

# INTRICATE SHADOW WORK & OWNERSHIP OF SHADOWS

In this video I speak on Intricate shadow work, patterns we subconsciously create from pain and also how they can show up in space holding and spiritual communities.

## *What actually is Shadow Work?*

Finding parts of ourselves that we don't accept or maybe that we even hate and being with that, feeling that, expressing them and integrating that part of self with love and acceptance. AT LEAST acceptance if you can't reach love straight away

Our shadows include traumatic experiences, wounds and distorted beliefs that we hold around ourselves that for most of the time link back to shame or fear/terror

Then we subconsciously create unhealthy patterns, identities, illusions, masks, personalities, facades in attempt to 'protect' our traumas

These usually show up in relating with others  
(especially romantic and close relationships)

We can then become attached to these parts of ourselves.

The ego is attempting to protect our pain; however it is creating more separation to accepting our true selves. This is why finding the belief, wound, pain, the why behind the patterns are so necessary to bring acceptance and love to then come into more wholeness.

The ego is comfortable hanging out in illusions, however it eats away at our soul. Because the ego is comfortable it is why there is so much resistance and defensiveness when it comes to shadow work

I believe shadow work is most powerful through semantics. When we journey into our body – subconscious and come to the core of the pain

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Your past self was enough, you are enough, you will always be enough. Who you are, how you act, what you do doesn't make you better

It is important that we constantly are aware of our ego latching on and attaching to identities, masks and illusions in attempt to feel worthy / appear better. And instead devote to the true healing of acceptance and love

We will learn & practice how to somatically heal and integrate shadows for self and others in person. We will learn how to coach, therapize and share reflections in the training.

We will learn and practice how to integrate fragmented parts of self and how to hold space for others (Fragmented Selves Integration healing – FSI Healing)

There are some parts of ourselves that it is difficult to find alone and this is where space holders reflecting blind spots is so powerful. You will learn how to reflect back in ways that your client is able to receive. And through experience you will fine tune how you deliver this.

There will be some that aren't ready to own shadows or patterns. This is where you let go of being right and ask yourself how can I be love. It is not your responsibility for people to get their shadows, you can only help assist and guide.

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I believe shadow work is most powerful when we voice and share in a safe spaces a pattern our pain has created to help shift it with awareness

When we act in unhealthy patterns, hurt ourselves or hurt others it is just a reaction/creation from trauma. This is why we should have compassion for those who act in the incredibly unhealthy patterns for they are suffering.

IT IS IMPORTANT NOT TO SHAME OURSELVES MORE.

Example:

Chloe realizes and discovers she is controlling, manipulating, lies and acts victim within her romantic relationship. She discovers it's because she is afraid of abandonment. If she sees this but continues to just feel bad/shame herself and judge herself, the separation also stretches.

Chloe must be aware of her judgements to not continue rejecting those part of herself, and to find compassion and love for the part of her that fears abandonment. It is important that she connects with that part of herself that fears abandonment and brings safety, love and compassion. If she slips into her unhealthy patterns of lies and control etc. , its important to her to have the awareness, call herself out with love and almost say 'I'm doing that thing again to protect my fears of being left alone' and comfort her inner child

The shadow of Spirituality & spiritual leadership

Like I spoke on, we are all humans with sneaky egos looking for ways to find love and acceptance for ourselves.

Spirituality and teaching spirituality is a great place for the ego to latch onto

You or anyone are not better than anyone who isn't spiritual or your past self that wasn't spiritual.