

Updated Handout - Shadow 101 Workshop: Getting comfortable with being uncomfortable

In many New age practices, there is talk about shadow work and how it can be used as a tool for inner growth. There are several modalities in our world of embracing shadow work. Sometimes those look like therapy, journey work, meditations, amongst other options.

Our goal for this workshop is to share information on foundational pieces of working with our shadow, incorporating some tangible tools along the way. Our hope is that you begin to become comfortable with being uncomfortable. Because it is an uncomfortable but amazingly rewarding healing journey.

However we have a few questions for you.

- Has anyone in the room not heard of the term shadow or shadow work, in our out of the magickal community?
- Does anyone want to answer what shadow work means to them?
- Is shadow work part of your current practice?

Now our definition may not resonate with you and that's okay, just like all the information shared this weekend, take what serves you and leave the rest.

Our definition of shadow work is the part of ourselves that we have neglected and failed to incorporate into our daily lives. It is the part of us that contains our personal power and is our unique opportunity to find balance and personal healing. This journey is about being authentic to all parts of self that get



hidden by the perspectives cast upon us by society, our peers, and our communities.

For us, shadow work isn't a buzzword. It's important to us because of our own personal journeys through life. **Darkness and light go hand in hand.**

Disclaimer: We are not your medical professionals.

Please note that having a support system is essential for shadow work.

This can comprise of close friends and family, therapists, doctors, holistic practitioners, and energy healers. **Please do not undergo shadow work without letting someone know what you are doing.**

This bears repeating, as already said if what we are doing doesn't resonate with you, or you are not ready to do the work that you feel building within yourself, feel free to bring yourself back from the meditation, open your eyes, or even step out if needed for the next 10 minutes.

MEDITATION

*copy of meditation at the end of the handout.

Do not make it complicated; make it what it means to you. Take what feels right and true for you. Embracing yourself is the true goal of shadow work.

What creates our shadow?

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What questions can we ask in order to see through our safe guards?

Recognizing shadow takes practice, but can start as simple as asking why. Why am I feeling this way? When was another time I felt similar? What happened in that situation or memory? Why am I reacting this way?

What are the benefits of learning what is in the shadows?

Finding balance in everyday life. Knowing your true self. Having your inner guiding light. Connection to source because you're connected to self.

Ways Shadow may show itself

- Projections and Mirrors. Sometimes what we see in others is truly us placing our shadow on them.
- Triggers: they can manifest in a million different ways. They play on the senses. You feel them in your body.
- Body reactions. Suppressed shadow can cause health issues

Tools for the Tool Bag of Life

- Community: It's very important to have a support system when delving into shadow work. This can be a therapist. A close friend. A support group. Do not internalize everything. We are not meant to be constantly in the dark or light. We are meant to cycle through things, to mirror nature.
- Self Care
 - Listen to your body. Nourish your body, stay hydrated. Your first priority should be caring for yourself.



- You cannot force shadow work. You should be present in the moment.

- Meditate
 - Breathing exercises
 - Grounding
 - Being in nature
 - Being around animals
 - Using the elements to check in and center
 - Water: Showers, drinking, swimming,
 - Earth: On earth, barefoot
 - Air: Stand in the wind; swing, music, sounds
 - Fire: Writing and burning, watching a candle
 - Guided Meditations
 - Movement: This could be yoga, tai chi. Anything that brings mindfulness and focus into your body

- Observe Triggers
 - Review Childhood and Beyond
 - We are made of millions of memories. They shape us consciously and subconsciously. Sometimes a trigger is from early childhood, and sometimes its from something that happened a year ago. There is no statute of limitations.
 - Avoid the Blame Game. Switch Up Your Inner Narrative. Your feelings are valid. Your experiences are valid. Sometimes we get in our own way with the shoulds of this or that. You are whole and amazing. You didn't, and don't, deserve mistreatment.



- Journal. Journaling is open to whatever approach brings you happiness. This can be prompts, it can be doodles, it can be spreadsheets, and it can be lists. The options are endless
- Creative Outlets: sometimes, we just need to take our brain out of the way and do something
 - Play to bring in integration
 - Be silly.
 - Dance, sing, create something
- Divination tools: tarot, runes, oracle, tea leaves, scrying. Etc
 - Divinatory tools are amazing in shedding light on things we struggle to see. There are countless spreads, questions, and methods that can be used.

Please remember this is just a scratch of the surface of the foundation of working with your shadow, hence the handouts saying 101, however if you don't have your foundation in place you aren't able to safely walk in your ever changing healing journey. That is our goal for you to be nourished, flourish, and thrive.

Resources:

Journey to the Dark Goddess by Jane Meredith

How to Do the Work by Dr. Nicole Lepera

Path of the Moonlit Hedge by Nathan Hall

The Secret Country of Yourself by Jenya T Beachy

Not specifically shadow, but everything by Ivo Dominguez Jr. is a great learning resource



Shadow 101 Roller (gifted at the workshop)

Ingredients:

Caprylic/capric triglyceride

Angelica archangelica (Angelica) root oil

Cananga odorata (Ylang Ylang) flower oil

Lavandula angustifolia (Lavender) oil

Picea pungens (Idaho Blue Spruce) branch/leaf/wood oil

Cinnamomum cassia (Cassia) leaf oil

Vetiveria zizanoides (Vetiver) root oil

Santalum album (Sacred Sandalwood) oil

Pelargonium graveolens (Geranium) flower oil

Boswellia sacra (Sacred Frankincense) oil

Pogostemon cablin (Patchouli) oil

Elettaria cardamomum (Cardamom) seed oil

Lippia alba (Mastrante) leaf/stem oil

Mentha piperita (Peppermint) oil

Melissa officinalis (Melissa) leaf oil

Rosa damascena (Rose) flower oil

MCT carrier oil (coconut/palm kernel derived)

About us:

I'm Beverly or Bev. I am an eclectic witch that works heavily with Cernunnos and Freyja. I study multiple modalities and deities in my practice . I am currently studying the bardic grade under the Order of Bards, Ovates, and Druids, as well as a member of ADF. I am a wordsmith, a web weaver, and a walker of the liminal.



I'm Ivy Ann, I'm a nurse by trade but Healer by heart. My heart encompasses Holistic Souls Journey, Healing Homestead where our goal is to help empower your holistic journey by meeting you where you are on yours. I am an intuitive hedgewitch that works with Mother Earth and her cycles, blessed to have many eclectic pieces passed down to me, and I work to serve to guide others to find their inner balance.

***Find us on Facebook - Holistic Souls Journey, Healing Homestead ***



Shadow 101 Workshop Meditation

If you are comfortable, please close your eyes...

We are going to take a small journey.

Take a deep breath in through your nose and hold it for 4 counts. Breath out through your mouth. Repeat 2 more times

You stand on the edge of some woods. You see a wide path entering the woods, surrounded by beautiful, old trees. The birds are chirping, flying throughout the leaves overhead. The breeze brushes your cheek and gently guiding you to the path.

The sun breaks through the canopy and the shade is welcoming on this warm day. You smell pine wood and cedar on the air. You follow the path, seeing woodland animals along the way. Breathing in, the calm and soothing nature of the woods envelops you.

You hear a stream bubbling nearby, seeing the glint of water through the brush. You walk into a broad clearing. You know with complete certainty, this space is sacred and safe. It is protected by the nature spirits of this space.

You wander into this space, curious as to why it is here, in this moment, on your path. You sit in the middle, absorbing the love that surrounds you.

Your inner voice calls, telling you that there is someone here to meet you. This space is yours. You decide if you will welcome them into the clearing with you.



If you accept, a small figure approaches you. Maybe you recognize them, maybe they mirror a past you....

Take a deep breath. What do you feel in your body? Are you uncomfortable? Nervous? Happy? Surprised? What memories pop up from seeing this person?

You sit together in silence. Embracing any feelings that pop up for you.

If you choose, you can ask them if they have a message for you. Guidance on what you aren't seeing in the shadows. Sit as long as you are comfortable. You are safe in this space and your visitor has nothing but well wishes for you and your growth.

Ask your visitor if they have a gift for you, something you can take with you to think on later.

Thank them for their visit. You get up to leave the clearing. You step back onto the path, grateful and ready to leave the woods. Knowing you have the ability to sit in the discomfort, the ability to move through anything on your path.

After a bit, you step out of the woods. Into the bright sunshine.

Take a deep grounding breath, hold for a 4, and release it.

Opening your eyes when you are ready

