


# THE 5 STEPS

OF SHADOWDANCING



# 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 pain within me (unprocessed memory) needs 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 concern 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 this way, it will seem like it is doing everything possible to make you keep it (your old way of responding to the world) justified and in place.

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

Processing these old wounds and reevaluating old, outdated loveless beliefs 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 and 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 imagine your shadow as a demon, as the eleventh-century Dakini Machig Labdrön taught. 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. Remember to step back from your shadow work if you start believing your shadows are more real than the Universal Wisdoms you are working with. Take a break. 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, and 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:**

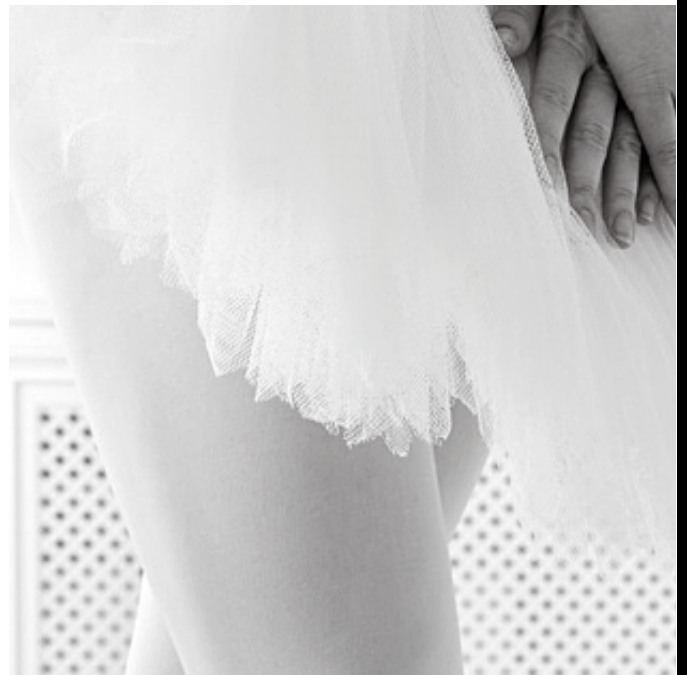
Give your lost parts the Soul Wisdom you are dancing with or any other quality it needs. You can give it the Liquid Soul Light of your essence. You can even give it 'who you know yourself to be right now', because whom you know yourself to be is no longer who you will be when you have integrated this shadow. Instead, who you will be is the Transformational Third.

#### **Allow your gremlin to transform.**

Draw and map who or what 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, and 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 it's time you apologise for your actions and make amends. You might discover it's time to be more powerful and take proactive action towards actualising your dreams.

**"Faith without action is dead."** [James 2:14 KJV] It means nothing if you believe something and don't act on it.

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!

