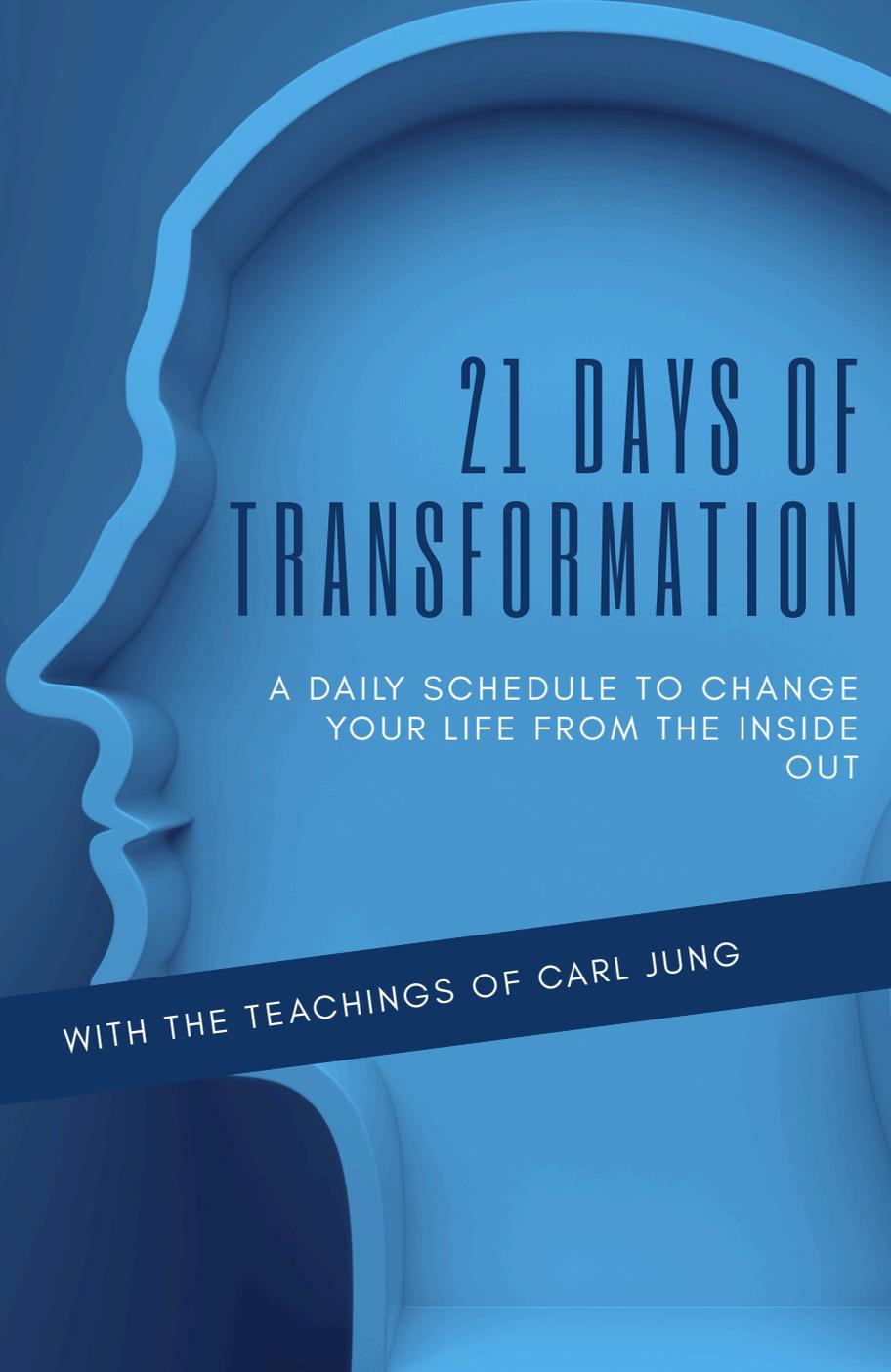


HIDDEN SYNCHRONICITY



21 DAYS OF TRANSFORMATION

A DAILY SCHEDULE TO CHANGE
YOUR LIFE FROM THE INSIDE
OUT

WITH THE TEACHINGS OF CARL JUNG



This book was written with the intention of uniting deep psychology and practical transformation.

Inspired by the teachings of Carl Jung, it was structured as a 21-day schedule for those who want to change from the inside out, without ready-made formulas, but with depth, clarity and soul. The journey is symbolic, but the effects are real. Each day, you will be invited to reflect, act, and feel. This is not just a book: it is a mirror, a compass, and perhaps a transitional portal between who you were and who you are ready to be.

Hidden synchronicity

IMPORTANT NOTICE

Before proceeding with this book, it is essential that you understand something about the process you are about to begin.

This is not a material for quick consumption.

It was built strategically and intentionally, respecting how the human unconscious actually transforms. The brain needs constant exposure to new pathways to create stable circuits of real change.

This is how we get out of automatic mode and start living more consciously.

You will notice that, on Days 1 to 12, the themes revolve around internal listening, emotional unblocking, reconnecting with forgotten aspects of your psyche (such as your inner child, creativity, vulnerability, intuition).

This part is softer, more symbolic, introspective — it sets the stage.

From Day 12 onwards, something changes: the exercises become more active, more challenging, and require clear action.

It is the moment when you begin to assert your inner strength, break old patterns and enter a new rhythm of presence.

So don't skip steps – even if you think you “get it.”

Each repetition is a polishing.

Each day is a layer.

And sometimes, it's only the third or fourth time that a truth really descends from the mind to the body.

Transformation is not a leap – it is a daily construction.

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CHAPTER 1

**THE CALL OF THE
SOUL: WHY JUNG
NOW?**

We live in an era marked by external excesses and internal emptiness. We are connected all the time, but we feel an almost existential loneliness. We have access to all the information in the world in seconds, but we still ask ourselves: "What is all this for?" Modernity has brought incredible advances, but it has also come at a silent emotional cost. It is as if we are surviving on autopilot, while the deepest meaning of life escapes through the cracks of routine.

Loss of meaning does not happen suddenly. It settles in little by little, like a fog that covers the clarity of the soul. First, the signs come: discouragement, restlessness, constant tiredness, a desire to disappear or start all over again from scratch.

Then, the feeling that everything is disconnected – from people, from goals, even from yourself. The soul, which previously whispered, begins to scream. And many of us don't know what to do with that scream.

Carl Jung spoke of this loss of meaning as one of the greatest evils of the century. He perceived that behind many psychological symptoms there was a profound spiritual deficiency. Not necessarily linked to religion, but to a feeling of existential emptiness. When we do not have a “why,” any “how” becomes unbearable. And that is when many people become ill, emotionally, spiritually, silently.

The curious thing is that, even surrounded by so many self-help tools, personal development and modern spirituality, we still feel that something essential is missing. Jung reminds us that the answer is not outside, but within.

It's not about adding more, but about removing what disconnects us from who we really are. The collapse of meaning, then, can be seen not as a tragedy but as a turning point: the chance to begin again with more truth.

Perhaps this is the true calling of the soul in our time. When everything outside seems meaningless, it is an invitation to look within. The emptiness we feel is not a sign of failure, but rather that the time has come to rebuild our inner world. And in this reconstruction, Jung's teachings are like ancient maps - they do not tell us the exact path, but they show us the landscapes we need to cross in order to rediscover what we have lost: the connection with our own spirit.

1.2. Crisis as an Invitation to Inner Transformation

Every crisis, no matter how painful, carries within it an opportunity in disguise. This idea may seem romantic or even irritating to those in the midst of chaos, but it is exactly what Jung tried to show us: moments of rupture, collapse and confusion are often the only ones capable of pushing us into ourselves. Without a crisis, we would continue to function on autopilot, following the scripts we have inherited and repeating patterns that no longer serve us.

Jung believed that psychic suffering was a kind of messenger of the soul. When we ignore our deep needs, our unfulfilled desires, our poorly healed wounds, the soul begins to manifest itself through symptoms: anguish, insomnia, apathy, anxiety, compulsions.

These symptoms, which we normally try to silence with distractions or medication, can be understood as signs that something inside us is asking for attention – and transformation. Instead of running away from the crisis, Jung invites us to listen to it. To dive into the discomfort with courage and curiosity. This does not mean glorifying pain, but recognizing its symbolic value. Crisis does indeed destabilize us – but it is precisely in this destructuring that space opens up for something new to emerge. Like a forest that needs to burn in order to be reborn, there are cycles of the soul that only flourish after devastation. In this sense, crisis is also a rebirth.

Jung's path runs deeply counter to the culture of quick fixes. He offers us no shortcuts or instant promises. Instead, he proposes a slow, symbolic, and transformative process of inner listening. When we choose to go through a crisis with awareness, it ceases to be just a trauma and becomes a rite of passage.

Something dies, yes - but something is also born. And this birth is the beginning of individuation, the path to becoming who we really are. So instead of asking, "Why is this happening to me?" Jung invites us to ask, "What is this happening to me for?" This small shift in perspective transforms victims into seekers, and crises into portals. Within pain lies a seed of wisdom waiting to germinate. And perhaps the greatest gift we can give ourselves is this: to allow crisis to teach us, to break us with purpose, and to rebuild us with truth.

1.3 - Why Jung's teachings are essential in the 21st century

In a world where everything is measured, categorized, and explained by logic, Jung's teachings offer a breath of fresh air: he invites us to embrace the mysterious, the invisible, and the symbolic as legitimate parts of the human experience. Instead of denying what we don't understand, Jung teaches us to listen deeply to what the soul whispers in the form of dreams, symptoms, and repetitions. He didn't just seek to heal the mind—he wanted to understand the soul. And that search is more necessary today than ever.

The 21st century is marked by extremes: abundant technology but fragile connections; freedom of choice but paralyzing anxiety; hyperconnectivity but loneliness. In this context, Jungian concepts become invaluable tools.

The idea of the collective unconscious, for example, shows us that our pains are not just personal – they also belong to the time in which we live. When we recognize this, we stop feeling abnormal or isolated and begin to understand that we are part of a larger movement of the human soul.

Jung's wisdom lies in the way he reclaims the importance of symbols, myths and archetypes. Instead of treating suffering as a mistake to be corrected, he sees it as a symbol to be interpreted. A dream is not just a jumble of confusing images – it is a language of the soul. An identity crisis is not just a mental breakdown – it is a call from the Self to return to our essence. This symbolic perspective is urgent in a society that has lost the ability to listen to the invisible. Furthermore, Jung offers us a real alternative to the culture of performance and productivity.

He teaches us that true fulfillment comes not from external goals, but from an internal process of self-knowledge and integration. Being whole, for Jung, is more important than being successful. He reminds us that we are not here to be perfect, but to become whole—with light and shadow, reason and emotion, strength and fragility.

For all these reasons, Jung's teachings are not only relevant – they are essential. They restore depth to existence, humanity to suffering, and meaning to our existence. In times of quick answers and shallow solutions, Jung offers us a profound and transformative path. A path that requires courage, yes – but that, in the end, returns us to ourselves. And perhaps this is the greatest gift we can receive in these times: remembering who we truly are.

1.4: Jung as a guide on the journey to within

Carl Gustav Jung was not just a theoretician or a doctor of the mind – he was a true explorer of the human soul. His life was marked by an intense inner journey, especially after his break with Freud, when he delved deeply into his own dreams, visions and symbols. It was this dive, which he called “confrontation with the unconscious”, that formed the basis of his work. In going through his dark night of the soul, Jung not only survived: he came back with maps to help others do the same.

Jung's uniqueness as a guide is that he does not point out an external path, but encourages each person to find their own. He does not offer ready-made formulas or universal solutions. On the contrary, he challenges us to listen to the unconscious, observe our own symbols, understand our patterns and integrate everything we reject within ourselves.

He knew that the true teacher is the one who teaches us to trust our own inner compass – no matter how confusing it may seem at first.

When speaking of archetypes, shadow, persona and Self, Jung offers us symbolic keys to open internal doors that we often lock out of fear or ignorance. Each of his concepts is more than a theory – it is a mirror. When we read about the shadow, for example, we are not studying psychology: we are being invited to recognize our masks and integrate forgotten parts of who we are. With him, knowledge is not for accumulating, but for transforming.

To see Jung as a guide is to recognize that the path to self-knowledge is neither linear nor comfortable—it is a journey. But it is also the only path that truly liberates. He does not promise a life without pain, but a life with meaning. And that changes everything. When we look within with courage, we begin to see ourselves with more compassion.

We begin to understand that inner monsters also have stories, and that wounds carry seeds of wisdom.

Therefore, over the next 21 days, the invitation is simple but profound: to walk alongside Jung. Use his phrases, ideas and reflections as a guiding thread to go beyond the surface. Not as someone who seeks ready-made answers, but as someone who is ready to listen to what the soul has to say. Jung is not a guru – he is a traveling companion. And this journey, if undertaken with presence and truth, can change everything from the inside out.



CHAPTER 2

THE JOURNEY OF THE INNER HERO: FUNDAMENTALS OF JUNGIAN PSYCHOLOGY

2.1. The personal and collective unconscious

When we think of the “unconscious,” many people imagine it as just a place where we store forgotten memories or repressed traumas. For Jung, however, the unconscious goes far beyond that. It is a vast, living, pulsating universe that influences our decisions, behaviors, emotions, and even our dreams. It is as if there were a hidden forest inside each person, full of unexplored paths – and it is precisely in this forest that the deepest parts of our truth reside. Jung divided the unconscious into two layers: the personal unconscious and the collective unconscious. The first is made up of everything that has been repressed, forgotten or not experienced in our personal history. These are memories, traumas, desires and experiences that, for some reason, could not be integrated into our consciousness.

Even when forgotten, these parts continue to act in subtle ways, influencing our feelings, choices and reactions.

The collective unconscious is even more mysterious – it is like a psychic inheritance shared by all humanity. It contains archetypes, primordial images that inhabit us all, regardless of culture, time or place. This is why stories of heroes, shadows and divine mothers appear in myths and religions all over the world. These universal symbols do not come from outside: they emerge from within, from an ancestral memory that we carry without knowing it.

Recognizing these two dimensions of the unconscious is the first step toward beginning the journey of individuation. It is necessary to look within not only as someone who observes personal traumas, but as someone who dives into a much deeper ocean, full of symbols that connect us with humanity as a whole.

This awareness broadens our worldview and helps us understand that we are not alone in our pain and quests. There is something greater guiding us - something that speaks to us through images, dreams, repetitions and synchronicities. Therefore, by exploring the unconscious, we are beginning the journey of the inner hero: the path back to our truest essence. It is not about controlling the mind, but about dialoguing with it on deeper levels. Learning to listen to what the soul whispers when reason is silent. It is in this invisible territory that the transformative power of Jungian psychology resides - not as a distant theory, but as a real map for those who wish to rediscover their wholeness.

2.2. Archetypes and symbols - The language of the soul

Imagine that the human soul communicates through a language of its own—a language that is not made up of words, but of images, metaphors, and symbols. For Jung, this was the true language of the unconscious. While the rational mind speaks with logic, the soul expresses itself through archetypes—universal structures of meaning—and symbols—living representations of inner forces. When we understand this language, we open a channel of communication with the deepest part of ourselves.

Archetypes are primordial psychic patterns that exist in the collective unconscious. They are not ideas created by the mind, but living forms that manifest themselves in myths, dreams, art, religion and even in our behaviors. The mother archetype, for example, is not just the figure of the biological mother, but an energy that represents care, nourishment and protection.

The hero archetype symbolizes the courage to face challenges and seek inner truth. They are everywhere - in the films we watch, in the stories that touch us, in the roles we play.

Symbols, in turn, are the ways in which these archetypes come to life in the real world. A lion can symbolize strength and courage. A dark forest can represent diving into the unconscious. A mirror can indicate the need to look at oneself. For Jung, symbols should not be explained literally, but rather felt, intuited, and experienced. They carry multiple meanings and help us understand what words cannot express. When we start to look at our experiences in a symbolic way, everything takes on new meaning. A dream is no longer just a random sequence of images, but a letter from the soul with hidden messages. A conflict with someone can symbolize an internal struggle.

An obstacle in life can represent an archetypal test that challenges us to grow. With this vision, we stop seeing life as a coincidence and start seeing it as a symbolic path, full of messages that guide us inwards.

Delving deeper into archetypes and symbols is like learning a new language – the language of the soul. And as we listen to it, something within us awakens. We begin to live with greater presence, intuition and meaning. The world ceases to be just an external place and becomes a mirror of our psyche. This is how Jung invites us to live: not as spectators of life, but as active participants in a great archetypal narrative that unfolds both outside and inside us.

2.3. The process of individuation - becoming who you are

For Jung, the deepest purpose in life is not to be perfect, successful, or accepted by others, but to become who you really are. This process, which he called individuation, is the path back to inner wholeness. It is not about achieving an “ideal self,” but about integrating all the parts that make us up—including those we prefer to hide or deny. It is a path of authenticity, truth, and reconnection with our own soul.

Individuation is a journey that takes us from the ego - our social identity, shaped by conditioning - to the Self, the deepest and truest psychic center of our being. Throughout our lives, we identify with roles: the professional, the child, the friend, the responsible person, the caregiver. But often, by putting on these masks, we lose touch with our essence.

Jung shows us that the path to healing is the return to this essence, through inner listening and the integration of opposites.

This process is neither linear nor comfortable. It involves crises, deconstructions, losses and reunions. It mainly involves facing the shadow – all the parts of ourselves that we deny, such as anger, fear, fragility, envy, desire. Individuation invites us to embrace all of this with compassion, without judgment. Because only by integrating these parts can we become whole. Being whole, for Jung, is not about being “good”, but about being true.

During individuation, we also rediscover aspects that were dormant: forgotten talents, ignored desires, old dreams. As we get to know ourselves more deeply, we begin to live with more freedom and presence. Choices are no longer guided by what is expected of us, and begin to reflect who we really are.

And with that, a new peace begins to form – a peace that comes from inner congruence, from the alignment between feeling, thinking and acting.

Individuation, therefore, is the path back to the center. It is not a fixed destination, but a continuous journey, made up of cycles, maturation and discoveries. Every experience, every challenge, every encounter, can help us become more aware of who we are. And, as Jung said, “what we do not face within ourselves, we will find as destiny.” Therefore, the call of individuation is also a call to courage – to look at yourself, listen to yourself, and ultimately become whole.

2.4: Light and shadow – integration as healing

We all have an image that we show to the world – that part of us that fits in, that pleases, that meets expectations. This is our light, but it can also be our mask. Jung called this mask the persona, and explained that, although it is necessary for social life, it does not represent everything we are. Behind the persona lives the shadow: the hidden, rejected or undeveloped side of our psyche. And it is in this shadow that much of our power to heal and transform lies hidden.

The shadow is not synonymous with “evil”, but with everything that was repressed because it did not fit into the patterns we learned. It could be the anger we were never allowed, the desire we were taught to fear, the vulnerability we learned to hide. It can also contain un-lived talents, stifled gifts, joys that we put aside to fit into what was expected of us.

Jung said that the more we ignore the shadow, the more it grows stronger and acts unconsciously – sabotaging our relationships, choices and emotional health.

Integrating the shadow does not mean giving in to chaos, but rather bringing to light what is hidden, welcoming these parts with awareness and responsibility. It is a delicate process, which requires courage to look at yourself without masks, and compassion to not judge yourself for what you find. Jung stated that “no one becomes enlightened by imagining figures of light, but by making darkness conscious.” Healing, therefore, comes from the union of opposites: light and shadow, reason and emotion, strength and fragility.

This integration movement does not happen in a single moment. It is a process that occurs gradually, in cycles. As we become more aware of our shadow, we become less impulsive, less judgmental of others, and more truthful.

Our relationships become more authentic because we stop projecting onto others what we don't want to see in ourselves. The shadow, when integrated, stops controlling us - and starts to strengthen us.

True emotional maturity, for Jung, comes from the ability to recognize and integrate the totality of our being. This does not make us "perfect," but more human, more whole, more truthful. And perhaps this is the greatest gift of Jungian psychology: the reminder that we do not need to choose between light or shadow. We can be both. And it is precisely in this encounter between light and dark that the living, pulsating soul of who we truly are resides.



CHAPTER 3

**PREPARING THE
INNER GROUND:
BEFORE STARTING
THE 21 DAYS**

3.1: What to expect from the process

Before embarking on any journey of inner transformation, it is important to know that this will not be a linear, predictable or controllable path. As you delve into Jung's teachings and open yourself to a symbolic listening of the soul, you will probably feel a range of emotions – enthusiasm, resistance, enchantment and even discomfort. This is natural. You are about to access deeper layers of yourself, and this can bring both relief and estrangement.

The 21-day process is not a ready-made recipe, nor a magic formula. It is a symbolic proposal for reconnecting with the Self – the truest center of your being. Some reflections will resonate immediately, others may seem distant at first, but will take effect over time. True transformation rarely happens in a straight line.

It acts like nature: in spirals, in cycles, in subtle and sometimes invisible movements.

It is important to remember that each person will have a unique experience. What touches one reader deeply may provoke resistance in another. This is because each person is at a specific point in their own journey. There is no right or wrong – there is only your own pace. Jung teaches us that respecting the soul's timing is an essential part of the process. Therefore, if at any point you feel like slowing down or repeating a day, follow your intuition. This book is a guide, not a prison.

During the 21 days, you will be invited to reflect, feel and act symbolically. The idea is to balance thought, emotion and action in small daily doses that work like seeds. Some germinate quickly.

Others need silence, time and listening to flourish. Therefore, even after the 21 days, you may notice that something is still moving inside you.

This is what we call soul work – quiet, deep and transformative.

Finally, and most importantly: don't expect perfection. Expect presence. Don't expect to "fix" yourself. Expect to find yourself. The goal is not to become someone different, but to remember who you already are, in your most complete and profound essence. And this remembrance can come little by little, in phrases, in tears, in silent smiles. Trust the process. And, above all, trust yourself.

3.2. How to deal with internal resistances

Every journey of self-discovery, no matter how beautiful and transformative, inevitably encounters barriers. These barriers are not outside of us—they are within us. Jung called these internal forces psychic resistances: parts of us that fear change, that cling to the familiar, even if it involves suffering. They emerge as doubt, procrastination, discouragement, or even a feeling of “this won’t work for me.” Knowing this in advance prepares us to welcome these resistances with more kindness, rather than with guilt.

Resistance is a form of protection. Our psyche, by instinct, avoids touching old wounds or opening doors that have been locked by pain. So, when you start this 21-day process, it is natural for internal voices to arise telling you that you will not be able to do it, that it is a waste of time or that there are other priorities.

These voices are not enemies – they are parts that need to be heard, understood and, little by little, transformed. The secret is not to overcome resistance, but to dialogue with it.

Jung invites us to look at these resistances with curiosity, as if they were internal characters that hold stories. Ask yourself, “What is this part of me trying to protect?” or “What am I afraid of finding if I delve deeper?” Sometimes resistance hides old, unresolved pain. Other times, it protects an image of control or strength that we have constructed to survive. By bringing these parts into awareness, we begin the true process of integration.

It's helpful to realize that resistance can also manifest as perfectionism. The desire to “do everything right” or to feel something profound with each reading can, paradoxically, be a way of avoiding the real dive. The symbolic path is more organic and unpredictable than the mind would like.

So be kind to yourself. Not every day will bring great revelations, and that's okay. The soul works in silence. Sometimes, just being present is an act of profound transformation.

Finally, remember: resisting is not the same as failing. Resisting is part of the journey. When it comes, embrace it. Breathe. Write it down.

Resume it when you feel it. The important thing is to continue with honesty and determination.

Every time you decide to continue, even if slowly, you are strengthening the link with your truth.

And this, more than any technique, is what really transforms.

3.3. Creating a safe space for transformation

Before beginning any deep inner process, such as the one proposed in this book, it is essential to create a safe space—both externally and internally. The unconscious, like a sensitive child, opens up more easily when it feels welcomed and protected. This space does not have to be grand or sacred in the traditional sense, but it does have to be real. A corner of the house, a comfortable chair, a lit candle, a journal nearby—small details that tell your body and soul, “Here I am for me.”

This space is not just physical. It is also emotional and symbolic. Creating a safe space means giving yourself permission to feel, to not know, to change your mind, to let things arise without the filter of judgment. Jung reminds us that the unconscious does not reveal itself under pressure.

It expresses itself when there is silence, curiosity and surrender. Therefore, more than rigid discipline, this journey requires presence and intention.

Ideally, you should establish a simple, repetitive ritual, something that signals to your inner world that you are entering a special moment. This could be starting the day with a deep breath, reading the phrase of the day carefully, writing down a word that came to mind after reflection, or even playing soft music in the background. The important thing is that this ritual is yours, personal, and intimate. This creates a symbolic field where transformation can happen more naturally.

Another fundamental aspect of this safe space is self-compassion. The Jungian journey can awaken intense content: memories, emotions, internal images. It won't always be comfortable, but it can always be welcomed. Avoid beating yourself up for not being able to reflect deeply in a day, or for feeling emotionally distant.

The process is not about performance – it's about connection. And every act of kindness towards yourself strengthens the inner container so that the soul can speak.

Remember: transforming yourself does not mean leaving your comfort zone violently, but rather with courage and care. When you create a safe space, you tell your psyche: "Come on, I'm here, I'll support whatever comes your way." And this simple willingness already begins the healing process. What you are about to experience is a symbolic journey. And every journey needs solid ground to stand on. Let this space – external and internal – be your ground.

3.4. Tools that can help – journaling, meditation, dreams

During an inner journey like this, some symbolic and practical tools can work as true allies. They are not mandatory, but they have the power to deepen the experience, open channels of listening and record the subtle transformations that happen along the way. Among these tools, three stand out: diary, meditation and dream observation. Each of them touches the psyche in a specific way and accesses different dimensions of the soul.

The diary is a silent mirror. He does not judge, does not interrupt, does not correct. By writing, we give shape to nebulous thoughts, name emotions we didn't know we were feeling, and discover patterns that previously went unnoticed. More than a record of events, the diary becomes a direct channel to the unconscious.

You can write freely, jot down phrases that touch you, record images that come to you, or even write symbolic letters to parts of yourself that are emerging. The most important thing is that it is an intimate and free space.

Meditation acts as a gateway to inner silence. It doesn't have to be complex or spiritual. Just take a few minutes each day to sit, breathe, and observe what's going on inside you with attention and curiosity. Meditation creates a field of presence—a space where inner messages can emerge without noise. Often, symbolic insights, forgotten memories, or suppressed emotions emerge in this moment of pause. Meditation is listening to what the soul is trying to say when the world goes silent.

Dreams, in turn, are the direct language of the unconscious. Jung considered dreams to be precious symbolic messages, capable of revealing what is happening in the deep psyche.

Over the course of these 21 days, it is very common for dreams to become more vivid or filled with symbols. Having a notebook by your bed to write them down as soon as you wake up is a valuable practice. It is not necessary to interpret them technically, but to welcome their images, feelings and messages with openness. Sometimes, just writing them down can start a process of integration.

These three tools – writing, silence and dreaming – form a sacred triangle of support. They help sustain what emerges during the journey, transform symbolic content into lived experience, and maintain the link with the active Self.

Choose the ones that resonate most with you, use them freely, and remember: the most important thing is not to do everything “right”, but to do it with presence and truth. The soul recognizes the gesture.



CHAPTER 4

THE 21 DAYS OF TRANSFORMATION: HOW IT WORKS

4.1. Why 21 Days?

The number 21 has been associated, throughout history, with cycles of change and internal consolidation. It represents a kind of bridge between the old and the new. It is common to find in spiritual, philosophical traditions and even in neuroscience studies the idea that it takes three weeks for a practice to begin to take root in the mind and body. Jung, who deeply understood the power of symbols, would certainly see 21 as a threshold number, capable of marking significant transitions in the psyche. From an archetypal point of view, the number 21 represents the meeting of three and seven: two numbers deeply connected to wholeness. Three speaks of movement, creation and expression; seven, of introspection, mystery and spirituality. When combined, they form a structure that favors both internal immersion and the reorganization of daily life.

What is built in 21 days has the potential to stop being an abstract concept and become an integrated experience.

Each of the 21 days proposed in this book is not just a linear sequence, but rather a stage with its own value, which symbolically connects with the others. It is not about “evolving” progressively as if climbing a ladder. What happens is more like a spiral: a movement that returns to similar points, but with a new awareness. It is this spiral that allows reflection to mature and transformation to occur without forcing.

Choosing a 21-day structure is also an invitation to gentle discipline. Knowing that each day brings a phrase, a reflection and a symbolic action, the reader is called to daily presence, without excessive pressure. There is no need for excessive time or forced depth – all that is needed is a commitment to small daily encounters with oneself.

This regularity activates something powerful: repetition with intention, which transforms simple gestures into lasting internal milestones. Finally, the number 21 invites you to find a balance between intensity and consistency. It is not about causing great inner revolutions in a few days, but about opening space for subtle movements that, together, generate a new way of perceiving life. The symbolic value of this cycle lies precisely in its firm simplicity: 21 seeds sown, one each day, with the potential to blossom at the right time.

4.2. How to use each day – phrase, reflection, action

The structure proposed for each of the 21 days was carefully designed to offer an accessible yet profound experience. The idea is not to create long tasks or excessive emotional demands, but rather to open up a daily symbolic space that can be welcomed even in the midst of routine. To this end, each day will consist of three essential elements: a key phrase, a guiding reflection, and a symbolic action. Together, these parts function as a triad that favors the awakening of insights and internal reorganization.

The purpose of a sentence is to awaken. It is not a literary embellishment, but a trigger for perception. Some are taken directly from Carl Jung's words; others are inspired by his vision and adapted to the contemporary context. The intention is for each sentence to act as a mirror, or as a small break in the automatic flow of thought.

As you read it, allow yourself to feel it. Read it more than once if necessary. Let it provoke, disturb, inspire, or question you – that initial reaction is already part of the work.

Next, the reflection proposes a more focused dive. It will explore the theme brought up by the sentence, providing examples, symbolic associations and subtle questions. This is not a text to be consumed in a hurry, but to be savored. You can read it in the morning and return to it at night, or revisit it throughout the day, allowing its layers to reveal themselves little by little. Reflection is an invitation to listen. It does not require immediate answers – just presence.

The third part of each day is symbolic action. Contrary to what we are used to, here the action does not seek measurable results, but rather meaningful gestures. It could be writing an unsent letter, walking in silence, observing an object with new eyes, or lighting a candle with intention.

The function of action is to anchor experience in the body, in matter, in concrete life. When the symbolic finds expression in reality, something is organized internally – even if in a subtle way. Using the three elements – phrase, reflection and action – is not a strict obligation, but a possibility. There are days when just the phrase will resonate deeply; others, when the action will be the turning point. Trust your sensitivity to guide the rhythm. This practice is not about achieving a goal, but about getting in touch with what lives silently within you. And when that happens, even a small gesture can open a crack through which light shines.

4.3. The importance of repetition and delivery

We live in times where everything needs to be new, fast and intense. However, when it comes to inner transformation, what really creates change is not immediate impact, but meaningful repetition. Jung understood that the psyche is organized through symbols, images and recurring experiences. It's as if the soul needs rhythms, daily rituals, to feel safe enough to reveal itself. Repetition, in this context, is not boredom – it is fertile soil.

By repeating a symbolic gesture for days in a row, we create an internal space of welcome. The phrases and reflections echo on different levels: sometimes in the mind, sometimes in the emotions, sometimes in the body. What seemed abstract on the first day may make sense on the tenth. Repetition allows for this subtle, almost invisible, but profoundly effective maturation.

It takes us out of impulse and invites us to emotional consistency, something rare and precious.

But for this repetition to bear fruit, it is also necessary to develop surrender. Surrendering does not mean giving up on taking action, but rather letting go of the need to control the results. Instead of trying to force a “great discovery” every day, we propose an attitude of listening and receptiveness. Surrendering allows the unconscious to act in its own time, without pressure. Like a buried seed that germinates without us having to dig to see if it has sprouted yet.

Often, the most profound effects of this type of work appear later, when we least expect it. A different dream, a subtle shift in perception, a conversation that touches us differently, an emotion that finally finds a name. These small signs of transformation are not spectacular, but they are real. Surrender allows these movements to occur without us being overcome by the anxiety of “functioning.”

The soul does not operate in performance logic – it moves with subtlety.

Therefore, this 21-day cycle must be lived with ease, but also with commitment. Ease so as not to demand ready-made answers. Commitment so as not to give up in the face of silence. Daily repetition and sincere surrender create a fertile field where something essential can flourish – not by imposition, but because it was ready to emerge. And, often, all the soul needs is time, space and respect to show itself.

4.4. Suggested practices during the 21 days

Although the proposed cycle already has a clear format, some complementary practices can help deepen the experience and create a more stable emotional foundation throughout the days. These practices are not rules, but suggestions that encourage contact with internal aspects that are often forgotten. When incorporated with authenticity, they become bridges between the symbolic world and concrete reality.

The first suggestion is to set aside a fixed time of day to dedicate to the process. It could be first thing in the morning, when you wake up, or at night, when silence sets in. Regularity helps the body and mind adjust to listening internally. Over time, this schedule becomes an emotional anchor point. Even if it's just for fifteen minutes, this daily gesture of meeting with yourself can generate more presence than long periods of sporadic introspection.

Another useful practice is to observe your body during the process. Jung considered the body to be an ally in communicating with the unconscious. Pay attention to how you breathe when reading the quote of the day, how your body reacts to certain reflections, what sensations arise when performing a symbolic action. Sometimes, what you feel in your stomach, on your skin or in your chest is as revealing as an intellectual analysis. Incorporating your body into the process is a way to make it more complete and rooted. It's also important to keep a journal. In it, you can jot down thoughts that come to you, spontaneous insights, passages that touched you, dreams, or unexpected emotions. It's not about writing correctly, beautifully, or logically—it's about creating a thread of continuity between days. When you reread what you wrote, you may notice patterns and movements that weren't evident at the time they happened. Writing serves as a living memory of the transformation that's underway.

Finally, a subtle but powerful practice: intentional silence. Choose at least one day — or part of a day — to silence external noises. This could mean turning off your cell phone for an hour, avoiding unnecessary conversations, walking in silence, or simply being with your own thoughts without seeking distraction. Silence creates a fertile field for the soul to express itself. And in these pauses, the answers you've been searching for often emerge with clarity.



CHAPTER 5

**DAY 1 TO DAY 7:
THE DESCENT**

5.1: First phase – Confrontation with the unconscious and the shadow

◆ **Direct explanation:**

You are about to come into contact with what Carl Jung called the personal unconscious – an internal territory where repressed memories, pains, desires and forces live. That's where the shadow lives: everything that was ignored, denied or rejected throughout life. And the first step to accessing it is not to think more – it is to silence the noise of the mind and listen to what arises in the silence.

Silence is not the absence of sound. It is presence without distraction. It is in silence that the unconscious begins to move and reveal what was hidden. When you become silent with intention, forgotten memories, bodily tensions, and subtle sensations begin to emerge. It may feel uncomfortable—and that is precisely why it is powerful. The shadow begins to reveal itself when we stop running from it.

◆ Why this matters:

If you don't go into silence, you will continue to live on the surface. The shadow will continue to act behind your decisions, emotions, and reactions—without you even realizing it. Deep listening is what opens the door to what needs to be seen and healed. It's not about "meditating," it's about facing what is alive within you but has been silenced for too long.

This is the beginning of true transformation: seeing what was hidden, not to condemn, but to understand.

◆ Day 1 Action – Listening to the Unconscious Ritual (10 minutes) Objective: Create internal space for repressed content to begin to emerge safely.

Step 1 – Prepare the environment:

Sit in a place where you can be alone. Close the door, turn off the TV, silence your cell phone.

If you wish, light a candle or hold an object in front of you that represents “truth.”

Step 2 – Be silent and feel:

Close your eyes. Take three deep breaths. And for 10 minutes, remain in complete silence. Don't try to control your thoughts. Just observe what arises. Emotions, images, phrases, memories. Everything is welcome.

Step 3 – Intuitive registration:

Open your notebook and write:

“What came into being when the world fell silent?”

Write down a word, image or feeling. Even if it doesn't seem meaningful.

This will be the first sign that the shadow has started to move.

5.2: The mask that protects and imprisons me: Mask Exercise (3 days)

◆ **Direct explanation:**

Today you will begin one of the most important exercises in the process: discovering who you show yourself to be – and what is hidden behind it. Carl Jung called this identity shaped to adapt to the world a “persona.” It is useful, yes. But when we identify too much with it, we end up suffocating essential parts of our being.

The consequence? Emotional fatigue, lack of authenticity, silent internal crises.

True healing begins when you stop playing a role and start being whole.

This exercise, divided into three steps, will open this process in a simple but powerful way.

◆ Day 2 Action – Creating the Mask

Take a sheet of paper.

Draw a large mask (really simple, just the shape).

On the front of the mask:

Write down 5 to 10 characteristics that you show to the world. Think about the image you maintain at work, on social media, with your family, and among friends.

Ex: responsible, controlled, helpful, good-humored, strong.

On the back of the mask:

Write down what you usually hide to maintain this image.

Ex: fear of failure, need to please, repressed anger, constant sadness.

Keep this sheet. You will come back to it tomorrow.

◆ **Day 3 Action – Silent Revisit**

Before you begin the Day 3 exercise, grab the mask you created yesterday.

Read calmly. Observe your physical and emotional reaction. Breathe.

Then, answer in your notebook:

What else does this mask protect me from?

What about this mask is suffocating me?

Write it down without filtering. You don't need to understand everything right now – what matters is that you start to see what you're hiding from yourself.

◆ **Day 4 Action – End of the first phase**

If you feel that the mask activity brought something important to light, make a symbolic closing gesture:

You can keep this paper close to your heart as a reminder of your truth.

Or you can tear or burn it with intention—marking the end of a cycle of interpretation and the beginning of a more honest expression of who you are.

5.3: What I hide from myself (DAY 5)

◆ **Direct explanation:**

Now that you've recognized part of your social mask, it's time to dig deeper.

The time has come to see what you hide from yourself – your fears, desires, impulses and emotions that you chose to ignore in order to adapt.

Carl Jung called this your personal shadow. It is not the evil in you—it is simply what has been rejected, repressed, forgotten. If these parts remain hidden, they dominate your actions and sabotage your path. If you acknowledge them, they become your strength.

To deny the shadow is to be its prisoner. To recognize it is to begin to be free.

◆ Why this matters:

As long as you avoid looking at your repressed emotions, your patterns keep repeating themselves.

Unresolved anger, insecurities disguised as arrogance, fear disguised as indifference...

Nothing goes away because you pretend you don't feel it.

Today, you will look directly at these parts without fear—and in doing so, you will begin to recover your vital energy.

◆ Day 5 Action — Shadow Mirror (15 minutes)

Objective: Recognize emotional patterns that you deny or avoid admitting.

Step 1 –

Take your notebook and write at the top of the page:

“What do I avoid admitting about myself?”

Step 2 - Write freely, without censorship.

Examples:

I'm afraid of failing.

I feel jealous.

I like to manipulate people sometimes.

I want to be taken care of, but I pretend to be independent.

I feel guilty and hide it with anger.

Step 3 - Then, reflect:

How do these hidden parts impact my relationships?

What repetitive patterns do these emotions create in my life?

Step 4 - End the practice with the following note:

"Seeing is not judging. Seeing is liberating."

This is one of the most important exercises in your transformation.

What you recognize today will make room for profound changes in the next steps.

5.4 – The pain that was never named (Day 6)

◆ **Direct explanation:**

Much of the pain we carry doesn't come from huge events. It comes from small wounds that were never acknowledged. Feelings that were ignored, emotional needs that were unmet, subtle rejections that built up.

This pain does not go away because it is forgotten. It turns into inexplicable sadness, chronic anxiety, persistent dissatisfaction.

Today, you are going to do something that very few people have the courage to do: name the pain that has never been acknowledged.

This is an essential part of the transformation process.

That which is named can be healed. That which remains hidden will continue to bleed in silence.

◆ **Why this matters:**

If you don't acknowledge your wounds, they will continue to influence your emotions, your relationships, and your choices unconsciously.

Naming pain is the beginning of the process of integration and liberation.

You are not here to carry wounds forever. You are here to transform them into awareness and inner strength.

◆ **Action for day 6 – Letter to the pain (20 minutes)**

Objective: To acknowledge, without judgment, the pain that still lives within you.

Step 1 – Grab your notebook.

Write the title:

“My nameless pain.”

Step 2 – Now, write as if you were speaking to this pain.

Don't think too much. Let it come.

Examples:

“I feel your presence when I feel alone, even when surrounded by people.”

“You were born when I needed affection and I was charged for it.”

“You grew every time I hid my fear behind smiles.”

Step 3 – Write freely.

If you like, you can even talk to pain as if it were a child, a friend, a wounded animal—pain wants to be acknowledged, not judged.

Step 4 - At the end of writing, take a deep breath and say in a low voice:

“I see you. You are part of my story, but you do not define who I am.”

Step 5 - Keep this letter.

It is a testament to your emotional maturity.

Today you took a step that most people avoid their entire lives:

Naming the pain is the beginning of true healing.

5.5: The cycle that repeats itself (DAY 7)

◆ **Direct explanation:**

How many times have you found yourself stuck in the same problems, even trying to change?

Repetitive patterns—toxic relationships, self-sabotage, excessive self-criticism—are no coincidence.

They are expressions of the shadow trying to get your attention.

As long as these cycles remain unconscious, you will continue to attract the same situations and feel the same pain.

Today, you will consciously identify one of the most repeated cycles in your life.

Not to blame yourself, but to finally see where real change needs to happen.

◆ **Why this matters:**

Patterns are not broken by willpower. They are broken by full awareness.

By bringing an unconscious cycle to light, you take away its power to control you.

What is seen can be transformed. What is ignored becomes stronger.

◆ **Day 7 Action – Repetitive Cycle Map (20 minutes)**

Objective: Make visible a hidden pattern that limits your life.

Step 1 –

Take a blank sheet of paper and draw a large circle in the center of the page.

In the middle, write:

“My repetitive cycle.”

Step 2 – Around the circle, draw the steps of this cycle.

Think of it like this:

What situation always comes back?

- What behavior do you repeat even though you know it is harmful to you?
- What feeling comes up every time?
- Examples:

I start something new with excitement → I demand too much of myself → I get exhausted → I give up → I blame myself → I start the cycle again.

- I enter relationships wanting to be accepted → I cancel myself out → I accumulate anger → I explode or distance myself → I feel lonely → I repeat.

Step 3 – After mapping your cycle, reflect:

What is the first thing I could change to break this pattern?

Today you begin to break the invisible chains that bind you.

What seemed like “fate” is actually unconscious repetition – and now it’s up to you to change it.



CHAPTER 6

**DAY 8 TO DAY 14:
THE MEETING**

6.1: Rediscovering your inner child (DAY 8)

◆ **Direct explanation:**

Every adult carries within them an inner child — that spontaneous, creative, sensitive and full of life part.

Over time, in order to survive the demands of the world, this child was repressed, adapted, forgotten.

But she didn't disappear.

She lives in your truest joys, your deepest sorrows and your most intense emotional reactions.

Today, you will reach out to that forgotten part of yourself.

Without reconnecting with your inner child, you will continue to seek outside what only it can give you: vitality, meaning and freedom.

◆ **Why this matters:**

Many emotional blocks come from disconnecting from the inner child.

When you reconnect with it, you regain your ability to feel pleasure, be enchanted, create and trust.

Without this reconnection, life becomes nothing but responsibility, pressure, and adaptation – and the soul withers.

Today you will not only remember her. You will communicate with her.

◆ **Action of the 8th - Letter to the forgotten child (20 minutes)**

Objective: To establish real emotional contact with the purest and truest part of your being.

Step 1 - Take your notebook and write at the top of the page:

"Letter to my inner child."

Step 2 - Write as if you were speaking directly to this child.

Use welcoming words without judgment.

Examples:

"I remember you. I know you're still there."

"I'm sorry I left you out."

"Today I want to listen to you, welcome you and walk together."

After writing the letter, close your eyes for a moment and imagine:

What was this child like?

Where did she get stuck?

What does she most need to hear right now?

Step 3 - Record a final sentence in the notebook:

"I see you. I'm here for you."

Rediscovering your inner child isn't regressing – it's reclaiming the truest, most alive part of you that has always been you. This is the beginning of an essential reconnection to live with more presence and joy.

6.2: Embracing vulnerability as strength (DAY 9)

◆ **Direct explanation:**

Being vulnerable is admitting that we feel fear, desire, need, sadness.

For a long time, we believed that showing this was a sign of weakness.

But true strength comes when we stop resisting what is inevitably human.

Every time you pretend to be invulnerable, you distance yourself from your own life.

And every time you accept your weak spot with courage, you create within yourself a truer center of gravity—one that doesn't crumble with every criticism, loss, or rejection.

Today you will look at your vulnerability not as a flaw, but as the raw source of your vitality.

◆ **Why this matters:**

The escape from vulnerability is the root of much modern suffering: anxiety, loneliness, shallow relationships, fear of exposure, overcontrol. Accepting that you feel fear, doubt, jealousy or fragility does not diminish you.

On the contrary: it allows you to be whole where you were previously hiding.

◆ **Action of the 9th day - The gesture of opening (physical practice + writing)**

Objective: To consciously face an internal space of vulnerability and transform it into a living force.

Step 1 - Main Practice: Body Focus

Stand in a private area.

Close your eyes for a few seconds.

Take a deep breath.

As you exhale, slowly open your arms, as if you were opening yourself up to the world, even if you feel afraid.

Feel the discomfort.

Stay like this for 30 seconds – vulnerable, visible, surrendered.

Step 2 - Writing:

After working with the body, open the notebook and write:

"Today, I opened myself up to..."

Complete freely.

Don't analyze. Let whatever comes out come out.

Step 3 - Final Declaration:

Write a reaffirmation sentence at the bottom of the page:

"I can be whole even when I am exposed."

Today, you stopped being a spectator of your own life.

Accepting your vulnerability is regaining the freedom to be who you are, without mask or armor.

6.3: Reconnecting with the creative impulse (DAY 10)

◆ **Direct explanation:**

The creative impulse does not belong only to artists.

Creating is a natural human instinct — it is a living expression of the soul.

However, most of us, at some point in our lives, have been taught to distrust our own creativity: "that's silly", "that's not productive", "that's useless".

The result is that many disconnect from this vital source and begin to live only according to the logic of obligation, function and survival.

Today you will reawaken that creative force — not to be productive or perform, but to feel alive inside again.

◆ **Why this matters:**

Creativity is the internal movement that regenerates the soul.

Without it, everything becomes repetitive, gray, automatic.

Reconnecting with your creativity is restoring your ability to renew yourself, to surprise yourself and to find unexpected solutions to old problems.

When you create, even in simple gestures, you rediscover a free, spontaneous and powerful part of yourself.

◆ **Action of the 10th day - Blind drawing of the soul (visualization + free creation)**

Objective: To release mental control and allow the soul to express itself spontaneously.

Step 1 - Main Practice: Preparation

Grab a blank sheet of paper and something to draw with (pencil, pen, chalk, whatever you have on hand).

Close your eyes for 30 seconds.

Breathe deeply.

Step 2 - Brief preview:

Imagine that there is an energy pulsating inside you.

It needs no form or explanation.

It just wants to come out – as color, line, movement.

Step 3 - Free creation:

Without opening your eyes, draw for 2 to 3 minutes, letting your hand move on the paper by itself.

Without thinking, without judging, without correcting.

Step 4 - Symbolic reflection:

Once you're done, look at what's on the paper.

Ask yourself:

"What does this drawing tell me about what is alive inside me today?" Don't interpret it as art.

See it like a mirror: lines, shapes, emotions – everything is valid.

**Today you have broken the barrier that separates the soul from expression.
Creating without censorship is the first act of true inner freedom.**

6.4: Strengthening the Inner Voice (DAY 11)

◆ **Direct explanation:**

You grew up learning to trust the external: rules, opinions, expectations, standards.

Few have been taught to listen to the voice within—that quiet intuition that knows what is true for you, even when the world tells you otherwise.

This inner voice is real. And it is the only guide that can lead you to a more meaningful life.

But it only gets stronger with practice: the more you listen to it, the more it speaks; the more you ignore it, the more it becomes silent.

Today you will train your ability to listen—not to the conditioned mind, but to what your soul already knows.

◆ **Why this matters:**

Without inner listening, you are vulnerable to external pressures and standards, living the life others expect, not the one your soul desires.

Strengthening your inner voice is building a firm foundation:

You stop seeking validation all the time and start acting from true clarity.

This is one of the most important moves toward individuation – becoming who you really are.

◆ **Action of the 11th - Question for the soul (active listening exercise)**

Objective: To practice direct self-talk and strengthen emotional self-confidence.

Step 1 - Main Practice: Brief Silence:

Sit quietly for 3 minutes. Breathe deeply, with your eyes closed.

Imagine that you are standing in front of a large, ancient tree – a symbol of wisdom and deep roots.

Step 2 - The question:

In your notebook, write:

“What do I need most right now to move forward in peace?”

Step 3 - Spontaneous response:

Without thinking too much, write down the first answer that comes to mind.

It can be a word, an image, a short phrase.

Step 4 - Anchoring:

Read what you wrote.

Ask yourself:

How can I honor that answer today, in a practical way?

Step 2 - The question:

In your notebook, write:

“What do I need most right now to move forward in peace?”

Write down one small, concrete action you can do by the end of the day.

**Today you did something rare and powerful:
Instead of looking outside, you asked inside—
and answered yourself.**

6.5: Listening to dreams: the unconscious begins to speak (DAY 12)

◆ **Direct explanation:**

You've spent the last few days making space within yourself.

What came to the surface? Vulnerability, intuition, forgotten parts.

Today, you take a deeper step: you begin to listen to what your soul is trying to tell you—while you sleep.

Carl Jung said that dreams are direct messages from the unconscious.

They are not random nonsense. They are not inventions of the mind.

They are symbolic maps of your inner truth.

It is in dreams that they appear:
The fears you won't admit
The desires you dare not live
The traumas that still hurt
And also the strengths you forgot you had

◆ **Why this matters:**

You can do exercises, write, visualize...

But until you listen to what your psyche is telling you at night, you will remain in control of the rational mind—and that is limited.

Dreams speak without censorship, without justifications, without performance.

They show you what you need to integrate, even if you don't want to see it yet.

And more:

The more you listen, the more the unconscious speaks.

The more you ignore, the more the soul becomes silent.

Today you begin to reopen that channel.

Step 1 - AT NIGHT: Set an intention before bed

Close your eyes and say internally:

“I want my unconscious to show me what I need to see.”

It can be generic or specific:

“Show me what I’m repeating without realizing it.”

- “Let me see my forgotten strength.”

Step 2 - Avoid mental stimulation before bed

Turn off screens and noise 30 minutes before.

The mind needs to be receptive.

(Yes, it makes a real difference.)

Step 3 – Leave a visible symbol next to the bed

Something simple: an unlit candle, a crystal, a written word (e.g. “truth”, “access”, “listen”).

The unconscious responds to symbols – this activates the field.

Step 4 – Upon waking (tomorrow):

Before looking at your cell phone or talking to someone, write down everything you remember: Words, images, emotions, symbols.

Even if they seem silly, vague or meaningless.

Record the overall feeling of the dream:

Restlessness? Peace? Confusion? Clarity?

If a notable figure appears, give it a name.

Ex: "The Woman on the Ladder", "The Lion with a Human Voice", "The Drowned City"

This may be your first contact with a personal archetype.

Keep this exercise active until the end of the cycle.

Rereading dreams after 3 or 4 days brings symbolic clarity.

Patterns emerge. Images repeat themselves.

And you will realize that you are beginning to decipher the language of your soul.

Today, you stopped just "reflecting" and started really listening.

You have activated a channel with the unconscious – and it will respond.

Maybe not what you want, but what you need to see.

6.6: Creating Your Power Archetype: The Conscious Alter Ego (DAY 13)

◆ **Direct explanation:**

You have already begun to access inner images through dream listening.

Now it's time to take it a step further: consciously forming an internal archetype of strength, presence, and true action.

Jung believed that archetypes are universal psychic forces, patterns that exist in all of us, waiting to be activated.

When you create a personal archetype — based on something that already emerges from your psyche — you strengthen an identity that sustains, guides, and protects you.

It's not about creating a fake character.

It's accessing a real part of your psyche that has been dormant, giving it form, voice, direction and purpose.

The archetype you create today will be the anchor for the next few days of action.

◆ Why this matters:

Without an internal image of strength, you become dependent on the environment, the expectations of others, and external validation.

With a personal archetype, you create an inner core that reminds you of who you choose to be, even on difficult days.

It is your presence in life, not just your reaction to events.

This creation is not an ornament.

It is a real psychic tool that will accompany you from now on.

◆ ACTION OF THE DAY — BUILDING THE POWER ARCHETYPE

Step 1 - Choose the basis of your archetype

Think about what has emerged in your dreams, reflections or internal sensations so far.

If you don't remember anything clearly, use your intuition.

Define what best represents the force you want to activate:

An animal (e.g. eagle, wolf, lion, snake)

An inner character (e.g. the Sage, the Warrior, the Guardian, the Healer)

An abstract image (e.g. Fire, Root, Mountain)

Don't rationalize. Feel what calls you the strongest.

Step 2 - Give your archetype an identity

In your notebook, answer:

- What is the name of my archetype?
- (Example: "The Silent Force", "The Fire Keeper", "What Sees Beyond")

What is the main quality he represents for me?
(Example: protection, clarity, courage, flexibility)

How does he move, speak, look, react?

(Example: calm and firm, bold and quick,
attentive and silent)

What is the phrase he would use to guide me
through difficult times?

(Example: "Don't back down", "Trust what you
see", "The truth is enough")

Step 3 - Activation Ritual

After writing all this:

Stand up straight, take three deep breaths.

Visualize the archetype emerging within you, as
if it were wearing your skin, your voice, your
gaze.

Repeat out loud the phrase he would use.

- Use a gesture or object to symbolize your
activation

Important note:

This archetype is not a mask.

He is a legitimate force of your soul, which is now allowed to act in the world.

In the coming days, you will work to integrate it more and more into your daily life.

6.7: The Truth Alarm (DAY 14)

◆ **Direct explanation:**

Now that you have created your inner power archetype, it is time to bring it into your everyday life in a practical way.

It is no use just accessing this power at special moments. It needs to be remembered, reactivated and lived continually.

The ego is forgotten.

Consciousness disperses.

Routine tends to swallow up what you have achieved.

Therefore, creating conscious anchors is essential.

An anchor is not something mystical.

It is simply a reminder that pulls you back into presence, into the conscious choice to be who you have decided to be.

Today you will install these anchors.

◆ **Why this matters:**

Without daily reinforcement, even the greatest inner transformations can dissolve over time.

Ordinary life will try to drag you back into the old pattern.

But every anchor of presence you create is a thread that keeps your strength alive and active, even on difficult days.

You don't have to watch yourself all the time.

You just need little reminders that bring you back to yourself, strategically and intelligently.

◆ **Action of the day – Installation of practical anchors**

Step 1 - Creating Power Phrases

In your notebook, write down three sentences that your power archetype would say to you in moments of challenge.

Use simple, direct, and actionable sentences.

Examples:

"Stand firm."

"Trust what you see."

"You are stronger than you think."

"Now is the time to act."

Choose phrases that really impact you emotionally, not generic phrases.

Step 2 – Programming conscious alarms

Choose two times of your day when you tend to feel distracted, tired, or anxious.

Examples: mid-afternoon, before meetings, just before bed.

Set an alarm on your cell phone for these times.

In the alarm title, write one of the power phrases you created.

When the alarm goes off, stop for 10 seconds, breathe and remember the posture, gaze and presence of your archetype.

Step 3 – Optional Physical Anchor

If you like, also choose a small physical object to carry with you for the next few days.

It could be a stone, a ring, a symbolic keychain.

Every time you touch this object, remember who you chose to be.

The goal is not to create dependency on alarms or symbols.

It is training your mind to remember itself spontaneously.

Conscious repetition creates new internal circuits.

Soon, presence will be natural—no longer forced.



CHAPTER 7

**DAY 15 TO DAY 21:
THE CLIMB**

7.1: The letter of liberation (DAY 15)

◆ **Direct explanation:**

To move forward consistently, it is not enough to activate new forces.

It is also necessary to let go of what still keeps you tied to the past: hurts, guilt, silent pacts, resentments.

Many of these internal links are not conscious.

They were formed in moments of pain, fear, need or revolt.

And even when you no longer talk about them, they continue to occupy space in your psyche.

Today you will do something that few have the courage to do:

Consciously free yourself from the bonds that no longer serve your current truth.

And this will be done through a simple but profoundly powerful symbolic act.

◆ **Why this matters:**

The unconscious responds to images and gestures more than to good intentions.

Writing it down and then symbolically releasing it is a way of communicating to your psyche that the cycle has ended.

Without this conscious cut, you run the risk of carrying old burdens while trying to build a new identity.

And this creates silent sabotage.

Today, you close old doors to open new paths.

◆ **Action of the day – Liberation Letter + Fire Ritual**

Step 1 - Writing the letter

Take a sheet of paper and answer freely:

Who or what still holds me back emotionally?

(It could be a person, a situation, a belief, a role you played.)

- What do I still carry: guilt, anger, pain, expectation, fear?

Now write a farewell letter, saying everything that needs to be said.

Don't filter your words.

Don't try to be polite or spiritual.

Write truthfully, raw or soft, however you feel.

End the letter with something like:

"I am grateful for what I have experienced. I learn from what remains. But now I am free."

Step 2 – Release Ritual

After writing:

Read the letter aloud, in a private space.

Then carefully burn the letter (in a metal bowl, sink, or safe place).

As the letter dissolves, repeat internally:

"I release. I follow. I belong to myself."

If you cannot burn it, tear it into small pieces and discard it consciously, with the same internal ritual.

What matters is not the fire. It's your inner decision to let go.

The external gesture confirms the internal choice.

And today you chose to move forward.

7.2: Ho'oponopono with emotional direction (DAY 16)

◆ Direct explanation:

Even after letting go of old ties, there are emotional memories that remain etched deep within the mind.

Hurts, fears and unconscious patterns crystallize in the body and behavior, even without our conscious intention.

Ho'oponopono is a traditional practice of reconciliation and purification.

Although it comes from another cultural tradition and not from Jung directly, its principle is completely compatible with depth psychology: Releasing what has been trapped internally through recognition, acceptance and symbolic cleansing.

Today, you will use this technique in a focused way, with a clear objective:

Clear emotional records that continue to influence your life in an invisible way.

◆ Why this matters:

Until certain emotions are purified, they continue to move you in ways you don't realize.

You act out of fear, not realizing that the fear is old.

You avoid certain situations, without realizing that the pain you feel is no longer current.

Clearing these memories is making real space for new experiences, without carrying the weight of the past.

It is creating the future without dragging the chains of what has already ended.

◆ Action of the day – Directed Ho'oponopono

Step 1 - Choose an emotional theme to work on

Before you begin, consciously choose one of the following focuses:

A specific person (e.g. a relative, ex-partner, boss, friend)

A situation that caused pain (e.g., a betrayal, a loss, an injustice)

An emotion that still holds you back (e.g. fear of failure, shame, guilt)

Don't choose something light. Choose something that really weighs.

Step 2 – The practice of Ho'oponopono

Set aside 10 minutes in a quiet place.

With your chosen emotional focus in mind, repeat internally or out loud, slowly and consciously:

"I am really sorry.

Forgive me.

I love you.

I am grateful."

The sequence may seem simple, but its power lies in the presence with which it is done.

"I'm sorry" acknowledges the existence of pain.

"Forgive me" acknowledges your participation in the cycle (even if unconsciously).

“I love you” acknowledges the connection between you and the whole.

“I am grateful” acknowledges learning and allows for detachment.

Do at least 3 complete cycles.

Step 3 – Final Registration

After finishing, open your notebook and answer:
What changed in my body sensation after the practice?

Do I feel greater space, relief, resilience, peace?

- Take notes without judging.
-

Today, you cleared the emotional field that holds old patterns.

The release is silent but profound.

What seemed inevitable begins to dissolve.

7.3: The symbol of transformation (DAY 17)

◆ **Direct explanation:**

You have already released bonds, cleared emotional records, and shaped your power archetype.

Now it's time to create an external symbol that represents all of this.

The unconscious responds better to images than to words.

Therefore, a visible, concrete symbol, even if small, works as a psychic anchor:

Every time you see or touch this object, your mind recalls the inner decision that was made.

The symbol is not an amulet.

It is a physical extension of your inner choice of transformation.

◆ Why this matters:

Deep internal changes need external reinforcement.

The mind needs reminders.

The body needs gestures.

The soul needs symbols.

When you associate a new life stance with a symbolic object, it creates a point of strength.

This point can be activated in moments of doubt, fear or unconscious repetition.

It works as a silent reminder:

"You're not who you used to be."

◆ **Action of the day – Creation or choice of personal symbol**

Step 1 - Define what the symbol should represent

In a few words, write in your notebook:

What has changed in me since Day 1?

What part of me was recovered, activated or healed?

What truth do I want to uphold from now on?

The answer will help you know what needs to be represented symbolically.

Step 2 - Choose or create the symbol

Now look for a simple object that represents this new phase.

It doesn't have to be purchased or fancy. It can be:

A stone you crossed paths with

A little key

A piece of fabric

A cord

An object you already have, but now takes on a new meaning

If you want, you can also create something:

A drawing

A symbol of its own

A folded paper with words inside

A small handmade totem

Most importantly, it needs to make sense to you.

It doesn't need to make sense to anyone else.

Step 3 - Activation Ritual

When finding or creating the symbol:

Hold it in your hands for a few minutes.

Close your eyes.

Take a deep breath and say, silently or out loud:

"This symbol represents my transformation.

Every time I touch or see this object, I will be

reminded of the strength within me, and the

decision that has already been made." Then,

keep it in a visible place or carry it with you for a

few days.

The symbol you created is now a point of presence.

He doesn't protect you.

It reminds you of who you already are.

7.4: Active Visualization: Encountering the Self (DAY 18)

◆ Direct explanation:

By this point in the process, you've already gone through several layers:

He felt, cleaned, released, created presence, gave shape to an archetype and chose a symbol of transformation.

Now it's time to go even deeper:

the Self, the central instance of your psyche — totality, nucleus of inner wisdom, organizing center of the soul.

Carl Jung did not define the Self as an “ideal self” or an image of perfection.

For him, the Self is the source that integrates everything you are: light and shadow, strength and fragility, reason and intuition.

The Self often appears in dreams, visions, symbols, archetypal images.

Today, you will be invited to approach him consciously, through an exercise that Jung called active visualization.

◆ Why this matters:

Contact with the Self strengthens the sense of direction, purpose and completion.

It doesn't tell you "what to do," but it conveys a quiet, powerful awareness that you are connected to the core of who you truly are. Most people live displaced, seeking external references.

When contact with the Self happens, you stop getting lost in distractions and anchor yourself in your own depth.

It is from this point that mature decisions, sustainable changes and inner truth emerge.

◆ Action of the day – Encounter with the Self (guided visualization)

Step 1 - Preparing the environment

Set aside 20 minutes in a quiet place.

Turn off notifications. Sit or lie down comfortably with your eyes closed.

Keep your transformation symbol close by.

Step 2 - Guided visualization (perform mentally)

- Close your eyes. Breathe slowly and deeply.
- Imagine yourself on a path that leads to a sacred place: a clearing, a temple, a cave, a mountain—whatever comes to mind.
- In this place, you find a figure. It can be human, animal, light, shadow, presence.
- This figure is your symbolic Self.
- Notice your appearance, your energy, your distance.

- Now, imagine that you can ask this figure one thing:

"What do I need to remember to live truthfully?"

- Wait for the answer. It may come in a word, gesture, look, feeling, symbol.
- Receive the answer silently.
- Give thanks, and slowly leave the place, returning to your breathing and your body.

Step 3 – Symbolic Registration

In your notebook, answer:

Who or what did I meet?

What was the dominant feeling?

What was the response received?

What changes in me after this encounter?

If you want, draw the figure.

Or choose a word to name this inner presence.

This is a highlight of your process.

You have accessed the core of your psyche without mediation, without filter, without self-image.

You saw something of yourself that can no longer be forgotten.

7.5: The body as an expression of the soul (DAY 19)

◆ Direct explanation:

Throughout this process, you have accessed your unconscious mind, your emotional memory and your internal symbols.

But the body didn't sit on the sidelines—it just waited its turn.

Today is the time to honor the body as a legitimate extension of the soul.

In depth psychology, Jung recognized that emotions and archetypes are not just images:

They manifest themselves physically — in posture, breathing, impulses and blocks.

The body carries unspoken memories, old pains, repressed impulses.

And it also holds the key to emotional liberation, when you allow it to move with truth.

◆ **Why this matters:**

Many times you understand something with your mind, but you continue to act, react and feel with the body of your “old self”.

When you move your body consciously, with intention, you send a signal to the psyche:

"I accept this change. It is not just mental. It is lived." Today you will use your body as an instrument of integration and truth.

◆ Action of the day – Symbolic walk and body release

Step 1 - Walk with presence (10 to 20 minutes)

Choose a time when you can walk without distractions.

It can be on the street, at home, in a park.

The essential thing is to be alone and present.

During the walk:

Breathe through your nose, mindfully.

Feel the ground beneath your feet.

At each step, repeat mentally:

"I walk with presence."

"I move with truth."

"The new is already in me."

This walk is a symbolic gesture: you are literally moving from the previous version of yourself to a new expression.

Step 2 - Emotional release with the body (5 minutes)

After your walk, go to a space where you can move freely.

Put on some instrumental music or be silent.

Move your shoulders, arms, hips, chest.

If you feel like making a noise, sighing or crying, allow it.

Don't dance. Just let your body move as it wants.

Even though it may seem strange, this is emotional release.

Finish by standing up, with your hands on your chest.

Take a deep breath and say:

"My body already knows. My soul moves with it."

Step 2 - Emotional release with the body (5 minutes)

After your walk, go to a space where you can move freely.

Put on some instrumental music or be silent.

Move your shoulders, arms, hips, chest.

If you feel like making a noise, sighing or crying, allow it.

Don't dance. Just let your body move as it wants.

Even though it may seem strange, this is emotional release.

Finish by standing up, with your hands on your chest.

Take a deep breath and say:

"My body already knows. My soul moves with it."

Today, you allowed your body to participate in your transformation. Not as a detail, but as a living channel of your inner truth. It is with it that you will act, love, support and follow.

7.6: Commitment to the new me (DAY 20)

◆ Direct explanation:

Nothing truly changes without decision.

You have gone through a deep process of self-knowledge, confronted the shadow, reconnected with your essence, activated your inner strength and cleared what no longer served you.

But all of this can be lost... If you don't consciously choose to accept who you have become.

Committing to the new you is not a promise of perfection.

It's the clear choice to not betray yourself anymore.

◆ Why this matters:

Internal change is only sustainable when it is converted into symbolic responsibility.

If you don't declare what you want to sustain, old habits take over.

Today, you will make clear to yourself — in writing — what is the new agreement you establish with your own truth.

◆ Action of the day – Personal commitment statement

Step 1 - Writing the pact with yourself

In your notebook, or on a separate sheet of paper that you can keep, write:

"I commit to..." And then state it clearly:

Who do you choose to be from now on?

What you no longer accept repeating

How do you want to position yourself in front of yourself and others?

What will you protect internally

Example:

"I promise not to silence what I feel out of fear of rejection.

I choose to stand firm and sensitive. I take responsibility for standing my ground in silence and in words. From this day forward, I act as someone who respects themselves."

Use your own words. They need to resonate with you.

Step 2 - Seal the commitment

After writing:

- Read aloud, with intention.
- Sign your name at the end, with date.
- Fold the paper and place it in a special place (altar, book, symbolic box).

You can return to this pact whenever you feel doubt, fear, or the urge to back down.

The new me has already been accessed. Now it has been chosen.

And that choice changes everything.

7.7: Closing and rebirth ritual (DAY 21)

◆ Direct explanation:

You have reached the end of the 21 days of transformation.

But this end is not a definitive closure.

It is a symbolic crossing — from the old to the new, from unconscious repetition to conscious choice.

Jung said that individuation is not an end point, but a continuous process.

Today you complete an important stage: the reunion with what was forgotten within you.

And, at the same time, it opens up space to live with more presence, integrity and inner listening. Therefore, this last day is ritual.

A gesture that symbolically marks the beginning of your new position in life.

◆ Why this matters:

Without a closing act, the mind tends to regard any process as just another sequence of ideas.

But when there is a conscious ritual, the psyche recognizes that something has been completed – and this activates a new internal structure.

What you have built here needs a firm finish.

So as not to become just a memory, but a turning point.

◆ **Action of the day – Closing and integration ritual**

Step 1 - Revisit the path

Re-read your notes from Day 1.

Observe what has changed in your writing, in your way of perceiving and feeling.

Write down: “What do I recognize that is new in myself now?”

Step 2 - Ritual with the transformation symbol

Take the symbol you chose on Day 17.

Hold it with both hands. Breathe.

Say, out loud or mentally:

"I honor the path I have walked.

I follow what is true.

From now on, I stand by who I choose to be."

You can keep this symbol, carry it with you, or place it in a prominent place for a few days.

Step 3 - Symbolic restart bath

During your shower today, imagine that the water takes away what no longer belongs.

Finally, take a deep breath and declare:

"Today I am reborn. Present. Whole. Available for the new."

What comes next

This is not the end of your process.

It's the beginning of a new way of living with yourself.

You can repeat steps of this cycle whenever you feel the need.

And from here, keep going deeper:

Your dreams

Its symbols

Your choices

Your actions

Transformation is not speed. It is permanence.

And what is true remains.



CHAPTER 8

NEXT STEPS

You have reached the end of a process that is not linear, not superficial and not common.

For 21 days, you were invited to step out of automatic mode, look at what you avoid, listen to what you ignore, and touch parts of yourself that were dormant.

And if you've come this far, it's because you've bravely gone through each phase:

The descent to the roots, the reunion with the essential and the ascent back to life with a new perspective.

But here's an important warning:

What you accessed in this book does not end here.

It marks the end of a cycle, but opens many others.

You now have:

A diary that records your inner listening

A symbol that represents your transformation

An activated power archetype

A pact with your truth
And, most importantly, awareness
This can no longer be forgotten.
It can be put to sleep, it can be ignored, but it
cannot be erased.

How to keep the transformation alive

- Come back whenever you need
- There is no one way to use this book. You can repeat the entire cycle or return to specific days when you feel something closing in again.
- Keep the diary active
- Even if you don't write daily, keep your notebook nearby. Whenever a strange dream arises, a conflict recurs, or an intuition manifests itself, write it down.
- Reinforce the symbol

Place your symbol in a visible place for at least 21 days after the end of the cycle.

If you wish, create new symbols as other transformations arise.

Honor your personal rituals

Walking, silence, presence alarm, release letter... They are simple, but effective. Don't depend on motivation. Depend on decision.

Take it to real life

Don't turn this process into a mental ideal.

It needs to be present in the small choices: in how you say "yes" or "no"; in how you position yourself; in how you take care of yourself; in how you act when no one is watching.

TO DELVE EVEN DEEPER

If this process has sparked something important in you, consider exploring further:

Jungian approach therapy



CHAPTER 9

**THE PATH TO SELF-
KNOWLEDGE DOES
NOT END HERE**

You have completed a cycle.

For 21 days, you have accessed parts of yourself that were forgotten. You have touched truths that may never have been spoken. You have made silent choices that, in time, will become visible action.

But what you started here doesn't end in these pages.

The path to self-knowledge is not a straight line with an end point.

It is spiral. It advances, retreats, deepens and transforms.

Sometimes it feels repetitive — but with each turn, you see it with new eyes.

And this is proof that it is different.

So this chapter is not an “end.” It is a reminder: Continue.

Keep listening to your dreams.

Keep noticing the subtle patterns.

Continue treating yourself with the same truth that you used to go through this process.

Keep saying no to what diminishes you – and yes to what strengthens you, even when it scares you.

You don't need to rush.

Needs presence.

FOR WHEN YOU WANT TO GO DEEPER

This book was the first step in a longer dive.

If you feel that there are layers that still want to emerge, or if you need new support in difficult times, consider accessing the materials we have prepared with the same care and depth:

1. Soul Survival Guide

A straightforward and supportive guide to times of grief, transition, or emotional breakdown.

Based on principles of depth psychology and restorative practices.

“Jung’s Teachings for Difficult Times.”

2. Carl Jung's 12 Most Profound Lessons

For those seeking practical wisdom and inspiration in times of searching or starting over.

Each lesson is accompanied by real-world examples and quick exercises.

“Wisdom for a meaningful life.”

3. Carl Jung for the Heart

A small book of emotional support, with phrases, reflections and spaces for writing.

It works like a symbolic and silent diary – for the days when thinking doesn't work.

“A diary of emotional healing.” These materials are available on the A Sincronia Oculta channel, along with complementary content, unpublished reflections and guidance for those who wish to continue transforming themselves with awareness.

Access it when you feel the call.

Not to fill a void, but to move forward with more direction.

Self-knowledge does not end.

But now, he has another base: you.



CHAPTER 10

**SUPPORT RESOURCES
+ CONCLUSION**

TO DELVE EVEN DEEPER

If this process has sparked something important in you, consider exploring further:

Jungian approach therapy

- Study groups on dreams and symbols
- Reading Jung's books in accessible language
- Active writing as a spiritual practice
- Monthly emotional cleansing rituals

And mainly:

Stay close to people who respect deep processes.

Don't share your transformation with those who only know how to mock other people's pain.

Preserve your soul as if it were sacred — because it is.

You haven't returned to the same point Perhaps, when you finish this book, nothing around you has changed.

But you changed.

And that changes everything.

From here on, there is only one invitation:

Live like someone who knows what is worth sustaining.

You are no longer in the dark.

FINAL SILENCE

Not everything you experienced here
needs to be said.

Not everything needs to be understood
immediately.

Some things were just felt. Others were
named.

And others are still maturing in silence.
The best way to end a deep cycle is not
to rush into the next one.

It is breathing in the space between
what was and what will be.

Close this book for a moment.

Touch your transformation symbol.

And be silent for a few minutes.

No rush.

No expectations.

Just you, with what's left.

This is the real closure.

Simple. Invisible. Real.



This book was created to touch you in places words
normally cannot reach.
If you've come this far, know this: it wasn't a
coincidence.
The process you went through requires courage,
presence and commitment.
And if something in you has changed—even if silently
—let that be honored.
Not in a hurry. But with depth.
I am grateful for having trusted the path.
I appreciate you trusting me.
This work is part of something larger, which continues
beyond these pages.
You can find new content, insights and guides on the
A Sincronia Oculta channel, created to support those
who choose to live with more awareness, truth and
meaning.
See you there — or wherever synchronicity finds us
again.
With respect and presence,

Hidden synchronicity