

Spiritual Development Circle – July Syllabus

Theme: The Shadow Self: Transforming Hidden Patterns into Personal Freedom

Location: Salt of the Earth (salt cave)

Facilitator: Rhonda Walters / Neysha Arcelay

Duration: 90 minutes

Date: July 26, 2026

Class Overview

Our thoughts, emotions, and behaviors are shaped not only by our conscious choices, but also by subconscious patterns developed through childhood, conditioning, trauma, and lived experiences. These hidden aspects of ourselves, often referred to as the shadow self, influence how we respond to challenges, build relationships, and perceive our own worth.

In this class, you'll explore how the shadow self forms, why it exists, and how fear, trauma, and repeated experiences can reinforce subconscious beliefs that no longer serve you. Rather than viewing the shadow as something to fear or eliminate, you'll discover how bringing awareness and compassion to these hidden patterns creates opportunities for healing, growth, and lasting transformation.

True transformation doesn't come from rejecting the parts of yourself you've hidden. It comes from bringing them into the light with compassion, understanding, and the courage to choose differently.

Class Structure

Time	Activity	Description
15 min	Guided Meditation	Open with a grounding and inward focused meditation to begin creating space to receive insight about your path.
20 min	Teaching / Overview	Explore the concept of purpose. Discuss patterns, natural gifts, life experiences, and inner desires as clues to your soul's blueprint.
30 min	Experiential Practice	Guided reflection exercise to identify personal themes, strengths, and moments of alignment.
15 min	Group Reflection / Discussion	Share insights, patterns, and realizations. Explore how purpose may look different for each person and how it evolves over time.

5 min	Closing Ritual / Take Home Tools	Close with a short integration reflection and provide prompts and practices to continue exploring purpose with clarity and trust
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What to Bring

- An open heart and mind
- A note pad (One will be provided to new students)
- *Optional:* A personal item that symbolizes your spiritual path (crystal, photo, small token, etc.)

What you Get:

- **A Curated Experience**
Each gathering is intentionally designed to take you on a soulful journey, from grounding meditation to guided spiritual practice, all within a nurturing and energetically aligned space.
- **Connection with Like-Minded Souls**
Surround yourself with a supportive community of seekers, empaths, and intuitive beings who are also on the path of growth and awakening.
- **A Take-Home Reflection Worksheet**
Deepen your practice between sessions with a thoughtfully crafted worksheet to support integration, clarity, and continued inner work.

Learning Objectives for This Session

By the end of this class, participants will be able to:

- Define the shadow self and understand its role in personal and spiritual growth.
- Recognize how childhood experiences, trauma, and repeated life events can shape the subconscious patterns that influence our lives.
- Identify common ways the shadow self manifests in everyday thoughts, emotions, and behaviors.
- Differentiate between responses driven by the shadow self and those guided by the wisdom of the Higher Self.
- Begin integrating the shadow with greater acceptance, creating space for authentic growth, emotional freedom, and lasting transformation.



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