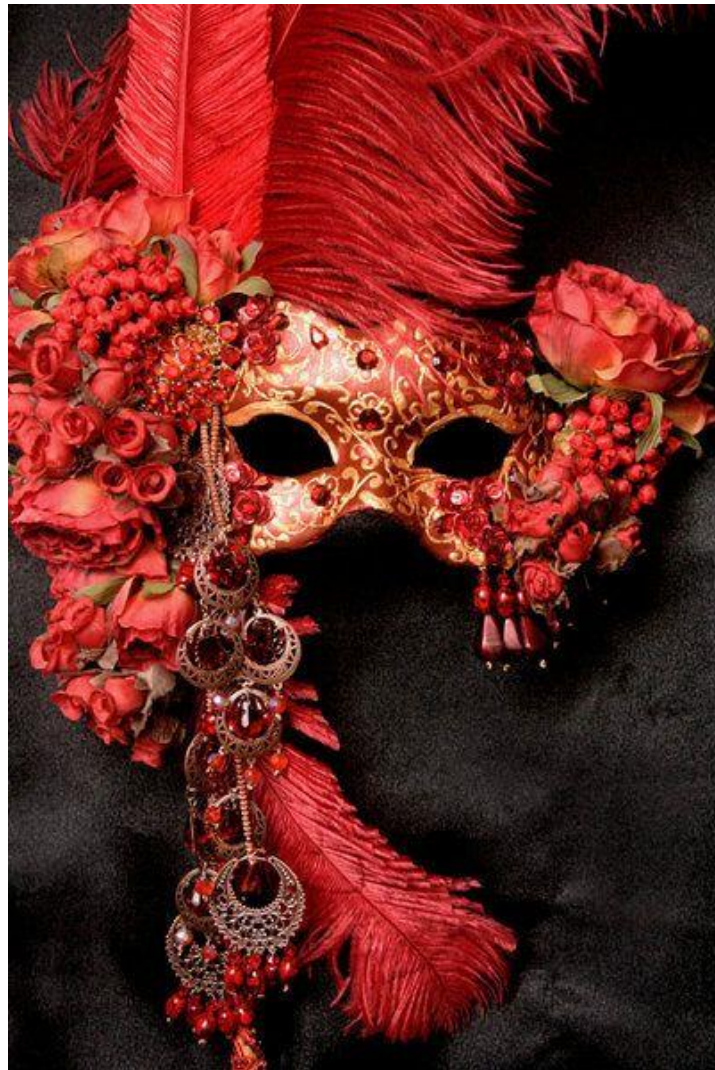


Dominant Shadow Type Quiz Results

Dominant Shadow Archetype

Saboteur



Created By :
Alpa Kapadia Teli

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

SHADOW MASTERY

with *Alpa*
KAPADIA TELI
INNER TRANSFORMATIONAL COACH
SHADOW MASTERY EXPERT - CEO - IGNITE THE SPARK



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?

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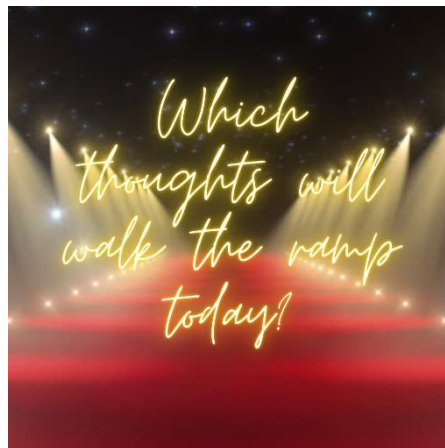


Our shadows hold our most treasured gifts. By facing these aspects of ourselves, we become free to come into our most authentic self-expression. With so much of our energy cleared up from pretending to be someone else and wearing masks, we can finally use all our energy into creating our own dream life.

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?

Your result

Dominant Shadow

Saboteur Archetype

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Saboteur Archetype

Other names for this archetype - Judge, critic, sceptic, nay-sayer

If the Saboteur Archetype is dominant for you, it would mean that you tend to be playing the mind domain more often. You base your decisions on logic, data and facts rather than impulse, feeling or emotion. You are intelligent and weigh all your decisions on pros and cons in great detail. You are rational to a fault and logical and practical in your thinking.

This archetype will have you feeling restless and anxious and not allow you to lean in to the moment and enjoy it. You will be worried if you have nothing to worry about. You find yourself doubting or second-guessing yourself and others. It is like the little devil on your shoulder.

You are uncomfortable being impulsive and avoid looking flaky and impulsive at all costs.

You are prone to anxiety and over thinking. You probably are quite judgmental about yourself and others. You are called a perfectionist by your friends and family. The Saboteur keeps you stuck in details and in survival mode and blocks you from experiencing the magic of the universe and seeing the bigger picture.

This is the most insidious of the archetypes and the most difficult one to overcome. It also needs the other 3 light archetypes to be active, before we can address this one effectively.

Anyone who has a dominant saboteur archetype also has a strong intuition. It could just be covered by the sabotaging thoughts and need for it to also fit in with the data, logic and practicality.

Journal Prompts for you

1. Where and how are you resisting taking action because it would look or sound foolish or crazy???
2. Where and how are you demanding that everything make sense and be all laid out before you take action and follow your intuition?

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When you can overcome the Saboteur - you step into the Corresponding Light Archetype of the Magician - who is the Master Manifester. The Magician knows what he/she knows. The magician knows that they are the ultimate creators of their life and they know how to place the intuitive hits like dominoes in the correct way to have the maximum positive impact on their life. Once you master this Archetype, it is the ultimate combination of head and heart, of intuition and data, of action and faith. It is the most potent combination. And your life will be truly magical.

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

Alpa Kapadia Teli

