A woman with her hair in a bun, wearing a long, flowing red dress, is walking away from the camera on a dirt path through a forest. The path is covered with fallen leaves and is flanked by dense green foliage and trees. The lighting is soft, suggesting a dappled sunlight effect. The overall mood is serene and contemplative.

INTO THE  
WILD  
SHADOW WORK  
JOURNAL

RECLAIM YOUR WHOLENESS

DOMINICA APPLGATE

Who looks outside, dreams; who looks inside, awakes. C. Jung

# INTO THE WILD SHADOW WORK JOURNAL

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The term projection is used by Jungians to mean that each of us places some quality of our own being onto something or someone else. Aspects of reality of which we are unconscious are projected onto the outer world, where we see them in terms of events and people outside of ourselves. This psychological process works like a projector in a movie theater: we take something that is within the projector and blow it up onto a screen or backdrop, where we see it more clearly. Since this process is unconscious, we often think it belongs to the outer object when, in fact, it belongs to us. It is not only a person's negative qualities that are projected outward in this way; in equal measure we project our positive qualities, including our gold. Robert A. Johnson

## INTRODUCTION

I thought life would go differently than it has. Smoother, with less ripples, you know?

I thought for many years I had it all together, only to find myself facing pretty much all of my demons shadows in my mid-30's during a traumatic time. Turns out stuffing your feelings since birth doesn't pan out very well later in life.

My emotional balloon popped and I had no idea how to cope in healthy ways. Thankfully, someone steered me toward the direction of Shadow Work. I put on my work boots and started digging.

We all have a shadow side – parts us that over the years we've repressed, hidden away, rejected, or ignored. Parts of us that we don't want anyone to see. Parts of us that **we** don't see.

*"Wait. What? I'm selfish? Playing a victim? Riddled with shame? What the heck are you talking about?"*

The reality is that keeping the shadow part of us in the dark doesn't serve us well. In fact, it can cause plenty of awful, disheartening, repetitive issues throughout life. {Like the same toxic relationship partner after partner after partner.}

The shadow is the ego part of us that isn't really real. It's the false personality we've created over time. It's the masks we wear to try to protect ourselves from getting hurt. It's those false thoughts and beliefs that have become ingrained in our psyche. The anger we didn't want to feel. The shock from trauma. The pain of neglect. And so on.

It may also be positive parts of us that we've split off from over the years. Maybe your parents thought you should be seen and not heard, so you repressed your voice. Or perhaps you were told that artists never amount to anything, so you stuffed your desire to create art.

Regardless of how the shadows that lurk came to be, the truth is that we're not doomed to have to allow them to subconsciously rule our lives. Those thoughts, feelings, memories, etc. that have been steering the wheel of our lives toward ditches or cliffs – we can wrangle up and set them straight. We can "feel, deal, and heal" as some people say.

If there's one thing I know, it's that we all desire to grow to become more authentic, enlightened, compassionate and loving. **Into The Wild Shadow Work** can be a wonderful path toward experiencing such.

Shadows (wounds, negative thoughts, faulty belief systems, suppressed desires, etc.) can be discovered, faced, processed, and integrated (dissolved). As humans, we have the opportunity to grow up – not just physically – but emotionally and spiritually. But it takes some work, dear one. And shadow work can be a tool that can help bring wholeness to each one of us and the collective.

## **Meeting Your Shadow**

If you've never done shadow work, this journal may introduce you to your shadow side – the light and the dark side. Many people think their shadow is solely dark, but this isn't true. There's plenty of positive things we repress or disown throughout our lives. This journal is meant to introduce you to your shadow as a whole.

### **How Will I Feel?**

Shadow work evokes different feelings or intensity of emotions for everyone. However, common emotions you may encounter along the way are:

#### *Fear*

You may trigger some unhealed wounds that cause you to feel afraid. That pain/experience/trauma/trigger that you suppressed might not be easy to face. Know that to heal it, you've got to temporarily feel it.

#### *Shame*

Shame is a biggie. Many of us carry shame that stems all the way from childhood.

#### *Anger*

Some journal prompts may cause anger to surface. It's easy to stuff anger down deep, especially if you're used to being a "good girl" or "good boy" because that's just what was expected.

#### *Numb*

You may feel numb as you try to answer some questions. Or, you just don't feel much of any emotion. For me, I had trouble feeling anything when I first started shadow work. I couldn't remember my childhood well at all because I repressed so many memories.

Other emotions that may rise are guilt, sadness, frustration, feeling abandoned, grief, and more.

If you get to a point where it feels like it's too much, sit and breathe. Meditate for a bit and come back to journaling later. Take it at your own pace and remember to nurture yourself, practicing self-love and compassion all along the way.

Remember that as you work through the Shadow Work Journal, you're getting in there deep and re-collecting parts of you that you've chipped off over the years. You're becoming more whole.

## **Practicing Mindfulness & Meditation**

Shadow work can be tough.

Digging deep to discover aspects of you that you've lost, or dark parts of you that shock you, can mess with the mind. I always advise people to take up the practice of mindfulness and meditation as they do shadow work.

Mindfulness means staying in the present and being mindful of the thoughts arising moment by moment. Acting like a thought detective, we get to identify the type of thoughts that come. If they're negative or false, we have the opportunity to say so. We get to call them out and say, *"Um, excuse me. I'm not falling for that. I choose to believe and live in the truth."*

Meditation is taking time to get quiet with yourself. It's going within as a sacred act, gaining more control over your thought life. We all know thoughts come and go, but we do have the choice as to what types of thoughts we identify with. In daily meditation time, we can get more acquainted with the "I" that is our core nature. Our essence. The "I" underneath all those thoughts.

We can connect with a place of peace and harmony with ourselves as part of Divinity! It'll be tempting to skip time to meditate, so really make that commitment. It's a discipline and a practice, and can certainly help you as you navigate your shadow side of ego.

## **Working Through Journal Prompts**

Take your time working through the following Shadow Work prompts. If you find something too emotionally challenging to answer, find some support before doing so. A counselor, spiritual advisor, wise friend, sponsor, etc., can oftentimes hold the space for you to begin processing and heal various wounds.

It'll help right now if you commit to lavishing abundant love on yourself as you progress through the journal. I know for me it used to be so easy to beat myself up. I'd start journaling and feel horrible facing some of my shadows.

Or, I'd feel horrible because I could only write one or two sentences, where others would be writing short stories!

*Go easy on yourself.* Remember that there's no right or wrong here. Cut yourself some slack as you delve deep into your psyche. Nurture yourself in ways that you feel loved. If you come across something just too challenging, skip it. Maybe it's just not time to "go there".

## **Finding And Loving The Real You**

My intent is that you will consciously wake up more fully to your spiritual existence - the real you! The you that you've forgotten about over the years! I hope that you experience deep and profound spiritual transformation, as well as compassion and divine Love for yourself and others as you work through the journal.

Remember, it's progress we're after; not perfection. Doing your inner healing work can be sacred. Give yourself permission to do it with grace and love. You may want to light a candle before journaling, taking several deep breaths and tune within. Ask all that is holy to assist you.

## Shadow Work Tips:

As you become aware of shadows arising within you, realize that this is an opportunity to begin integrating them. This means working through them so they will lose their power or charge over you.

It'll be helpful for you to integrate shadows if you:

1. Acknowledge the emotion/feeling. Feel it for the moment, but know that you're also preparing to let it go. It might feel intense at first, but know that by "feeling" it, you're working on "healing" it.

2. Observe shadows from your true identity as spirit being. Think of yourself as a witness. You may discover your shadow parts, but you're not actually them. That shadow is not the real part of you. It's part of your ego, but **it's not the real you as spiritual creation.**

3. Drawing from Ken Wilber's Integral Theory work, refer to that shadow as "you" and "it". (Rather than "I".) This will help you feel separate from it. You can question it, asking things like, "Where did you come from?" "What do you want?" "Why do you keep popping up?"

4. Once you've felt it, acknowledged it, observed it, questioned it, now it's time to **lovingly let it go.** Let it integrate into your being or dissolve into nothingness. Enjoy the peace that comes along with it.

Keep in mind that shadow work is a lifelong process. There are layers upon layers in our psyche. There may be shadows that live in the basement, main floor, closets, the attic, garage, and secret passageways.

Some of them are sly little suckers and hide well. But know that as you keep doing your inner healing work, as you progress in your spiritual discipline, you're reclaiming all of you. You're becoming more whole, and that means you'll experience more peace and joy along this life's journey.

*let's start peeling off the masks, shall we?*













We are every beautiful and ugly  
trait rolled into one. It's time to  
manifest all of your qualities.

debbie ford







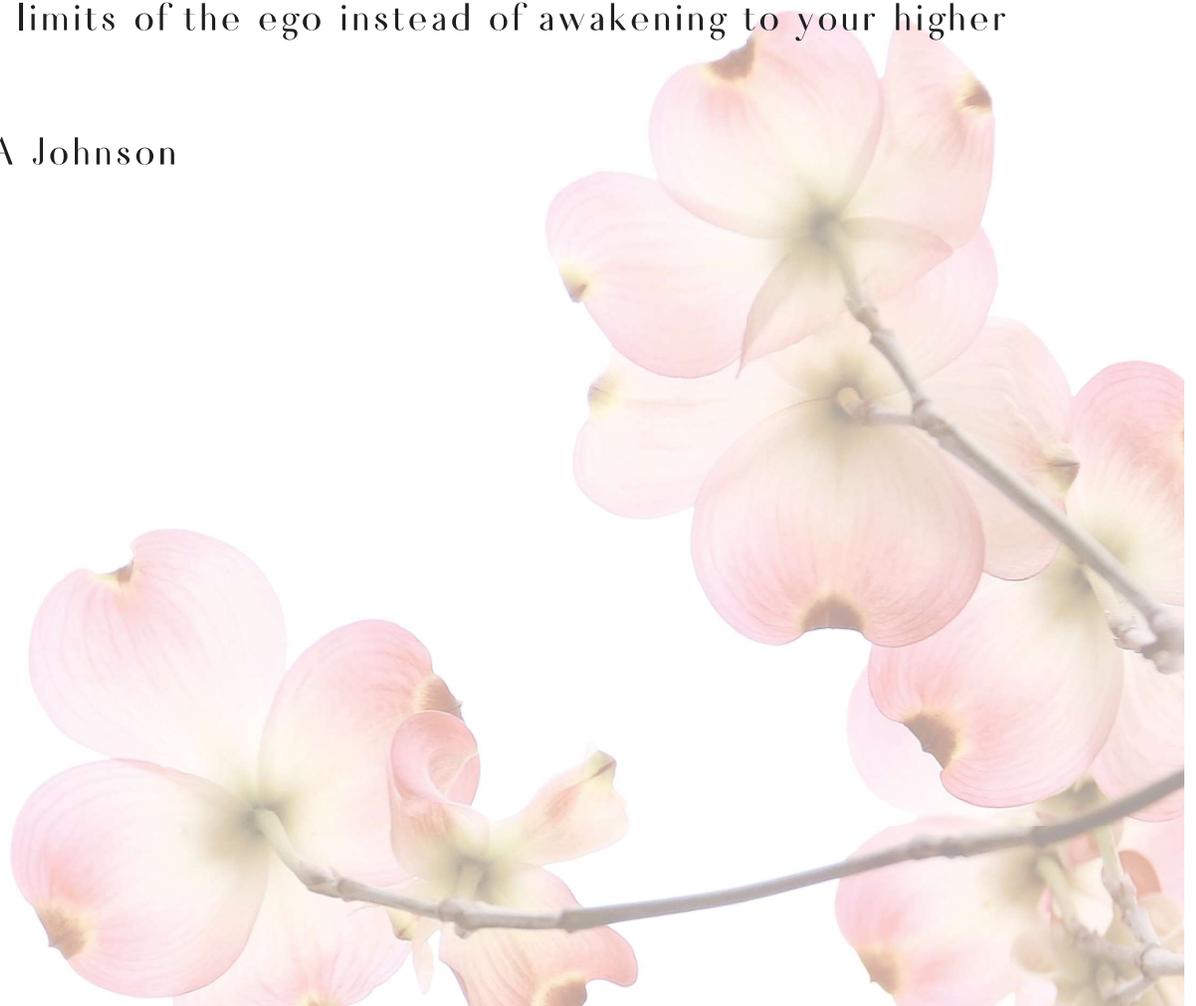
“When we find ourselves in a midlife depression, suddenly hate our spouse, our jobs, our lives, we can be sure that the unlived life is seeking our attention.

When we feel restless, bored, or empty despite an outer life filled with riches, the unlived life is asking for us to engage.

To not do this work will leave us depleted and despondent, with a nagging sense of ennui or failure. As you may have already discovered, doing or acquiring more does not quell your unease or dissatisfaction. Neither will “meditating on the light” or attempting to rise above the sufferings of earthly existence.

Only awareness of your shadow qualities can help you to find an appropriate place for your unredeemed darkness and thereby create a more satisfying experience. To not do this work is to remain trapped in the loneliness, anxiety, and dualistic limits of the ego instead of awakening to your higher calling.”

Robert A Johnson















Some shadows act so tough. They're sly, thinking they'll never be discovered. Keep seeking the Light. Commit to your spiritual path, for as you do, the Light will showcase the shadows and help you feel, heal, and integrate them.



















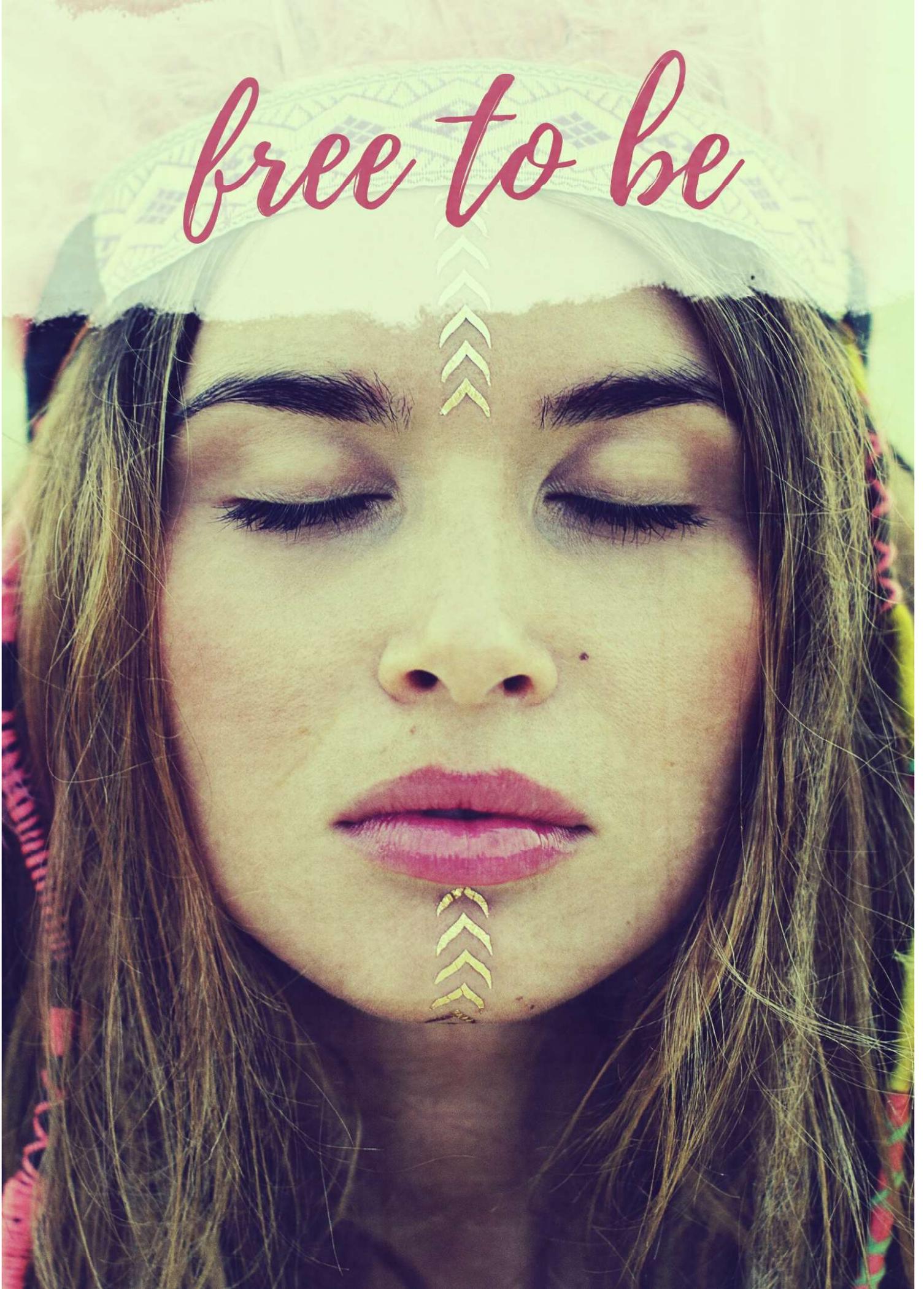








*free to be*





















*"Everything that irritates us about others  
can lead us to an understanding of  
ourselves." Carl Gustav Jung*















A woman with her hair in a ponytail, wearing a sleeveless red dress, is walking away from the camera through a field of tall grass. The background shows a sunset or sunrise sky with soft, golden light and some trees in the distance. The overall mood is contemplative and serene.

walk your own journey.  
be unashamedly you.

dominica



























*i am a shadow hunter*













*congratulations! you did it!.*



My hope and prayer is that you discovered a lot of treasures along your shadow work path. That you were able to own all the parts of you that you cut off from over the years - the good and the not-so-good!

Be proud of yourself for showing up and doing the work. Commit to continuing along the spiritual journey from here on out. There are likely to be more layers, triggers that show up out of nowhere, and some surprises as you navigate life's road.

Stay present. Mindful. Breathe. Stay true Offer gratitude for it all.

Sending you so much love, dear ones.

*dominica*



## About the Author

Dominica is a gentle soul showing up in this world to help others heal, grow, and evolve. She's especially interested in using her experiences and her story to encourage others.

For over ten years, she's reached thousands of people globally with her inspirational teachings about waking up, doing inner healing work, creating healthier relationships and enjoying a more meaningful life.

Professionally, she's equipped with a graduate degree in counseling and over ten years' experience working in the mental health field. Personally, she's been a serious seeker since her late teens, immersing herself in various spiritual practices.

Her books include *Recycle Your Pain: It Has a Purpose*, and a collection of poetry entitled, *The Pain, It Shapes Her World*. Her interests include ancient wisdom, neuroscience, transpersonal psychology, quantum physics, and conscious evolution.

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## Share Some Instagram Love

Feel free to share your shadow work experience on Instagram. Snap a photo and tag [@dominica\\_applegate](https://www.instagram.com/dominica_applegate). #freetobeshadowwork



# Helpful Books

Owning Your Own Shadow: Understanding the Dark Side of the Psyche by Robert A. Johnson

Bringing Your Shadow Out of the Dark: Breaking Free from the Hidden Forces That Drive You by Robert Augustus Masters and Lissa Rankin

King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine by Robert Moore

Practically Shameless: How Shadow Work Helped Me Find My Voice, My Path, and My Inner Gold by Alyce Barry

Romancing the Shadow: A Guide to Soul Work for a Vital, Authentic Life by Connie Zweig

Shadow Dance: Liberating the Power & Creativity of Your Dark Side by David Richo

The Road Back to You: An Enneagram Journey to Self-Discovery by Ian Morgan Cron and Suzanne Stabile

The Shadow Effect: Illuminating the Hidden Power of Your True Self by Deepak Chopra, Marianne Williamson, Debbie Ford

Goldmining the Shadows by Pixie Lighthouse

Zweig, Connie, and Steve Wolf. Romancing the Shadow: A Guide to Soul Work for a Vital, Authentic Life by Connie Zweig and Steve Wolf.



To go in the dark with a light is to know the light.  
To know the dark, go dark. Go without sight, and  
find that the dark, too, blooms and sings, and is  
traveled by dark feet and dark wings.”

wendell berry