

## **Phase 7: The Golden Shadow – Reclaiming Power**

*“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.”*

— Marianne Williamson

Not all of the shadow is dark. There is also a **Golden Shadow**: the parts of yourself that are too bright, too talented, too powerful—so you hid them away to fit in.

Perhaps you were told not to be too smart, too beautiful, too ambitious. Perhaps you learned that standing out meant standing alone. So you dimmed your light.

Excavate the brilliance and strengths you have hidden in the dark to avoid standing out. Reclaim your “Golden Shadow” and learn to wear your power without apology.

### **In this phase, you will:**

- Identify your hidden gifts and talents
- Understand why you hid them
- Begin to reclaim your full brilliance