

# Writings in the Shadow

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# INTRODUCTION

When I was younger there was a TV show that I was drawn to. Its title was “Tales From the Dark Side”. I loved watching shows that had a mysterious, occult and horror theme and this feel quite nicely into that category. The show was similar to the “Twilight Zone” and “The Outer Limits”, but these were stories that pushed the boundaries of what horrors can be held in the light and what the nature of the darkness and shadow could be.

This interest has continued throughout the many decades since, and I often will “joke” that I have some friends in very low places. Now, before I go any further let me say that I do not practice a left-hand path so that interest and calling to the dark nature is one that I feel is organically part of any spiritual practice and necessary for the evolvment of the individual. This philosophy serves well to encourage the practitioner to explore the nature of polarities, rather than separating out what is light and what is dark.

This book is a written exploration of my personal journey into the shadow and my own tales and knowledge of the dark side that have come from specific practices and magick that is interwoven in the work of my spiritual path.

## **What I Have Chosen to Include:**

**Part One** dives right into the Alchemy of the Shadow and the transformative power held within those places we do not frequent often enough.

**Part Two** includes a variety of writings highlighting the flow of the Darkness through cycles and patterns that are inherent within our nature.

**Part Three** offers devotion to the Dark Nature of the Divine. Those Beings that call us to our greatest transformative work and stand as witness to what is birthed anew.

### **How to Use This Book:**

You will find very little theory in this book. My intention is to stimulate you through poem and prose. This style of integrating information has been used for centuries and the benefits gained from the resonance of energy between you and the words offered are invaluable.

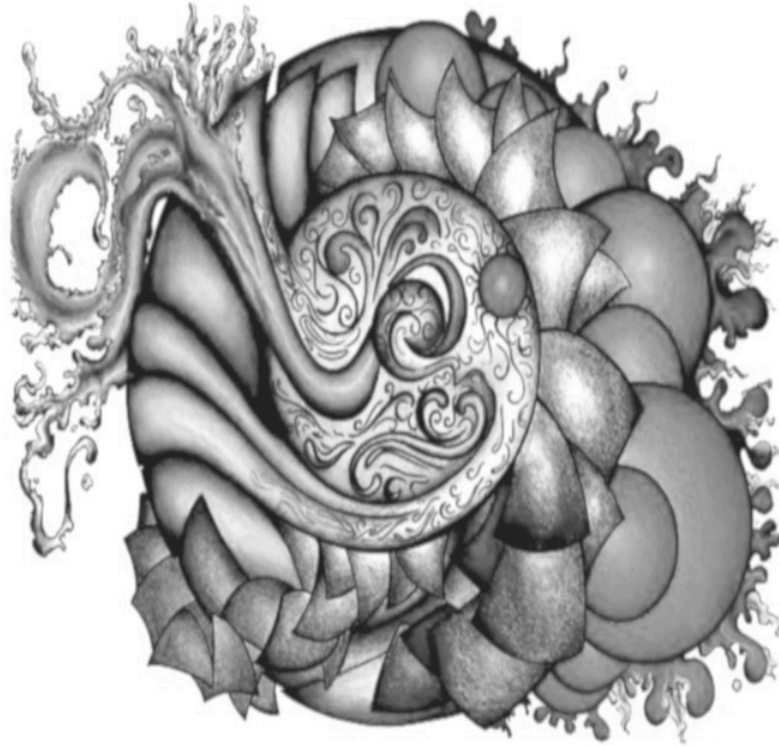
### **How to Use The Pathworkings:**

There are many ways to imprint information into the storehouses of your memory. One of the tools used in magickal study is through the use of a pathworking. Pathworkings differ from guided mediations in that, if skillfully constructed, each component, object, location or color is meant to open your subconscious to a deeper level of understanding. Each word and the way in which you arrive at, leave or interact with a space calls up a stored memory of experience in this or other lifetimes that reveals yet another key to the larger puzzle of our Soul's purpose.

Additionally, these pathworkings can be used to establish a regular meditation practice that will make your mind more receptive to all manner of information and studies. The concluding section is a collection of pathworkings that may be used to explore in a more contemplative way the nature of your shadow. These are resources that may be used time and again as you grow and evolve in your personal spiritual practice. Read more about this in **Part Four: Pathworking in the Shadow**.

*Blessings on Your Journey into the Darkness*

**PART ONE**



**The Alchemy of the Shadow**

The Alchemy of the Shadow is ever present. It is the point of tension that we turn away from in our seeking of a place of clarity defined by light. And, when we are confronted by the vision of ourselves in all of our parts, we are called into the shadow as we claim our space within...

## Humanity

Strip away the masks  
Strip away the illusions  
Strip away the isolation  
Strip away the desperation.

Strip away the bright joys  
And the sorrow filled  
Victories of darkened soul.

Break me down in surrender  
Quickly strip away the flesh  
And render me further  
Still to hollow bone.

I will still have possession  
Of what connects me to  
The conscious whole.

I will always have the  
Refined and informed self  
I have tested and diligently  
Trained on the embattled  
Fields of community.

Despite all that may  
Be taken away I will  
Always have the sweet  
Memory of my humanity.

**This writing was prompted by these questions. I sat in a quiet and darkened space as I thought on what my answers would be. I thought about all of the noble efforts of humanity and the acts of violence and “inhumanity” that our species has perpetrated. It is difficult to separate out the ethics from a general way of being that may be driven by so many different impulses and reasons....**

*How do you define “humanity”? What is your contribution to the collective space of humanity? How does your spiritual path support this definition and contributions?*

For me the word “humanity” means many things. It is the collective species of humans of which I am a part. And, it is the action of expressing those human qualities in a way that is in alignment with all parts of myself. This second definition is the one that I most often get hung up on. Finding my humanity in my emotional self means being able to understand how my responses form the base from which I interact (or react to) with others. Finding my humanity in my actions means accepting the consequences for those actions and then relying on informed decision before proceeding. Finding my humanity in my thoughts requires that I am open and aware of the balance between rationale and logic and creative inspiration. Finding my humanity as I manifest, possess, and leave my physical “human” imprint in the world demands that I honor and respect my physical form, world and state of being as the tool I have been given in this lifetime. And, looking at the connectivity of these definitions cycles back to the first definition of the collective species of humans.

This is the greater responsibility of exploring the defining properties of your own humanity. Now, for me this, then brings to mind another thought. I see this process of definition intimately connected to the