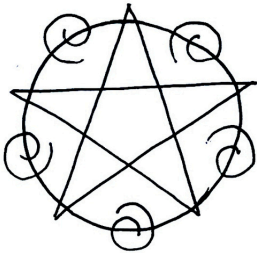


ZINE CONTENT
BY

BRIDGET OWENS

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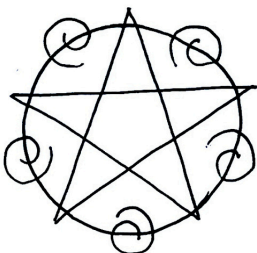


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THE HYPOCRISY LIST

A
SHADOW WORK
EXERCISE +
SPELLBOOK

A ZINE BY BRIDGET OWENS

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SHADOW WORK IS OPTIONAL IN WITCHCRAFT

AND WITCHCRAFT ISN'T THE USUAL
WAY TO DO SHADOW WORK! BUT...

...if you like to pursue self-growth
as a part of your spirituality, it's
totally possible to combine them.

SO WHAT IS SHADOW WORK?

In a nutshell, the shadow is a part
of our subconscious self. It's the
things about ourselves we don't
acknowledge for whatever reason.
SHADOW WORK IS THE PROCESS OF
FINDING AND ACKNOWLEDGING IT.

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HARD
TRUTH
FINDER

SUPPLIES:

- A yes/no form of divination tool, such as a coin, pendulum, etc.

At the end of the day, sit in a quiet place and prepare for meditative self-reflection.

Pick an encounter you had with another person during your day, preferably one where you felt frustrated or judgmental.

Think about how you compared yourself to the other person: how you are different, what you share, what (if anything) you owe each other.

When you are ready, take up your divination tool. Make declarative statements describing your thoughts. For example: "I believe they owe me respect as their elder." Then use the tool like a lie detector to evaluate each statement. Rephrase false ones until you get to your true beliefs.

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WHAT CHANGES DO YOU SUPPORT
IMPOSING ON OTHERS BUT RESIST
HAVING IMPOSED ON YOURSELF?

It's easy to support the common good until the common good means hardship, sacrifice, or even simply inconvenience on our part. Our individual ways of defining and envisioning fairness say a lot about who we are deep down in the darkness of our shadow selves.

Integrating this part of our shadow involves being brutally - but non-judgmentally - honest with ourselves about how we view our place and role in society. It means recognizing and owning the ways we prioritize our own benefit or comfort over the consequences it may have on others.

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WHAT'S HYPOCRISY
GOT TO DO WITH IT?

One way to find your own shadow aspects is to look for ways that the way you act and make decisions contradicts who you think yourself to be.

THE POINT OF ALL THIS ISN'T THAT IT'S BAD TO BE A HYPOCRITE! IT'S NOT TO PUNISH YOURSELF FOR ANYTHING!

But we all have those things we say and think and claim to value and yet struggle to actually do - and that means there's a part of our selves we're avoiding acknowledging.

AND GOOD NEWS! WE CAN DO MAGIC ABOUT IT!

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WHAT DO YOU FIND ATTRACTIVE
ABOUT OTHER PEOPLE BUT
UNATTRACTIVE ABOUT YOURSELF?

Sometimes our shadow reveals itself in those instances where we treat ourselves worse than we treat other people. When we criticize ourselves for things we don't criticize others for — not because we're being polite and not voicing our opinions to others, but because we honestly like things about other people that we can't stand about ourselves.

Integrating this part of our shadows means embracing the reality of who we are and learning to treat those "ugly" parts the way we treat them as beauty in others.

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EMPATHY TRANCE

SUPPLIES:

- Marbles, pebbles, or similar

Find a quiet place for meditation where you won't be disturbed.

Take a few moments to ground and center.

Focus first on bringing up thoughts and feelings about how others have failed in what you believe are their responsibilities.

Next, pick up as many of the marbles or pebbles as you can hold in both hands. Hold them out with your arms extended. They represent the responsibilities you were just focusing on. Hold them as long as you are able, meditating on the feelings and thoughts that arise about your ability to carry the weight and how you perceive the abilities of others.

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WHAT DO YOU EXPECT OTHERS TO BE RESPONSIBLE FOR BUT FAIL TO TAKE RESPONSIBILITY FOR YOURSELF?

Accountability and responsibility have become hot topics - and they are undoubtedly important. But it's so much easier to recognize and point out when other people need to take accountability or when we need others to be more responsible than it is to be held to account ourselves.

Some of the most challenging shadow work involves coming to terms with the ways we "other" ourselves - whether we see ourselves as especially deserving of the labor of others or especially incapable or in need of others to bear more burden. Integrating this part of our shadow doesn't mean taking on more burden or punishing ourselves - it means looking at things with greater empathy, which is crucial to building community.

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MAGIC HORRORSPELL

SUPPLIES:

- Mirror
- Essential oil you associate with self-love
- Carrier oil
- Glass jar
- Spray bottle
- Vinegar
- Dried horehound for dispelling illusions (or any herb you associate with clarity)
- Tea bag or cloth sachet
- Cloth or paper towel

This spell works to clear away the distortions in how you see yourself.

Put a small amount of carrier oil in the jar and add a few drops of essential oil. Put herb in the tea bag and put it in the spray bottle, then fill with vinegar.

Every day, smear oil on the mirror while focusing on the negative way you see yourself.

Look at how the oil distorts your reflection. When ready, say "Clear my sight, reveal my true beauty" as you use the herbal vinegar to clean the oil from the mirror.

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WHAT BEHAVIORS DO YOU EXPECT OR DEMAND FROM OTHERS THAT YOU DON'T DO YOURSELF?

Sometimes we find it easier to criticize and demand things of the people around us than to be honest with ourselves. Maybe we struggle to live up to the ideals we claim to hold, but avoid accepting our own limitations by focusing on everyone else's shortcomings instead.

Integrating this part of our shadow is NOT about "fixing" our own behavior or even learning to give others more grace, necessarily. It's about giving ourselves grace and accepting that we are not perfect. It's good to want to be better, but it's important to not withhold self-acceptance until we reach some future state of being.

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PEARL OF WISDOM

SUPPLIES:

- Both sides of an oyster, clam, or mussel shell (cleaned thoroughly)
- Paper and pen
- Thread or cord
- Strand of your hair

Cut the paper to a size which can be folded up and fit into the closed shell. It should be big enough to write sentences on.

On the paper write the following as many times as will fit, using front and back:

TEMPTING THOUGHTS I WILL KEEP
LIKE GRAINS OF SAND UNTIL
THEY BECOME PEARLS OF
WISDOM WORTH SHARING

Fold the paper to fit in the shell and wind the strand of hair around it. Place it inside the shell, close the shell, then tie the shell closed with the thread or cord.

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WHAT ADVICE DO YOU GIVE BUT NEVER TAKE YOURSELF?

Sometimes we give advice from a place of wisdom earned via experience, but other times we dish out advice that we would hate to have dished back at us. For some it's an unexamined desire to control or fix people around us. For some it might be an attempt to conceal the truth of their own struggles to live up to the same standards they're imposing on others. Whatever it is, our shadows are hiding in the reasons.

Becoming aware of when we are dispensing hypocritical advice is the first step to uncovering the underlying reason and what it reveals about our shadow self.

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SELF-ACCEPTANCE BOWL

SUPPLIES:

- Small bowl
- Herbs for self-care and self-nurturing: lavender, chamomile, and calendula
- Crystals for self-love and self-acceptance: rose quartz, moonstone, rhodocrosite
- Salt
- A piece of jewelry, keychain, or other small item to carry or wear

Put a layer of salt in the bottom of the bowl, then add the herbs. Stir them together with your finger while repeating "Grace for imperfection, love for human nature, patience for growth."

Place the crystals in the bowl while repeating "Judgment no more, only acceptance."

Place your item in the bowl to be charged with the energy of self-acceptance when you are not wearing or carrying it. Wear or carry it especially in situations where such energy is most needed.

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WHAT DO YOU FEEL IS REASONABLE
WHEN YOU DO IT, BUT GET ANGRY
ABOUT WHEN OTHERS DO IT?

We all have moments when we throw stones from the front porch of our glass houses. But when it's a consistent pattern in our lives, it may well reveal some of the biases and derogatory beliefs we hold about others, specifically those we don't like to acknowledge about ourselves.

We all have things about ourselves we want to work on changing, such as our biases. But the shadow work part is revealing and acknowledging that these unexamined beliefs actually exist in us, and then learning to not judge ourselves for having qualities we want to change.

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SPOT MIRROR BLIND

SUPPLIES:

- Small mirrored compact
- Photo of yourself (small)
- Permanent marker

Create a sigil for the intent of seeing when you have biased, judgmental, or negative views towards other people. This spell works to push you to self-reflect with clarity.

Clean the compact and make sure it is empty.

Draw the sigil on the mirror with the marker.

Place the photo of yourself (trim if needed) on the other side of the compact so that when it is closed, your photo is looking at itself in the mirror.

Keep the compact with you.

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