♥BEATHOUSE
Atwater

SHADOW WORK

"The cave you fear to enter, holds the treasure that you seek." -Joseph Campbell

What is Shadow Work?

When we work with our Shadow it is bringing to light any part of ourselves that we have denied, repressed, or hidden away.

"The shadow increases whenever we resort to the following:
  -Keeping secrets from ourselves and others.
  -Harboring guilt and shame.
  -Making yourself and others wrong.
  -Ignoring your own weaknesses while criticizing those around you.
  -Separating yourself from others.
Here are the choices we can make to bring the shadow back into balance:
  -Stop projecting.
  -Detach and let go.
  -Give up self-judgement.
  -Rebuild your emotional body." - Deepak Chopra, The Shadow Effect

"I am not what happened to me, I am what I choose to become." - Carl Jung

1. When was the last time you felt an uncomfortable and/or extreme negative emotion?

2. What was the trigger/situation/circumstance?

3. When was the FIRST time you remember feeling this same emotion?

Experience and feel this feeling. Allow it to come up and integrate into your present self. By observing it and re-feeling it, it becomes re-integrated- brought into the light, illuminated, and healed.

Heartbeat House: 3141 Glendale Blvd. Atwater Village (L.A)., CA 90039 323.669.2821 heartbeathouse.com