

What Shadow Work Actually Is

Defines shadow work in her own terms before asking anyone to do it — grounded in named teachers, not jargon.

What this lesson covers

- Two honest, non-“holy-than-thou” teachers on her hero wall
- Naming the shadow without fixating on it or spiritually bypassing it
- Pain is not optional; the narrative we build around it is what causes suffering
- Ego-thinking (blaming, judging, labeling) vs. the needs/values it's covering for
- Alchemizing the ego: every behavior is a call for love underneath

HOME EXERCISE *One narrative I've built around a hard thing that happened to me:*

Is that narrative actually true, or just the story I defaulted to?

One ego-thinking behavior I catch myself doing (blaming, judging, labeling):

BEFORE NEXT MODULE: Rewrite the narrative from question 1 in one sentence, as true but less punishing.