

LIMITLESS LIVING

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SHADOW WORK

To uncover the shadow from what is being judged on the outside

Sometimes we judge other people. Maybe it's someone who is perceived as arrogant, or unfaithful, or a liar. In this process we uncover what we are judging in another, and explore how what is being judged is connected to an unclaimed part of ourselves.

For example, a person might judge another person for being angry and they might find, once they explore shadow work, that they have anger too, which is an unaccepted part of themselves.

“All of your judgement is you – seeing something in you that you are rejecting.” Debbie Ford

The shadow gets its power by feeling ashamed. This way the shadow stays hidden and a secret. If you embrace your shadow till there is no shame, then it is no longer a secret and it can no longer carry on doing its work in the underworld. Instead, the shadow can

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come out into the light and the two can work together, and make the bridge from your human being to your divine being.

The Process Steps

1. Who is it that you hate or have judged? Or what are the qualities of someone that you hate or have judged?
2. What do you not like about them or their quality?
3. What kind of person behaves in such a way?
4. What is **really** going on for them?
5. What do you feel **causes** them to behave in such a way?
6. How do they **really** feel on the inside, when they behave in such a way?
7. What are they feeling inside?
8. How is it related to your life?
9. What is the benefit of the shadow?
10. What is the benefit of the shadow to you?
11. What is the opposite of it?
12. Test – by being able to claim the shadow side by asking, “Are you able to claim the shadow?”
13. Check acceptance of shadow and its opposite by asking, “Can you accept the shadow? Can you accept the opposite of it?” You can also ask, “How can you get the benefit of the shadow and the benefit of the opposite of

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the shadow?” or, “What is the wholeness that is created with you bring together the benefits of both parts?”

14. Check integration and wholeness by asking, “How do you feel now that you’ve accepted the shadow and the opposite? Are you able to step into the future and imagine the person accusing you again and notice how you are handling it differently?”

Ways to check if integration is complete:

- Check with the other person (client) if they can claim the surface accusation by saying it out loud. *For example, if someone accused you of being liar, then being able to say out loud, “I have lied too” or “I am a liar”. Or being able to say, “I claim that I have lied.”*
- Check with the other person (client) how they feel about that person and their behaviour? For example, you can ask:
 - Do you feel compassion and/or understanding for what they accused you of?
 - Can you accept them and what they said?
- Check in with the other person (client) if they can accept the opposite of the shadow? For example if the deeper level is unworthy, and the opposite is I’m worthy. Can I accept I’m worthy too?