

Working Your Shadow

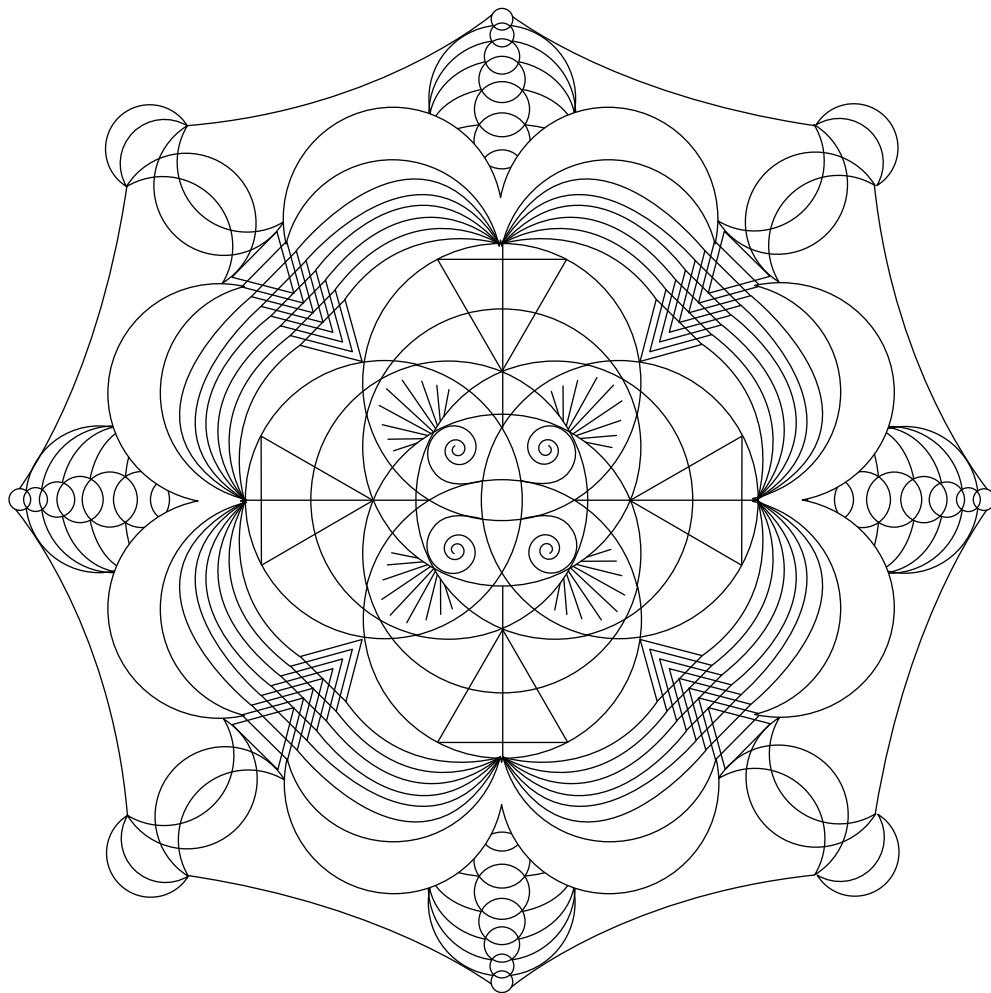
COURSE WORKBOOK

A Companion Workbook
to the Online, Self-Paced
Mentorship Program

By Kimberlee Williams
& Karen LaCamera

Working Your Shadow

An Online, Self-Paced
Course Workbook



by

Kimberlee Williams & Karen LaCamera

Together Kimberlee and Karen were divinely guided to co-create this sacred shadow work journal as a powerful assister along your shadow work journey. We have infused this journal with love and light to hold you as you venture into the shadows. We are excited for you as we know how transformational the shadow can be. This journal comes with the added bonus of the powerful Shadow Work Mandala that was created by Karen. It can be found on page 17, and used as an image to view and meditate. Feel free to tune into it before you begin journaling.

We hold so much gratitude for you, as we have been on our own journeys through the shadow. We have learned that being in the shadow is an opportunity to get back into our heart space, to look at aspects of ourselves with love and open arms, to see the shadow as our friend versus something to fear, and that there is power in being vulnerable. It has guided us deeper into uncovering our authentic selves and has been rather liberating.

You may have heard the term “Light Worker.” It takes work to work your light. On the other side there is “Shadow Work.” It takes work to work your shadow. Shadow work is deemed as being scary because it is unknown. The unknown is associated with dark. The shadow is actually where the magic happens. It’s where you surrender to the unknown. Where you go within and integrate parts of yourself and bring those aspects of self to the light. To alchemize like the bad-ass that you are.

While in the shadows we gently suggest connecting to people with whom you feel safe. The shadows can feel really lonely. There are times we think we have to do it alone, and it’s ok to do so but we are not meant to go through all of it alone. It’s ok to be vulnerable and allow people to hold space for you, to allow them to shine a light for you until you can shine your light.

Be gentle with yourself through this process. Have compassion and grace for yourself. Lean into self care and filling your cup. Just like with all things, this will pass. This is a cycle. An unveiling of another layer in the onion of healing. The onion of life while here in Earth School. It's important to remember that our Souls signed up for this ... maybe that helps, maybe it doesn't...

Life moves in cycles from light to dark. I’m sure you hear “It’s just a phase.” It really is. Look at the moon and the phases it cycles through while being in her beautiful magical power as she flows through each phase with grace and ease. Just like the moon we are cyclical beings. Nothing stays the same. There is always change no matter how much we may try to control what is happening around us and to us.

Understanding how life moves in cycles helps us move through the shadow phase. Just like the moon we have days with more light and days where we are in the shadow, it doesn’t stay one way or the other. The light integrates with the shadow and the shadow integrates with the light.

This is a time you may be called to take accountability. To be vulnerable. To get comfortable sitting in the uncomfortable, by sitting with what feels like the messy, gooey parts.

Lastly, we want you to know that you are perfect just the way you are, right here in this moment and in every moment forever more. Healed, whole, and complete. The moment you accept who you are (right here, right now) with love, is the moment you integrate all aspects of being. If an aspect from the shadow is wanting your attention and wanting to come to the light, you have a choice. You can acknowledge it, explore it, get curious, or you can observe it and let it flow on out.

This is the journey back to self.

We love you. We see you. We hold you in the most loving light.

Love and gratitude,

Kimberlee and Karen



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NOTE ABOUT LINKS: If you are using the pdf version of this workbook, you will see active hyperlinks (in blue and underlined) that you can click on. You will be taken directly to those pages. If you are using the downloaded and printed pdf workbook file, the hyperlinks will not be active ... however you can go to page 66 and scan the qr codes instead, and it will take you directly to the webpage on your phone.



INTRODUCTION

This course will focus on us co-creating with our shadow. It's an in depth shadow work course that covers what shadow is, what shadow work is, topics that come up during shadow work, and tools that we can use to navigate while being in shadow.

But first, let's start with learning more about who we are, so as we go through this shadow work process we can determine who we are not. We are all 100% Human and 100% Divine. We are that perfect healed soul. We are a perfect copy of Source, complete with our own flavor and personality. We yearn for experience. We create our experiences based on what our higher self / Source self determines is best for our growth and expansion in order to know ourselves on every possible level.

When we exist in our highest form, we are not able to experience feelings and emotions.

And yet when we take physical form, we bring forth something called Ego. Ego can only exist in the lower dimensions of 3d and 4d, and parts of 5d. Ego is the part of us that takes on the job of keeping us "in the box", or safe. Ego taps into all of the available lower vibrating consciousnesses to aid our higher self through the process of potential experiences in the lower dimensions. To DO. To FEEL.

Ego keeps us from realizing our full potential. Ego doesn't want us to change and grow because that can be painful and cause us fear! Yet without Ego we would be our higher selves and thus experiencing the higher frequency feelings of unconditional love, joy, neutrality, non-judgment, compassion, etc. But WITH Ego, we are able to dive into the deeper shadow aspects of the lower frequency feelings and emotions such as anger, hatred, fear, jealousy, etc. These can be buried deep. These can be difficult to dredge up and deal with. These are parts of our experience that we don't necessarily want to look at and figure out what they mean to us, and so they are kept in the shadows.

If we are Source beings that vibrate on such a high frequency then how is it possible for us to feel such harsh emotions? There are consciousnesses and thought forms that exist simply because a being created them at some point along the way. All possibilities and potentials are made manifest from the Quantum energy that everything is made from.

As we prepare to incarnate into the 3rd dimension and have a physical, human experience, our higher selves set up challenges and experiences for us to have for our own personal growth. Our higher self taps into those consciousness bubbles and decides whether or not to put them on our list of earth experiences. Once we decide YES, that consciousness bubble magnetizes to our own physical manifestation. They don't technically belong to us, we just tap in to them.

Of course, our Ego would probably never have made those choices, but our higher self cannot experience them in its energetic form and so makes it happen by checking them off as potential lifetime experiences. Ego is then created to manage them. To decide when to use them as triggers. To decide that it's time to work with higher self and do some shadow work. So even though they seem very separate, they are actually working in a highly orchestrated dance behind the scenes.



SUPPORT

PRIVATE WORKING YOUR SHADOW FACEBOOK GROUP

During your entire shadow work process, a lot may come up for you. You never have to go through any of it alone. We have created a private Facebook group for all course participants to be able to interact and connect with a tribe of unconditional support and like-spirited people who are going through the same shadow work process as you are.

Kimberlee and Karen will actively participate in the group to ensure that everyone is acknowledged and heard.

Here you will be joining a community of others who have gone through or are currently going through this course. This is a safe space where you can ask questions, share new and interesting insights and information, develop lasting friendships, and be part of a safe and uplifting community that supports you.

The link below is where our private Working Your Shadow Group is located. It's a hidden group, away from the general public. Once you sign up for the course, Kim or Karen will invite you to the group, since it is only accessible by members. You can try to access it through the link below once you have been invited.

<https://www.facebook.com/groups/workingyourshadow>



JOURNAL OPTION

Journaling can give us the space to sort through all the thoughts swirling around in our heads and all of the feelings and emotions swirling in our physical and subtle bodies, and uncover what we truly need to observe. It gives us the space to get the thoughts out of our heads so we aren't holding onto them. It also gives us a way to connect with Source/Spirit/God.

We highly recommend that you journal while progressing through this course. Please consider either downloading the PDF journal or single page pdf file through the course link, or purchasing your own personal copy that we published on Amazon that can be mailed directly to you.

Find our journal through this link: [Working Your Shadow on Amazon](#)

A few notes about journaling that may help you get started:

There is no right or wrong way to journal. Punctuation and grammar does not matter here. Just write. Set a timer if you need to. Turn on some music. Light a candle. Make it as sacred as you need to. Below is an outline of a journal flow that has helped us and others while journaling through the shadow.

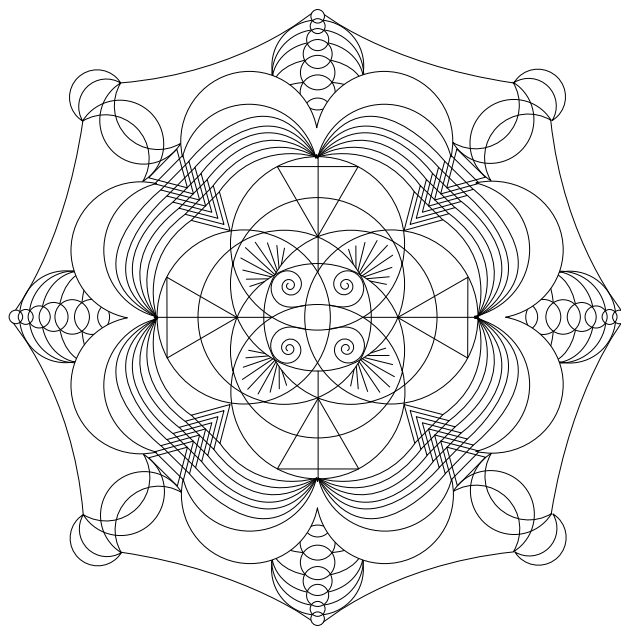
- **BRAIN DUMP/AUTOMATIC WRITING:** Just start writing. Set the intention to write and release all expectations from there. Allow your pen to move and write anything that comes to mind no matter how silly, ridiculous, or vulnerable it may feel. As you write you will notice a magical shift happen. At some point an "ah-ha" moment is going to happen. Something that will be brought to your attention. You will be able to observe versus engage. Once you have cleared out all the chatter, it's time to get curious.
- **GET CURIOUS:** It's time to get curious over what is truly weighing on your mind. Question yourself with the eyes of love and curiosity. This is your opportunity to ask Source/Spirit/God questions. Example: What do I need to know about this? How can I move through this? Why is this coming up? Go where you are guided.
- **GRATITUDE:** Write out all that you are grateful for. Gratitude keeps us connected to Source/God/Spirit while we are in the shadow. It is like a lifeline to the light.
- **INTENTIONS:** Lastly, if you feel called to, this would be a great time to set intentions. Just list them out. For example:
 - "To love myself more today than I did yesterday."
 - "I give myself the space to observe the aspects of myself that are coming up to be integrated."
 - "To observe my emotions with compassion and give them the space and time they deserve to flow out."



UNIT 1

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Learning to Be Your Own Alchemical Master



WHAT IS SHADOW WORK

Shadow work is when we actively take part in becoming aware of hidden and suppressed traumas, emotions, and feelings. It is here that we notice how they are the causes behind our triggers, and our projections onto others who mirror it back to us. Shadow work is diving into the unacknowledged parts of us that can sometimes feel “icky” and so we push them down and ignore them. We ALL have Shadow Work to do. Until we don’t! And at that point you will be vibrating right into the 5th dimension and beyond.

Doing your shadow work is an incredible opportunity to integrate aspects of self so you can step into a more authentic version of you. When you meet your shadow and honor yourself and your healing journey, you’re opening yourself up to a deeper spiritual connection to self and Source. Honor yourself in your darkness. See your shadow as a friend. Your shadow IS your friend! Be your own guide ... not your own archenemy.

The journey of healing through shadow work is like an onion. There will always be more layers to the onion. More layers to unwrap and healing to work through. However, we do have to be careful not to get caught up in just healing and working through the process. We need to remember that with equal amounts of shadow work, comes light work. So get ready to shine a light and help those shadows get to the door.

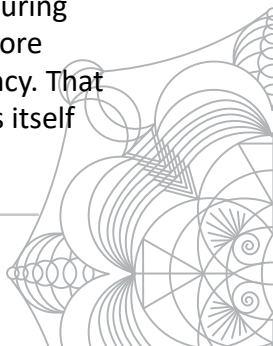
WHAT IS LIGHT WORK

Light work is the opposite of shadow work. Light work is more about maintaining a higher frequency within our physical body and our energetic body, and using it to spread those higher frequencies through the use of our metaphysical and healing tools and modalities.



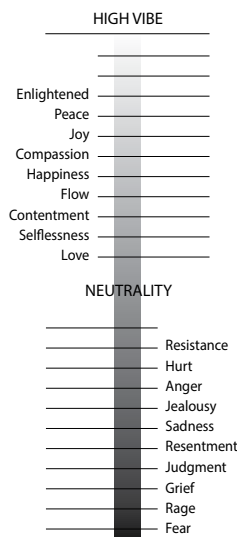
MAINTAINING BALANCE IN SHADOW WORK AND LIGHT WORK

Think of the Yin Yang symbol. Notice in the image (left), that there is black within the white, as well as white within the black. One exists in perfect tandem with the other, one side does not exist without the other. That is how it is with the shadow and the light. Now visualize that no particular piece of shadow or light exists permanently on either side or the other, it’s constantly available to you everywhere during every state of being. Shadow can have more density to it, a lower vibration or frequency. That does NOT make it wrong. It simply makes itself known so it can be seen.



SPIRITUAL BYPASSING as a FRAGMENTED BEING

(Avoid, Deny, Minimize, Suppress, Escape)



SHADOW WORK and LIGHT WORK as a WHOLE BEING

(Wholeness, Inclusive, Accepting, Embracing, Experiencing)



SPIRITUAL BYPASSING

Spiritual Bypassing can best be described as ignoring or denying anything within us that is seen as bad, lower, low vibe, less than, undesirable, etc.... And instead focusing solely on all of the spiritual and higher vibe aspects of existence. And so any experience of dark or shadow is considered sacrilege, while only experiencing about light, love, and healing are accepted. It's as though an entire aspect of our being is swept under the rug because it's not "pretty" to look at.

In this course we do not teach that there is a hierarchy of emotions along a linear path with the lower vibe emotions being at the bottom and thus you have to progress up the line to the higher vibe emotions more towards the top. They all exist together in your own energetic field. Being the divine sovereign beings that we are, we are able to contain the potential to tap into ANY frequency at any time. However when we take on a physical form such as a human body, it's harder to hold the higher frequencies in all the density of flesh, feelings, and emotions. This inherent physical density makes it easier to access the lower frequency emotion and feelings. In our perfect soul consciousness without a body, we vibrate so high that we are not given the opportunity to participate in the denser vibrating/frequency feelings and emotions. So when we incarnate, we maintain that high frequency self as well as the ability to tap into any low frequency at any time, and back again.

Thus, it is **EXTREMELY** important to **NEVER** deny ANY aspect of ourselves whether they are considered dark or shadow or not. After all, you can only appreciate something if you have experienced its opposite.

All exists within the ALL, always.



COMMON AREAS OF SHADOW WORK

One of our main purposes in doing our shadow work is to bring awareness through information, and to learn to recognize what our personal shadow looks like compared to the collective shadow. Once the awareness settles in, we can then begin the process to accept it, then our perspective may change, and then we may start to integrate and/or release what is necessary to begin a healing process. The most common healing that tends to take place is the removal of an emotional attachment to something that we continuously experience. A lot of times current physical, mental, emotional ailments, or behaviors and patterns will persist without us knowing why. Getting this information from during this process can shed a lot of light on our current issues and help give us a new understanding of how we can move forward.

It is important to remember that no matter what we have experienced, it's ALL VALID AND TRUE!!! Whether it is perceived as "good" or "bad"... even if we were a killer or a saint, an abuser or the abused, etc ... we eventually need to look at it from Source's point of view and thus welcome all parts back to our whole self, with the utmost unconditional love. In order to be whole and complete, we need to re-integrate the darkness and shadow as well as the light.

Below are some of the most common areas of shadow work that we encounter on both a personal and a collective level. As above, so below:

1. BALANCE/DUALITY (DIVINE MASCULINE/DIVINE FEMININE)

Sometimes we over-compensate with one way of being over another, and we become out of balance. Maybe we spent many more incarnations in the feminine and now we need to balance that out with the masculine, or vice versa. There is also a current collective consciousness where the rise of the Divine Feminine, after being subjugated by the "patriarchy", can only reach a certain level until the Divine Masculine comes up to meet her. At that point they will ascend together and create a whole new reality. This consciousness has been played out for thousands upon thousands of years and is now coming up for all of us to review.

2. ANCESTRAL

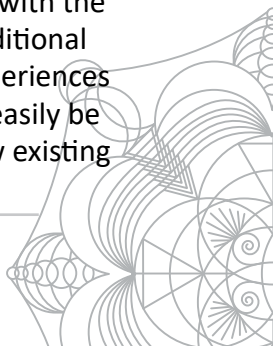
Ancestors are not as revered in our culture as they are in most other cultures. They are a valuable source of support and guidance for us as we get through our lives. Most of them have probably "been there, done that". We are now in the time of a great awakening on our planet, the likes of which has never happened before. In order to keep accessing those higher vibrations, we need to release the density of past traumas. So there is a HUGE amount of us in this lifetime that agreed to carry the last of our ancestor's traumas forward with us, to be healed once and for all. Our own ancestors can even be US from a previous incarnation!

3. UNFINISHED BUSINESS

Maybe there is some unfinished business that needs to be revealed and looked at. It's possible to have a conversation with another version of ourselves where we both don't want to repeat any particular experiences and so we agree to move past all of those possible timelines.

4. AGREEMENTS/CONTRACT

Every single person we interact with on a daily basis has some kind of agreement for potential experiences with us. Those that we are closest to and trigger us the most are typically those that are closest to us on the other side. Those are the beings who agreed to be the ones to help us with the really dense and tough stuff...because they are able to hold that opposite feeling of unconditional love, non-judgment, compassion, etc. within their higher selves as they go through our experiences with us. When we think of Contracts, we think of a legally binding agreement that cannot easily be amended. This style of co-creation is of an old energy that no longer serves us. We are now existing



in the 4th and lower 5th dimensional frequencies that encourage and foster more co-creation and more flow. What is happening now is that ANY AND ALL old contracts are being voided. It is now becoming an agreement based existence. What this means is that we are co-creating our realities with an awareness that we didn't previously have access to. So we are now able to interact between our other selves, and our higher selves on a more intimate level and co-create and readjust on the fly. This is what the new energy is bringing to us, and it's much more inclusive, creative and intuitive. This process may bring through valuable insights regarding old contracts we have with other beings, or agreements that need to be reviewed. These insights can sometimes explain why we are having difficulties within any particular current relationships.

5. WITCH WOUND

An extremely large amount of people incarnating today have spent at least one other incarnation (whether male or female) being persecuted, prosecuted, or basically murdered (burned at the stake, drawn and quartered, drowned, hanged, etc.) simply for their beliefs, abilities, gifts, powers, and so on. Their actions and beliefs threatened the control of the patriarchy, religious leaders, or government. In essence, most of us had a life cut short and the trauma of being unjustly accused for being and expressing our true, authentic, divine sovereign selves. When we incarnate today, we have that heavy consciousness still attached to us in some way and so we try to stay under the radar, play small, stay in the metaphysical closet, not rock the boat, etc. It's also our ego's way of protecting us from harm. For those whose other selves arrive in our sacred space and show this kind of previous incarnation, it is meant to bring in a big healing breath not only to themselves, but also to the collective consciousness that is also dealing with this right now.

6. IMPOSTER SYNDROME

See above. Imposter Syndrome can be a direct emanation of the Witch Wound. Perhaps we were a midwife, an herbalist, an astrologer, an animal communicator, someone who could command the elements, a "seer", a psychic, a medium, or perhaps they embodied any other of the host of clairs or special abilities. Imposter Syndrome can occur due to one's being ridiculed, not believed, not being able to speak their truth, shunned, excommunicated, killed, etc, simply for living authentically, whatever that may have looked like. And so we take those beliefs into our NOW selves and again, "play small". There is another part to this ... we tend to have plenty of experiences being our authentic selves in other lifetimes, during which we lived fruitful, prosperous lives, where we had full access to our gifts, abilities, clairs, and "superpowers". And let's say in this current lifetime we only just awakened at age 48, and we feel as though "what could I possibly teach anyone, or how could I possibly be an example to anyone since I have so little experience to offer from my experiences in this lifetime?" When in reality, we have the ability to draw on all of our other incarnations' vast experiences, gifts, abilities, etc! This leads directly to number 7 below ...

7. LIMITING BELIEFS

What are the stories that we tell ourselves? Do we constantly have that cassette tape playing in the back of our heads with phrases like: "I'm not good enough", "I will only be happy if xxxxxx happens", "Is something wrong with me because that person doesn't like me?", and so on. There are so many ways we talk down to ourselves. There are so many reasons why. Maybe we heard something similar that was projected on to us from our parents, friends, bosses, etc. Maybe we suffer from Imposter Syndrome that can be traced back to the Witch Wound or other ancestral issues. Discovering where our limiting beliefs stem from can require a whole lot of introspection and pondering. But don't forget to feel through this process, instead of just thinking about it. A lot of times these limiting beliefs can be stored in our body tissues, organs, or systems and will manifest into dis-ease over time if we are not paying attention to the messages that are trying to get our attention. This is probably one of the most important parts of the shadow work process.

8. FAMILY

Think of those who trigger you the most. Is it your spouse, kids, parents, siblings? We create some complicated soul agreements and tend to incarnate with these beings who are our biggest fans and supporters on the other side..... but on this side? not so much. Before we take a physical form, we are consciousness. We have these lofty ideas of what we would like to experience in the dense arena of 3d and 4d. We do not have Ego at that point. Upon incarnation we forget that the agreements we had with our soul family and soul besties may involve some real drama and trauma. Your family may be where you have picked up most of your limiting beliefs, and it may not only be from what you have experienced in this lifetime. Our parents and grandparents and all of those ancestors that came before us can carry the emotional attachments to trauma right on down the genetic line. So some of the issues we are dealing with in our shadow may not even directly belong to us, but to our previous family members who didn't know better and unwittingly carried that trauma and shadow forward for you to tap into.

9. DARK NIGHT OF THE SOUL

This may sound scary, but it's likely that you have gone through this phase even if you didn't know what to call it. It's the deepest and darkest moments of our lives when it seems like there is no light or happiness at all and it feels like an inescapable, endless, down-spiraling tunnel. These dark nights can be particularly difficult to emerge from, especially when we don't know why it's happening to us. When this leads to serious depression and anxiety or even thoughts of escaping this reality through any form of self harm, and none of the tools offered in this course seem to help then we recommend seeing a mental health professional who can officially diagnose and prescribe any appropriate medication. This does NOT mean that you have failed in any way. It simply means you are trying a new approach to see what works to help you through your shadow. It is not to be judged.

10.SUBCONSCIOUS

Our beliefs are set by the time we turn 7 or 8 years old, and they come from what our families, societies, government, religions, cultures, etc are telling us up to this point. These beliefs may sit quietly untouched in our psyche and in our energy fields until they come up for review in the form of limiting beliefs. The subconscious beliefs are usually brought into our conscious awareness through triggers that get our attention when interacting with others. Once you open up to the possibility of all that you store within your subconscious, you may become inundated with all of the shadow bits that are flocking towards your light. This is where a whole bunch of re-programming will come into play. It may take time to re-wire your brain and your habits/programming/beliefs. Have the utmost compassion for yourself as you open this Pandora's Box.



This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom-left corner, there is a small, faint, light-colored swirl or doodle-like graphic. The rest of the page is completely blank.

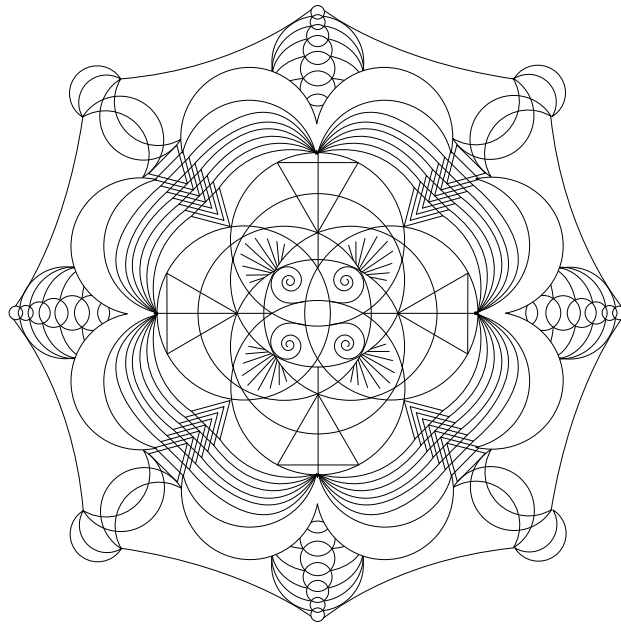


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UNIT 2

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TOOLS



HELPFUL TOOLS YOU CAN USE DURING SHADOW WORK

There are many tools you can use to help ease you through this process. Consider incorporating one or more of these throughout your shadow work. It is extremely important that you feel supported during this time. You will want to come back to this section during or after you have completed some of the exercises later in the course and workbook. It's a good idea to familiarize yourself with these support tools before you begin your shadow work process so that when any shadow comes up, you will know instinctively and intuitively which tools resonate with you at that particular time.

JOURNALING

This is probably the most necessary part of your process. It will help you immensely to keep a journal, notebook, recordings, or even a computer doc where you can complete some of the exercises in this course. It is also a great place to safely vent. Down the line, you may want to look back to earlier journal entries to see what keeps showing up for you, or to check on your progress. There is a companion interactive journal to this course.

- You are welcome to purchase a composition bound hard copy from Amazon here: [Working You Shadow Journal on Amazon](#)
- or download and print the draft quality, journal page at either website:
[Click Karen's website to download the single journal page.](#)
[Click Kimberlee's website to download the single journal page.](#)

SELF CARE

This is a time to really honor yourself and fill your cup. To soften to what you are needing. If it brings you peace and joy, do it. If it feels like it is something that will recharge you, do it. Epsom Salt Baths mixed with Himalayan sea salt is a great way to allow your body to rest, to ground, and to release what you are not needing within your physical body and energetic body (Aura). If baths are not your jam, totally fine, you can sprinkle Epsom Salt and Himalayan salt on the bottom of your shower and stand on it. Go for a walk. Listen to music. Read a book. Buy yourself flowers or a coffee or both. Anything that feels like honoring you and your body.

ENERGY SCAN

Take a moment. Close your eyes. Ask yourself, "How many people's energy am I feeling?" Go with the number that pops up. Trust your intuition. Inhale through your nose and exhale through your mouth until you get that number to zero.

AURA SCAN

Close your eyes. Tune into your energetic field (Aura). Start at your head and work your way down. See if you can pick up on any areas where you feel like your energy is leaking out. Once you find those areas, take your hands and build a purple energy ball between them. The ball can be any color it needs to be. Use that ball to patch in any of the leaks. Moving your hands from leak to leak.

GET CREATIVE

Believe it or not, working in the shadows is a great time to get creative, even if you aren't feeling very creative. Paint, draw, build, construct, destruct, use materials from nature to make collages, create



SHADOW WORK MANDALA

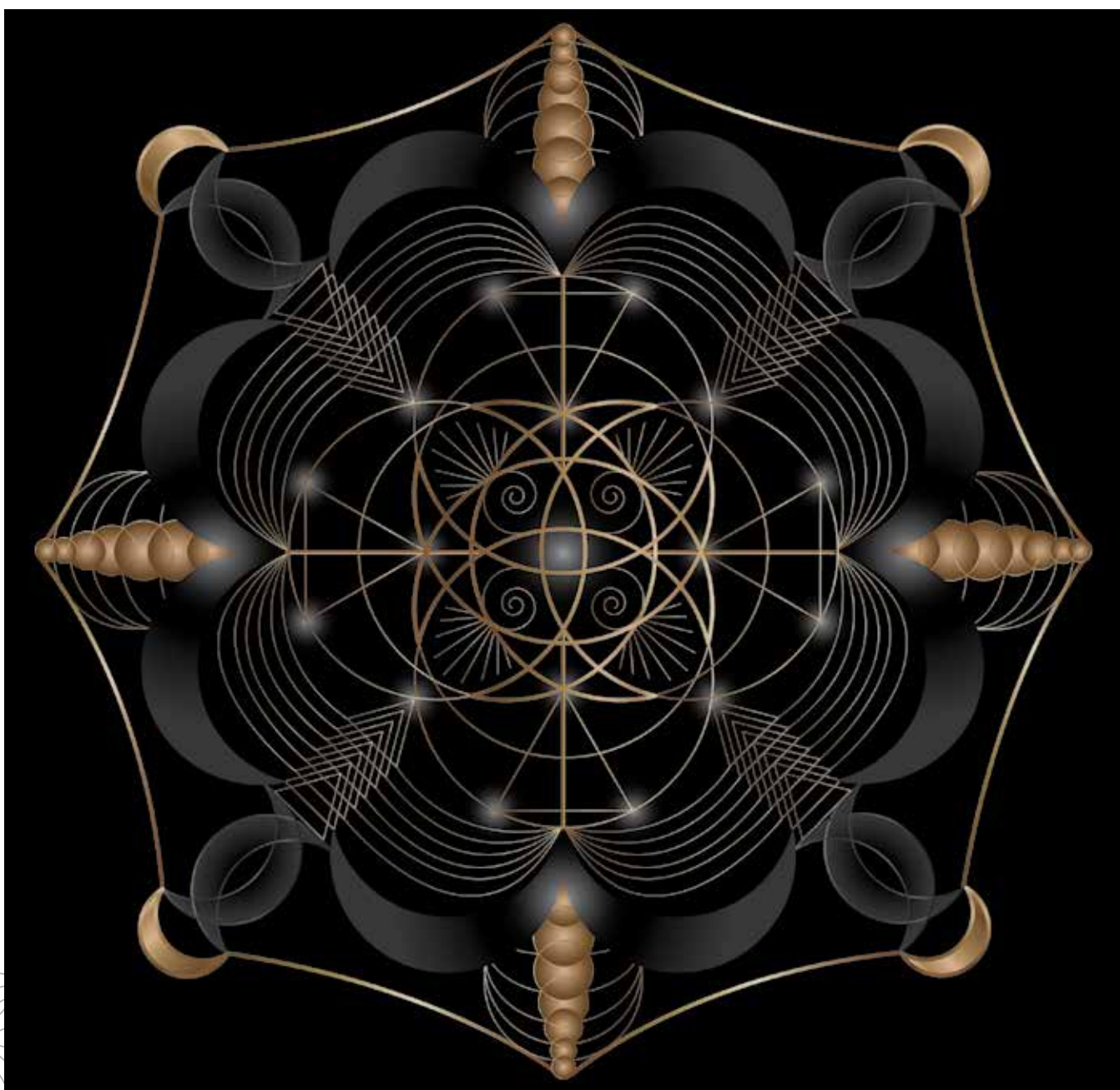
This mandala was created by Karen using sacred geometry, light codes, and energetic information to help you through the shadow work process. It is considered a container and a transmuter for the energies that you will be working with. Whatever you use it for, its intent is to hold space for you during your work.

Here are some ways you can use this mandala:

- as a meditation to prepare you to enter into your work
- as a coloring meditation (using the outlined version)
- as a crystal grid (use your own crystals or whatever you have on hand that you are guided to incorporate)
- as a beautiful piece of artwork that you display in your home or office
- place it under your bed to work while you sleep
- as a way to attune yourself to the energy of the shadow work: before, during, or after

[Click here to visit the download page for the Mandalas on Karen's Website.](#)

[Click here to visit the download page for the Mandalas on Kimberlee's Website.](#)



mandalas, color, write, take photos, etc. Sometimes when you are being creative in shadow times, you can actually express any suppressed emotions, feelings, thoughts, traumas, etc. through the creative medium that you are using. This can be a very cathartic experience. You may create something that you feel you need to tear up, throw away, or burn. You may create the most beautiful piece of art you have ever seen. Either way, you are acknowledging and giving voice to your shadow and allowing it to breathe the fresh air of your creativity, imagination, and intuition at the same time. Thus you are helping to balance both the light and the shadow in ways that you may have never considered.

TALKING EXERCISE TO RELEASE

If you feel you need to get your words out to release what you are holding onto versus writing, this is a great exercise. Build a purple bubble between your hands. Make it as big as you need to. This bubble will transmute everything you say into love and light once you are done. Hold the bubble up near your mouth and speak away. Once you are done talking, thank the bubble and allow it to float away and transmute. Releasing what you no longer need to hold onto.

DIAL IT UP / DIAL IT DOWN

This exercise is a fantastic way to begin any shadow work. It's super important to get Ego to take a back seat so your higher self can be more active in this process. Try this: Imagine 2 dials in front of you. One is Ego and one is higher self. Ego is on the left, higher self is on the right. Turn DOWN the dial on Ego. Turn UP the dial on higher self.

GRATITUDE

If you can find the tiniest bit of gratitude during your shadow work process, it will go a long way in easing the density for you. You may be so engulfed within the fear or other emotions that you feel you can't claw your way out of them. What if the only thing you can think to be grateful for is the fact that you are blinking and breathing? No matter how small, any bit of gratitude has the immense power to shift you into a higher frequency and vibration and help to ease the process of the shadow. Think of it as though you are finding that tiny white circle inside the black half of the Yin Yang symbol, or vice versa.

FORGIVENESS

This may be one of the most important suggestions we have for you to embody during this process. We are not talking about forgiveness for anyone other than yourself. You may see and feel dark parts of you that you had no idea that you carried with you. It's infinitely important that you suspend judgment of yourself and offer yourself forgiveness and deep compassion for everything that you were probably not even consciously aware of. Sometimes shadow work can look and feel messy. There are no hard and fast rules to follow. You are going to be doing the best you can as you go through this, even if some days you feel like you are absolutely at your worst.

OWNERSHIP/EGO

We all have Ego! Instead of fighting with it, why not just OWN IT! Acknowledge that you can make your entire existence easier if you learn to work with Ego instead of trying to stuff it into the dark recesses of your being. What you resist, persists! And if nothing else, the Ego is persistent. It wants to be heard and acknowledged. Make it a partnership between Ego and higher self.



ACCEPTANCE

By just accepting the fact that you have shadow (like everyone else!), and that you are not going through this process alone, you can subtly shift the vibration of the process. Your awareness now increases to the point that your perspective has changed ... which will eventually lead to a pause in reaction and a real effort to recognize what is happening and why, and thus bring you the choice of whether or not to keep participating in this shadow. You are in complete control of your reality. You need to choose to participate in it with or without awareness.

HEALING MODALITIES

The list is pretty endless. We may have some modalities or tools that we've picked up along the way. If we feel called to use them during this shadow work process then we definitely should! If we don't have any other modalities, don't fret! Being able to have compassionate non-judgment for yourself as you go deep into your shadow is gift enough. And who knows what inspirations can come of this deep dive. Maybe it will ignite a fire deep within that leads us to find our passions and recognize our gifts.

Both Kimberlee and Karen have a long list of referrals for other practitioners that do some of the sacred work below. Please don't hesitate to ask us for contact information for whatever modality listed below resonates with you.

A few examples of other tools and modalities that could be used to help heal:

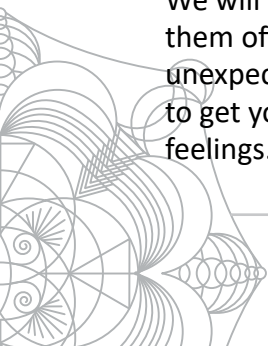
- Reiki, Illumination, Mahatma Energy, Zodiac Energy, Chrysalis Energy
- Transmentation Cube
- Oracle Cards
- Akashic Records
- Inner Child Work
- Runes
- Astrology, Tarot
- Human Design, Gene Keys, Enneagrams, New Paradigm
- Talk Therapy
- Tuning Forks, Crystal Bowls, Solfeggio Frequencies
- Tapping, Heart coherence
- Essential Oils, Water Essences
- Crystals, Crystal Grid
- Mandalas

DUALITY OF SHADOW AND LIGHT

Know that you are on that constant pendulum swing of the Yin and Yang. Using some of the meditations mentioned in the Tools section can really help to ground you and re-center you so that even though you are experiencing the duality of shadow and light, you are able to get yourself in stasis of being in the middle along that curvy Yin Yang line.

FEEL THE FEELS

We will reiterate that what you resist, persists. And in the case of emotions and feelings....if you put them off and try to ignore them, they will either become so powerful that they will burst out of you unexpectedly, or they will fester and manifest within your physical body as a disease that will work hard to get your attention. So if you are feeling overwhelming anger or grief or sadness or any of the denser feelings....FEEL IT. Feel it deeply. It doesn't mean that you have to emote in the presence of somebody



else. It just means to feel it within your physical and emotional body, let it wash through you, own it, acknowledge it, don't judge it, ugly cry, scream into a pillow, smash plates in a safe enclosed place ... let it all hang out.

MOVEMENT GETS YOU GROUNDED IN YOUR BODY

Yes, that's right....MOVE! There are a multitude of ways to get in touch with yourself in a much deeper way. Some ways that you can get some movement into your life are: walk (alone, in the woods, with a pet), Tai Chi, Qi Gong, yoga, workouts, ride a bike, tapping, shake your whole body out, dance like nobody is watching, etc.). This is such an easy way to shift any stagnant or stuck energies in your body. Those energies are connected to unacknowledged thoughts, feelings, emotions, etc. Doing any kind of movement will lovingly force you to really pay attention to your body and what's happening to/in it. Once you are paying attention to your body, you become grounded within it. This is when you begin to notice the subtleties of where there may be pain or discomfort that is inevitably related to your suppressed emotions, feelings, traumas, etc. Once you are in your body and connecting on this deeper level, you begin to come to a harmony and balance (this may occur over time, and not be an immediate result). You begin to pay more attention. You begin to work WITH yourself. Your intuition gets honed. You take back all of your own power and center it from within you. You realize that you are a vast, infinite, bottomless well of Source potential. That you are the creator of your reality. And from this grounded and anchored state of being, your spirit can SOAR.

MEDITATION

This is a way for you to disconnect from everything that is happening around you and really connect into the flow of your breath and stillness. That being said, not everyone is able to quiet their mind. You have options here! You are free to listen to any guided meditations that may work for you. If you can't stand to listen to the voice in a guided meditation, you could always listen to Solfeggio Frequencies or Om chanting. These are very calming ways to put yourself into a state of stillness and work on the energy and frequency of your physical body at the same time. Another way (that Karen swears by) is to color mandalas. It is a delightful way of keeping your brain and physical self busy by staying in the lines and deciding where to go next. Once your brain is engaged and stops over-thinking, this is a huge opportunity for your creativity, imagination, and intuition soar! If you are inspired by the coloring mandalas idea, please visit the free downloadable and printable coloring pages through the links on the following pages:

- *Shadow Mandala Coloring Page*: page 19 of workbook
- *Light and Shadow Chakra Mandala Coloring Pages*: page 37 of workbook

KIM'S INNER CHILD CHALLENGE

This particular healing modality gives you a real chance to get in touch with your much ignored Inner Child.

[Link to Challenge.](#)

CHANNELING ENERGY WORK WITH THE DIVINE

[Video link on Karen's website.](#)

[Video link on Kimberlee's website.](#)

This video will guide you on channeling energy work for you to use in any way that resonates with you. Step into a sacred space of divine healing with Master Jesus and Divine Source/God energy.

HEART COHERENCE MEDITATION (Meditative Journey #1)

[Recording link on Karen's website.](#)

[Recording link on Kimberlee's website.](#)



This guided meditative journey will help you to drop out of your head space, into your heart space, and radiate love through your cells.

HEART CENTERED GROUNDING AND CONNECTING MEDITATION (Meditative Journey #2)

[Recording link on Karen's website.](#)

[Recording link on Kimberlee's website.](#)

This guided meditative journey will show you how to do some energy work on your own body by grounding you through your heart center into the core of Gaia, and connecting you up into the Quantum Field. It creates an infinity flow using your Source self heart center energy throughout your entire being. *See page 25 for transcription.*

CONTRACT / AGREEMENTS MEDITATION (Meditative Journey #3)

[Recording link on Karen's website.](#)

[Recording link on Kimberlee's website.](#)

This guided meditative journey is a necessary process in removing the old contracts that we put into place with other people in our lives, before we both incarnated. These old contracts are from an old energy. They are more rule/law based. As we go higher into higher frequencies, our interactions with others become more of a co-creation in the moment. These are now called Agreements, because they can be amended at any time and are not rigid in the way that old energy contracts are/were. When you are doing shadow work, it almost always involves a trigger that happened due to an interaction with another. It would be key to invite that other person's higher self into this meditation before you begin, and meet them at a designated point in the recording. This way you are both energetically on the same page when you really start to do your shadow work. *See page 26 for transcription.*

ANCESTORS (Meditative Journey #4)

[Recording link on Karen's website.](#)

[Recording link on Kimberlee's website.](#)

This guided meditative journey is a wonderful way to set up a sacred space to invite in your ancestors. They have stories to tell, compassion to surround you with, guidance to give. *See page 28 for transcription.*

INTEGRATION AT THE WELL MEDITATION (Meditative Journey #5)

[Recording link on Karen's website.](#)

[Recording link on Kimberlee's website.](#)

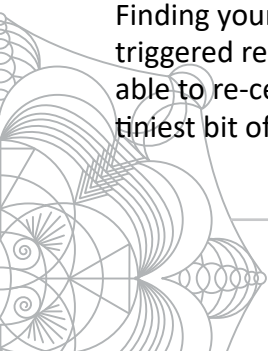
This guided meditative journey is a beautiful way of inviting in all aspects / incarnations / timelines of your Soul self that your Soul is currently participating in. Here you will create a safe, sacred space to really SEE and acknowledge all versions of you so that you can begin a very deep and meaningful re-integration process. *See page 30 for transcription.*

BREATH (Meditative Journey #6)

[Recording link on Karen's website.](#)

[Recording link on Kimberlee's website.](#)

Finding your breath in any tense or triggered moment will give you a split second or longer to stop the innate triggered reaction and find your center. Your lungs are close to your heart chakra energy center. Once you are able to re-center, you have time to step out of the density of the shadow experience and shine in even the tiniest bit of light. *See page 33 for transcription.*



NOTES REGARDING TOOLS

[illegible]

GUIDED MEDITATIVE JOURNEY #2: Grounding and Connecting

This recorded guided journey will help you get deep into your heart space and become conscious of the energy flow within and around your body. It will reconnect your awareness of your own Zero Point energy field to the Source Zero Point energy field. You can use this any day, any time, for any reason. It is not just for going through the Integration process. It is particularly useful to help you get into the necessary vibrational state and flow at any point in your life. Practice this meditation a few times. It will become second nature at some point, and instead of going through the entire process, you will simply need to tap in and see how your energy is flowing and correct accordingly. Visit this link to access the recording.

If you are more of a visual learner, the reading has been transcribed below:

Find a quiet place where you can take a few deep breaths and relax and really tune into your body and its energy. Now turn your attention to your heart space. This is the very seat of your soul, where the deepest connection to your Source self is. Your heart space is you can most easily access your own Zero Point energy field, that is a direct reflection of Source's Zero Point energy field. This is where you want the energy to continuously flow from.

Visualize the energy from your heart space swirling and pulsing. It is the brightest of light filled with a rainbow of colors. It feels full of joy, peace, and bliss.

Now turn your attention to the rest of your body and notice that there is a clear channel that runs from the top of your head, down your spine, straight down through your heart space and down through the bottom of your feet.

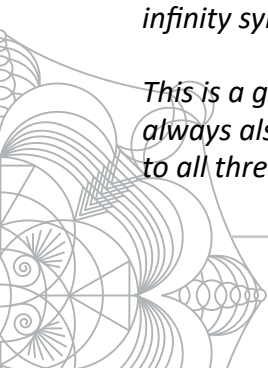
Now turn your attention back to your heart space for a moment and visualize the bright, swirling heart energy flowing from your heart down your spine through your root chakra, down your legs and through the bottoms of your feet where it flows down into the Earth, all the way down to its very center where you will now visualize it wrapping around the core. Now pull this grounding earth energy all the way up back through your feet, root and spine, and all the way back up into your heart space.

Now visualize the earth energy that has entered into your heart space, traveling all the way up your spine, up that clear channel and out through the crown of your head as it goes into the very essence of Source, the Quantum Field or Zero Point. Pull that energy back down through the crown and down the clear channel and back into your heart space. Let it swirl here for a moment and feel into it.

Now you are going to visualize the energy that is in your heart going out through the front of your heart space, down the front of you and around the bottoms of your feet, then up the back of your calves and hamstrings, up your back, and in through the back of your heart space. Now draw that same energy forward out through the front of your heart once again but this time go up and around your chest, neck and face around the top of your head and then around back of your head, neck, and shoulders, down your back and in through your back heart space.

Repeat this process in a continuous pattern thus creating an infinite loop that resembles a figure 8, or infinity symbol.

This is a good way to keep your energy in constant flow that is always coming from your heart space, but is always also pulling from Gaia and from Universe and Source's Zero Point. This is how you can stay tethered to all three in a perpetual motion that you have now set up.



GUIDED MEDITATIVE JOURNEY #3 and #4: Contracts/Agreements - Ancestors

This recorded guided journey will help you to release any previous or current contracts that you have entered into in any past or present timelines. You will be setting the intention to connect with the higher self of the person/people that you wish to release from these contracts, and instead consider if you would like to create agreements, or not.

REMEMBER: Do not stress if you are having trouble meeting with and interacting with the higher self of any individual with whom you are voiding contracts. It's entirely possible that particular person is not in the right energetic space in order to fully participate in the process. You can proceed through the recording and set the intention that your side of the contract has been voided. There may be a future time where you can go back into the recording and try again. Trust in the process.

If you are more of a visual learner, the meditative journey has been transcribed below:

PLEASE NOTE: In each of these recordings, where it says "PAUSE", there is approximately a 1-ish minute pause in the recording. While the recordings are relatively short, you may find that you need more time to pause and integrate. If that's the case then my recommendation is to either pause the recording in the appropriate places as you are listening, or listen to the recording all the way through once (or read through the transcribed text) and either take notes or remember the important parts and then go into a meditative state on your own with the intention to do exactly what the recording title is about. Allow your higher self/guides to lead you through the steps that are right for you. Not everyone needs each step. Again, this is a highly intuitive and co-creative process so you may come up with some of your own necessary steps that aren't in the recording.

CONTRACTS/AGREEMENTS

Find a quiet place where you will not be disturbed and make yourself comfortable. Take a few deep breaths and focus your attention on your heart space, heart center, heart chakra. Allow yourself the time to really sink into the heart space. Feel as though your entire being is melting right into your heart space. Just when you feel you have reached that most melted state, visualize that you are reforming into your lightbody and stepping all the way through your heart space.

As you step through this portal, you step out onto a beautiful white sand beach. You feel the warm ocean breeze and salt kissing your skin. You smell the ocean. You feel the coolness of the air now that the sun has set, yet the sand beneath your feet remains warm and comforting. You hear the rustling of palm trees in the breeze. You see the brilliant full moon, so bright that it casts shadows, reflecting off the waves gently lapping against the shoreline.

You begin to walk, leaving footprints in the sand behind you that fill with the cooling ocean water. You now set your intention that you will connect with the higher self of the person that you wish to void a contract with. You send out all of your loving heart energy to call the energy of that other person to you.

As you walk down the beach and around the bend, you notice that there is the giant bright beacon of a bonfire up ahead.



As you approach the bonfire you feel it's warmth and yet it never gets hotter the closer you get. As you stand in front of the flames and gaze into them for a while, you see a figure walking towards you from around the other side of the fire. You may not recognize them at first, they may come to you in the form of a previous incarnation, they may appear as a light being, or they may appear exactly as you know them to be in this lifetime. You nod to each other. There is no physical contact. As one, you both step into the violet and blue flames of the bonfire. You feel it's purification fire burning to ash all that is no longer necessary for you both to carry with/between you. As you stand in the flames, you notice that they begin to burn to a bright white. When you look down at your bodies you see that you have also turned into your own bright white lightbodies.

After a while, you both step out of the fire fully intact, unharmed, purified, and ready to move forward. On the other side of the fire you see a table set up with a chair on either side. Upon this table is one or more written contracts that appear in either paper, scroll or other form. You each take a seat and begin looking through the contracts. At this point you will have a conversation with this other being to let them know that you are officially done with the old energy of contracts and all that they stand for. You express that you are now ready to begin a new phase of energetic agreements which can be amended and re-worked on an as needed basis. You stress the fact that this is a co-creative process and that you each have equal say only in what your part of the agreement upholds.

PAUSE

After having this discussion [or not, if there is a lot of previous trauma involved and the best way to get through this is to sit silently in each others presence for a few short moments] you both get up and gather all of the contracts that are on the table. You both walk over to the fire and toss every last contract into the fire and watch the ash float away.

You both may now either nod, shake hands, or hug and then step away from each other and head back down the beach towards the opposite ways that you came from. You now each have an immense feeling of relief and satisfaction that a new era has just begun. That you have each taken your power back in a measurable way and that all interactions from here on out will require you to each own your energies and what you put into any relationship that you may or may not carry forward.

As you head back down the beach in quiet reflection, you now feel ready to step out of your heart space, back into your body, and back into your physical awareness.



MEETING ANCESTORS

This recorded guided journey will help you to connect with any of your ancestors, or any of the ancient indigenous peoples of the earth. This is an introduction process only. Where you go from here will be of your own co-creation with these individuals.

REMEMBER: Do not stress if you are having trouble meeting with and interacting with any of these spirit beings. It's entirely possible that they are present but not being seen so that you can slowly acclimate to their higher frequencies. You can proceed through the recording and set the intention that you will wait for the next time that they feel you are all ready to re-connect. There may be a future time where you can go back into the recording and try again. Trust in the process.

If you are more of a visual learner, the meditative journey has been transcribed below:

Find a quiet place where you will not be disturbed and make yourself comfortable. Take a few deep breaths and focus your attention on your heart space, heart center, heart chakra. Allow yourself the time to really sink into the heart space. Feel as though your entire being is melting right into your heart space. Just when you feel you have reached that most melted state, visualize that you are reforming into your lightbody and stepping all the way through your heart space.

As you step through this portal, you step out onto a beautiful beige sand beach. You feel the warm ocean breeze and salt kissing your skin. You smell the ocean. You feel the coolness of the air now that the sun has set, yet the sand beneath your feet remains warm and comforting. You hear the rustling of palm trees in the breeze. You see the brilliant full moon, so bright that it casts shadows, reflecting off the waves gently lapping against the shoreline. You see sparkles of the reflection of the bright moonbeams glinting off of all kinds of smooth, colored sea glass that is mixed in with the sand.

You begin to walk, leaving footprints in the sand behind you that fill with the cooling ocean water. You now set your intention that you will connect with the higher selves of any of your ancestors or the ancients and indigenous peoples that are willing to meet with and work with you. You send out all of your loving heart energy to call the energy of those other beings to you.

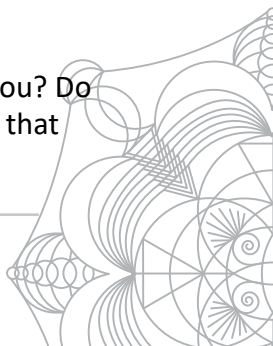
As you walk down the beach and around the bend, you notice that there is the giant bright beacon of a bonfire up ahead.

As you approach the bonfire you feel it's warmth and yet it never gets hotter the closer you get. As you stand in front of the violet and blue flames and gaze into them for a while you feel drawn to step into the inviting flames of this purification fire.

After a while, you step out of the fire fully intact, unharmed, purified, and ready to move forward. On the other side of the fire you see before a being or many beings who may show up in spirit form or in the form of someone that you can easily identify. You notice the tears in their eyes, how wide open and welcoming their arms are. A great shout of joy is released as you hug as many or as few beings who have shown up here to connect with you. They have so much to tell and show you. So many stories, so much wisdom and knowledge to share. Take some time now to interact with these beings.

PAUSE

[At this point it is left to you to interact with this being(s). Do they perform a ceremony with/for you? Do you have lengthy discussions? Do they share ancient wisdom? Do they share the ancient traumas that



need to be acknowledged because you offered to do some healing around them in this lifetime? Or do you all sit/stand together in harmony and connection simply enjoying each other's energies? This is where you will take the time to interact and co-create with these beings. Take as long as you need.]

When you feel that it is time for you to move on, you say your temporary goodbye's and invite them all to interact with you in your waking life, not just within this meditative state. You ask them to give you signs, whether it be certain number combinations, or a tap on a specific body part, or a feather that floats to you out of nowhere. There are limitless possibilities on the ways they can interact with you.

You now begin to turn away and walk down the beach back to where you came from. As you glance back you see that they are still there, watching you and waiting for you to return to them with a new multidimensional awareness.

As you head back down the beach in quiet reflection, you now feel ready to step out of your heart space, back into your physical body, and back into your physical awareness.



GUIDED MEDITATIVE JOURNEY #5: Integration at the Well

This recorded guided journey will help you to enter into a sacred space where you are free to lovingly recall all parts of your Self. Here you will invite back every bit of your soul essence that is out having other incarnation experiences. You are welcoming back every version of you from every possible timeline, to come back into the fold and begin a re-integration process to make each of you more whole and complete, unified. You are calling back your power from the far reaches of time, space and beyond into the one now moment where you all become aware of each other. Once you have reunited, then the sharing of information can begin. You may experience joyful highs or tragic lows, but each you that comes back to you in your sacred space has something valuable to share with you. These other versions of you may become your guides. They may be able to help direct you to finding deeper information to help facilitate your healing and ascension journey.

REMEMBER: Do not stress if you only feel that one or two of you are rejoining you in your sacred space at any one time. There may be small numbers or large numbers and there may only be one at a time. Some of these you's may need more attention than others. Some may only need a nod of awareness before they re-integrate and some may need lengthy sob sessions. This is not a one and done journey. Once you create the space and send out the energetic call-back, you may feel randomly called to go into meditation at any point on any day and reconnect with a particular you. You can do this 5 times a day, or once a week/month/year. There are no rules here, it's entirely a co-creation between all of your you's. There will be unlimited future opportunities where you can go back into your sacred space (using either the recording or your memory) and try again whenever you feel drawn to do so. Trust in the process and let your higher self guide you each time you come back to this sacred space.

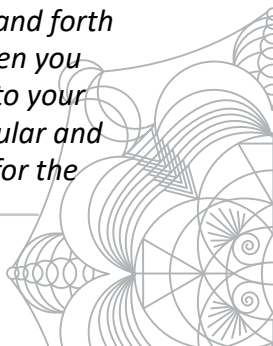
PAUSING: The recordings are relatively short. If you find that you need more time to pause and integrate, then my recommendation is to either pause the recording in the appropriate places as you are listening, or listen to the recording all the way through once, or read through the transcribed text and either take notes or remember the important parts and then go into a meditative state on your own with the intention to do exactly what the recording title is about. Allow your higher self/guides to lead you through the steps that are right for you. Not everyone needs each step. Again, this is a highly intuitive and co-creative process so you may come up with some of your own necessary steps that aren't in the recording.

If you are more of a visual learner, the meditative journey has been transcribed below:

INTEGRATION AT THE WELL

Find a quiet place where you will not be disturbed and make yourself comfortable. Take a few deep breaths and focus your attention on your heart space, heart center, heart chakra. Allow yourself the time to really sink into the heart space. Feel as though your entire being is melting right into your heart space. Just when you feel you have reached that most melted state, visualize that you are reforming into your lightbody while you are stepping all the way through and into your heart space portal.

As you step through this portal, you step into a dark wooded area that feels as though it is in the most ancient forest that ever existed. You look around and you can barely see where to step, except for a faint light up ahead through the trees. As you carefully walk this leaf strewn pathway that winds back and forth around the trees, you see that the closer you get to the light the more intensely bright it gets. When you are close enough that the light feels blinding, you shield your eyes. As soon as your arm comes up to your eyes, the light dims and you are able to see that before you is a small clearing. The clearing is circular and surrounded by ancient trees that are so intertwined that they leave no space for entrance except for the



tiny space where you are standing.

You feel drawn to enter this clearing and explore everything that is contained within. Once you step forward, the trees close up the space behind you, creating the most sacred of spaces for you to be in. A space that nobody else in existence knows about or can access.

You look up and see a bright full moon overhead that lights up the clearing. As you walk around you notice that the entire area is quite overgrown and in need of some TLC. You get to work immediately. You remove branches, briars and brambles. The trees create an opening for you to throw all of this debris outside of its sacred confines each time you need it to, and then closes back up immediately. You uncover a beautiful stone patio surrounded by curved stone benches. You start pulling away all of the moss and weeds that have crept into all of the crevices. You are fueled by this work, it feels so cleansing and so necessary. You work your way around the patio, cleaning and clearing. You find yourself now in the center of the patio where you notice a beautiful waist-high stone well that is covered by more debris and detritus.

You clear more away.

Once the well is uncovered and cleaned up, you lean over the top and look into it, but you see that it is covered by a thin layer of algae. You instinctively know that the water is fed by a cool underground spring, and that if you wipe the algae away then the water will return to its natural state. You use your arm to swipe it all away. You also notice that in the center of the well is a raised granite bowl that contains a tiny white flame. The flame cannot grow any larger because of all the leaves and branches that are strewn inside the bowl. You remove the last of the debris and you watch the white flame suddenly flare and jump as high and tall as a person! You stare into it, mesmerized. Mixed into the pure white flame are bits of blues, purples, and indigos. You feel it activate something deep within you, something you cannot name but something that you can feel down to the very core of who you are.

Take a few moments to gaze into the flame.

This is where the recording will PAUSE:

You now change your focus to the water surrounding the granite bowl in the well. As you gaze into the now clean, still and reflective water you see your true self. The version of you that is the most exquisite and beautiful emanation and embodiment of Source energy. Your heart feels so full that you are able to have this experience.

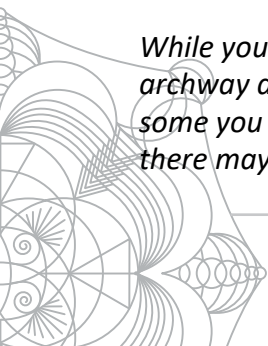
Take a few moments to experience this true version of SELF.

This is where the recording will PAUSE:

You now head over to one of the stone benches. As you sit here, you place your hands over your heart and send out ripples of love and compassion to all versions of your self that may be currently experiencing other incarnations. You send out the call for all parts of you to come back and re-integrate, no matter who they have been or what they have experienced.

Now you wait.

While you are sitting there and continuing to send out these loving ripples, you see that a brightly lit archway appears on the other side of the clearing. You begin to see individuals, some you recognize and some you don't, drift through the archway and into the clearing. There may be many, there may be few, there may be only one. You know instinctively and intuitively that these are other versions of you who heard



the call and are more than ready to re-integrate.

These versions of you are male, female, young, old, mothers, fathers, chiefs, shaman, peasants, kings, seers, every race, those of this earth and those from beyond, every possibility, the list is limitless.

As they approach you, some look happy and excited, some look downtrodden or downright traumatized. Some come right up to you and hug you, some hang back on benches as they acclimatize themselves to this sacred space that they have come home to. It's a coming home for each and every one of them.

Each one of them may have a story. A story that YOU need to hear. Regardless of what kind of information they have for you to hear, they have a pressing need to tell you all of it.

Almost every single one of these You's is here to tell you about a particular incarnation that they are living in that needs to be brought to your attention. It is important that you sit with each one of these You's to listen, feel, and be a part of everything they share. When they are describing their lifetime, they are describing YOUR lifetime because this is another version of you. They are bringing information into your awareness. It's something you need to hear at this moment. Something SO important that this version of you showed up to share it with you.

Take your time with each You. Pause and really listen and feel into everything that they are saying or showing you. Some will simply need a hug and will be ready to re-integrate. Some will have a few words to say, an object to hand over to your care, some will need extra time for a face-to-face and a heart-to-heart on the benches.

This is where the recording will PAUSE:

Now that their story has been told and you have taken it all in, you both walk over to and stand next to the well.

You take their hand in yours, then take both hands and place them into the water in the well and watch as your energies dissolve into each other and into the water. You notice that the YOU reflection inside the well, as well as the tall white flame gets brighter and brighter.

It is now, after you have both re-integrated that you may take a moment or two of reflection.

This is where the recording will PAUSE:

You do not need to exit or re-enter through the space that you came in. It is now a sealed sacred space that you can pop into any time you feel called to do so. The only beings that can come through the one-way shining archway are the other You's that are ready to re-integrate.

Take as little or as much time as you need here.

When you are ready to exit this space, gaze into the well and/or the flame and set the intention to focus back in on your physical awareness. Begin to feel your physical body. Wiggle your fingers, your toes. Move your head from side to side. Breathe deep and come back to your full awareness.



GUIDED MEDITATIVE JOURNEY #6: Breath Meditation

Breath Work can help you to soften. Soften through the shadow, through the pain opening yourself to compassion while navigating your shadow self.

Breath work has the ability to put you into your heart space and center you. True transformation happens at the intersection between pain and love. When we feel pain and choose to love rather than fight it and resist. We chose to come into our bodies and love.

Breath work gives us that anchor to connect within our bodies. To get centered and to love the part of us that is in pain. Love that part of us that is struggling so we can transform and become the most authentic version of who we are.

Before we begin sit or lay down in a comfortable position. Feet and legs stretched out. Palms up. Gently close your eyes. You are safe. Breath Work is safe. Pay attention to how your body responds and adjust your breath in a way that is comfortable and safe for you.

Take a moment and observe your body. Where do you feel tension? Take this moment to observe. Remember you are just the observer. Softly notice. Surrender and let yourself be in this moment.

Take a moment and place both hands on your heart and repeat silently to yourself, "Thank you. I love you." three times. "Thank you. I love you. Thank you. I love you. Thank you. I love you." Feel how you soften as you speak kindly to yourself.

Gently return your palms to your side, facing up. If you prefer to keep your hands on your heart, you may do that.

Gently bring your focus to your breath as it flows in and out of your nose. Lean into your breath as it goes in through your nose and down into your belly and follow it as you exhale out your nose. Rest here for a few breaths and go at your natural pace. If you find yourself caught up in your thoughts, gently bring your awareness back to your breath as you inhale and exhale through your nose.

The mantra we will use through this breathing practice is "My natural state is love and light. My natural state is love and light. My natural state is love and light." That is the truth.

You are a being of love and light. Your true self is love and light.

Deep inhale. Exhale anchoring into the here and now.

We are going to begin the breathing exercise. The breath pattern we will be doing is two breaths in and one breath out. The exhale being twice as long as the inhale. Allow your mouth to softly hang open. Suck in 2 quick breaths. One to your belly and then one to your chest. Then exhale all the air out your mouth releasing all that no longer serves Mouth open softly. Inhale to stomach and then inhale to chest. Exhale out the mouth.

Do breathing

You are safe to breathe. Safe to feel all that comes up.

Inhale Life force energy. Exhale all that needs to be released. (repeat 1 or 2 times.)

Continue the breathing practice.

Focus on the mantra "My natural state is love and light."

Breathe into the areas where you are feeling tension in your body.

When you are ready return your breathing back to your nose. Take a deep inhale in and exhale. Let it all go.

Allow your breath to return to its natural state.

The voice of truth. The voice of light is always within.

Slowly open your eyes and return to your space.

Thank you for trying this practice. I am deeply grateful and honored to be in this space with you.

Use the 2/1 breathing exercise at anytime.

Have a great day. Bye for now.

Kimberlee



MEDITATION NOTES

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom-left corner, there is a small, faint, light-grey decorative swirl or doodle. The rest of the page is completely blank.

CHAKRA MANDALAS

Karen tunes into the Quantum Field while doing her creative and intuitive work. In doing so, she accesses a lot of esoteric information, all of which channels through her. It's taken her a while to come to a place of discernment and trust for this process to flow the way that it does. Because of her ability to be a clear channel for all information and messages to flow through, she is able to put the thinking/logical/practical part of her brain aside and let the information channel through. One of the ways this information has been coming through is in the form of Sacred Geometry in Mandalas.

You will now have access to some very high frequency energy in the form of Chakra Mandalas (both shadow and light), and the Five Elements/Platonic Solids Mandalas (both creation and destruction/stillness). These mandalas will be a great tool in helping you to work with balancing your energy ... in grounding and connecting. They are created with Sacred Geometry embedded within the designs.

There are the 7 Chakra Light Mandalas, 7 Chakra Shadow Mandalas, and the 5 Creation Elements and 5 Destruction/1 Stillness Elements Mandalas. Each comes in 8.5" x 8.5" PDF format so they can be printed on letter sized paper at home. Each mandala comes in a color in version for you to meditate with, use as a healing tool, crystal grid, or use as a beautiful decoration in your home or office. Each mandala also comes in black and white outlined format so that you can use them as a coloring meditation.

THE ELEMENTS / PLATONIC SOLIDS MANDALAS

The Tetrahedron represents the element of Fire. The Octahedron represents the element of Air. The Hexahedron represents the element of Earth. The Icosahedron represents the element of Water. The Dodecahedron represents the element of Spirit (or Aether/Ether/Universe). The Platonic Solids are a form of Sacred Geometry. These solids are the five geometric solids whose faces are all identical, regular polygons, meeting at the same three-dimensional angles. The creation elements mandalas have been channeled using Sacred Geometry, numbers, colors, and concepts, that represent each element's energy. When you use these mandalas, you will be accessing the energy, vibration, and frequency of each element to help you with any intuitive or energetic work based on how that element shows up in your life.

The destruction" mandala encompass vastly different energies and meanings than their "Creation" counterparts. Each card (except for Aether) contains the Creation element image of itself in the very center, after all Destruction can only come after the Creation, and through Destruction itself then Creation can begin again. When you use these mandalas, you will be accessing the excess of energy, vibration, and frequency of each element to help you with any intuitive or energetic work based on how the over-abundance of these elements shows up or needs to show up in your life. These mandalas show you where you might need to look deeper within your energy or your life to find where this particular element and all that it represents, may already be wreaking havoc in destruction mode or may be needed to cause a re-set.

THE CHAKRA LIGHT AND SHADOW MANDALAS

Chakras are the 7 main energy centers of the human body. Each Chakra is like a spinning vortex of energy that comes out the front AND the back of the body. Each Chakra also has the ability to hold shadow and light. Cleaning out your energy centers is an important part of any kind of light or shadow work. Finding out which Chakras are blocked or feeling funky can give clues about what traumas, emotions and feelings exist within and causing a density, or a shadow.

Sometimes we do shadow work in addition to our light work, and this can lead to going into a deeper place within ourselves to uncover density that we may or may not realize is there.



In addition to the Light Chakras ... Karen has channeled a unique set of mandalas that are based on the shadow energy of the Chakras. When she tapped in after their creation, asking what exactly these mandalas are for, here is the answer that she received:

These mandalas contain more than just the shadow energies of the chakras. They contain a frequency or vibration to demagnetize various consciousnesses and thought forms from your own being that are available in 3d and 4d. If you are tapped into and attached to anything less than a 5d consciousness or thought form, the density in them can become magnetized to your own consciousness and you can carry around the potential to tap into them at any time...over and over, as often as you like. These mandalas will help you in your shadow work to become aware of, acknowledge, heal, integrate or release, transmute and de-magnetize the denser shadow consciousnesses and thought forms that are ready to be detached. These mandalas hold the space through sacred geometry, color, vibration, frequency, and light codes to ease you through the process of shadow work on a whole other level than what you are used to.

Crown Chakra

Located at the very top of our skull. The Crown Chakra is our connection to Spirit/Universe.

This energy center is represented by the colors: Crown Light: Purple ~ Crown Shadow: Silver

Third Eye Chakra

Located in the center of the forehead and associated with the Pineal gland in our brain. The Third Eye Chakra is the center of our knowledge and intuition and connects us to all of the “clairs”: clairaudience, clairsentience, clairvoyance, etc.

This energy center is represented by the colors: Third Eye Light: Indigo ~ Third Eye Shadow: Purple

Throat Chakra

Located in the center of our throat. The Throat Chakra is connected to our inner voice and our ability to communicate and create.

This energy center is represented by the colors: Throat Light: Light Blue ~ Throat Shadow: Navy Blue

Heart Chakra

Located in the center of our chest. The Heart Chakra is the seat of our soul, our access to our true source self, and where we ideally need to operate from.

This energy center is represented by the colors: Heart Light: Green ~ Heart Shadow: Forest Green

Solar Plexus Chakra

Located just below the rib cage. The Solar Plexus Chakra is the center of our personal power.

This energy center is represented by the colors: Solar Plexus Light: Yellow ~ Solar Plexus Shadow: Black and Gold

Sacral Chakra

Located in the center of our gut. The Sacral Chakra is connected to our emotions and sexuality.

This energy center is represented by the colors: Sacral Light: Orange ~ Sacral Shadow: Burnt Orange and Turquoise

Root Chakra

Located at the base of our spine. The Root Chakra is the center of our survival and security, as well as our connection to Gaia/Earth.

This energy center is represented by the colors: Root Light: Red ~ Root Shadow: Maroon

[Click Karen's website to download the Chakra and Elements Mandalas.](#)

[Click Kimberlee's website to download the Chakra and Elements Mandalas.](#)

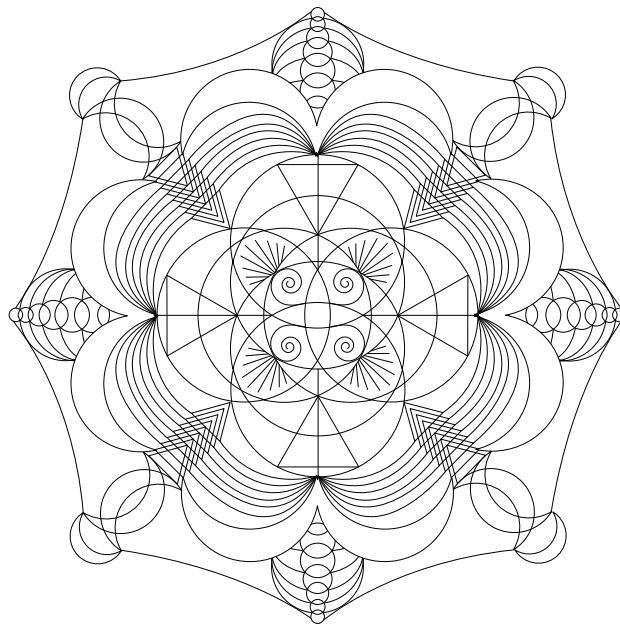




UNIT 3

~

DIVING DEEPER INTO SHADOW WORK



AFFIRMATIONS

Affirmations can give us something to re-wire and redirect our thought patterns and beliefs especially when it is trending in a more negative direction. Below is a list of affirmations for you to choose from. One way that we can use affirmations is to speak them over our water before we drink it, because this action and intention charges the water and infuses our bodies with the higher frequencies. If you can think of more affirmations to lovingly say to yourself, please add them on the next page.

Feel free to use your pre-printed journal pages from the course files, or your Amazon printed journal to continue to dive deeper into this discovery process.

- I am not responsible for what happened to me as a child, but I am responsible for how I deal with it now.
- I love and approve of myself.
- I choose forgiveness because I deserve peace.
- I accept that I have made mistakes.
- My mistakes do not define me.
- I am capable of loving all parts of myself.
- I am safe to feel my emotions.
- The only approval and respect I need is my own.
- Relationships that leave me drained are not worth investing my time in.
- I am strong.
- I am healed.
- I am not my past.
- I have to feel to heal.
- Facing my emotions makes me stronger.
- The only person I seek validation from is myself.
- I embrace negative emotions as I see them as an opportunity to learn and grow.
- I choose myself every single day.



AFFIRMATIONS

Here is where you can brainstorm and write any other affirmations that resonate with you:

[illegible]

LIMITING BELIEFS THAT I HAVE ABOUT MYSELF

There are many beliefs that we have about ourselves that limit our potential for our innate awesomeness to shine through. Stop here and look through this list.

Exercise: Review the limiting beliefs listed below that you have told yourself in the past. Then use the empty lines to write more. Can you think of more?

Feel free to use your pre-printed journal pages from the course files, or your Amazon printed journal to continue to dive deeper into this discovery process.

- I'm not good enough.
- If something goes wrong, it must be my fault.
- There must be something wrong with me if that person doesn't like me.
- I'm going to fail.
- I'm not worthy.
- Why do I think I can do this?

[illegible]

Handwriting practice lines consisting of 25 horizontal lines.



SHADOW WORK QUESTIONS

You are welcome to pick a question and use it as a starting point to journal with abandon.

Or you can start a discovery process using the journal prompts on the next few pages before you freestyle it. If you come up with more questions, feel free to use the next page to write them down.

Feel free to use your pre-printed journal pages from the course files, or your Amazon printed journal to continue to dive deeper into this discovery process.

- Why is this aspect coming up for review?
- Why do I feel triggered right now?
- Why am I reacting to the trigger in this way?
- What is this trigger telling me? What aspect of myself is it wanting me to observe?
- What do I need to do to show myself love and compassion? What does it mean to feel love for myself?
- What does shadow work mean to me?
- What does my Higher Self need me to know right now?
- What are the fears, blocks, and limitations that prevent me from aligning with my highest and best self?
- When in my life did I feel I needed to dim my light in order to fit in?
- When in my life have I stepped into my power and I was shut down by someone or something?
- Do I trust myself?
- What things do I notice that trigger my body to tense up?
- What kind of people do I attract around me?
- What beliefs about myself cause me to feel “less than” others?
- When was the last time I felt peace?
- What brings me joy?
- What drains me?
- What does my inner child need me to know right now?
- What do I need to tell my inner child?
- What do I need to let go of?
- Do I look outside of myself for guidance and validation?
- Do I place expectations on the people around me?



Blank lined paper for writing.



TYPES OF SHADOW WORK THAT MIGHT SHOW UP IN MY LIFE

There are many areas in our lives that can carry “shadow” aspects. Stop here and look through this list.

Exercise: Put a check next to each area that you feel you may have some triggers and possible shadow that you need to work through. Can you think of more?

Feel free to use your pre-printed journal pages from the course files, or your Amazon printed journal to continue to dive deeper into this discovery process.

- ☐ Spouse/Twin Flames
- ☐ Children
- ☐ Parents
- ☐ Menstrual Cycle
- ☐ Job/Career
- ☐ Emotions
- ☐ Triggers/Projections/Mirrors
- ☐ Acceptance
- ☐ Inner Child/Teen/Adult
- ☐ Ancestral
- ☐ Witch Wound
- ☐ Imposter Syndrome
- ☐ Past Lives
- ☐ Male Friends
- ☐ Female Friends

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



TYPES OF EMOTIONS AND FEELINGS RELATED TO SHADOW THAT MIGHT SHOW UP IN MY LIFE

There are many emotions and feelings that can carry “shadow” aspects. Stop here and look through this list. Can you think of more?

Exercise: Put a check next to each area that you feel you may have some triggers and possible shadow that you need to work through. This list is something that you can come back to when the work begins. For now, it is here to make you aware of what you may want to consider diving deeper into as you learn more. Please use your journal with related prompts to go further into this discovery process.

- ☐ Anger
- ☐ Jealousy
- ☐ Hate
- ☐ Rage
- ☐ Sadness
- ☐ Disappointment
- ☐ Rejection
- ☐ Fear
- ☐ Frustration
- ☐ Arrogance
- ☐ Grief
- ☐ Numbness
- ☐ Judgment
- ☐ Resentment
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



HOW SHADOW FEELINGS AND EMOTIONS SHOW UP IN MY LIFE

There are many areas in our lives that can carry “shadow” aspects. Stop here and look through this list.

Exercise: Draw parallels to which feelings and emotions that you have in which areas of your life. Use the numbers on the right to put on the lines on the left where they apply. Can you think of more?

Feel free to use your pre-printed journal pages from the course files, or your Amazon printed journal to continue to dive deeper into this discovery process.

There are no limits as to how many you can use in the list:

- ☐ Spouse/Twin Flames _____
- ☐ Children _____
- ☐ Parents _____
- ☐ Menstrual Cycle _____
- ☐ Job/Career _____
- ☐ Emotions _____
- ☐ Triggers/Projections/Mirrors _____
- ☐ Acceptance _____
- ☐ Inner Child/Teen/Adult _____
- ☐ Ancestral _____
- ☐ Witch Wound _____
- ☐ Imposter Syndrome _____
- ☐ Past Lives _____
- ☐ Male friends _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

1. Anger
2. Jealousy
3. Hate
4. Rage
5. Sadness
6. Disappointment
7. Rejection
8. Fear
9. Frustration
10. Arrogance
11. Grief
12. Numbness
13. Judgment
14. Resentment
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____



AWARENESS CAN CHANGE YOUR PERSPECTIVE

Now that you are aware of where shadow can show up in different areas of your life, and how it shows up through your feelings and emotions, are you ready to really dive in and go deep? It takes a single iota of awareness to change your perspective. And now that your perspective has been widened, it's time to dive into this work.

If you notice any themes, you may want to gather your thoughts and "brain dump" below.

[illegible]

WHAT ARE TRIGGERS?

Triggers another way of saying “Hot Buttons”. When we are interacting with others, and a “hot button” issue comes up for us, that’s a trigger. Here’s a common trigger example: Everyone likes a clean kitchen, or at least a sink that is empty of dishes. And yet you see your family constantly putting their used and dirty dishes in the sink instead of moving over 5” to the right and placing the dishes into the empty dishwasher. Each time this happens you feel like you are about to blow your top. Maybe your blood pressure rises, your face gets red, you clench your fists, you tense up your face into a grimace, and you want to yell at whoever the culprit was because no matter how many times you tell them to not leave dirty dishes in the sink, THEY STILL DO!!! You have been triggered by something that is seemingly happening outside of you.

We are all mirrors reflecting aspects of ourselves back at each other. Sometimes these aspects (whether we are aware of them or not) can trigger us.

How do you know if a trigger is yours or not? If you react with any of the denser emotions during an interaction, it means it’s your trigger. If the person who is interacting with you is displaying any of the denser emotions and you are not, then the trigger is theirs.

WHAT ARE PROJECTIONS?

We are all emanations of Source. Which means that there is nothing really separating us except for our egos, personalities, etc. So when we look at anyone else, we are really looking at ourselves with different packaging. And each person we meet is our ultimate teacher (for shadow and/or light) and always our mirror. You can only recognize something in someone else that you are capable of experiencing within yourself. So if you love hanging out with a particular friend because they are such a great hugger and awesome listener... then you know that you embody those qualities as well. How could you not? If you had never felt like you loved hugging or enjoyed listening to others then you would not be able to have a context for that experience.

This also applies to the shadow parts of you. If you become really angry with someone who is acting judgmental towards you, this would be considered a trigger as well. This reaction means that it’s time for you to figure out where in your own life or within yourself that you are being judgmental....because it is essentially being mirrored back to you. You may not be overtly judgmental, but you are absolutely embodying that quality somewhere in your life, otherwise you would not have the context to be able to recognize it in someone else.

Thus, all of our interactions can lead to actions and reactions that are of the shadow or the light.

Are you starting to see now where this may come up over and over in your life?



**IF YOU HAVEN'T ALREADY DONE SO ...
IT WOULD BE BENEFICIAL
TO BREAK OUT YOUR JOURNAL
AT THIS POINT TO DIVE DEEPER
INTO THE INFORMATION EXERCISES
ON THE NEXT 10 PAGES**

Now that you've come to this point in the course, you have really shined some light on your shadow. On the following pages, there are some deeper questions that you can ask regarding each bit of shadow that can be identified.

The rest of this unit contains journal prompts for you to do some deep thinking and feeling. If you need more space, we recommend you begin using the companion journal to this course.

Your first option is to download it as a printable PDF file. (Please note that the front and back cover pages may use a lot of ink, so try to print in DRAFT format.)

Your second option is to begin using the Amazon published journal that you have purchased.



TRIGGERS AND REACTIONS

There are many ways to go through this process. Each time you have a trigger, feeling or emotion, you may deal with it in a different way. In this section we will talk more about the different ways that you can become a more active participant in your shadow work, instead of a “reactive” participant.

Exercise: You are now ready to acknowledge how these shadow feelings and emotions are triggered during your interactions. Fill in the blanks below.

Feel free to use your pre-printed journal pages from the course files, or your Amazon printed journal to continue to dive deeper into this discovery process.

When this happens: _____

I feel this: _____

And I react like this: _____

When this happens: _____

I feel this: _____

And I react like this: _____

When this happens: _____

I feel this: _____

And I react like this: _____

When this happens: _____

I feel this: _____

And I react like this: _____

When this happens: _____

I feel this: _____

And I react like this: _____

When this happens: _____

I feel this: _____

And I react like this: _____



When this happens: _____

I feel this: _____

And I react like this: _____

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And I react like this: _____

When this happens: _____

I feel this: _____

And I react like this: _____

When this happens: _____

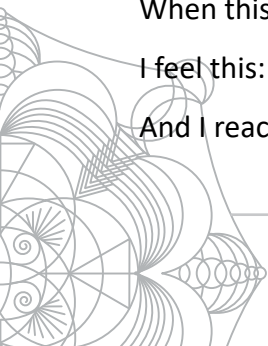
I feel this: _____

And I react like this: _____

When this happens: _____

I feel this: _____

And I react like this: _____



DIVING DEEPER

There are many ways to go through this process. Each time you have a trigger now, you will start to be aware that it goes deeper than you ever imagined. Now you see where each one basically has its own rabbit hole of awareness and perspective. These are the questions we would like for you to really ponder and answer. It will give you a whole new insight into why you are going through certain shadows:

- What shadow beliefs are coming to the surface?
- What physical reactions am I experiencing?
- What emotions am I feeling and experiencing?

Feel free to use your pre-printed journal pages from the course files, or your Amazon printed journal to continue to dive deeper into this discovery process.

When this happens: _____
I feel this: _____
And I react like this: _____
What shadow belief shows up through this interaction? _____
What physical reactions am I having? _____
What emotions am I feeling? _____

When this happens: _____
I feel this: _____
And I react like this: _____
What shadow belief shows up through this interaction? _____
What physical reactions am I having? _____
What emotions am I feeling? _____

When this happens: _____
I feel this: _____
And I react like this: _____
What shadow belief shows up through this interaction? _____
What physical reactions am I having? _____
What emotions am I feeling? _____



When this happens: _____

I feel this: _____

And I react like this: _____

What shadow belief shows up through this interaction? _____

What physical reactions am I having? _____

What emotions am I feeling? _____

When this happens: _____

I feel this: _____

And I react like this: _____

What shadow belief shows up through this interaction? _____

What physical reactions am I having? _____

What emotions am I feeling? _____

When this happens: _____

I feel this: _____

And I react like this: _____

What shadow belief shows up through this interaction? _____

What physical reactions am I having? _____

What emotions am I feeling? _____

When this happens: _____

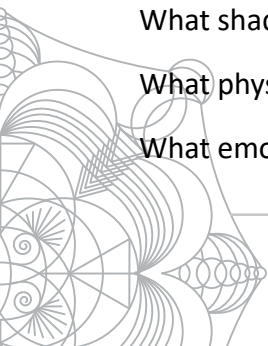
I feel this: _____

And I react like this: _____

What shadow belief shows up through this interaction? _____

What physical reactions am I having? _____

What emotions am I feeling? _____



DIVING EVEN DEEPER

At this point, you have really shined some light on your shadow. Here are some more questions that you can ask regarding each bit of shadow that can be identified.

Feel free to use your pre-printed journal pages from the course files, or your Amazon printed journal to continue to dive deeper into this discovery process.

- What shadow beliefs are wanting to be integrated at this time?
- What physical actions can I do to see this process shift and change around the shadow beliefs?
- What do I need emotionally to move through this process?
- Where do you not give yourself compassion and grace?
- What does my mental body need from me to shift through this?
- Why does my inner child love my shadow?

- _____
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- _____
- _____



When this happens: _____

I feel this: _____

And I react like this: _____

What shadow belief shows up through this interaction? _____

What physical reactions am I having? _____

What emotions am I feeling? _____

What shadow beliefs are wanting to be integrated at this time? _____

What physical actions can I do to see this process shift and change around the shadow beliefs? _____

What do I need emotionally to move through this process? _____

Where do I not give myself compassion and grace? _____

What does my mental body need from me to shift through this? _____

Why does my inner child love my shadow? _____



When this happens: _____

I feel this: _____

And I react like this: _____

What shadow belief shows up through this interaction? _____

What physical reactions am I having? _____

What emotions am I feeling? _____

What shadow beliefs are wanting to be integrated at this time? _____

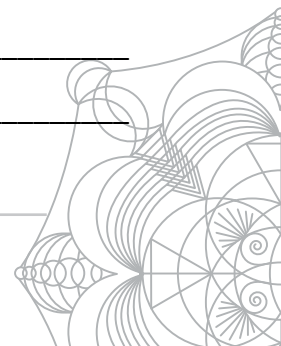
What physical actions can I do to see this process shift and change around the shadow beliefs? _____

What do I need emotionally to move through this process? _____

Where do I not give myself compassion and grace? _____

What does my mental body need from me to shift through this? _____

Why does my inner child love my shadow? _____



When this happens: _____

I feel this: _____

And I react like this: _____

What shadow belief shows up through this interaction? _____

What physical reactions am I having? _____

What emotions am I feeling? _____

What shadow beliefs are wanting to be integrated at this time? _____

What physical actions can I do to see this process shift and change around the shadow beliefs? _____

What do I need emotionally to move through this process? _____

Where do I not give myself compassion and grace? _____

What does my mental body need from me to shift through this? _____

Why does my inner child love my shadow? _____

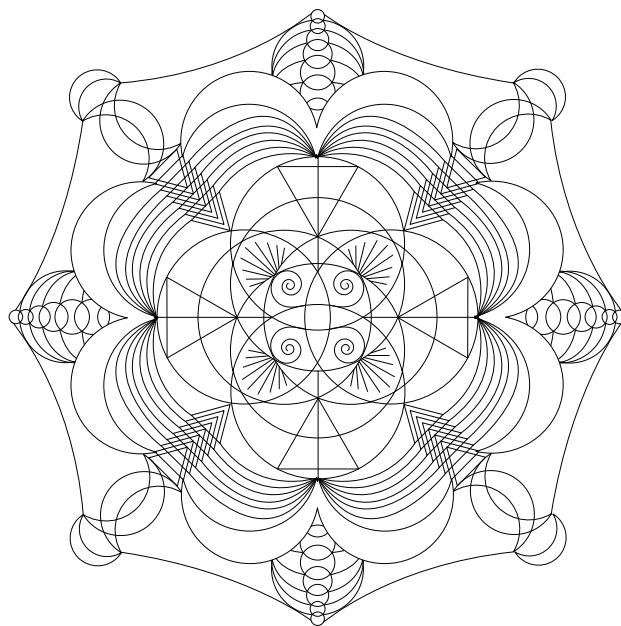




UNIT 4

~

WHAT'S NEXT



NOW THAT I'M AWARE, HOW DO I INCORPORATE ALL THAT I HAVE LEARNED?

Shadow work is a process. It is important to remember that it's not a "One and Done" kind of thing. Consider shadow work to be like a giant stinky onion. Once you start peeling back the layers, you may cry a lot and wonder why you are even doing this at all. The more layers you peel back, the more is revealed on deeper and deeper levels. At some point you will have peeled back all the layers until you reach the seeds in the middle. Those seeds are the very core consciousness bubbles that your higher self originally chose for you to experience. Your absolute Zero Point that matches Source Zero Point, which is what existed before creation. And now you can see them for what they really are.... pure potential. And at its very core, what is potential? It is Quantum energy that needs interaction in order to be made manifest. And so now you see into the very deepest part of you, how you experience your existence in physical form, and all of the incredible experiences you are able to co-create.

This is the time where you will be able to do the following during a trigger event or when a shadow comes up for review/participation:

- 1. Breathe**
- 2. Center within your heart space**
- 3. Acknowledge that this has been a past trigger**
- 4. Realize what shadow that this trigger has revealed**
- 5. Excuse yourself from the situation immediately or react ... remember, it's your choice at any moment, and neither choice is right or wrong. Suspend judgment during this process.**

You may absolutely continue to use the journal prompts, over and over again until you are able to disengage from each shadow. It could take weeks, months, years even. Know that you now have the tools, the support and the knowledge to help you during this process.



NOTES

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom-left corner, there is a small, faint, hand-drawn style swirl or doodle. The rest of the page is completely blank.

NOTES

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

NOTES

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ABOUT KIMBERLEE



Hello I am Kimberlee Kaitlin and I am an Intuitive Psychic Medium, energy worker, mentor and photographer. I am a walker of light and love connecting with other light workers. I have been on my own spiritual and healing journey for over 2 years.

A few of my gifts, tools and modalities that I offer are:

- Certified Akashic Records Reader
- Certified Light Body Healing Practitioner
- Certified Angel Guide
- Certified Reiki level 1&2

I love guiding others on their journey to reclaim their power. For directing them back to self. That's really what this journey is all about. Turning to self. Learning to love yourself. If you ever find yourself in the dark, I am here, holding out my hand, ready to

shine a light. I am here to walk with you. To hold space for you. To lead you back to self. To remind you that you are whole and complete just the way you are.

Along that journey I have started to pull back the layers on who my authentic self is. On my purpose and connecting with myself on a soul level. I am learning to love myself and see my worth. I have learned tools that I have needed to navigate being an empath. Setting boundaries to honor myself and my energy.

I bring a grounding presence. In my work I tend to work with the cycle breakers. The change makers. The ones no longer want to hold onto trauma in their body and desire to reclaim their power.

I am a mom of 4, blended family, I love reading, soulful conversations, and learning. I love to laugh and I love tacos.

Website: www.kimberleekaitlin.com

Instagram: @_kimberleekaitlin

Facebook Lightworker Group: www.facebook.com/groups/470817395034251



ABOUT KAREN



Hi, I am Karen LaCamera. I am a channel, a messenger, and a creative designer of intuitive information. I present the intuitive messages and information that I receive through various creative means, which includes: Mandalas, Akashic Records, and Graphic Design.

I am a connector of people/souls. It is one of my passions to intuitively bring people together who are meant to reconnect to their soul families in this lifetime as well as in other timelines. I am also passionate about helping people to access the deepest parts of themselves so that they can remember who they truly are, and can then return to their own true Zero Point state of being.

A few of my gifts, tools and modalities that I offer are:

- Certified Akashic Records Reader, Teacher, and Mentor
- Usui Reiki Master
- Holy Fire/World Peace Reiki Master
- Graphic Designer
- Mandala and Sacred Geometry Channeler

I am a mom of 2, dog mom, avid reader, information rabbit-hole junkie, and a constant student. I love snarky humor and most of all, I love to laugh.

Graphic Design has been my vocation for approximately 20+ years. I've always been drawn to designing and creating a balanced flow of information. Coincidentally, my spiritual journey began around the same time that I started designing. I found myself with a thirst for knowledge and wisdom regarding anything ancient, metaphysical, esoteric, spiritual, occult, and beyond. I soaked up every possible modality and every bit of information that I could get my hands and brain on. Around this time, I also began tapping into energy work and became a Reiki Master in the Usui and the Holy Fire/World Peace methods.

My work has led me to learn everything I can about different vibrations, frequencies, thought forms, light work, shadow work, consciousness, etc. These skills have led me to be able to channel messages and insights from the Akashic Records, as well as Sacred Geometric information for creating mandalas, and beyond. Being in this space is where I have learned that I need to put my ego aside so that I can channel exactly what information needs to come through at that time....without filter or judgment on my part.

Website: www.align-bydesign.com

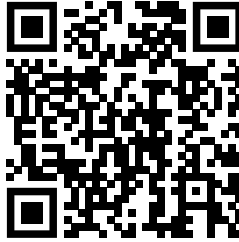
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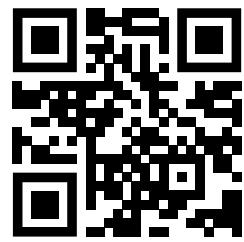
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