



REVEALING YOUR SHADOW WORKSHEET

HOW TO BEGIN TO WORK WITH SHADOW

1. Reflect on every action
2. Reflect on every reaction
3. Reflect on every interaction

Allow judgements to melt away;

Just observe;

This takes practise;

Use your breath to calm your heart rate and just observe;

Call in your Guides & set sacred space.

METHOD

1. For this exercise you need paper and a pen.
2. Now bring to mind someone who you really strongly dislike, or someone who has a lot of behaviors that drive you crazy and make you angry.
3. Make a list of all the things a this person that you do not like. Be very specific about which things about them or their behavior bother you.
4. When you have finished, draw a box around this list.
5. In large letters, label this box “My Shadow.”
6. Consider that all the characteristics you have written down represent a hidden, unconscious part of yourself. This is a part of yourself that you hate, fear, or otherwise dislike for some reason.
7. Think about how many people around you demonstrate these shadow characteristics you have described. You may be surprised!

Part 2

1. Now repeat this exercise for people you deeply admire, demonstrate behaviours you could only wish to embody yourself. Good boundaries, calm in the face of stress, confident, happy, successful....
2. Now label this list, "Possibilities for me"
3. Reflect that we often envy in others what we actually can embody ourselves. Think about that. The first step to freedom is to recognise your inner light and fan the flame.

Now take your observations on a Journey or Omen Walk. Ask your Guides to open your heart to changes you can make to support your Shadow work.

What opens up for you?

What do you understand more clearly?

What are you resisting? Are you angry and thinking 'NO WAY', or 'this is stupid' or 'I'm nothing like that'?

What actions can you take now, that will support your shadow work? Intentional anger management, making a habit of joy, adding gratitude practise to your life, working with Recapitulation, seeing a therapist, learning to say sorry, learning to say NO?

How will you put these actions into practise?

KEY TIP: Open your heart to all possibilities

CAUTIONS

Shadow work can sometimes be quite difficult or intense. Take your time. Be gentle with yourself. Seek professional help if you feel called to.

NOTES

Because the shadow represents a repressed part of our own unconscious self, it is very common for the shadow to appear in dreams. Nightmares, dreams of monsters, killers, demons, etc., are often simply the shadow appearing in its most disturbing disguise. If this is the case, work with your Guides and ask to be shown the meaning of your dreams.

Additionally, we often see disturbing things in our Journeys. It is my belief that if you follow the guiding principles of Shamanism then anything you see that is disturbing holds a message for you similar to dream work.

If you are unsure of the Guiding Principles of Shamanism you can take our free, live Introduction to Shamanism workshop

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