DISCOVER YOUR SHADOW

Empowering Healing Through Understanding

What to Expect in a One-on-One Session

In Shadow Work, we talk about the idea that we are made up of different parts. For example, you might say, “Part of me wants to go out and socialise, but another part of me wants to stay home and rest.” These parts are like different feelings, thoughts, intuitions or voices inside you. When we are conscious of them in this way we can better understand what is going on inside us and how these parts are influencing our decisions and actions.

How the Session Works

Initially we will discuss what it is that you would like to focus on in your session, which might involve a live situation, a behaviour or limiting belief that is impacting your life. You do not necessarily need to arrive knowing what you want to focus on as the initial conversation itself can open up possible avenues of exploration.

Once you are settled on what you would like to focus on and have happen in your session, we will turn to the carpet in the middle of the room, which is where the main work will take place. This carpet represents your “inner world,” or everything that makes you who you are inside.

During the session, you can use colourful cloths, props, or other objects to represent the different parts of yourself on the carpet. You will have the opportunity to observe these and step onto the carpet to embody each part. Then you can step off the carpet and talk about what you experienced and how that part shows up in your life.

If there are other people involved in the situation, these too can be represented on the carpet including any messages that you receive from them.

You Are in Control

At all times, you as the client are in control of what happens in your session. We will also go at a considered pace. In Shadow Work we slow things down to ensure that everything we do is a conscious choice. This also supports maintaining a regulated state whilst exploring different parts.

All Parts are Welcome

All of you is welcome, all parts of you however they show up, or hide, are welcome. As a Healing The Shadow practitioner, this is one of our core principles of our work and approach with every client. You are all welcome.

We recognise that all parts of the client have value, are essentially good and have the best interests of the client at heart.

Summary

In summary, we will start by spending some time talking about the situation that you would like to focus on and what you hope to get from the session. We will talk about the parts of yourself related to the situation and you will have the opportunity to embody these.

Once you understand what is going on inside you and how that is impacting your life, you can explore what options are available to make changes. You might decide to return to the carpet and interact with some of these parts of yourself.

You could:

- Comfort a part of you that feels sad or scared
- Talk to a part of you that needs help or guidance
- Help two parts of yourself work through their differences

You can also look at your relationships with others, how you experience these and how these could be different. This can include setting boundaries with them and experiencing what this feels like in the carpet setting.

There are many ways a session can go, and you will know what feels right for you. The decision of what will happen and how it will happen is made by you, with my support and guidance as and when required.

> *"Go and love someone exactly as they are. And then watch how quickly they transform into the greatest, truest version of themselves. When one feels seen and appreciated in their own essence, one is instantly empowered."* Wes Angelozzi

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