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## **CLASS 1: AN INTRODUCTION TO THE UNDERGROUND MAN AND THE TERRAIN OF THE DARK SHADOW**

### **HOW TO PREPARE FOR THE CLASS**

Consider the following reflections prior to Class 1:

- What is your working definition of shadow?
- What are some shadow aspects you can identify within yourself? How do you feel about the shadow aspects you can identify? Do you find them “repulsive to the ego”? Do you find them bad or evil? Lesser or flawed? Would you ever allow yourself to express this and if so in what way? Are there any push-pull dynamics on this theme?
- What are your beliefs about how to work with or meet darker aspects of shadow? Is there any emotion around this? Bodily sensations?
- How do you feel about those that are contrary to the norm? This is a part you play or would ever allow yourself to play? Are there any push-pull dynamics on this theme?

### **REFLECTIONS AFTER THE CLASS**

Consider the following reflections after Class 1:

- Do you recognize meliorism within your beliefs and assumptions? If so, how does it influence your thoughts, behaviors and self-reflections?
- Where in your life have you been the anti-hero (the central character lacking conventional heroic attributes)? Has this been an outward expression or an inward fantasy? What does this allow you to see in the interest of your own growth and individuation?
- Hollis suggests that ironically our own growth is shadow as it is often large and contradictory to the ego’s intentions. How might this be true in your life?
- What are the shadow aspects that you find repulsive?
- Which elements of the first class resonated most deeply? Which did you find most aversive? Does the aversion point to anything that wants to be seen? What is needed internally to stay curious about this?

*A suggested dream incubation practice:*

*Before bed, create a little ritual in which you center yourself and direct your focus to your intention of dream incubation. You can create any other aspects of ritual that you like (hold*

*a stone, place something symbolic near your bed, light a candle). Ask dream a question "Please show me my underground man". If you like you can write this question on a piece of paper and put it beneath your pillow or near your bed. Whatever you dream, receive as an answer.*