



### Who is this program for?

Persons who...

- are 18+ years old at the time the Journey begins,
- have a basic understanding of the concepts of 'shadow' and 'shadow work',
- are committed to achieving a significant level of integration of their shadow and thus live a more complete and balanced life, in freedom and sovereignty,
- are willing to prioritize working on themselves, putting the necessary time and attention in doing the work and showing up for themselves,
- are DONE with excuses and willing to be brutally honest with themselves and
- are DONE hiding from themselves and want to implement positive changes their lives.

### Who is this program NOT for?

Anyone who...

- ✗ is a practicing i.e. devout christian or catholic\*,
- ✗ is battling addiction and/or other mental issues at the time,
- ✗ gets scared whenever the terms "shadow", "darkness", "demons" or "monsters" are brought up,
- ✗ recently went through a traumatic experience (the death of someone dear counts as such) and is still coming to terms with 'life after---',
- ✗ isn't serious about facing their "demons" and are just looking for 'love & light' validation,
- ✗ doesn't like to hear or acknowledge the truth about themselves,
- ✗ isn't sure they'll be able to dedicate the necessary time and attention to the program, and/or
- ✗ needs to be micromanaged to get things done.

\*I consider that christianity/catholicism are inherently NOT compatible with witchcraft, magick, and (particularly) with Left Hand Path / shadow work approaches and content. The purpose of this program is not to drive anyone away from their beliefs or way of life. On the other hand, if you aren't devout and are considering leaving your faith, I wish you the best on your journey, but this program of Shadow Work is probably not the best place to begin. I'm a champion of free will and, as such, I cannot implicitly assume responsibility for anyone leaving their faith or the religion they currently profess.

Duration: 12 weeks i.e. 3 months

BEGIN ANY TIME, whenever you're ready

Included:

- Workbook PDF
- 1-on-1 weekly check-ins (30 mins – 1 hr) via GoogleMeet, or Skype, which equal a total of up to 12 hours of personalized, private, individual support
- Opening Ritual (30 mins mins) via Google Meet
- End-of-Journey Ritual (1 hr) via Google Meet
- Initial and Final Tarot Shadow Readings (1 hr), all personal i.e. individual, via GoogleMeet

Investment: 2,000 USD

What this program IS:	What this program IS NOT:
<ul style="list-style-type: none"><li>✓ Challenging, uncomfortable spiritual work</li><li>✓ Tough love, from yourself and from your companion (i.e. Yours Truly)</li><li>✓ A collection of tools, tasks, and activities that include, but aren't limited to, self-introspection, meditation, focus, ritual, journaling, and plenty of opportunities to let your emotions out in healthy, useful, constructive ways</li><li>✓ A source of more questions for YOU to answer, and as such, a source of present and future accountability, for as long as you live</li><li>✓ A platform to a new, wiser, more aware You/Self that is basically a clean slate where you will be able to start on a lifelong journey of shadow integration</li></ul>	<ul style="list-style-type: none"><li>✗ Therapy or psychoanalysis</li><li>✗ Rehab</li><li>✗ A replacement for medications you've been prescribed by your therapist and/or physicians</li><li>✗ Commercial self-improvement</li><li>✗ Shamanic journeying</li><li>✗ Mediumship i.e. communication with the dead</li><li>✗ Demonolatry</li><li>✗ Exorcism</li><li>✗ Hypnosis</li><li>✗ Past life regression</li><li>✗ An excuse to (mis)use plant medicine i.e. we don't use plant medicine or other types of psychotropic substances, either natural or artificial</li><li>✗ A lifestyle training</li><li>✗ Coaching</li><li>✗ The definitive answer to all of your life's questions</li><li>✗ A pill that will solve all your problems without you having to do a thing</li><li>✗ A miracle cure for mental or physical conditions</li><li>✗ The pinnacle or finish line of your spiritual growth</li></ul>

If you're interested in taking part in Befriend Your Demons as a Group 1 participant, please fill out [this Google Form](#). I will reply to you within 48 hours and let you know if you have been accepted into the program.

H.S.

Bere Parra, a.k.a. SerpensRubrum