



1. set the scene

Create a quiet and comfortable space where you won't be disturbed. Use soft lighting, intention candles, sage or incense, and perhaps some calming music to set the atmosphere.



2. ground yourself

Do you need to lower your shoulders, unclench your jaw, soften your brows, release your stomach?



3. identify triggers

Was there anything this past day or week that made you feel angry, hurt, confused, fearful? Use words from the wheel of emotions when you're unsure of how to characterize your feelings.



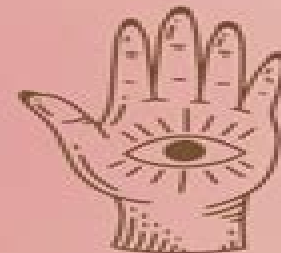
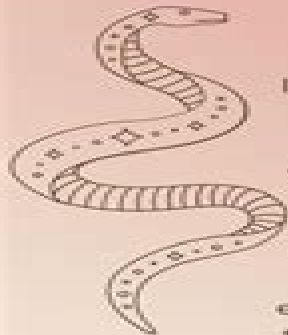
4. journaling

Begin to explore the emotions associated with your triggers. Remember, triggers are only a distraction from what you need to heal. Write about anything and everything that seems relevant, even the silly details.



5. integration

Is there a part of you that you had to suppress in order to survive? Why don't you allow it to be a part of you again? With shadow work, we are learning about ourselves all over again and embracing the parts of us that were long forgotten.



6. spiritual shower

The act of consciously letting water carry away negative energy can be a powerful ritual to release emotional tension and promote mental clarity to move forward.



shadow work ritual

Shadow Work

Léo Pomar



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