



DANCE  
& the  
Astrological  
7th House

**(Marriage, Partnership and Open Enemies;  
*i.e., the Shadow in us all*)**

**WORKBOOK PROCESSES 1 - 12**

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## PROCESS TWO

# What do I deny, ignore or hold back?

Write about three times when you felt angry, hurt or sad but didn't say anything about it to the other person. Holding back our negative reactions can reveal important clues about what we are denying.

*Do you remember a time when you said to yourself, "I don't like what I am feeling; therefore I will ignore it." Ask yourself what you were feeling at the time. Later you may have thought to yourself, "I wish I had said this or that." You may even have forgotten about it when some time had passed. You will find many helpful clues for doing Shadow work by exploring what you ignore, hold back or deny.*

**1.** I was really angry, hurt or sad when...

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**2.** I don't like it when I feel... or I'm sure glad I never feel...

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**3.** I wish I had said something the last time...

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## PROCESS THREE

Blame is one way that we discharge our negative experiences onto others, but blaming others can give us only a short reprieve.

We've all had challenging experiences with others that are purposeful and a part of our ongoing evolutionary unfoldment. Instead of blaming, try reflecting.

*Write about three situations or events in which you found yourself feeling victimized. Maybe you've made comments to yourself such as "Why did he or she do that to me?" or "Why does this always happen to me?" Does this help you remember?*

Describe three scenarios and what you were feeling:

**1.**

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**2.**

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**3.**

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## PROCESS FOUR

# Negative or embarrassing experiences in our lives can help us see our Shadow.

Write about three of your most embarrassing moments. Looking back, you probably still nag yourself about these events. Do you remember a time in your life when you said to yourself, “Why did I act that way?” or “How could I have said that?”

*Over the years, these parts of ourselves grow bigger and bigger until they break free in ways that surprise us — often with embarrassing results. When we refuse to look at the Shadow quality in us that is sabotaging us in this way, it just keeps repeating. Ask yourself what you’ve done that you wish you could do over. This is one aspect of your Shadow.*

**1.** I embarrassed myself when I... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2.** The last time I remember that “I just wasn’t myself” was when...  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3.** I’ll never forget the time I shocked myself by... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**PROCESS FIVE**

Our friends know us. They see things about us we haven't seen yet.

No one likes to hear unpleasant truths about themselves, but the honesty of a true friend is a real gift. We can't change anything we don't know about. The more we know about these parts of us, the more choices we have about our own behavior. Has a friend told you something about yourself that left you feeling misunderstood or judged? Do you still resent them?

*Has it happened before? Have two or more people pointed this out to you? You will know it's about you by the sheer fact that it will repeat. Do you find that this particular characteristic or quality is highly repulsive when you encounter it in another person?*

When I was told this about myself I really overreacted:

**1.**

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**2.**

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**3.**

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I am repulsed when I see this characteristic or quality in others:

**1.**

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**2.**

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**3.**

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This person pushed my buttons. What was it they did or said that I reacted to? Do I recall having done this myself?

**1.**

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**2.**

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**3.**

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**PROCESS SIX**

## Here are more ways to see our Shadow.

There are people I hardly know and yet I find myself avoiding. If I were to write a description of what I am judging in them, it would say... \_\_\_\_\_

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There are times when I noticed my voice or someone else's voice changed pitch. One time was... \_\_\_\_\_

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There are ethnic or religious differences in people I am repulsed by. Some of these are... \_\_\_\_\_

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Occasionally a person leaves me extremely irritable and I go on and on and on about them to others. One example of this was... \_\_\_\_\_

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## PROCESS SEVEN

Our parents are in us. They have affected us deeply.

We have all said this statement to ourselves: "I will never be like them." Which parent did you swear you would never be like? Chances are you are a little bit like both of them.

*As the saying goes, the apple never falls very far from the tree. Positive and negative characteristics or qualities, deeply ingrained patterns of behavior, and archetypal predispositions are passed down from one generation to the next. We will often unconsciously pick partners to help us understand these unresolved issues with our parents. Write about your parents and what you saw in them.*

**Characteristics I like in my mother:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Characteristics I dislike in my mother:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Characteristics I like in my father:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Characteristics I dislike in my father:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_





**PROCESS TEN**

# There is pure gold in our Shadow.

Often we will highly admire and respect certain individuals whom we put on pedestals. This is also called the “halo” effect. We want to be around them as much as possible.

*These people can be teachers, bosses, coworkers, friends, lovers, etc. Describe these individuals and what you admire so highly about them. This will be part of your own Shadow. Your highest potentials (parts you don't even realize you already have and also parts that are undeveloped) can be secretly tucked away in the mirrors that these people are holding up for you to see.*

**1.**

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**2.**

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**3.**

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**4.**

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**5.**

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## PROCESS ELEVEN

Dreams will often compensate for our conscious intentions or beliefs about ourselves. They will show us Shadow figures within our own psyche.

Keeping a dream journal is a highly effective way to see what is unconscious in ourselves. Study your dream characters. Why are they there? Which parts of you do they represent? What are they trying to tell you?

***When you first try to remember your dreams, you may not succeed. Tell yourself before you go to sleep that you want to learn from your dreams and remember them. Then take time to record them. You will find that you are soon remembering more and more.***

Dream characters who are opposites represent me. They are...

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Dream characters or situations that keep repeating are...

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Things my characters do in dreams that I would never do in my real life are...

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**PROCESS TWELVE**

Families are a repository for Shadow figures. Our brothers and sisters may have to suffer the experience of carrying our unacceptable and hidden parts.

When family members who can't stand each other are polarized, they will act out some of the parental issues still dormant in the unconscious. With self-honesty and love, siblings can become safe containers to work out each other's darkest selves.

*How do you know whether it's your sibling you can't stand or a part of yourself you deny or need to embrace? You can tell by the repulsive feelings and the high negative energy you allot to their characteristics. Other people will not find these qualities so incorrigible. That's when you know it's about yourself — by your emotionally charged reactions to whatever they do or say. To become truly conscious of our Shadow means we have to acknowledge these situations. This is often a painful discovery that, once accepted, can give us more choices to make about our own behavior.*

I am constantly repulsed by the actions of my sister. She... \_\_\_\_\_

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I can't stomach being around my brother for too long. He... \_\_\_\_\_

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Are you afraid to be like your brothers and sisters? Maybe you need to be more like them. How do you see yourself benefitting from this awareness? \_\_\_\_\_

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