**🌟 December Workshop: The Light We Hide**

**A Journey of Recognition, Courage, and Expression**

We all carry a light — a presence, a power, a brilliance — that is uniquely ours.  
 And yet, many of us learn to dim it. To play small. To stay safe.  
 This experiential workshop is an invitation to pause:

• Reconnect with inner aspects of yourself that long to be seen  
• Gently explore how past experiences may have shaped your self-expression  
• Reflect on the qualities you’re ready to bring more fully into your life and presence

Using the **Faces tool**, we’ll gently uncover the stories, beliefs, and inner voices that have shaped our self-expression. We’ll explore the ways we’ve concealed our strengths, and begin to question whether those protections still serve us.

You’ll be invited not to force change, but to make space.  
 To recognize what’s already alive in you — and consider:  
 *What if I let a little more of my light be seen?*

✨ This workshop is ideal for personal reflection and for professionals who want to reconnect with the parts of themselves they’re ready to bring back into the room.

**The Light We Hide**

**Opening** 20 minutes

December is a month where many cultures pause to celebrate light:

Hanukkah, Christmas, Diwali, the Winter Solstice.

These holidays carry different names, but they all share a quiet invitation:

In the darker days of the year, we remember the light.

Not only in the world — but within us. (mention in the Northern Hemisphere)

And yet, light isn’t always something we show.

There are parts of us — talents, voices, truths

that we learned to dim. To play small. To stay safe.

**Objectives**

In this workshop, we’ll:

• Reconnect with inner aspects of yourself that long to be seen  
• Gently explore how past experiences may have shaped your self-expression  
• Reflect on the qualities you’re ready to bring more fully into your life and presence

**Pause** 8 min

Guided Visualization (5 min)

For those who don't have a candle, we can show a video of a candle flame, which those who don't have one can stare at.

If you have a candle nearby, light it now.

Let it be your companion for a few moments.

Gaze into the flame — just as it is.

Let your breath settle.

Let the simplicity of the light meet you.

Then, with eyes gently closed:

Imagine this flame entering your body.

Where does it choose to go?

Does it stay in one place — or does it spread?

What does it want to illuminate in you?

Let the image settle. Then invite:

“If this flame could speak to you… what word would it whisper?”

Ask each participant to write down one word - a message from the light to carry into the process ahead.

**Expending**

**Seeing the Other, Meeting Myself (30 min)**

Now that we have light before us and light within us, we are ready to begin.

For this process, we’ll be working with the FACES   
a collection of 99 black and white real, diverse, deeply expressive human portraits who represent people all over the world, of every age and culture.

FACES Invites us to observe people, ourselves, and the relationships we have in our lives in a variety of areas.

You are invited to look at the photo cards and choose one that catches your attention without even knowing why. If you don't have any cards, we will offer you a selection of several on the screen and you can choose one character from them

Let yourself be drawn to a face that calls to you - not with logic, but with instinct.

Now, take a few quiet moments to connect with this person. get curious.

Observer guidelines:

* Who is this person, in your eyes?
* What catches my attention?
* What do I see in it?
* What expression is there on this face?
* What are the bright parts versus the dark parts?
* Go through the parts of the face...
* What qualities do you see in them — strength, softness, clarity, confidence?
* What do you imagine they want to be seen for?
* What do they carry with quiet pride?

Personal writing 3 min

Now, ask yourself:

* What in them feels familiar to me?
* What do they reflect about my own light, my own presence?

Maybe there are other elements in this character that we haven't noticed... It's time to meet another pair of eyes in our virtual room and see what the other side can add to us.

Notice that this time we will share differently.

Instead of sharing what we have already seen, we will be listening.

This will be the time for our partners to show us what qualities and abilities they see in the character we have chosen.

partner sharing 10 min

Thanks for sharing, did you gain any new perspectives?

I invite you to take another look at your character.

this time, let's observe from a different lens.

* What might this person be holding back or hiding from the world?
* What do you see in their eyes that feels guarded or dimmed?
* If they had one part of themselves, they were afraid to show — what might it be?

Self-journaling 2 min (during self journaling we play different music - first round light bright happy, second round, darker, annoying)

And now: **Does that say something about me, too?**

Sometimes certain life events or our own misinterpretation cause us to shrink, to diminish our light, supposedly for the sake of others.

Is there something in them that reflects something I’ve learned to tuck away, tone down, or protect in myself?

From the FACES deck, choose randomly one **Reflection card** — a word.  
Let the word choose you.  
Look at the word.  
If you don't have any cards, we will offer you a selection of several on the screen and you can choose one reflection card from them

* What does this word reflect about what might be hidden — in them, and in me?
* Does this word have a place in my life that I’ve learned to suppress?
* If this word were the name of my hidden light — what would it be trying to tell me?

Encourage participants to write down a short sentence:

**“What I’ve been hiding might have to do with...”**

**Why Did I Learn to Hide It? (**15 min)

We don’t hide for no reason.  
We learn to protect ourselves — from judgment, rejection, vulnerability.  
This next part invites us to listen to the **story** we’ve inherited or internalized.

Why did I learn that showing this part of me is dangerous, embarrassing, or “too much”?

Choose a card from the **Flow** deck —  
let it reflect what might be **underneath the fear**.  
It could be an old message, a dynamic, or an energy you associate with exposure.

If you don't have any cards, we will offer you a selection of several on the screen

Observing photography, the word, and the connection between them

* What am I afraid will happen if this comes to light?

This is not about pushing through fear but about understanding it with compassion.

Self -journaling 2 min

Time to share 5 minutes

**Letting the Light Be Seen (**20 min**)**

We’ve explored what we’ve hidden, and why.  
Now comes the question:  
**What would it take to let this part of me be seen again?**

Take a moment to consider:

What would support me in allowing this part of my light to shine again?

Choose a final card —and let it reflect a quality or a message that can **support your courage.**

We need to see if another flow card or reflection is more appropriate here.  
To go deeper and get more inspiration for implementation, we will return to working with our partners from the first sharing and together we will see what other message is in the card that came to us.

Pair sharing- 10 min

**focus**

* What would I gain by expressing this part of me more fully?
* How might it change the way I move through the world?
* Who else might benefit if I let this light be seen?

Just like a single candle can light many others without losing its flame. The more we allow our presence to shine, the more others feel permission to do the same.

This is the quiet power of courage.

**Closing**

To summarize the process, we would be happy to echo our light here in front of everyone. You are welcome to share in the chat what light you intend to enhance in your daily life starting today.

