

Shadow Work Exercise

Step 1: Breathwork

Find a quiet space where you can totally focus. When you do so and you are ready, close your eyes and take three deep breaths, holding at the top for five seconds each time. At the bottom of the third return to your normal pattern of breathing.

Step 2: Meeting Your Shadow

I find this portion more impactful if you envision yourself in a place that you love and makes you feel safe. A place that I love is the where the River Alzette flows through Luxembourg City so I am basing it from that point of view. Imagine that you are walking through the Alzette valley where the river flows peacefully through Luxembourg. As you continue to walk, you glance around at the beauty and serenity of it all, close your eyes, then take in a nice deep breath. You walk some more, until you come across a bench. You sit down and take in all the ambiance. As you sit there quietly a person sits directly to your right. Take notice of the person; is it a male, female, non-binary? What is the demeanor, sad, happy, upset, or angry? Regardless of who it is or how it feels, this is your shadow self and it is ready to speak with you.

Your shadow will begin to speak with you. It is very important to listen to what it says and allow it enough grace to express itself freely. Listen carefully and identify how your body relates to these words. It might be extremely triggering or hurtful to hear, but take note and hold on to those feelings no matter how daunting they are. If the exercise feels hard or begins to get tough, start practicing breathwork. Breathe deeply and try to bring yourself at ease while trying to reconcile your feelings. Once your shadow is done speaking and if you feel comfortable, express your feelings and point of view. Be open, honest, and authentic because after all your shadow is a part of you and knows if you are being upfront or not. Let it all out. While your shadow might feel hurt or emotional, all it wants to know is that you are there, present, and listening to it.

Step 3: Closing Out The Exercise

Take as much time you need, but when you are ready to conclude the exercise make sure to thank your shadow. Express your appreciation for the time together and how much you love and care for it. Depending on your level of comfortability, try to embrace your shadow tightly. You can say farewell in any manner that feels comfortable to you. Before you reopen your eyes, take three deep breaths, holding at the top for five seconds each time. At the bottom of the third return to your normal pattern of breathing. As you open your eyes take note of how you feel. Partaking in this exercise might feel a bit daunting, but will make you feel much lighter and place things into a much better perspective. Be sure to journal and take notes afterwards and it is highly recommended to check in with your shadow often and start to cultivate a healthy relationship with it. The more you work towards healing the dynamic, the healthier and more empowered you will become.

DIVINE
SYNCHRONICITIES