

Year Two Curriculum

Descending into the Subconscious

Shadow Work and Deep Transformation

Introduction

Welcome to Year Two, where real alchemy begins. In Year One, you learned to work with your conscious mind, understanding how your thoughts create your reality and building a strong foundation of awareness. Now you're ready to descend into the vast, mysterious territory that lives beneath your conscious awareness, the realm of the subconscious mind, where your deepest patterns, beliefs, and shadow material have been running the show without your knowledge.

This year is about shadow work, but not in the abstract or philosophical sense. This is embodied, practical shadow integration that will change the way you move through the world. We'll journey through each chakra from root to crown, exploring the shadow aspects that block your energy, keep you stuck in old patterns, and prevent you from living at your full capacity. You'll face what you've been avoiding, reclaim what you've rejected, and integrate the disowned parts of yourself that hold tremendous power and wisdom.

Through eight months of deep exploration, you'll work with death and rebirth, sacred sexuality, power dynamics, heart opening, authentic expression, altered states of consciousness, and transcendence, all through the dual lenses of psychology and quantum energy. This isn't gentle or easy work. It's powerful, it's deep, it's juicy, and it will crack you open in the best possible way. By the end of this year, you'll have cleared the unconscious material that's been sabotaging your manifestations, blocking your relationships, and keeping you from stepping fully into your power. This is the year you reclaim all of you.

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Month 1: Shadow Work & The Root of Transformation

The year begins with foundational shadow work, learning to recognize and befriend the disowned, repressed aspects of your psyche that have been silently controlling your life from the unconscious. You'll discover that what you've rejected about yourself often contains your greatest gifts and deepest wisdom. Drawing from Carl Jung's pioneering work and modern psychology, you'll learn to identify shadow projections in your daily life and develop practical integration practices that turn inner saboteurs into allies.

- Master the distinction between light shadow (disowned gifts and positive qualities) and dark shadow (rejected aspects you judge as negative), discovering how both hold power you need to reclaim for wholeness.
- Learn to recognize shadow projections in real time, understanding that when you're triggered by someone else, you're actually seeing your own disowned qualities reflected back, transforming triggers into powerful teachers.
- Develop practical integration techniques including shadow mapping, dialogue practices, somatic exercises, and ritual work to move beyond just acknowledging shadow material to actually integrating it into your whole self.

Month 2: First Chakra -- Life, Death, and Rebirth

This month takes you into the primal energy of the first chakra, where survival, fear, and your relationship to death live in the body. You'll explore how facing mortality can become one of the most liberating spiritual initiations you'll ever experience, working with death as a guide, a teacher, and a threshold, not only for physical endings, but for the ego, identity, and old patterns that no longer serve. You'll discover how modern culture's avoidance of death keeps you disconnected from true vitality, and learn ancient mystery school teachings that use death awareness to awaken the soul.

- Explore your personal orientation toward life energy or death energy and how this fundamental pattern has shaped your first chakra health, your choices, and how fully you allow yourself to be alive and seen.
- Meet your personal Death Guide through powerful guided meditation, receiving wisdom on how to live more fully, fearlessly, and freely by transforming your relationship with mortality and endings.
- Practice daily journaling with the question "If I were dying today, what would I need to say or do?" to clear out what no longer fits and create space for what's real and alive in you now.

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Month 3: Second Chakra -- Sacred Sexuality and Creative Life Force

You'll embark on a journey into one of the most repressed yet powerful aspects of human experience, your sexual energy and creative life force. This isn't just about sex; it's about understanding how your second chakra houses the sacred energy that fuels manifestation, creativity, and spiritual awakening. You'll explore how centuries of religious shame and cultural repression have disconnected you from this vital force, and begin the healing work to reclaim your erotic sovereignty and integrate this essential aspect of yourself with compassion and fierce self love.

- Learn the two pathways of sexual energy, the descending path of release and the ascending path of transformation, and discover how to channel this potent energy upward through your body to create sustainable vitality, magnetism, and creative power.
- Release sexual shame, guilt, and repression inherited from religious and cultural conditioning, exploring sexual archetypes to understand your unique erotic nature, arousal patterns, and desire rhythms without judgment.
- Build nervous system safety first so your body can actually open, then learn to harness desire and coherent arousal to broadcast clear intentions into the quantum field, turning pleasure into a devotional path to authentic power.

Month 4: Third Chakra -- Power and the Shadow Self

This transformative month takes you deep into authentic empowerment by illuminating the shadow aspects of power that keep you stuck in cycles of control and manipulation. You'll explore the fundamental difference between authentic power (which flows from presence and alignment with Spirit) and force (which emerges from fear and disconnection). Through guided self inquiry, you'll identify your specific "power trips" and unconscious strategies for gaining control, from passive aggression and manipulation to people pleasing and emotional withdrawal.

- Map the complex dynamics of overt and covert power in your relationships, examining where you hold power over others and where you've unconsciously given your power away to people, systems, or old stories that no longer serve you.
- Learn to recognize how systemic disempowerment has shaped your consciousness and discover practical steps to call your energy back, reset your boundaries, and reclaim your sovereignty through embodied rituals.
- Integrate shadow and light power archetypes through guided meditation, discovering that true strength is not control or manipulation, but coherence,

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resonance, and alignment with your Original Self, power that inspires rather than dominates.

Month 5: Fourth Chakra -- Relationships and Emotional Resonance

The heart chakra is the bridge between the human and the divine, the sacred space where you give and receive love. This month you'll explore the three levels of love (3D physical love, 4D conscious relationship, and 5D unity consciousness) and discover where you naturally operate and where you're ready to expand. Through shadow work and deep self inquiry, you'll uncover the childhood patterns that repeat in your adult relationships and learn how to release the armor that keeps your heart closed.

- Face the three core shadows blocking your heart, unprocessed grief, hate and rejection, and unforgiveness, learning to transform these dense energies so love can flow freely through all four chambers of your heart.
- Identify your heart's balance of giving and receiving and where you fall out of alignment, recognizing childhood relationship patterns playing out unconsciously in your adult connections and creating a concrete action plan for healing.
- Awaken the Quantum Heart, your most powerful transmitter of energy and consciousness, learning to hold multiple truths, transmute polarity, and shift relationship patterns at the field level through coherence, the natural frequency of your awakened heart.

Month 6: Fifth Chakra -- Truth, Self Hypnosis, and Resonance

This month reveals the profound power of your voice as more than just sound, it's the vibrational frequency of your authentic self and a creative force that literally shapes your reality. You'll explore the intricate connection between your throat chakra and nervous system, uncover the childhood patterns that taught you to lie or stay silent, and learn how the words you speak cast spells that either limit or liberate you. You'll confront the ways you've silenced yourself and others, weaponized words, or lost your voice entirely, then reclaim your authentic expression.

- Understand the vagus nerve connection and how trauma literally silences your voice physiologically, then learn nervous system regulation techniques combined with "I" statements to practice speaking difficult truths skillfully.
- Identify your throat chakra shadows including lying patterns, self silencing, interrupting, gossip, and words as weapons, then track and transform these unconscious patterns with compassion while discovering that your words are literal spells.

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- Master quantum linguistics and learn to work consciously with words as energetic codes that shape reality, using self hypnosis techniques to reprogram negative self talk and dissolve false narratives at the subconscious level.

Month 7: Sixth Chakra -- Dreams, Altered States, and the Subconscious

Your third eye chakra is the gateway between your conscious awareness and the vast inner landscape of your subconscious, unconscious, and superconscious mind. This month you'll learn that you can't develop clear inner vision when your inner channels are cluttered with unprocessed material. You'll discover multiple doorways for accessing your subconscious, because dreams are powerful, but they're not the only way in, and learn how to clear stuck patterns at the source.

- Understand the four levels of mind (conscious, subconscious, unconscious, and superconscious) and why the subconscious usually wins when it conflicts with your conscious desires, plus what to do about it.
- Explore multiple doorways for accessing the subconscious beyond dreams, including hypnosis, float tanks, journaling, breathwork, and ritual, discovering why ceremonies are so powerful (the subconscious can't tell the difference between ritual and reality).
- Develop the "inner observer" who sees without reacting, learning to watch your thoughts without becoming them and building practical tools to bridge the conscious and subconscious mind while strengthening your third eye as a clear, grounded perceptual tool.

Month 8: Seventh Chakra -- Transcendence and the Quantum Field

After eight months of deep shadow work, you arrive at the crown chakra, where spiritual bypassing, false light, and dissociation disguised as transcendence await integration. This is where the ego most cleverly hijacks awakening, where you float away and call it enlightenment. The crown holds the most seductive shadows of all, and this final module will help you see them clearly. This is also where all your work comes together, integrating everything you've faced into authentic spiritual connection.

- Identify the shadow archetypes of the crown (the Spiritual Bypasser, the Enlightened Snob, the Ghost, the Guru Complex) and activate the light archetypes (the Sage, the Hollow Bone, the Sovereign Collaborator, the Grounded Visionary).

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- Learn the difference between passive surrender and sovereign collaboration with the divine, discovering the 50/50 co creation with the Universe, neither giving it all to God nor making it all about your will.
- Experience non dual awareness as a direct state of being (not a concept) and learn to anchor transcendence into your physical body and daily life, discovering that unity consciousness doesn't remove you from your humanity but returns you to it with clarity, humility, and presence.

Integration Throughout All Months

Each month includes two teaching weeks where Lisa and Jane go over homework and discuss the material deeply, one meditation week for integration, and one healing/process call to work with what's arising. Lisa's monthly quantum healing sessions provide energetic support for the transformation happening at all levels. The year builds progressively, with each chakra's shadow work preparing you for the next level, until by Month 8 you've integrated shadow with higher consciousness and learned to live as a fully embodied, awakened human. You are not reaching for the Universe. You are remembering that you are already within it.