

October 2026 - The Shadow Rose

A Monthly Workbook
from Serenity in Motion

My Love,

The garden has gone quiet, but not empty.

Beneath the fallen leaves, the roots deepen —
unseen, powerful, alive.

The Shadow Rose teaches us that darkness is
not the absence of light but its cradle.

This month, we turn inward — not to fix, but
to listen.

What have you buried within you that is not
meant to be hidden, but honoured?

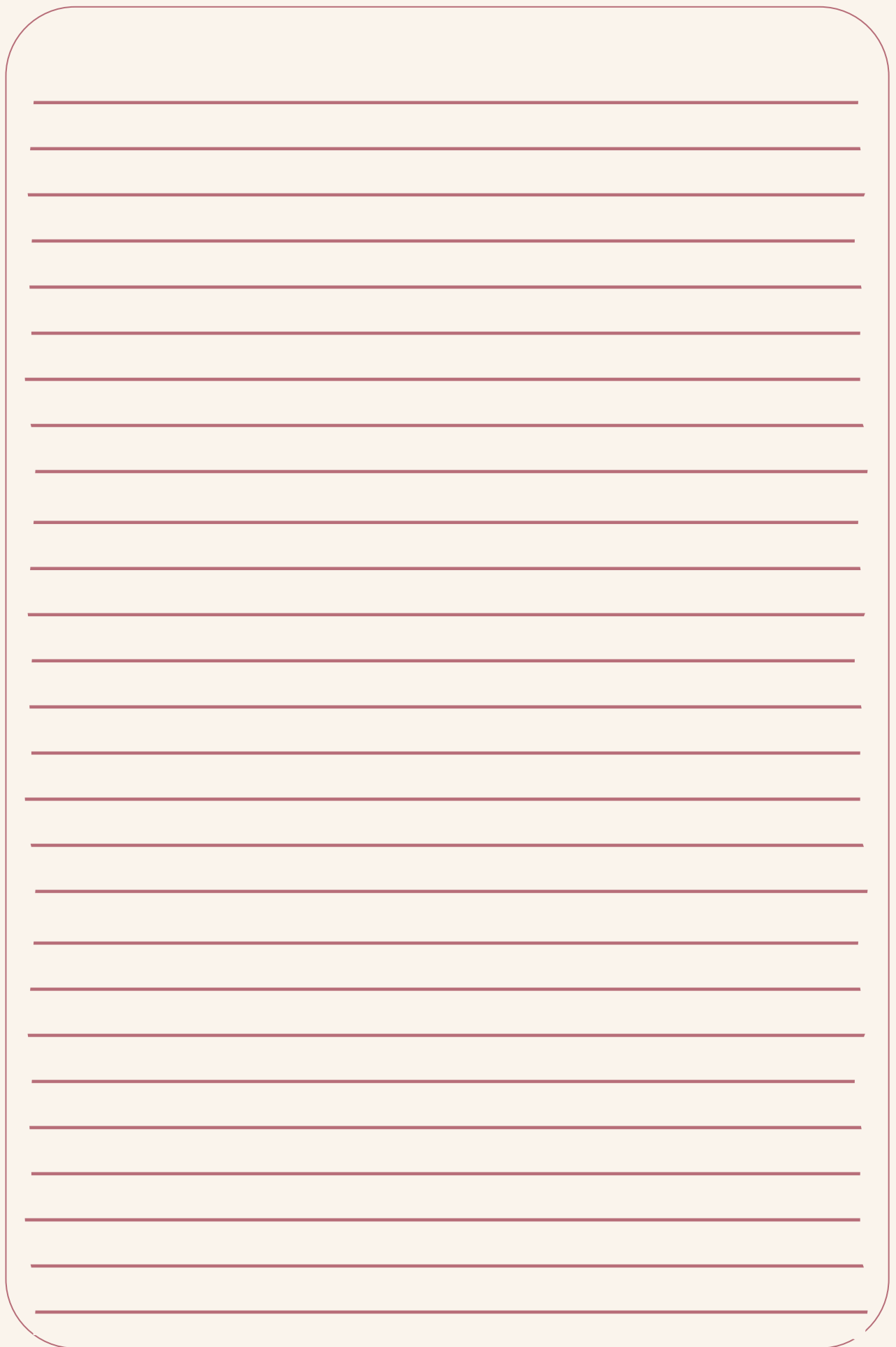
With love,

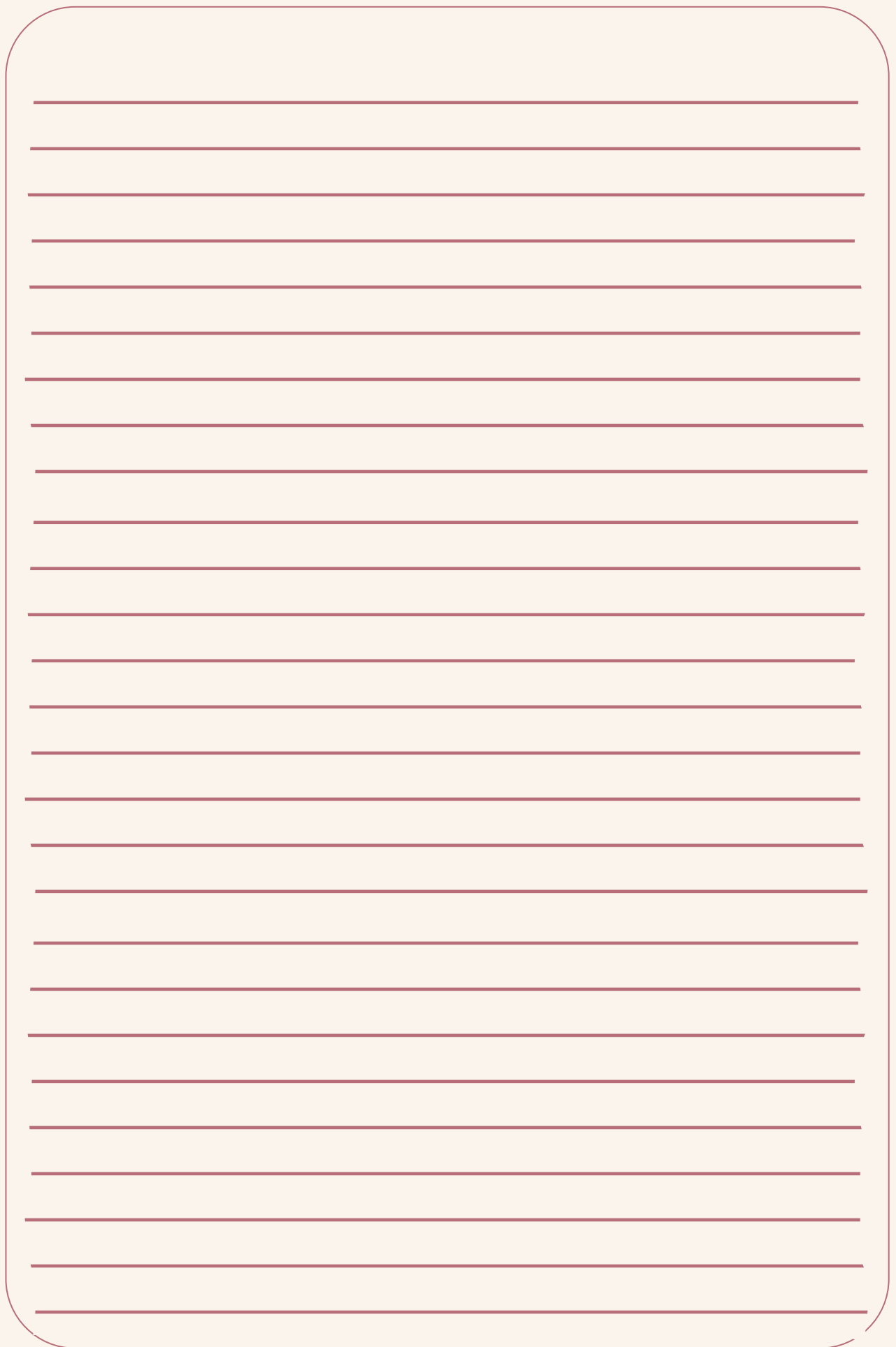
Lily

*“In her darkness, the stars
found a place to rest.”*

Journal Prompts

1. What parts of myself do I still keep in the dark?
2. How can I hold my fears with gentleness rather than judgment?
3. What does the “dark feminine” mean to me — and where does she live in my life?
4. What do I need to forgive within myself before winter comes?





Affirmations

- My shadow is sacred; it is my teacher.
- I find peace in the dark.
- What I meet with love transforms.
- I am whole — both my petals and my thorns.

Ritual Practice — The Dark Petal

Dim the lights or sit by candlelight.

Place your hand over your heart and take slow, deep breaths.

Whisper: *I am safe in my own depth.*

Imagine the roots of your being reaching deep into the earth — grounding, anchoring, supporting.

Feel your body as the garden, not just the flower.

Sensory Moment — Meeting the Mystery

Draw a warm bath infused with a few drops of vetiver or frankincense.

As you soak, visualise the water absorbing any tension or shame.

When you drain the tub, say softly: *What no longer serves me returns to the earth with grace.*

Meditation — Becoming the Night Garden

Sit in stillness.

Imagine a rose opening in the dark — velvety, unafraid, fragrant even without the sun.

This is you.

The part of you that blooms without needing to be seen.

Breathe her in.

You are the keeper of sacred mystery.

.

Closing Reflection

To meet your shadow is to remember your depth.

The petals of your darkness are not flaws — they are textures of truth.

This month, let your mystery be medicine.

You are the Shadow Rose — stillness incarnate, luminous in her depth.

