



The Mysterium Syllabus

Navigate the underworld. Integrate the Shadow Self. Break Ancestral Cycles

8-week Intensive Shadow Work Course

Journey commences March 5th- April 23rd

Course Overview:

- **Understand Shadow Work & Soul Retrieval**
- **Learn how to Navigate in the Underworld**
- **Journey through meditation & Sound to heal shadow aspects**
- **Bring awareness to Generational trauma & Break Ancestral Patterns**
- **Integrate wisdom at a deeper level**

Course Materials:

Workbook, Journal Prompts, Exercises

Access to Mysterium Telegram Group for weekly Resources & Breakthrough sharing.

Modules:

1st Half: Awareness Through the Underworld

3.5: Learn the basics of Shadow Work & Soul Retrieval

3.12: Working with Animals & Guides

3.19: Acknowledging Trauma in the body

3.26: Breaking Ancestral Cycles- Past Lives

2nd Half : Integration to the Light

4.2: Inner Child Healing

4.9: Healing the Teenage Self

4.16: Integrating into the Adult Self

4.23: Recreating the True Self NOW

1st Half: Awareness Through the Underworld

When I speak of the underworld I speak of it literally through mythologies from Indigenous cultures and metaphorically through the subconscious mind. Most of us grow up completely disconnected from the trauma we go through as children and young adults. We tend to keep ourselves busy without doing the work to recondition our trauma based identities.

Through Journey work and Soul Retrieval one is able to be aware of themselves and call back all lost/hidden aspects to be whole.

1st Week: The Basics:

- Learn shadow work theory and how to apply it.
- Understand Soul Retrieval in curanderismo practices.
- Open yourself up to begin navigating your underworld.

2nd: Working with animals and guides:

- Learn how to work with animals as medicine and their messages.
- Connect with your ancestors and guardians.
- Call in your guides and ascended masters.
- Work with protector deities to gain clarity.

3rd: Acknowledging trauma in the body:

- Connect with your body to recognize and release deep seated trauma.
- Listen to your intuition through your gut system.
- Understand how our nervous system reacts to stress.
- Survey your inner self to identify pain or imbalance.

4th: Breaking Ancestral Cycles and Past Lives:

- Remember ancestors and bloodlines.
- Acknowledge generational patterns.
- Rescript old narratives
- Release cycles from past lives.

2nd Half: Integrating into the Light

It is not enough just to be aware of our own underworlds. There are many seeking healing through therapy, plant medicine retreats and doing other healing modalities but still return to their old ways because they truly have not integrated the wisdom from these therapies. There is usually more work to be done to break completely free from the affects of the subconscious mind.

5th week Inner Child Healing (Years 0-12):

- Realize how childhood has shaped our behaviors and attitudes towards life.
- Understand Nature and nurture affecting us simultaneously.
- Identify coping mechanisms and fears that were planted.
- Expose wounds that have shaped one's character and repeated patterns from the outside world, usually parents or guardians.

6th week Healing the teenage self (Years 13-19):

- Look deeper at our "discovery" years.
- Show how the outside world starts to shape our thoughts and opinions.
- Recognize apathetic or empathic experiences.
- Understand the rebellion stage

7th week Integrating into the adult self (Years 20-29):

- Remove blocks from previous experience affecting us in this time.
- Gain clear understanding on how previous years shaped this time.
- Open ourselves to a new way of being.
- Free oneself from guilt and shame

8th week Recreating the true self Now:

- Liberating ourselves from society's standards
- Reclaim our stories to help others.
- Rescript the narrative and negative conditioning
- Prepare for a new cycle.

Break Through Sharing: It is important when we are sharing about our experiences that we do not focus on the "triggers" or "trauma" but we focus on the lessons and wisdom they want to share with us. In our intimate group chat (through Telegram), it will be a safe space for sharing what we are going through and most importantly the breakthrough moments. Big or small! We celebrate all our wins!