power lies in our ability to find the light within the shadow and make the connection to its light aspects and not to the darkness.

On an energetic level, our shadow holds a range of vibrations and we can be within any aspect of this range, according to our level of spiritual knowledge and understanding. Our objective is simply to find the balance between dark and light, fear and love, chaos and peace, that allows for the next step in our spiritual growth and understanding. This is our dance, one in which we look

for the balance between dark and light that allows us to learn, heal grow and ascend so we learn to make the decisions and choices that support this mission.

As we move through a lifetime we see our shadow reflected in everything—every thought and belief, every person and experience, every choice we make and even the potential realities we can see as available to us. They are all created through and limited by our shadow and how we choose to view it. This determines whether we see our shadow as a wonderful vehicle of understanding and a way to reconcile our experience of polarity or fear it and its potential. In this way we see our shadow as either working for us or against us, and we are either flowing with its learning or fighting it every step of the way.

In any lifetime where we have taken on too much darkness, which includes lifetimes where we have experienced any kind of trauma, our balance of light and dark is disrupted, the shadow takes on more darkness and it is harder to find the light within it. But it is still there—without the light we are unable to see the shadow. Each time we look for the light in the shadow, we shed light on it and transform its vibration. The shadow is our connection to both our Self and to Source, the missing link in our understanding of what we have chosen to experience and how we experience it. It is a doorway to our soul healing that provides us with both the questions we need to ask and the answers to them.

To better understand our shadow connection and what it means to us in terms of our healing we need to embrace it as a part of the whole, allow ourselves to be in the place of understanding with compassion and sympathy and then follow the light we find there. No matter how small we think it is, the light is always present and through it we can create the balance that we seek that will bring peace to our chaos, embrace ourselves with love and acceptance and remember that we are bringing light to the world through everything that we are willing to do for ourselves.

About the Author

Jennifer Hoffman is an intuitive, spiritual healer, mentor, teacher and author and channels the energy of the Archangel Uriel. Jennifer's intuitive abilities go beyond psychic and into the realm of soul level communication, accessing a client's soul's desire for peace, joy and unconditional love. She is able to view the soul's lifetime purpose, identify the soul contract, describe blocks, karmic imprints, negative patterning, messages and images and facilitate the ascension into the miracle vibration, where life becomes an effortless flow of joy and fulfillment. Her ability to view the dynamics of the soul's journey allows her clients insights into how to achieve their highest possible vibration, miracle mastery. Everything that stands in the way of this goal can be transformed with willingness to change one's life story from victim consciousness to spiritual mastery.

In her readings, Jennifer works with the Archangel Uriel, angels, guides and departed loved ones to help her clients gain clarity about their life purpose. Jennifer has helped many people through the Shift through her unique insights and counsel, facilitating their healing journey. Jennifer is the founder of www.urielheals.com, an on-line spiritual healing and growth center and dedicated to the messages and teachings of Archangel Uriel. Information about Jennifer's books, on-line seminars and services is available at her websites, or email healing@urielheals.com for information.

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