



THE 5 STEPS

OF FEMININE EMBODIED SHADOW WORK

STEP #1:

RECOGNISE WHEN YOU ARE CAUGHT IN A SHADOW

The hardest thing about working with shadows is recognising when you are caught in one. Today you are going to try!

Shadows gain their strength by creating twisted truths that feel real and some shadows are incredibly convincing. Shadow states are when you selectively wrap your unprocessed hurts around specific memories and then use these twisted thoughts to create an untruth about another or about you.

You are in a shadow state anytime you have closed your heart to love and have become caught in an "other" story. In other words, whenever you feel ***better than, worse than*** or ***unloving towards yourself or any other person***.

To help you figure out if you are in a shadow, ask yourself the following Discernment Test :

Am I choosing love for everyone including myself?
Or am I in reaction and fear?

To go further ask yourself :

- How am I being a Perpetrator of hurts here?
- How am I being a Victim and giving away my power?
- Which old hurt within me (unprocessed memory) is needing to be rescued?

You will be in a shadow state if you can not find love for everyone *equally*, including yourself.





STEP #2: TAKE RESPONSIBILITY. OWN YOUR SHADOW

Now you have realised you have closed your heart either to yourself or another, to go further with Shadow Dancing, you will need to take 100% responsibility for your feelings, actions and behaviours. You will need to:

Recenter yourself in Love

To do this you may have to discharge your feelings (cry, shake, yell, sweat, laugh, yawn) and or forgive yourself or the other.

Forgive

Forgiveness in this sense is returning (both of you) to innocence, which will require letting go of your 'right' side of the whole story and the emotion that is locking the injustice, hurt or story into place.

Take full responsibility for your perspective

- Own if you were triggered or in reaction
- Don't project the situation onto another, (blame is another Shadow)
- Instead, turn yourself to fully face the story or situation you have disowned.
- Face your shadows and build a relationship with them.

In the beginning, this could be scary.

If your ego has not been challenged in this way, it will seem like it is doing everything it can to make you keep it (your old way of responding to the world) justified and in place.

What is actually happening is your old unprocessed fears of what happened when you were hurt and created your shadow forming beliefs, are starting to rise.

It is the processing of these old wounds and the revaluation of old outdated loveless beliefs that is the essence of building a relationship with your shadow.

STEP #3:

BUILD A RELATIONSHIP WITH YOUR LOST PARTS

At the beginning of any dancer's career, muscles get sore and movements feel unfamiliar. So too with Shadow Dancing. At the beginning of our Shadow Work journey, our shadows can be terrifying to face, let alone own build a relationship with.

If this is you, take your time, but don't look away. Your shadow is a beingness of fear, if you are not frightened it has no power.

Own the parts that once upon a time you didn't have the courage, education, self-esteem, safety or support to own.

If it helps you can, like the eleventh century Dakini Machig Labdrön, image your shadow as a demon. Or like the medieval Christians, you can imagine your shadows as an aspect of the Devil.

Or it might be easier (and highly recommended) to see your shadows as little gremlins or lost children needing to be loved. If at any time you start believing your shadows are more real than the Universal Wisdoms you are working with, then step back from your shadow work. Rest your sore muscles. Take a bath. Sleep. Then, armed with your engoldenment practice, start again.



STEP #4:

FIND YOUR INNER ANTIDOTE

Find your gremlin in your body and map it on your worksheet.

- Feel your feelings and notice where you experience sensations in your body.
- Run through your senses and begin to draw where and what your body is experiencing.

Ask yourself

- What do I need to help me face this and to love this part of me?
- What do I need to feel empowered enough to love this part of me and let it go?
- Give those resources to yourself (Emotional qualities like compassion, strength, acceptance, humility)

When you are ready to speak with your gremlin

Ask it what your shadow needs or wants and what it will feel when it gets those things

Become your gremlin

In first-person, as your gremlin answer:

What I need is / What I want is /

When I get these things I will feel ...

Now give the disowned part of yourself, your gremlin, what it needs:

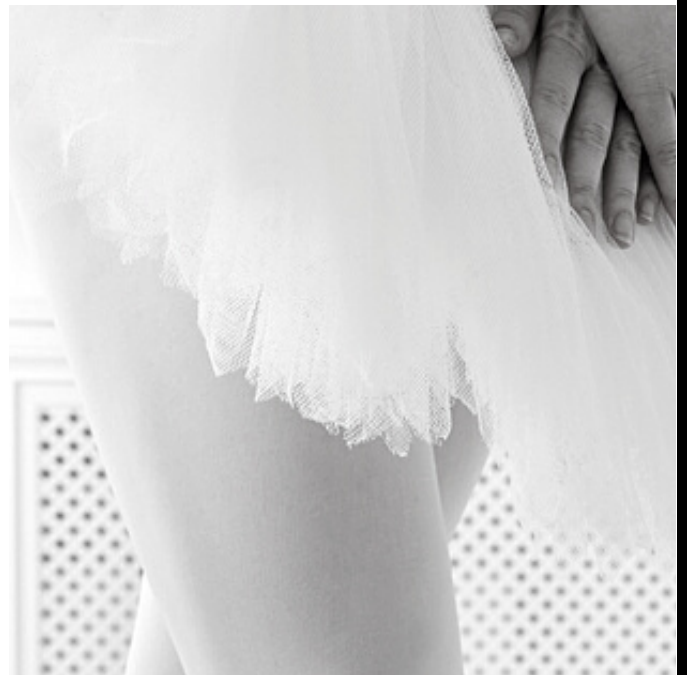
Give your lost part the Soul Wisdom you are standing in or any other quality it needed. You can also or give it the Liquid Soul Light of your own essence. You can even give it who you know yourself to be right now. Because who you know yourself to be is no longer who you will be when you have integrated this shadow. Who you will be, will be the Transformational Third.

Allow your gremlin to transform

Draw and map who your gremlin becomes after this process. If it is still a gremlin then there is deeper work to do.

Once transformed, your shadow becomes your antidote.

Integrate your experience by spending time in silence allowing your body, mind, soul to remember it is whole.





STEP #5:
CHOOSE LOVE. TAKE ACTION.
MAKE WISDOM.

The final step is to meet your new life with new actions, habits and behaviours. You might realise its time you apologise for your actions and make amends. You might realise it's time for you to be more powerful and take proactive action towards actualising your dreams.

"Faith without action is dead." [James 2:14 KJV]

So make your inner work your wisdom-making tool by combining your inner realisations with your embodied life experience.

Go on, dance your antidote alive!

