

Relationships, Shadow Work & the 7th House

COURSE DESCRIPTION

This experiential course is about relating to 'others' and is not just for couples. ALL relationships will improve when you learn about your shadow self. Carl Jung's life work was in learning to go into his own unconscious. His discovery of the shadow is a gift like no other as this part of us is with us at all times, whether we know it or not. He said,

"Most people confuse 'self-knowledge' with knowledge of their conscious ego personalities. Anyone who has any ego-consciousness at all takes it for granted that he knows himself. But the ego knows only its own contents, not the unconscious and its contents. People measure their self-knowledge by what the average person in their social environment knows of himself, but not the real psychic facts which are for the most part hidden from them."

— Carl G. Jung

CW 10: *Civilization in Transition, The Undiscovered Self*, par 491

In this course you will learn that discovering and embracing your shadow is a way of being in the world that will help you understand yourself and your partners, past or present. You will learn about your **unique requirements in relationships and how to do them, TOGETHER** using your birth chart which is like looking at a blue print of your psyche. Our astrology gives us details of what we will encounter when we strive to be in relationships.

PLEASE NOTE: This is NOT an ASTROLOGY COURSE to learn astrology.

This course focuses on cultivating conscious relationships. Astrology is used as a symbolic language to help you recognize the parts of yourself that are unconsciously projected onto others — and to understand why reclaiming those projections is essential for psychological wholeness.

By the end of this course, you will have a thorough understanding of how your unconscious has been instrumental in choosing the relationships you attract into your life; how to dance with them more harmoniously; accept your total self and live your relationships with more authenticity.

- 1. Understanding Our Shadow** - how it is formed and how to recognize it and why it is important to our development as human beings. Repeating patterns are our best mirrors — how and why they occur. Exercises to understand and discover your hidden selves. **Process 1, Push My Buttons Worksheet**
- 2. Complex Theory** - Understanding how our Mother and Father complexes are involved in our relationship life. The 4th and 10th house cusps in your birth chart. The acceptance of our fate, what Nietzsche called *amor fati*. **Process 2, Our Parents Worksheet**
- 3. Who and Why We Fall in Love** - How to remain conscious when going through that blissful, intoxicating experience. We will also have a brief introduction to the contra-sexual images in our psyche, i.e., masculine (*Anima*) and feminine (*Animus*) which are latin for soul. **Process 3 - 4, Partners and Previous Partners Worksheet**
- 4. Planets in Our 7th House, Our Venus Sign and Placement and Shadow Work** - We will learn why planets in our 7th, which at first are projected, ultimately can be shared in an equal and balanced way. Also our Venus and any hard aspects to Venus give us more detail on what we value and find beautiful, how we express affection and what we need to feel both loving and loved. **Astrology Basics, Venus Sign, Rising Sign Keywords, 7th House Worksheet, Meaning of Planets, Planets When Projected - How Can We Live Them Together, Review Video and 11 Videos of the Planets**
- 5. Communication Skills & More Shadow Work** - We will take a look at blame and when that is no longer appropriate and the benefits of understanding teleology. You will learn some tools to improve communication between yourself and others to create the intimacy you have longed for. **Process 5, Questions to Build Trust, What does self-esteem look like?**
- 6. The Inner Meaning of Our Mystical Marriage and 10 Benefits of Shadow Work - Qs & As** - We will begin by going back over the 7th House energies one more time as I want you all to end this course knowing your 7th House astrological requirements for balanced relationships, the importance of developing an ego-Self axis, what Carl Jung called *the path of individuation* and the Sacred or Mystical Marriage. The Alchemists called this the *coniunctio*, a union of opposites, our inner divinity. **Process 6, Gold Meditation**

The Pisces Age is over. Best Friends is the Goal for the Aquarian Age.

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