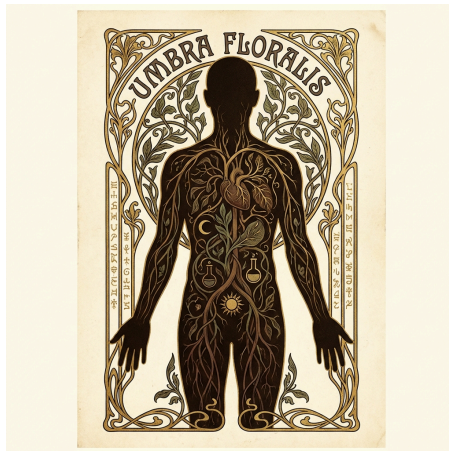


The Integrated Self

You have mapped the shadows. Now, map the whole.

Close your eyes and visualize your integrated self—a being who holds both light and dark, power and vulnerability, joy and grief.



Mark the figure above with your FULL self:

- Draw ROOTS for your grounding and safety
- Draw FLOWERS for your integrated shadows
- Draw LIGHT for your Golden Shadow
- Draw a HEART for your compassion

This is you. Whole. Complete. Human.