



SOULMENDER'S CREED



I -----

vow to embark on the courageous journey of shadow work with *honesty*,
compassion, and *dedication*.

I **commit** to exploring the depths of my psyche, confronting my fears, and
embracing the darkness within.

I **will face** my *suppressed emotions* and *traumas* with courage and resilience,
knowing that through healing comes liberation.

I **pledge** to take responsibility for all aspects of myself, both *light* and *shadow*, and
to integrate them into a harmonious whole.

I **promise** to seek *self-awareness*, *personal growth*, and *authenticity*, knowing that in
acknowledging my shadows, I unlock the keys to a more fulfilling and meaningful
life.

With an open heart and a steadfast commitment, I embark on this transformative
journey, trusting in the process and embracing the profound
power of shadow work.

Today's date:
