

SHADOW WORK STEPS TO PROCESS HEAVY EMOTIONS

STEP ONE: REFRAME THE WAY YOU VIEW YOUR EMOTIONS

The first step in processing your emotions is to reframe them in your thinking.

While yes, these emotions are terribly uncomfortable, they do serve a Divine purpose in your physical experience as they help you grow, heal, and expand.

So the first step is to welcome these emotions as your teacher and approach them with gratitude for the lessons they offer you.

STEP TWO: OBSERVE WITHOUT JUDGMENT

I have noticed as a society we decided somewhere along the way that if we don't feel happy one hundred percent of the time we assume and are often told there is something wrong in the way of mental illness. It's normal to go through shifts that include highs and lows.

Being comfortable saying "I feel sad." or "I feel really angry!" without attaching judgment is important.

Just because you cycle through highs and lows does not mean that there is a chemical issue in the physical brain. It simply means you are a human being having the human experience you came here to have.

Learning how to find comfort in the discomfort of heavy emotions is a huge step towards processing them without attaching judgment.

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STEP THREE: IDENTIFYING THE ORIGINATING SOURCE

If you woke up with a fever one day that produced uncomfortable physical symptoms you wouldn't just ignore them and go about your day would you? Most likely you would see someone who would help you uncover the reason why you had a fever which would then allow you to reduce the uncomfortable symptoms by healing what ails you at the source. The same should be true when you notice the discomfort of energetic symptoms show up.

The key is to find out why you are feeling the way you are feeling so you can heal what needs to be energetically healed at the source.

The best way that I have found to work through this step is by bringing pen to paper and writing it out.

Use the automatic writing worksheet to help guide you to the root cause of your big emotions.

STEP FOUR: HEALING THE WOUND

Any uncomfortable energy that shows up for you is leading you towards what needs to be healed within.

Once you have discovered why you are feeling the way you are, you can then begin the process of healing the originating wound. There are many ways you can do this inner work depending on your particular issue. Inner child work, self-love, or working with forgiveness are just a few examples.

It's important to remember that if your wounds feel bigger than you, it's time to ask for help. Depending on the severity of what you are working through it may be necessary to reach out to a professional like myself who helps to guide people through healing processes based on their individual needs.

Only you will be able to determine if you need the extra support or not, so follow your intuition, and do what feels right.

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STEP FIVE: TAKING ACTION

The next step in the process is taking actionable steps to shift out of your current mindset. This is an important step but it's equally as important that it's done at the right time.

If you skip the first few steps and go right towards taking action you will miss your lesson, and the lower vibrational energy will be stored instead of released.

This will cause you to repeat the lesson. So, before you move to take action make sure you have addressed the originating source of your energetic symptoms first.

Again here, the actionable steps you take will be based on your individual healing needs and it's up to you to intuitively feel out what actions will best serve you.

It may be that you need to devote more time to gratitude, get moving physically, or work with affirmations to help you reframe limiting beliefs and blocks that you have discovered in this process.

STEP SIX: ENJOY THE REWARDS TO ALL YOUR HARD WORK

The final step is to simply enjoy the rewards of the hard work you have done and celebrate your healing and success. One of the pitfalls to shadow work that I see so many fall into is getting stuck there.

We will each have a number of lessons to work through in this lifetime, but it's not meant to be done all at once. It's a lifelong process designed to help us uplevel in small, sustainable steps that will lead us further towards enlightenment.

Shadow work has the greatest impact when it's done a little at a time when needed. It's easy to feel like the healing work is never over and stay stuck in this continual processing, but it's so very important to take breaks and allow what you have learned to be integrated properly.

Your natural state is joy, love, and peace, so when you have worked so hard to cultivate this energy make sure that you fully lean in and soak it all up.