

# Shadow Work

## Book of Shadow printable bundle

A well research material compiled together for binder type Books of Shadows. These include:

- General information about the subject
- Simple ritual and tarot spread
- General correspondences
- How-tos of Shadow Work

Once purchased, you will have the files for multiple reprints. This file is suitable for A5 and A4 paper sizes.

If there are any issues or questions, please contact the seller.

## Shadow Work Journal

*Use this space to start your journal. Track the Shadow discoveries and thoughts that you are getting through the practice. It is always handy to have these notes in one place to be able to come back to them later and see progress.*

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## Shadow Work

### Correspondences

*These elements can be adjusted to your needs. Follow the route of personal development revealing truth, secrets, working with subconscious and dream work.*

Time of day: Twilight (evening)

Colours: White, Blue, Purple

Herbs: Jasmine, Rose, Lavender, Rosemary

Crystals:

Elements:

### Simple Shadow Work ritual

You will only need a while or a blue candle. A simple yea can work too!

### Simple



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Time of day: Twilight (evening)

Colours: White, Blue, Purple

Herbs: Jasmine, Rose, Lavender, Rosemary

Crystals: Amethyst, Clear and Rose Quartz

Elements: Air & Water

### Simple Shadow Tarot spread



1. What's the biggest part of my Shadow?
2. How do I identify it?
3. How do I accept it?
4. How can I integrate it?

*If these questions aren't clear enough, you can always ask for additional card for each question for more details. But this is a good start. Add this information to the journal, which you start with the ritual.*

### Main Goals of Shadow Work:

Identify and examine

*Moths are frequently symbolic of transformation, rebirth, and the unconscious. Moths are regarded as spiritual creatures in many cultures, representing the soul or the unconscious mind.*



## Shadow Work

Process of discovering and comprehending hidden elements of oneself is referred to as shadow work. Swiss psychiatrist Carl Jung is credited with the idea of the shadow. He held that the unconscious parts, thoughts, and actions that a person is unaware of from others and from themselves are the shadow. According to Jung, the shadow is the dark side of the mind and it comprises both good and bad.

*Your Shadow just like your Ego is a tool and your ally in practice, not an enemy that you need to rid of.*



*Pay attention to what your shadows shows you. Don't be afraid of it.*

### 5 Ways to do Shadow Work:

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### 5 Ways to do Shadow Work:

#### Journalling

Putting one's thoughts and feelings down on paper can be a very effective way to explore one's shadow. A person can obtain more understanding of the unconscious ideas and feelings that make up the shadow by taking the time to reflect on their experiences and emotions.

#### Meditation

Quieting the mind with meditation might help bring forth unconscious thoughts and emotions. One can learn more about the shadow by spending some time sitting motionless and just observing the mind.

#### Therapy

A person can investigate their unconscious mind and make healthy adjustments in their life with the aid of a therapist or coach who has received training in shadow work.

#### Visualization & art therapy

Visualisation or art therapy can be a powerful method to bring

### Simple Shadow Work ritual

You will only need a while or a blue candle. A simple yea light can work too!

Settle in your space, sacred or not, as long as it is quiet. Do some breath work to calm down and concentrate on your intention: Discover and Identify your Shadow.

Light the candle in front of you and feel free to invite the beings that you believe will help you: can be your Patron God/Goddess, can be your ancestors, spirit guides or the elements.

Concentrate on the candle and set the intention to work with your Shadow. Be mindful of what you are asking for though, you don't want to deal with everything at once. Shadow work is a gradual process, so only ask for what you're ready to deal with.

Once done, remember to journal whatever feeling, memory or emotions come through in this moment. These will guide you towards discovering your shadow and how to deal with it.



*Many duties can aid in Shadow Work.*



*Mirror work*