



SHADOW WORK

A brief overview and summary and how I use Access tools WITH it to create more freedom and my ability to receive MORE.

What is shadow work? At first I didn't know what it was.

The space that we have been and done everything. When we are triggered about what someone else does, it's likely because there is something within us that hasn't acknowledge we do it too.

If you have a belief system of past lives, think about this: we are infinite energy that never dies – we've been and done everything. We've been the queen, the beggar, and so much more.

I had a dream one time that I was a woman in what felt like Egypt... and I was held captive as a servant while corrupt people took over. I was plotting with another servant, we were both leaders of this land before we were pushed out by the people who threatened to kill everyone unless we obeyed them. So this man and I were plotting to take back our land and our people. Fast forward to the end of the dream, which I believe was actually a snippet of a past life. We took over the land again and I gathered everyone who killed, raped, and stole from the people. They were all gathered together, hundreds of them, waiting to be told what to do next. I instructed them that they must walk off the edge of the cliff they were standing on to end their life. They no longer deserved to be here as they did not make their wrongs right. I was standing in a tower overlooking them and the land. The people who harmed others weren't moving and I was conflicted, do I let them live and do this again, or do they die? I knew that they had to die to protect the safety of the people. So with one move of my hand, they were pushed off the cliff and fell to their death.

I woke up from that dream with utter sadness, as if I just killed those people. And that is when I got a deeper layer of shadow work.

Holy crap right? So the shadow of the week was I'm a murderer. I could justify it how ever I wanted, but I was a murdered. And I looked all layers to that – where do I kill parts of myself. Would I be willing to kill someone if someone's life was threatened?

Shadow work isn't about bringing something into existence, it's actually looking at what has been judged, suppressed and pushed so far down that the energy is actually in the way of our light really shining.

Now for those of you who don't believe in past lives, totally cool. Consider it from this perspective: collective consciousness.

As a being in the universe, our energy creates our world. We have all co-created the miracles we see and experience and we have co-created the wars we are passionate about ending. Our collective conscious creates all of it, either consciously or unconsciously.

Carl Jung started this thing called Shadow work in a way. Debbie Ford's book, It's acknowledging that everything is a part of us.

Here is another angle, to really be aware of the shadows, both the light and dark shadows are magnificent creations, often times of protection. When we acknowledge how intricate the creation is to keep us safe, we can change it.

Remember, we judge, we cannot change. We can't change it in ourselves, we can't change it in others. What if this is the truth: The first step to change anything is to simply acknowledge that it exists.

1. Acknowledge it
2. BE with it
3. Create peace with it – look at the virtue or quality of it.
4. Create space for something another possibility

What else is possible now?

That is alchemy at work my friends.

Dark shadows and light shadows

I find there are two types of people with the shadow work:

People who are really quick to step into the dark shadows – they can own those more easily than the light shadows. For example, a dark shadow might be selfish, arrogant, uncaring, bitchy, irresponsible, etc. We don't want to be those things.

It's not the actual quality that's heavy, it's the judgment of it that is.

Owning the dark shadows is easier than the light shadows, such as brilliant, captivating, sensual, desired, admired, mesmerizing, etc.

Even just notice how it feels in your body when I say those things.

Then there are people who have an easier time holding the energy of the dark shadows because they've spent a lot of time taking over responsibility for their flaws. They've made their life about processing what's wrong with them, instead of looking for and acknowledging what's right. (That's the side I'm on currently.)

Perhaps you are a blend of both, but it really doesn't matter because a shadow is a quality that you are denying and the longer you deny it, the more control it has over you instead of you harnessing the power of it to use for good things.

One thing that I love about shadow work is using Access tools WITH it. POD POC the crap out of the self judgment so you can look at the essence of the shadow and see the power it has for you.

Ask questions like:

What's right about this?

What can I choose, that if I were to choose it, would change everything as if by magic?

What molecule needs to shift so I can see and BE the magic in me? Destroy and uncreate anything that doesn't allow that.

Those are just an example of some questions; I encourage you to create your own questions that really speak to you also.

Why is this work even important? It shows you where you are blocked from receiving everything you ask for. It's similar to being willing to receive judgment, listen to that audio in the client hub.

If you aren't willing to receive the qualities of the shadows, are you willing to receive money? And other possibilities that you are asking for?

I look at shadow work as another tool to build our receiving muscles.

So let's take a look at some shadows and go through the process of how to even do this.

I am competent. If you find yourself questioning your ability to be great at something, this will be a great one for you.

The work is very simple and it's best if you are witnessed by someone. Having a witness makes this work more powerful, easier and very freeing. When there is someone witnessing what we fear most about ourselves, the fear dissipates and we can grow from it instead of slowly die from the shame of it.

Have a partner and you simply say I am competent. And your partner will simply notice where the energy goes. Do you roll your eyes, do you sigh, do you start coughing? Do you move your fingers? When the energy is uncomfortable in your body, your body will do what ever it takes to move the energy out.

The key is to embody the energy – this is what embodiment means – to hold the energy in your body. When you can hold the energy in your body, you can actually create magic – the kind of magic that creates miracles.

Say the I AM statement over and over again until your body can hold the energy easier and easier. When you and your partner feel like you can actually hold the energy, then move onto the next word on your list.

Here is something to notice, if there is a word that makes you feel awful about yourself then ask: Is this even mine? Is this mine or something or someone else's. Often times, we hang onto the judgment of the word from someone else.

So return that heaviness to the source with love and consciousness attached.

That will feel lighter. And now you can embody it.

After you go through the word, ideally with being witnessed, you'll likely feel more space. The key with this work is to integrate the shadow so you can utilize the virtues of it.

The virtues of the dark shadow are really powerful.

So let's take a look at the word incompetent – this is a common fear for business owners and people in general. What if they just can't do it, and they don't have what it takes.

What are the virtues of being incompetent?

It can give you a valid reason for saying no to something.

I can focus on what I am good at

It keeps me safe, even if that means keeps me small

I can be invisible when I don't want to take on more responsibility

I'm simply incompetent at things: fixing my car, performing brain surgery, being an SEO master and so much more.

Where has it been useful to be incompetent – maybe it's the only time I feel like it's okay to receive support.

Another question you can ask is what do I love about being incompetent?

That's what I mean by looking at the virtues of the shadow.

So have fun with this and where ever you are making this significant, will you destroy and uncreate all of that? POD POC

A resource you may enjoy is the book: "The dark side of the light chasers" by Debbie Ford.