Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Journaling for Shadow Work on Shadow Self for Healing

Beginning Declaration: (Say 3 times)
I am beautiful conscious loving light energy. I am not my thoughts, I am having these thoughts. I will examine these thoughts with detachment and love for myself to see clearly.

What emotions am I feeling?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why am I feeling this way?

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What do I believe is the root of these feelings and emotions?

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Takes some moments to breathe deeply. On the exhale of each breath, release these feelings and emotions until you feel you are done.

What is the emotion or feeling I would like to have instead?

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Takes some moments to breathe deeply. On the inhalation of each breath, charge up your body with these feelings and emotions until you feel you are done.

Ending Declaration: (Say 3 times)

*My story is unique. I accept myself as I am. I am filled with the beauty in and of my lessons. I have a new love and understanding of myself. I can return to this feeling whenever I need*.

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Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dream Journaling for Shadow Work on Shadow Self for Healing

What happened in my dream?
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How did my dream made me feel?
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What emotions came up for me?
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What people or figures appeared in my dream?
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Are there any thought provoking ideas about the origin of this dream?

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