

# SHADOW MASTERY

with

INNER TRANSFORMATIONAL COACH  
SHADOW MASTERY EXPERT - CEO -

Alpa

KAPADIA TELI

IGNITE THE SPARK



## Dominant Shadow Type Quiz Results

### Dominant Shadow Archetype

Prostitute



Created By  
Alpa Kapadia Teli

**"Until you make the unconscious, conscious, it will direct your life and you will call it destiny."**

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Hi I'm Alpa and I am so excited you took the Shadow Mastery Quiz,

You know Shadow Mastery changed my life. I've done more courses than you can count, more books than you can imagine and watched more video content than I care to admit and if there is anything that has given consistent results that border on magic, it is Shadow Mastery.

But when I tell people "Shadow Mastery" - they look at me confused, intrigued, but confused!

After running 7 groups of shadow mastery through this wonderful modality, I finally got down to create this quiz, to make this whole concept a little less mystical and a little more real and accessible for you.

So lets see....

## What are shadows?

Shadows are like the black clouds covering your life's canvas, the more you remove the black shadows, the more the white canvas becomes available for you to fill with colour as creatively as you wish.



When you are in shadows, your creativity is compromised greatly.

Shadows are those thoughts, beliefs, patterns and illusions that you have that keep you small and safe and in your comfort zone, risk-averse and fearful. It is probably those aspects of your personality, which you don't feel safe expressing, because they were not acceptable to your family, friends, and most importantly to you.

Because shadows are like a black box, we can't really identify them and see them. It is when we get triggered or have a negative reaction towards something or someone that this shadow gets a chance to surface. It's the universes way of being kind to you - that it shows you where the shadows are hidden, so that you have a chance to address them.

But hey it's such a bother

## Why should you bother with Shadow Mastery?

Our shadows hold our most treasured gifts. By facing these aspects of ourselves, we become free to come into our most authentic self-expression. With so much of our energy cleared up from

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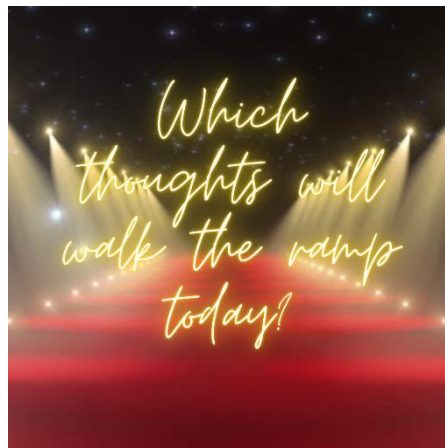


pretending to be someone else and wearing masks, we can finally use all our energy into creating our own dream life.

Only when you come from a space of complete radical self-acceptance, can you make choices that are aligned to your life purpose. As long as we keep hiding, masquerading and projecting what is inside of us, we have no freedom to choose.

“What you don’t own, owns you!”

We get 22000 random thoughts in a day. All these thoughts are waiting in the side lines dressed and waiting for your attention. Based on who you look at - they get a chance to walk the ramp (the mainstream of your mind). If you choose shadow-based thoughts, which are based on fear, resentment, anger, guilt and shame they are the ones that rule your life. If you choose the ones based on courage, joy, love, trust and faith, these will get centre stage. Because you have so many fear-based thoughts, you give them more of your attention.



Shadow Mastery is the art of looking at these thoughts and just clearing out the shadow-based thoughts from the side lines itself - so that they don’t keep getting an opportunity to get facetime with you. Wow - wouldn’t that be nice?

This could save you up to 5- 8 hours a day of your time.

**Can you imagine what you could do with an additional 5-8 hours?**

- Would you use them to fulfil those dreams that are probably gathering dust ?
- Take better care of your health?
- Travel more?
- Spend more quality time with your loved ones ?
- Meet your friends?
- Do something special for your parents?
- Join a hobby class?
- Start a side hustle?

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Your result

Dominant Shadow

Prostitute/Pleaser Archetype

## Dominant Shadow ~ Prostitute/Pleaser Archetype

***Other names for prostitute archetype : Negotiator, Moderator, Peacemaker, Bargainer & People pleaser.***

I know this is a hard shock. The word sounds harsh, because we perceive it in the context of someone who sells their body in return for money. It is in that context that we use this harsh word. Maybe without realizing it, we have been ready to sell our soul to keep the peace or status quo. Stay with me as I explain this to you further. This is responsible for how we feel about love, our value, our values and sacrifice.

**The internal thoughts of the archetype sound like this :**

- How much will it cost to keep the peace?
- I can't afford it
- How much does it cost?
- What will I get in return?
- What do you think?
- I couldn't live with myself if,...

This archetype has to crumble before you can truly start being yourself. If the prostitute archetype is dominant for you, it means you have a very strong societal conditioning. You could be compromising on or moderating your self-expression to a small or large extent to fit in with your circle and tribe. You sometimes don't say what you want to because you think it would hurt others and you value keeping the peace. You are conflict avoidant. You may also be lying to others about what you really want as you are scared that if you say what you really want - it would be asking for too much. You would rather not ask - than ask and be rejected or denied.

It seems easier to pretend that we don't know what we truly desire. And thus, the prostitute archetype leaves you lost and confused. You sell your true desires in exchange of security, safety and approval. It is exactly this - trying to fit in and be nice and not stick out like a sore thumb, that sometimes gets us to the start of the heroes journey. When we say ENOUGH of fitting in now, I want to discover my own path.

This is the energy that INSTIGATES you on to your hero's journey.

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## Journal Prompts for you:

1. Where and how are you moderating your opinion, values, value, true desires and self-expression?
2. What price do you fear you will have to pay in order to live the life you truly desire?

When you kill the prostitute - you can step into the Corresponding Light Archetype - the Lover. When you ignite the Lover Archetype, you are able to claim your worth and your dreams and stand in your power to put your energy and resources behind them and with yourself. When you fulfil your own dreams, you experience the joy of aligning with your life purpose and feel a deep sense of joy and fulfilment.



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## Would you like to learn how to Alchemise your Shadows and Step into Light ?

This work has been so life changing for me, I am inspired to share it with more people who are willing and ready and courageous enough to do the deep work. The fact that you chose to do this quiz and are reading the results, tells me you are ready to take this a step further.

I have created an 8-week Program - called Shadow Mastery. This is a program in which I deep dive into the world of shadows with you - demystify it and teach you how to turn them around on their heads to free up their locked energy and make it available for you for the fulfilment of your dreams.

It has changed lives of people around the world. It is lesser spoken about in India and I don't know of anyone else, other than me, who does this work in India.

So If this intrigues you and you are someone who is ready to take the action to master these impostors and step into your most powerful self, let's talk.

You can see the program details here :

<https://shadowmastery.ignitethespark.in/>

You can book a call with me here for group and one on one programs.

<https://calendly.com/alpaignitespark/discovery-call>

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*The Shadow is the greatest teacher for how to come to light*

*~ Ram Dass*

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