



HEALING **THE DARK SIDE**

ALBERTO VILLOLDO
ONLINE COURSE WORKBOOK

WELCOME TO HEALING THE DARK SIDE ONLINE COURSE



**"NOTHING THAT NEEDS TO HIDE IN THE DARK
HAS AN AUTHENTIC POWER OF ITS OWN."**

- ALBERTO VILLOLDO

The prophecies of the shamans of the Andes and the Americas speak of this time of an end of an era for humanity and the birth of a new human. The gates of hell—the Uhupatcha—are said to have flung open and what has been safely stored in the collective unconscious has now surfaced. At the same time though, the gates of heaven have flung open, providing us with the chance to expand into a new level of consciousness. To do that, we need to truly evolve within an alchemical vessel where transmutation and transformation can occur.

Judeo-Christian mythology suggests the existence of an independent evil principle, but according to the shamanic cosmology, nothing that needs to hide in the dark has an authentic power of its own. Evil exists only in the hearts of men and women and what gives this evil power is our fear. When we practice fearlessness, we stop turning our demons into enemies and start turning them into allies. The psychiatrist C.G. Jung describes the integration of shadow parts into the overall personality as one of the central tasks of the human maturation process. By splitting off parts of ourselves, we lose much of our joy of life and ultimately, stop living authentically. To become whole again, we have to explore every part of ourselves, even the disowned parts that live in the shadow realm. This is the medicine of the jaguar, to reclaim and expose the shadows for what they really are and heal them.

In this course, we look at the skills that the shaman has to develop to be able to work effectively with the dark side. You learn about tools and protections that are used to come back into right relationship, enabling us to evolve into a new consciousness of humanity.

IN THIS COURSE YOU WILL LEARN



- ◇ The Western and Eastern perspective of the collective unconscious and shadows
- ◇ The Shaman's understanding of evil
- ◇ Key protections of the shaman and how to set clear boundaries
- ◇ To find peace with inner contradictions by integrating repressed personality parts into your life
- ◇ Practices and techniques to come into your power, so that you can unfold all facets of your personality
- ◇ How to deal with unwanted feelings like anger and fear more easily
- ◇ To heal generational trauma



1

THE NATURE OF EVIL

1

THE NATURE OF EVIL

IN THIS VIDEO YOU LEARNED:



- ◇ The two fundamental principles of a shaman
- ◇ The importance of integrating the dark feminine
- ◇ Calling on the Four Directions
- ◇ Opening Wiracocha

The masculine theology dominating western culture has devastated our earth, and severed our relationship with spirit. We can see the effects of such a theology throughout history and how it shapes our reality today. Ancient theologies that recognize the power of the divine feminine tell of a harmonious relationship with the earth and spirit. As the gates of hell are flung open, the parts of the psyche that our culture has denied for such a long time is unleashed. So in the shaman's journey to the lower world, to recover a lost soul part for a client or to recover a treasure for themselves, they have to encounter the dark feminine.

In this lesson you learn about two main principles of the shamans. The first is that nothing that needs to hide in the dark has any authentic power of its own. Our shadows are solely fed by our own fear—our own fear and the collective fear of humanity. So in order to disempower these shadows, we need to cultivate fearlessness. The second principle is that we live in a benign universe and that evil exists, but not as an independent principle in the cosmos. It only exists in the hearts of men and women. The universe will actually conspire on your behalf if you are in right relationship with it.

How do we prepare ourselves for the great transformation? You learn about two key protections that the shaman uses. The opening of Wiracocha creates an extraordinary protection while calling on the four directions puts us in an impenetrable space inviting only the highest frequencies in.



EXERCISE:

CALLING ON THE FOUR DIRECTIONS

Use the following prayer on the next page, to open Sacred Space. Turn to each direction as you summon its energy and life force. After you have done so, sit quietly and notice what it is like in this space. Notice how the quality of your meditation or daily activity is transformed. At the end of your meditation be sure to close the space. Follow the same procedure as for the opening, acknowledging each of the four directions, Mother Earth and Father Sky. Thank each archetype for being with you, Serpent, Jaguar, Hummingbird and Eagle, and release their energies to the four corners of the earth.



PRAYER FOR OPENING SACRED SPACE

SOUTH

To the winds of the South
Great Serpent
Wrap your coils of light around us
Teach us to shed the past the way you shed your skin
To walk softly on the Earth
Teach us the Beauty Way

WEST

To the winds of the West
Mother Jaguar
Protect our medicine space
Teach us the way of peace, to live impeccably
Show us the way beyond death

NORTH

To the winds of the North
Hummingbird, Grandmothers and Grandfathers
Ancient Ones
Come and warm your hands by our fires
Whisper to us in the wind
We honor you who have come before us
And you who will come after us, our children's children

EAST

To the winds of the East
Great Eagle, Condor
Come to us from the place of the rising Sun
Keep us under your wing
Show us the mountains we only dare to dream of
Teach us to fly wing to wing with the Great Spirit

MOTHER EARTH

We've gathered for the honoring of all of your children
The Stone People, the Plant People
The four-legged, the two-legged, the creepy crawlers
The finned, the furred, and the winged ones
All our relations

FATHER SUN

Father Sun, Grandmother Moon, to the Star Nations
Great Spirit, you who are known by a thousand names
And you who are the unnamable One
Thank you for bringing us together
And allowing us to sing the Song of Life

1

NOTES

[illegible]