



# Introduction to the Shadow Types

Come learn YOUR Shadow Type and at the same time contribute to Rhonda and John Gaughan.

All contributions will go to the Gaughans to help pay for John's medical expenses and care.

**March 30 – April 1 Houston, TX. (non-residential)**

*The **Introduction to Shadow Types Training** offers the opportunity to see unique relationships between the four archetypal energies (Sovereign, Lover, Magician and Warrior) in your life. Knowing your Shadow Type helps you to honor your personal strengths and understand your shadows in a new light. **CenterWork** is an individual process within the group during which you will explore a life issue with the assistance of facilitators and the group. In doing so, you are able to reconstruct the issue and view your shadow objectively thus gaining new perspectives, and freedom of choice.*

**Shadow Work®** offers an opportunity to look at the archetypal energies that we each carry within. We learn how to use these energies in our lives with intention and focus; to fulfill our purpose and manifest our dreams.

**Lover Energy** allows us to access our emotions, connect with others and pay attention to the wisdom of our body.

**Warrior Energy** teaches us to set boundaries and protect ourselves. This is an important energy to use to access our power.

**Magician Energy** guides us in transforming our perspective and using our intuition and intellect in productive and powerful ways.

**Sovereign Energy** clarifies our passions and visions while supporting us in pursuing these dreams for ourselves, as well as blessings others.

As part of this weekend, you will receive the **Shadow Types Survey** to complete ahead of time with the results interpreted at the workshop. Whether or not you attend the weekend, you can take the survey and receive an interpretation of your results by a professional over the phone.

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- Friday: Check-in and container building (Friday evening)
  - Sat: Intro to Shadow Types Training from **Shadow Work®** founder Cliff Barry
  - Sun: Participation in **Centerwork Processes**
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For more information about **Shadow Work®** or Cliff Barry, [shadowwork.com/partnercliff.html](http://shadowwork.com/partnercliff.html)

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For more information about the weekend, contact Sally Bartolameolli 713-906-9808 [sally@blessingsfrommary.com](mailto:sally@blessingsfrommary.com)

## Suggested Contributions

**Pre-weekend Survey:** \$125  
Contact Cliff Barry  
[shadowwk@frii.com](mailto:shadowwk@frii.com)

**Weekend Participation**  
(Includes weekend survey)

Fri & Sat: \$215

All Weekend: \$350

PayPal to send contribution to:  
[rwgaughan@truensight.com](mailto:rwgaughan@truensight.com):  
Login to PayPal

Click Send Money, Click Personal  
Select Gift

**Centerwork only:** \$175  
(Limited number of spots)

*For financial considerations  
contact Sally at 713-906-9808  
to make arrangements.*

Contributions of less than \$500  
Rhonda Gaughan  
42357 Richard Waguespack Rd.  
Gonzales, LA 70737

PayPal to send contribution to:  
[rwgaughan@truensight.com](mailto:rwgaughan@truensight.com):  
Login to PayPal  
Click Send Money, Click Personal  
Select Gift

Contributions over \$500 can be tax deductible. Contact Cliff Barry