

SHADOW WORK PROGRAM



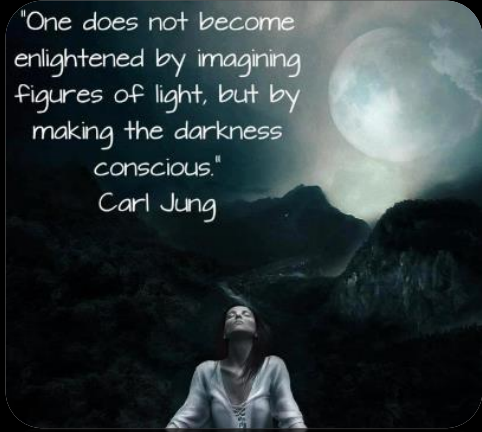
16 weeks Intensive Program

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WHY 16 WEEKS?

16 weeks will allow us to really dive into your Subconscious bringing out all subpersonalities hiding within the darkness. It allows us to journey into the depths and speak to each personality and bring to the light all aspects that we need to bring up. Shadow Work is one of the most important works I have ever done for myself and can do for my clients. I will not work with everyone, as I need 100 percent commitment and dedication from them.



"One does not become
enlightened by imagining
figures of light, but by
making the darkness
conscious."
Carl Jung

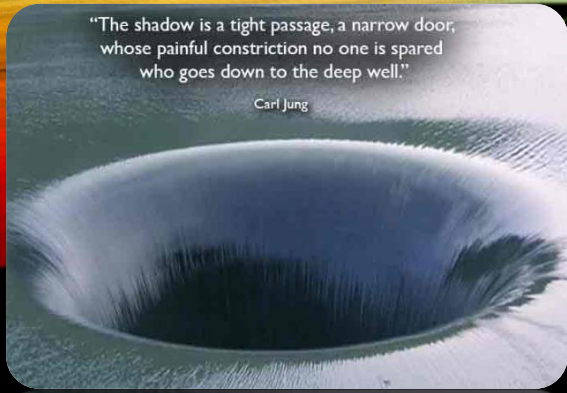
What will you get?

One 2 hour meeting weekly where we will discuss a different topic and perform a new exercise. Every week will be different and will be exploring a new aspect into shadow work. You will then take your activity home and continue to work all week with your HOMEWORK.

At the next meeting, we will discuss your homework as well as any new insight that you received while working on your own.

"The shadow is a tight passage, a narrow door,
whose painful constriction no one is spared
who goes down to the deep well."

Carl Jung



WHAT IS SHADOW WORK?

Aspects of your life can be categorized into two aspects: those that are in the light and aspects that in the shadow.

There are facets of you that you're open to letting people see, and these can be both positive and negative facets of you. Even if it's only a few loved ones, you will still let people see the side of you in the light. You can acknowledge those aspects of yourself on a day to day basis.

Those other aspects of your life are in the shadow. These aspects can be both positive and negative, though typically we are not yet conscious of the positive. That is why you conceal these aspects in the shadow. Our fears, the ugliness within us that we want to hide from others and even hide from ourselves, and the scars we would much rather erase altogether are what we keep in the shadow. Yet often the greatest gift we have to contribute are, at the start, in the shadow. Shadow work is about pulling into the light all that you would rather conceal, so that you can uncover your greatest innate gift.

PROGRAM COST

16 week intensive program: 4800 AED (Monthly Instalments of 1200aed due at beginning of first week session) **GREAT DEAL** at only 150aed/contact hour

Other payment options available: 4000AED one-time payment (Savings of 800aed)

Or 2 payments due on month 1 and month 2: 2200AED (Savings of 400aed)

