



Shadow Work 101 FAQS

33 QUESTIONS
ANSWERED TO
HELP YOU
OVERCOME THE
FEAR OF STARTING
YOUR JOURNEY

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LIFE COACHING AND
SHADOW WORK COACHING
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If you have suffered any form of trauma or abuse, I recommend you seek help from a mental health professional.

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Rachel D. Garrison

A black and white portrait of Rachel D. Garrison, a Black woman with short, curly hair, looking thoughtfully to the side with her hand resting on her chin. She is wearing a dark top and a large, ornate earring. The background is a solid light color.

Meet Rachel D. Garrison

I am an author, blogger, content creator, safe space creator, life coach and what most people would call a shadow work coach. But I like to simply say that I am a healer and your accountability partner helping you on your journey of healing and becoming your most authentic self so that you can have healthier relationships. In my practice, I create a safe space for you to be vulnerable and explore those hidden areas of your life. I cheer you on in your successes and I lovingly challenge you and hold you accountable for your words and actions in order to promote your growth.

I designed this guide to help you understand shadow work so that you can overcome the fear of getting started.

Please feel free to contact me at any time at
www.racheldgarrison.com

Love Always and in All Ways,
Rachel D. Garrison



The Basics

- What is shadow work? How does shadow work help with my spiritual journey? I explain to my clients that shadow work is the basis of the healing journey and is the foundational practice for divination and manifestation. Shadow work is a mindset shift and is the deliberate work to uncover your shadow side and integrate it into your life. Your shadow side includes traumas, reactions; fears, masks, secrets and talents you hide. In addition, anything that we hate about ourselves and have labeled as bad or wrong or unloveable is also a part of the shadow.. Not only do our shadows include things we suppress (consciously choose to hide) but also the things that we repress (unconsciously deny) If you don't do shadow work, your shadow will continue to subconsciously affect your behaviors. Shadow work is a journey of self-exploration, self-acceptance and self-awareness. Although used in the spiritual community, shadow work has its roots in psychology. It is how we begin the process of reprogramming our brains to deal with trauma and manage our triggers and handle life as it happens. When we become more self-aware, we become more aligned in the spiritual realm.
- Is your shadow your dark/evil side? Not necessarily. Our shadows are things that we suppress or repress which could include a number of things including less-than-desirable traits, passions and creativity.



The Basics

- Is it enough to acknowledge the trauma but not fully heal? Acknowledging the trauma is one of the first steps in healing. We have to **EXPOSE/ACKNOWLEDGE** the wound. If you stop there, all you've done is opened a deep wound and allowed it to fester. If you truly want to heal then you shouldn't be satisfied with letting a wound fester.
- How long is it? **FOREVER**. Shadow work is deeper than writing journal prompts. It's a lifestyle and mindset. It is mental work to change how you see yourself, see life and see others.
- Why do people say that shadow work is emotional? Shadow work can bring up intense emotions because you are working with past events, people, things and yourself. You're also addressing actions that you have taken that led to painful experiences. Coming to terms with the truth that you were a part of your own pain can be hurtful. Also, realizing that you hid **BEAUTIFUL** parts of yourself can create some emotions as well. Sometimes shadow work can be so intense that it may cause you to shut down as a defense mechanism. This is also why many people who begin shadow work alone, quit the process.



The Basics

- Should I do shadow work if I have a mental illness? Shadow work is not an alternative treatment for mental illness. I advise those with mental illnesses to continue their work with their psychiatrist and/or psychologist. Since shadow work is based in psychology, your mental health professional should be able to help you navigate that space while managing your mental illness. Addressing complex trauma alone can be very toxic to your mental health.
- Will shadow work help with self love? ABSOLUTELY! The shadow work journey is the self-love journey. You can't love or appreciate yourself if you don't know or accept yourself (all of yourself).
- Will shadow work help with manifestation? Yes. Shadow work helps us to overcome subconscious blocks and acknowledge self-sabotaging behaviors. When we do those things, we get into alignment so that we can manifest the things that we desire. We cannot manifest the life we want until we acknowledge the life we had/have or acknowledge that we have been repressing our emotions. Sometimes, we can repress emotions by practicing toxic positivity ("love and light" 24 hours a day). When we practice constant positive thinking, we repress feelings and create blocks. Shadow work helps you accept and manage all of the feelings rather than hide them so that we can manifest our desires.

A close-up, profile view of a woman with dark skin and short hair, looking down and slightly to the right with a thoughtful expression. She is wearing a dark top and a large, ornate earring. The background is a solid purple color.

The Basics

- I don't need shadow work. What's the next step? **SHADOW WORK!** If you think you don't need shadow work, then you are in denial and it's common. We all have experienced this level of unawareness. Time to expose the shadow of perfection.
- Can you do shadow work while in a relationship? I was wondering if you could or would be like a distraction or prevent you from actually doing the work. Believe it or not relationships can be the biggest exercises in shadow work-- if we let them. Being in a relationship can help shed light on our biggest shadows because our partners often mirror things about ourselves. That doesn't mean that you should get into a relationship so that you can start or do shadow work. It just means that relationships won't distract you from shadow work but it can contribute to your shadow work. It all depends on your level of maturity--like anything in life.
- Is it safe to do shadow work while expecting? Yes it is. If you are already comfortable acknowledging and feeling your feelings, then it should be safe to do shadow work while expecting. I have actually worked with expecting mothers who were determined to make a better life for their children rather than bringing their children into knowingly chaotic and traumatic environments.



Getting Started

- Do I have to sit in front of a mirror in the dark? NO! There are many shadow work exercises and some include mirrors. However, standing in front of the mirror in the dark is not shadow work. It can be a practice in dark work but it is not a common shadow work practice.

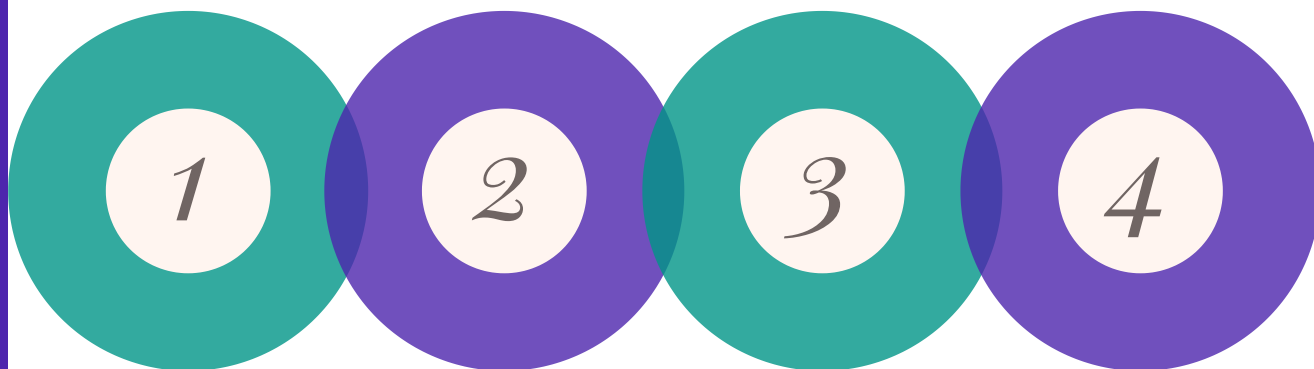
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