

A person with curly hair, seen from behind, sits in a small boat on a calm lake. The sun is setting, creating a bright, glowing path on the water that leads towards the viewer. In the background, there are dark, silhouetted mountains under a clear sky. The overall color palette is dominated by blues and oranges from the sunset.

Shadow Work

UnFuck the programming and free yourself to be
fiercely, authentically, bravely, YOU.

Kharma Lindsey

The solitary journey... But not alone.

Are you tired of the same patterns repeating?

Are the same triggers eliciting the same responses EVERY TIME? No matter what you try, they just keep sneaking up?

Are your responses when triggered costing you your relationships? Are they impacting your work, friends, partnerships and your PEACE?

How would it feel to live unafraid of triggers and patterns?

What would change if one day you woke up and were free of past trauma and triggers?

Many of us cannot even begin to imagine what life would be like.....

TransforMagickal-adjective to describe something that radically transmutes energies/

trapped emotions inside our bodies from stagnant shadow to free flowing light- like magick

Magick- the PRACTICE and application if intentional energy movement

**Transformagickal living through
Shadow work and Shadow play**

Group and one on one coaching is available!

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Healing through the integration of shadow:

- Our outer world vs inner world- its all about our perception
- Our shadow, the outer self and the higher self- its about judgement and programming
- The triggers, the ego and reactions- Its about surviving vs thriving

Healing by the integration of energy

- Understanding trauma and shadow inside our bodies
- Freeing the energy with modalities like Breathwork, energywork, Somatic bodywork, movement, and sound
- Mastering the tools of neuroregulation for the processing and integration of shadow to confidently navigate being human despite the everyday triggers and patterns!

Healing by integrating of our Inner Child and Authentic Self

- Befriending and truly LISTENING to the needs of our inner child. Meeting the needs we had THEN to meet the needs we have NOW. Believe me- they ARE related!
- Rediscovering the joy and learning through play! Igniting the passions that were there as a child and applying them to the now. Allowing the imagination to tug us closer to our Inner TRUTH and authentic expression.
- Integrating the child, the adult and the higher self into a whole AUTHENTIC being unafraid to speak your truth.

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Healing by being seen, supported and heard

We CAN do our own shadow work alone- let's face it, we are the only ones that experience what goes on within. But the process of sharing our shadow takes away its power. When we are heard and seen by others, especially in a safe container with no judgment, we begin to heal in ways not possible in solitude. When we hold space for others, we learn to lean into curiosity and understanding. We begin to get a glimpse of ourselves through the eyes of the Other, and vice versa.

Group shadow work and shadow play creates community and safe relationships that carry forward- sometimes for a lifetime!

Let's unfuck the programming together!

- Small groups assembled by geographical area (12 or less participants)
- Two 90 minute zoom shadow work sessions as a group per month
- One 30 min one on one coaching zoom session with Kharma
- Shadow work Journal for prompted journaling as well as 20% off suggested reading materials at select retailers
- Private Facebook group connecting all Shadow work circles for safe community connection and sharing
- 20% off all in person classes and one on one energywork and coaching with Kharma

I want to unfuck the program- I am ready!!

Group and one on one coaching is available!

“Unfortunately there can be no doubt that man is, on the whole, less good than he imagines himself or wants to be. Everyone carries a shadow, and the less it is embodied in the individual’s conscious life, the blacker and denser it is. If an inferiority is conscious, one always has a chance to correct it. Furthermore, it is constantly in contact with other interests, so that it is continually subjected to modifications. But if it is repressed and isolated from consciousness, it never gets corrected.” – Carl Jung, Psychology and Religion (1938)



I am Kharma Lindsey. I am a Shadow worker, mom, shamanic healing practitioner, and human. I have lived life as I was "programmed" to and nearly died from the suffocation of my true authentic self. Shaking off the "ought to's and Have-to-be's" is one of the best things I have ever done for myself. I am still unfucking the programming as it makes itself known. I am HUMAN, but aren't we all???

Through the use of the modalities and "tools" I not only use every day myself, but I teach in this program, I am confident that we all will discover our inner child- thereby deeply knowing, embracing, and radically LOVING ourselves FULLY. We will learn to meet the needs we have and release the need to attach to others for this. We will explore the authentic self and learn ways of expressing the fullness of US.

Together we will practice being seen, heard, and valued for who we TRULY are! The container of safety and community allows us to grow and experience ourselves and others in an open, authentic, HUMAN way.

Through connection, we can develop community and culture to move forward in a healthy, radically FREELY authentic way. Boundaries and self-love will direct our way forward to create a life where freedom and self-expression and radical self-love guide every step forward.

Will you join me on this journey?