

**Inner Shadow Transformation: The Banner Method by Johanna Kern  
Releasing the Power of Your Subconscious Mind  
Sample Chapter**

**JOHANNA KERN**



**Inner Shadow Transformation:  
The Banner Method**

**Releasing the Power of your Subconscious Mind**

**MASTER TEACHINGS OF HOPE  
VOLUME 2**

**Inner Shadow Transformation: The Banner Method by Johanna Kern  
Releasing the Power of Your Subconscious Mind  
Sample Chapter**

**Published by HUMANS OF PLANET EARTH ASSN.**



**Text editing by Richard P. Geer  
& Patrick Kern  
Cover and graphic design by Johanna Kern**

**Copyright © 2023 Johanna Kern  
All rights reserved.  
ISBN: 978-1-989913-12-3**

## ***DEDICATION***



**To my Family, Friends and You.**



Although our dreams can help us spread our wings, they can also imprison us in a self-inflicted cage. As usual, our choice depends on how big a vision of ourselves we hold inside. And that vision often is contaminated and limited by our subconscious fears.

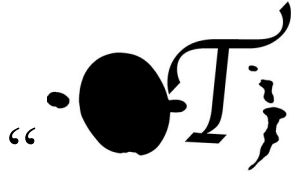
Our Inner Shadows guarding our unhealed wounds affect not only our life and the stories we tell ourselves about ourselves. Above all, they affect the progress of our individual consciousness.

Is there a Master Key to unlock the true power and beauty of a human being?

Where we are going with our individual and global evolution depends on our Shadow-Hygiene.”

– Johanna Kern –

## ENDORSEMENT



Through her work in the media, Johanna Kern has encountered the stories people tell themselves, sometimes for the better and sometimes for the worse. In the latter cases, Johanna discerns a “shadow” element that needs to be identified and transformed, and her book provides numerous interventions that she and her clients have found invaluable. Rather than avoiding or eliminating these stories, Johanna provides a series of exercises that will result in positive changes, changing negative life-denying beliefs and behaviors into those that are life-affirming. She adroitly helps her readers replace weakness for strength, failure for success, and fear for love.”

– *Stanley Krippner, Ph.D.* –

Co-author of “Personal Mythology”; former President of the Association for Humanistic Psychology, the Parapsychological Association and the Association for the Study of Dreams; a Charter Member of the International Society for the Study of Dissociation; a Fellow of the American Psychological Association, the Society for the Scientific Study of Sex, the American Psychological Society, the American Society of Clinical Hypnosis and the Society for the Scientific Study of Religion. Former Director of the Dream Laboratory at Maimonides Medical Center in New York and The Child Study Center at Kent State University; a pioneer in the study of consciousness, having conducted research for over 50 years in the areas of dreams, hypnosis, shamanism, and dissociation; recipient of the Award for Distinguished Contributions to the International Development of Psychology and Professional Hypnosis, etc.

## SHORT INTRODUCTION



**What are the Inner Shadows and what can we do about them?**



Have you ever asked yourself the question: What is it that I want the most?

**Inner Shadow Transformation: The Banner Method by Johanna Kern**  
**Releasing the Power of Your Subconscious Mind**  
**Sample Chapter**

The details may differ from person to person. Some of us want peace and joy. Some want health, money, or fame, or power, or success, or someone to love us. But all of that is just what we believe would make our life beautiful.

Happy Life. Beautiful Life. That's what we want.

Why is it then that most of us cannot truly say that we are living such a life?

What is the reason that some people's personal happiness or success in professional life lasts and increases, while many of us fall back to our starting point, having to begin from scratch – again and again?

Why is it that some people have it easy and solutions simply come to them, while numerous others have to break their back and never fully achieve their dreams?

Here is a simple truth:

One way or another, most of us have been programmed throughout our lives to think, behave and exist in a certain way. We were taught the “shoulds”, the “musts”, and the “that's how it's done's”. We were taught to follow specific directions, depending on how and where we were raised and educated.

**We have been influenced and conditioned to be who we are and so our conditional programming becomes our reality.**

It is hardly something we could call personal freedom to discover our own power. To learn our true potential and develop our best qualities.

Conditional programming consists of Subconscious Programming, Societal Programming, and Avoidance Programming:

- Subconscious Programming is rooted in our inner survival fears. It can easily be triggered by any of our caregivers/parents, or other authority figures in our life.
- Societal Programming is externally inflicted – usually via regulations/manipulation or pressure – and rooted in the inherent need of all social animals for a structure for living in groups.

**Inner Shadow Transformation: The Banner Method by Johanna Kern**  
**Releasing the Power of Your Subconscious Mind**  
**Sample Chapter**

- Avoidance Programming can either be self-inflicted or externally inflicted, and is rooted in our natural fear of change and the attachment to a sense of “habitual safety.”

\* Habitual safety is the “know-how” to exist and survive in circumstances that we’ve gotten used to – whether they are beneficial or harmful for us.

Due to these three types of programming, many of us perpetuate our existence in discomfort, fear and limitation, running on “automatic pilot”, relying on our habitual safety, and remaining under the control of our Inner Shadows.

The famous Swiss psychologist, Carl Gustav Jung, was the first one to use the term “Shadows”. He referred to the dark energy rejected by us, in others or ourselves, which then becomes the building material for blockages (Shadows) in our subconscious.

Acting on a subconscious level, our Inner Shadows have enormous power over us, much greater than our conscious mind. The subconscious dark energy overrides our logic and any of our conscious desires.

**To liberate ourselves from our conditional programming, we need to begin and maintain the process of self-healing. We need to recognize and deal with our Inner Shadows.**

This book offers you the unique, highly effective Shadow Transformation Method developed by me over many years of working with thousands of people as a successful producer, CEO, director, and counselor. It is a step-by-step system, a tool that leads to identifying one’s hidden subconscious blockages, and then freeing and releasing the pure, inherent Power of our Subconscious Mind.

**The method doesn’t require long-term sessions.** It is quick and based on principles for working on subtle energy levels, which are part of the entire Master Teachings of HOPE approach to healing, as well as mental, emotional and spiritual progress.

\* NOTE: Subtle energy can be described as electromagnetic wavelengths, patterns of pulsation; the dynamic infrastructure of our body. Each of us has unique patterns of energy affecting our health and well-being. Subtle energy has been felt (or seen) by many energy sensitive people for thousands of years.

**Inner Shadow Transformation: The Banner Method by Johanna Kern**  
**Releasing the Power of Your Subconscious Mind**  
**Sample Chapter**

You can apply this method in the important areas of your private life, and/or to business situations that require excellence, high focus and productivity, fast problem solving, broader vision, and genius-like mental ability to recognize, assess, resolve or build whatever is needed to fully succeed.

No matter what your story is, you can rewrite it or delete it and start fresh. You truly can. Remember, if others could do it, so can you.

Our self-healing journey needs to begin with our ability to trust in our capabilities, our strength, and emotional freedom. And if we have already decided that we are doomed to fail, we need to either change that belief or simply take a chance on ourselves despite what we may think.

**You are capable of things that you haven't even dreamed of. All you need to do is trust your own process.**

After all, you reached for this book. You have done so, knowing deep inside that it was all up to you. While many people eagerly give away their power to think and live their beauty and truth, you have decided to fully experience your true self and your freedom.

I'd like to congratulate you on your decision. I'd like to thank you for being you.

You are a precious gift. To all of us.

Before we continue, I'd like to ask you the following three questions. You don't have to answer them right now. Just keep them in mind for later:

***What are the stories you tell yourself about yourself?***

***Are you happy or disappointed with where you are in your life?***

***Do you think you can trust yourself?***

\* NOTE: "Shadow Transformation: The Banner Method by Johanna Kern" is registered with the Intellectual Property Office, copyrighted since November 2009.

## ***CHAPTER 1***



## SHADOWS IN OUR SUBCONSCIOUS:

### How they are created



As human beings, we develop and gain knowledge in life not only through our own experience but also through observation of how other people behave.

We begin to educate ourselves by closely watching others already in early childhood, starting at home, in kindergarten, at school, at work, etc. – expanding to wider and wider social circles. We learn that way how to survive and manage in life, how to achieve and succeed.

#### **Our subconscious encodes everything like a huge scanner.**

All of our experiences, acquired directly and observed in others, are recorded. And then we automatically replicate those imprinted patterns of behavior.

Until we become fully aware of our own reactions and conditional programming – we keep playing roles routinely, both at home and at work.

If we look carefully at the dynamics of our relationships, we may often recognize that they resemble what we learned in our parents' or caregivers' home. Consciously or not, we may repeat their approach to their partner and home life. Unfortunately, not all of us had a great model to follow.

At work, we often find ourselves in situations that reflect what we have experienced at home and school in our childhood or youth (although sometimes it mirrors recent events in our private life). Our subconscious automatically observes and applies similar mechanisms of performance, a sense of hierarchy, reactions, expectations, ways of fulfilling tasks, etc. In this way, we may create a duplicate model of the structure of our childhood family in the newly created “business family”.

And indeed, those mechanisms are very often remarkably analogous to how things used to work for us in the past:

**Inner Shadow Transformation: The Banner Method by Johanna Kern**  
**Releasing the Power of Your Subconscious Mind**  
**Sample Chapter**

There is someone here, just like at home or school, who fulfills the superior function – the boss, the person with the greatest power (equivalent to a parent, or a teacher).

Then there are the senior executives or co-workers with longer experience (comparable with the older siblings, or older students) who sometimes take charge in the boss's absence.

There are also associates equal to our position or having the same seniority – those our subconscious can compare to the siblings closer to our age, or to our classmates.

And finally, there are those who are just starting out, and we have an advantage over them in the hierarchy of the “business family” because they resemble our younger siblings or the younger kids at school.

In a similar way, our subconscious, programmed with acquired patterns, tends to sort out all new situations. The process resembles printing a photo from an old negative, or – in the case of digital recording – making a copy of a saved image:



What follows from this is that the happiness, well-being, and success of any given group of people – a company, organization, or whole country – depend to a large extent on how the entire community works, as the “family.” AND consequently, the happiness, well-being, and success of each individual member also depend on the success of the whole “family”.

When the “family” is functioning efficiently – their life together is happy and rewarding. Each of the individual members makes better use of their potential and the whole community is thriving.

When a community (a company, organization, village, town, or country) doesn't function well as a whole – its well-being and success are short-lived, regardless of the efforts, talents, and energy of the people involved.



**Physically and emotionally happy and healthy people are the  
foundation of the lasting success of any community.**

That's why some of the most successful companies have given so much importance to the continuous training of their managerial staff aimed at reprogramming the subconscious, getting rid of blockages, old patterning, and automatic behaviors. Great emphasis has been placed not only on the professional/technical level but also emotional and spiritual.

Truly, this is an interesting, more and more common phenomenon of our times – and I believe that such a strategy will become, sooner or later, a solution to many problems that we have struggled with thus far.

It has been recognized that the emotional and spiritual development of the managerial staff is an absolutely indispensable component necessary for the ongoing success of a company. And that is why spending resources on such training and workshops is not an issue.

Not a single individual, company, organization, or country can be truly successful when there are no conscious leaders, and their members do not fully use their potential. Our wellness depends on our attention to all areas of our life and finding the appropriate balance between fulfilling our personal/emotional needs on the one hand, and our desire to pursue our ambitions, achieve professional success, and support other people's welfare.

Such wholeness leads to true satisfaction.

Satisfaction leads to happiness.

Happiness leads to health (physical, emotional, mental, and spiritual).

Health leads to joy.

Joy leads to awareness.

Awareness leads to wholeness.

*And so – the cycle is complete.*

However, in our pursuit of wellness, we need to remember that what we cannot see becomes our greatest enemy.

What we cannot see, controls us from the subconscious. Due to our conditional programming, our subconscious becomes the playground for our Inner Shadows (also called “subconscious Shadows”). Every unhealed emotional wound becomes a womb for the Shadows to develop within it, and their building blocks consist of the rejected “dark energy” – that is, everything that we do not accept in ourselves and in others. Our subconscious (Inner) Shadows are very powerful. Their power over us is far greater than our emotional fears, our bodily needs or ego-driven desires, and our intellectual reasoning. They control our behavior, and they control our thinking.

***In that case, the question is:***

***Can we really trust anyone?***

However badly someone may have behaved – we need to remember that in most cases their subconscious Shadows caused that behavior. Controlled by their Inner Shadows, people blindly react to those who willingly or unwillingly press their buttons, triggering their programs linked to the old emotional wounds. And that’s why those people react impulsively, just like robots.

We can observe a lot of examples of this pattern. Both at home and at work or school, and everywhere in our society.

Without appropriate “Shadow-Hygiene”, our imprinted negative patterns bring us to failures, disappointments, short-lived success, or even physical illness.

The key to success, wellness and happiness in life is our full awareness of, and willingness to transform, what’s hidden – our Inner Shadows. Freed from them, we can create ourselves anew: consciously making our own choices, in all circumstances, instead of reacting blindly when someone or something presses our buttons like in a slot machine.

## ***Individual and collective Shadows***

We already learned that individually everyone has their own collection of Inner Shadows and until we deal with them, we tend to function on “automatic pilot”. Below are some examples of how subconscious Shadows can be created.

Let’s say someone was bullied as a child at school, which happens quite often. This caused a sense of his/her worthlessness that remained with them for years to come. Now, as an adult, this person either begins to intimidate others – because by social observation he/she learned about the ruthless “law of the fist” – OR – cannot cope and blames others for his/her own fate, feeling powerless.

In both cases, whether being a merciless tyrant or a perpetual victim who can’t fight for a better life – such a person is under the control of their Inner Shadows, which were born in their subconscious of an old emotional wound, in order to cover up their persistent low self-esteem.

In other words – our Inner Shadows are trying to protect us so that we won’t get hurt again.

People who are under the control of their subconscious Shadows may feel better about themselves as strong tyrants, but they can also feel better by playing a different role: the role of the wounded. Because when they blame someone else for their situation, they do not have to admit to themselves that they don’t know how to deal with it. They are not able to take responsibility for their own lives. They prefer others to decide what happens to them, because they are afraid that they will not measure up, and that it will further confirm what they feel about themselves: a lack of strength or worthlessness.

As we can see from the above example, the Inner Shadows are trying to cover our weaknesses. And it would seem that they are doing their job well. Unfortunately, at the same time, they turn us into “robots”, depriving us of real power, and blocking the use of our true potential.

For example, in some dramatic nationwide situations, the subconscious Shadows of the governing people do not allow them to contribute to the general welfare of their country. At the same time, the Inner Shadows of the members of the society take over, not allowing them to get out of this predicament. The results are clearly

**Inner Shadow Transformation: The Banner Method by Johanna Kern**  
**Releasing the Power of Your Subconscious Mind**  
**Sample Chapter**

predictable. It's enough to have a look at what's happening around the world. We can see the drama spreading in so many places on our planet.

REMEMBER: OUR SUBCONSCIOUS rules 90% of our thinking and behavior. It is responsible for our habits, emotions, automatic reactions, defense mechanisms, etc., which may keep us stuck in unwanted situations in life. (In the following chapters we will talk more about the function of the Shadows, and how it all works on the energy level, affecting our whole vibrational system.)

Apart from our individual Inner Shadows, there are subconscious Shadows created jointly by family members, a company's staff, residents of a city/village, or citizens of a whole country.

There are subconscious Shadows typical for a given race or culture, and even the global ones – Shadows that are common for all of humanity on our planet.

**We all live in Shadowland. Individual and global.**

And now what? How can we deal with the subconscious Shadows?

There is a simple solution for any situation when we get to the end of the path, and it seems that there is no way out. In such a case, we always have two options:

One – we can build a new path.

Second – we can discover a new path.

In summary, the way out is always a new path.

Despite the Shadows' tremendous power over us, we can overcome any difficulty. But we have to put some effort into it. What we need to know is that fighting with our own or someone else's Shadows is truly pointless. And that's because our subconscious Shadows cannot be destroyed or defeated. As part of our own energy, they can only be healed/transmuted. Once their "bloodthirsty hunger" for doing harm or self-sabotage is transformed – they can help us to get connected with and release the pure, inherent Power of our Subconscious Mind.

It all depends on how much we want to become happier and more effective. How much we want to get rid of emotional baggage and create lasting success in our lives, without constantly struggling with the same recurring problems in one form

**Inner Shadow Transformation: The Banner Method by Johanna Kern**  
**Releasing the Power of Your Subconscious Mind**  
**Sample Chapter**

or another. Without wasting our time and energy on ventures and relationships destined to fail. Without constant disappointment, lack of fulfillment, and subsequent duplication of patterns leading to failures.

Reprogramming our subconscious, and healing our Inner Shadows is the simplest and most direct way to our wellness. The Shadow Transformation is the foundation of our success and happiness in life.

We need to give ourselves permission to take time to heal our deep emotional wounds and get rid of our imprinted negative subconscious patterns. We need our full support to do so:

- Never reject, condemn or resist who you have become so far. Honor, accept, and respect who you are. Only then will you be able to transmute/transform what you want to change.
  
- You cannot really get rid of some parts of yourself – it isn't possible. But you can transform them into what you want them to be. Remember that if you do not admit to yourself what kind of automatic reactions you have, the disowned dark sides of your nature will turn into your Inner Shadows, hiding in your subconscious. They will control your feelings, thoughts, and actions. Your life will then become a perpetual rollercoaster of struggle, fear and hurt.
  
- Remember that you are not a “bad” or “worthless” person, just because you have been hurt and cannot deal with it on your own. We are all wonderful, valuable people. Even if we make many mistakes, sooner or later we try to find what's best inside of us. That is our true nature.

No circumstance, no mood, and no emotional wound can rob you of your dignity and joy of life. Inside each of us resides our innate, natural happiness. Once we become aware of the preciousness of our life, we can find that inborn happiness within and withstand anything that tries to bring us down.

When you allow yourself to “get out of the box” and change your habitual thinking into a conscious and purposeful desire to experience wellness – it is the mark of the beginning of your true well-being.

Your well-being is your birthright.

You have the power to apply wellness to all areas of your life.

You have the power to decide when you want to start claiming your right to well-being.

**We don't have to give in to our Inner Shadows.**

**Neither the individual nor the collective ones.**

As human beings, we are capable of the most beautiful things. We can change our destiny, and become the best version of ourselves.

**End of Free Chapter**

**To read the whole book, please visit:**

**Paperback** – available on Amazon & other major online retailers around the world

**Electronic** – available on Johanna Kern's official site: [LINK](#)

## *CONTENTS*

### ENDORSEMENT

9

### SHORT INTRODUCTION

11

What are the Inner Shadows and what can we do about them?

### 1 SHADOWS IN OUR SUBCONSCIOUS

17

How they are created

### 2 MEETING YOUR INNER SHADOWS

29

Shadow Transformation – Step One  
Finding Your Banner/Banners

### 3 ADMITTING YOUR IMPERFECTIONS

43

Shadow Transformation – Step Two  
Accepting Your Banner(s)' Traits

**Inner Shadow Transformation: The Banner Method by Johanna Kern**  
**Releasing the Power of Your Subconscious Mind**  
**Sample Chapter**

- 4    **RECOGNIZING THE ROOTS OF YOUR  
55 SUBCONSCIOUS PATTERNS**  
Shadow Transformation – Step Three  
Acknowledging Your Banner(s)' Background
  
- 5    **PREAMBLE TO THE NEXT STEPS OF THE  
69  
INNER SHADOW TRANSFORMATION**
  
- 6    **RED BANNER: Shadow Transformation**  
77  
– Steps Four & Five  
Accepting Your Weaknesses and Repairing Your  
Chakra System  
Inner Journey: Finding Your Inner Strength  
How to Overcome the Fear of Change and  
Uncertainty
  
- 7    **SILVER BANNER: Shadow Transformation**  
95  
– Steps Four & Five  
Accepting Your Weaknesses and Repairing Your  
Chakra System  
Inner Journey: Breathing through Your Heart Chakra  
How to Overcome the Fear of Getting Emotionally  
Hurt
  
- 8    **ORANGE BANNER: Shadow Transformation**  
117  
– Steps Four & Five  
Accepting Your Weaknesses and Repairing Your  
Chakra System  
Inner Journey: Opening Your “Sacral/Spleen”  
Chakra for the Flow of Progress  
How to Overcome the Fear of  
Intimacy/Commitment
  
- 9    **PINK BANNER: Shadow Transformation**  
135  
– Steps Four & Five  
Accepting Your Weaknesses and Repairing Your  
Chakra System  
Inner Journey: Expanding Your Heart’s Vision  
How to Overcome the Fear of Inadequacy
  
- 10    **GOLD BANNER: Shadow Transformation**  
151

**Inner Shadow Transformation: The Banner Method by Johanna Kern**  
**Releasing the Power of Your Subconscious Mind**  
**Sample Chapter**

- Steps Four & Five  
Accepting Your Weaknesses and Repairing Your Chakra System  
Inner Journey: Tuning into The Power of Permitting  
Activating/Strengthening Your “Third Eye” Vision  
How to Overcome the Fear of Failure
- 11    **GREEN BANNER: Shadow Transformation**  
169  
– Steps Four & Five  
Accepting Your Weaknesses and Repairing Your Chakra System  
Inner Journey: Experiencing the Flow of Abundance  
How to overcome Survival Fears/The Fear of Passing
- 12    **YELLOW BANNER: Shadow Transformation**  
191  
– Steps Four & Five  
Accepting Your Weaknesses and Repairing Your Chakra System  
Inner Journey: Getting in Tune with The Law of Self-direction  
How to Overcome the Fear of Getting Judged
- 13    **WHITE BANNER: Shadow Transformation**  
209  
– Steps Four & Five  
Accepting Your Weaknesses and Repairing Your Chakra System  
Inner Journey: Tuning into the Seventh Power – Love  
How to Overcome the Fear of Loneliness
- 14    **BRONZE BANNER: Shadow Transformation**  
231  
– Steps Four & Five  
Accepting Your Weaknesses and Repairing Your Chakra System  
Inner Journey: Balancing Your “Solar Plexus Chakra”  
How to Overcome the Fear of Success
- 15    **PURPLE BANNER: Shadow Transformation**  
249  
– Steps Four & Five  
Accepting Your Weaknesses and Repairing Your Chakra System



**Inner Shadow Transformation: The Banner Method by Johanna Kern**  
**Releasing the Power of Your Subconscious Mind**  
**Sample Chapter**

**Inner Journey: Freeing Yourself from Guilt and Anger**  
**How to Overcome the Fear of Rejection**

- 16    **REDISCOVERING YOUR INHERENT POWERS**  
269  
Shadow Transformation – Step Six  
Admitting Your Banner(s)' Strength
- 17    **LETTING GO OF SUBCONSCIOUS**  
289  
**BLOCKAGES**  
Shadow Transformation – Step Seven  
Transforming the Shadow's Dark Energy into High-Frequency Vibration
- 18    **MAINTENANCE FOR YOUR BANNER(S)**  
309  
Consciously Creating our Life Experience
- INDEX OF INNER JOURNEYS**  
329  
Expanding Your Mind's Capacity
- INDEX OF TOP TEN SUBCONSCIOUS FEARS**  
331  
What They Are & How to Deal with Them
- ABOUT THE AUTHOR**  
333
- OTHER PUBLICATIONS BY JOHANNA KERN**  
337
- CONNECT WITH JOHANNA KERN**  
339

**To read the whole book, please visit:**

**Paperback – available on Amazon & other major online retailers around the world**

**Electronic – available on Johanna Kern's official site: [LINK](#)**