

Taking the shadow out of Shadow work





Dragon Ascension Therapies

Welcome

Welcome to my downloadable PDF of the top 5 take-aways around Shadow work. To help take some of the mystery, preconceptions, assumptions and programming out of the equation. So few people mention it or it's make out to be something undesirable. Understanding what it actually is helpful when it pops up.

Shadow is in simple terms an aspect of yourself that you either haven't seen or don't fully understand just yet. Taking the time, energy, blood sweat and tears to do the work will help you to understand yourself at a much deeper level but also allow massive personal growth.

Why should you listen to me?

Well the majority of work I do for others is Shadow work. I know what I'm talking about. Have a look for yourself and see if you agree.



1. It is real - you are not going crazy

When shadow work starts to make itself known it can feel as if your world is crumbling and you are going crazy. It's not an easy place to be and most of the confusion, panic and more is not understanding what is happening.

It can seriously mess with your head. When you have the tools and awareness to know that perhaps there's something going on at an energetic rather than a physical or emotional level you may find things start to calm. Fractionally at least.

Giving you time and space to observe what's coming up. Some people will call this the "dark night of the soul" and it can be that extreme. I've lived it so I understand.

Shadow is simply an aspect of yourself you haven't seen before or one you really don't like. It may be deeply suppressed trauma that gets triggered and presents itself front and centre.

There is no set "rule" for what it is. What they all have in common is throwing light on it, or illuminating things allows you to get a much clearer idea of what is going on. It is not something that needs to remain hidden or not be spoken of.

And while yes you can do that it may come back later with reinforcements.

I have found over time it's best for me to tackle things when they come up.

2. It doesn't have to be scary

In the very beginning it can feel or look scary, or even impossible. To the point you'd rather shove it right down and bury it away, never to think of it again.

When it happens it can present itself as :

- Anxiety spikes for no reason
- Not sleeping for a prolonged period of time with disturbed dreams
- Words come out of your mouth that aren't yours and make you ask "what the hell"
- All sorts of memories come up out of nowhere making you feel awful
- Or anything else out of the norm that you can't explain

Take some time to observe rather than reacting. Keep a note of what happened and anything else that came up that day that may have triggered things.

Over time you might begin to see a pattern forming that may give a sliver of insight that will suddenly click into place.

For example a few weeks ago I felt as if I was heading for a full blown panic attack. Which I hadn't had for years. I was a tad stressed due to various things, had jaw pain from grinding my teeth in my sleep and a lot more. Most I could explain - the rest I could not and twigged it was work I was doing for someone else which had triggered a clearing/energetic purge in my own energy.

Once the penny dropped everything calmed right down. I am always learning *wry smile* And while it can be very disconcerting the first time or two it will start to become less intense. Or at the very least be processed much faster.

Many people suggests its big and scary and should be avoided.....but we'll get to that



3. *You need to do the work*



When starting out down the spiritual path we tend to be drawn to people who are “speaking our language”. We do all the courses, training , retreats etc that they running thinking "when I learn how to do this my life will change". It will yes, but not always for the better.

When these feelings, memories, and more start to come up it can be very tempting to find someone to help you out believing you can hand it over and they will fix it for you. But that's not how things work.

These people can HELP with the situation and point you in the right direction but in the end only you can do the actual work needed.

With shadow work you have to go inwards and really dig deep. Only you walk in your shoes, only you know yourself inside out.

Therefore only you can do what is needed to move something on, dissolve it out or fully absorb it in. The big positive take away from Shadow work is it's 100000% worth all the effort, time and energy. There are huge wins with this when you get your teeth into.

Hard work but more than worth it.

If it wasn't I wouldn't do it.





4. Be aware of spiritual bypassing or gaslighting around Shadow work

This is a bit of a biggie and may jar a little when reading it. Or it might be exactly what you need to hear as confirmation of what you have been picking up.

The spiritual field is a curious one. When I first started out everything was very upbeat, positive and “love and light”. Over time all of this has grated on me as it stopped feeling authentic and genuine. It was said parrot fashion with no real meaning. I even did it myself. I don’t any more - as you may have guessed. Over time as you do energy work, train, teach etc you start to question. What once made sense no longer does and it’s possible to see through to the core of the truth beneath. You see past the glamour or smoke and mirrors.

You may even start to see some of the following:
Bypassing - “good vibes only”, “positive thinking” body swerving anything not seen as “light”.

Gaslighting - “you chose to be ill”, “you chose this toxic cycle” starting to feel a bit icky yet?

Projection - where everything that happens is everyone else’s fault. Such as Mercury retrograde being blamed for all sorts of things multiple times a year.

Once you start to see through this you realise there's more to the spiritual field than you were lead to believe. We are a mix of light and shadow, it creates balance. When we focus too much on one over the other the imbalance can cause issues and problems. If someone you follow/like starts going down a route that feels off, or says things you really aren’t resonating with, then step back.

You’re being shown something important. Shadow work is not the dirty word some make it out to be. It’s possible they don’t like to mention it as their own energy not in the place it needs to be to do their own shadow work. Doesn’t mean it’s not a real thing. The spiritual field is not all unicorns and rainbows. Awareness of this alone is a big thing. Use the knowledge wisely.

5. There is help out there to help you find your feet along the way

It takes time and practice when it comes to Shadow work. Working through can be messy, exhausting, drawn out and seemingly never ending.

But can be the most rewarding work you ever do for yourself. There is help and support out there, not always easy to find, but it is there and appears to be slowly growing.

Which is excellent news. The more this work is spoken of the more understanding comes out.

Set the intent that the right person will be made known to you and keep your eyes open as it may come from a very unexpected direction. And may not be in the form you anticipated or expected. Be open to change and to changing.

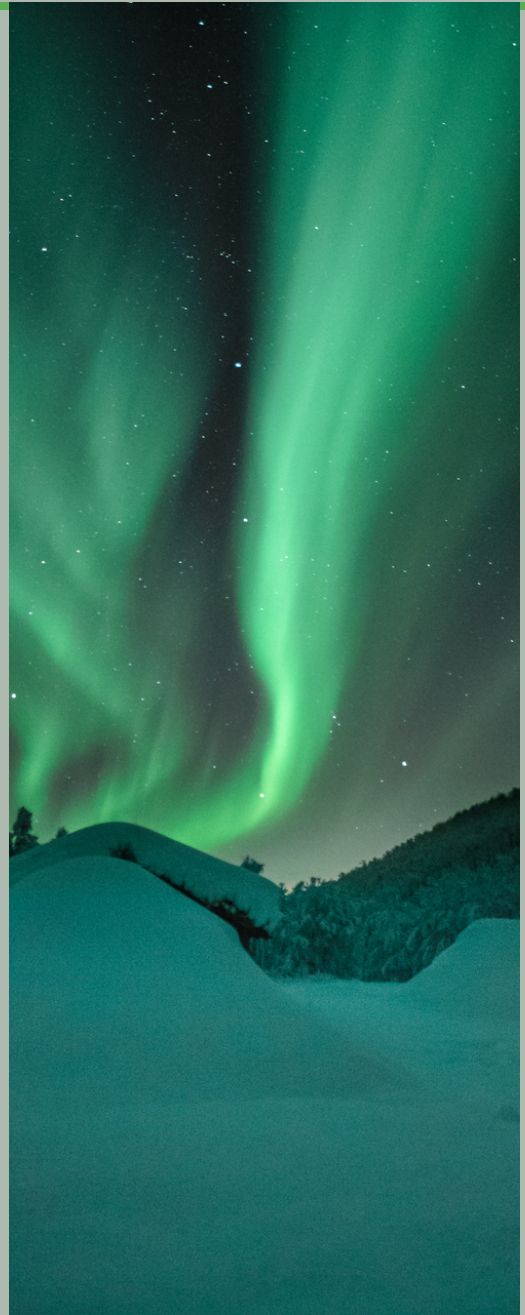
The growth that can come from Shadow work is immense.

And while others won't be able to fully do the work for you they can teach/remind you of tools you can use, boundaries you can set up and a lot more. Remember though, the person who helps you now may not be the same person who helps you later as you shift and grow.

Find the person that sounds/feels fully grounded, balanced and able to explain things in a way that works for you. Check them out a bit and make sure they are right fit. The good ones stand out.

And last of all - good luck. You may swear at yourself a bit further down the road and ask why on earth you started all this.

But with hindsight you'll thank yourself. And in turn it may give YOU the tools needed to help others further down the line.



About Cheryl



Dragon Ascension Therapies



Facebook page



Facebook group



Website



A bit about me? Ok if you insist.

I'm Cheryl and I been running Dragon Ascension Therapies since 2014. Yes the word Ascension annoys me too but it's there to challenge me on a daily basis as my team have a twisted sense of humour *wry smile* I work predominantly (but not exclusively) with Dragon Energy that over the years has allowed me to rediscover my voice, my truth and my back bone.

I am not the same person I once was - and I'm pleased to be able to say that. Self empowerment is a powerful thing. Shadow work is pretty much my bread and butter in terms of what I do. Namely helping people clear out what no longer serves, or understanding what wasn't theirs to carry in the first place.

Delving a bit deeper and finding the things/energies/vibrations that don't belong. Basically taking the mystery out of Shadow. I'm here to help, but not to hand hold. If you like straight talking, being accountable for yourself then there are various ways to work with me.

First step is to join my free group or follow my Facebook business page. Looking forward to meeting you



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