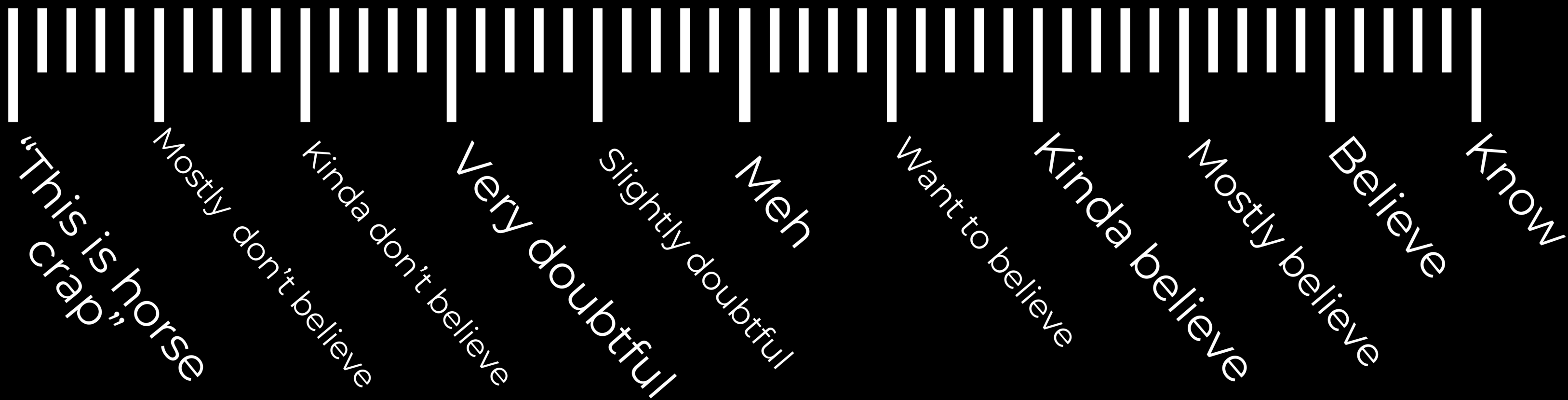


# Shadow Work De-mystified

Leveraging IFS & Lucid  
Dreaming to Love on  
Our Shadows

# FOUNDATIONS



**CONSCIOUS AWARENESS  
IS THE FOUNDATION  
A.K.A.  
THE FREQUENCY OF LOVE  
THE 1 TRUTH**



**MISSION:**

Amplify Love.

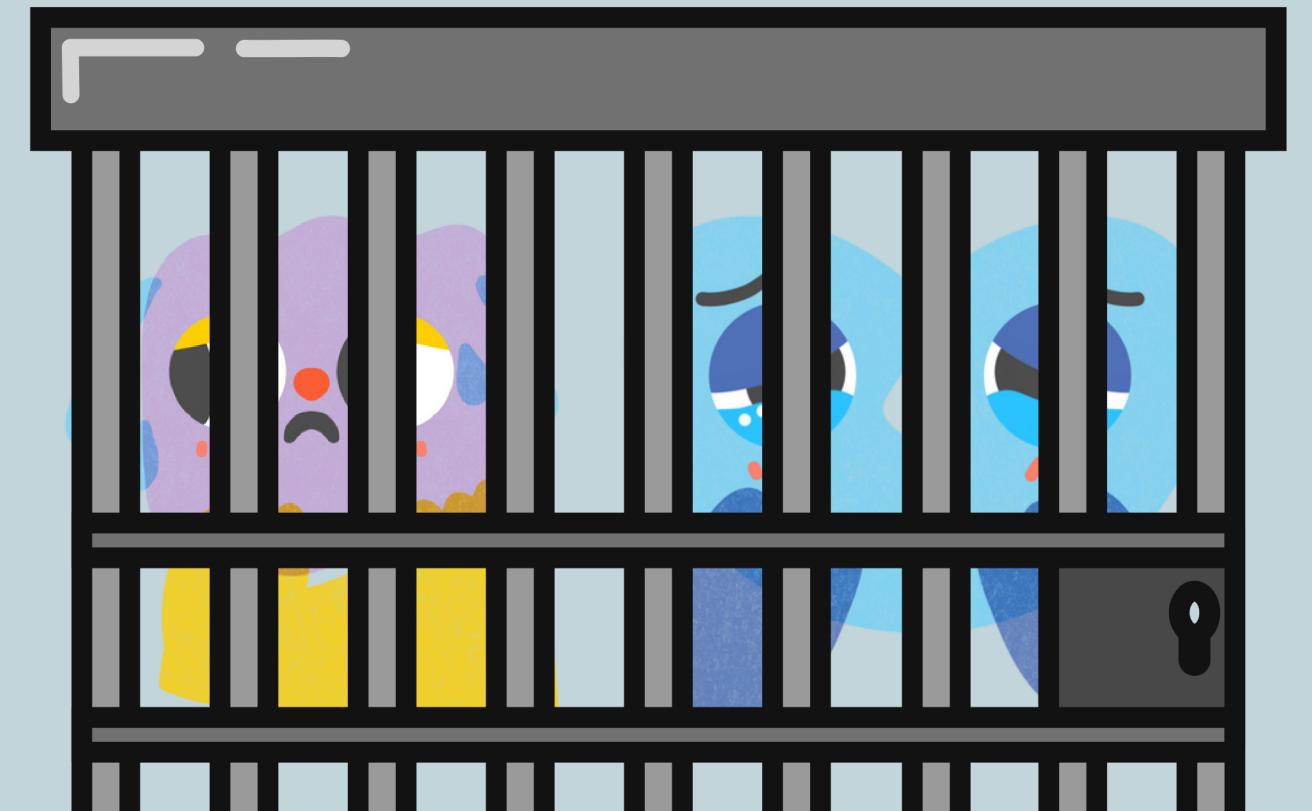
Call back to Love anything that has been imprinted with something other than Love.

Be the guardian for Love.



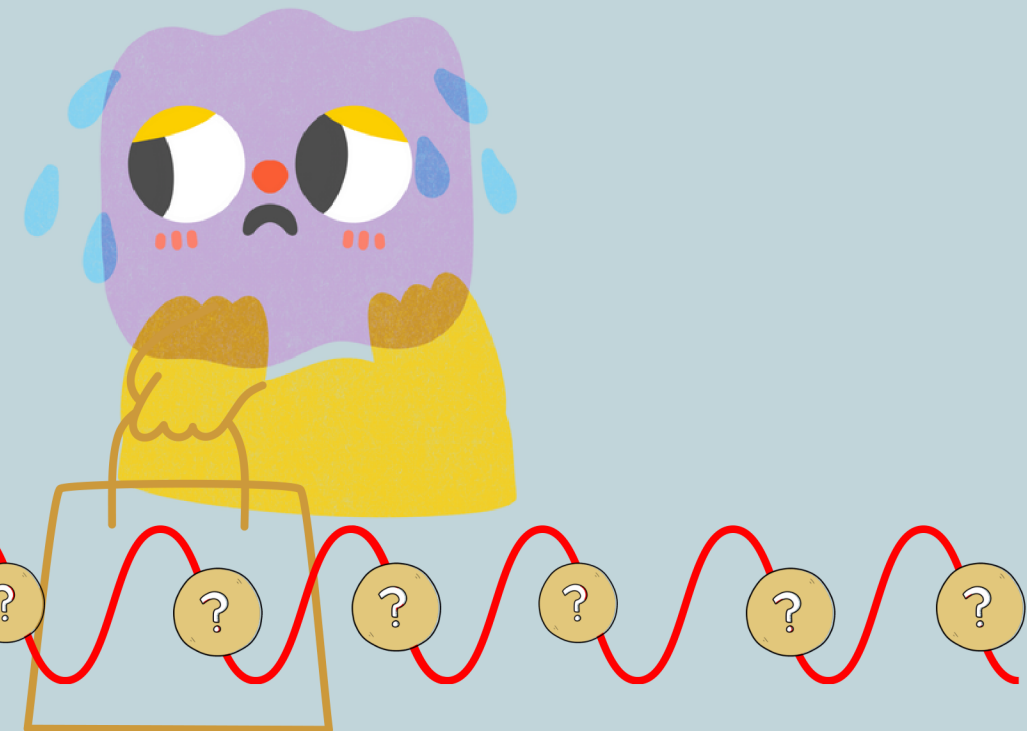
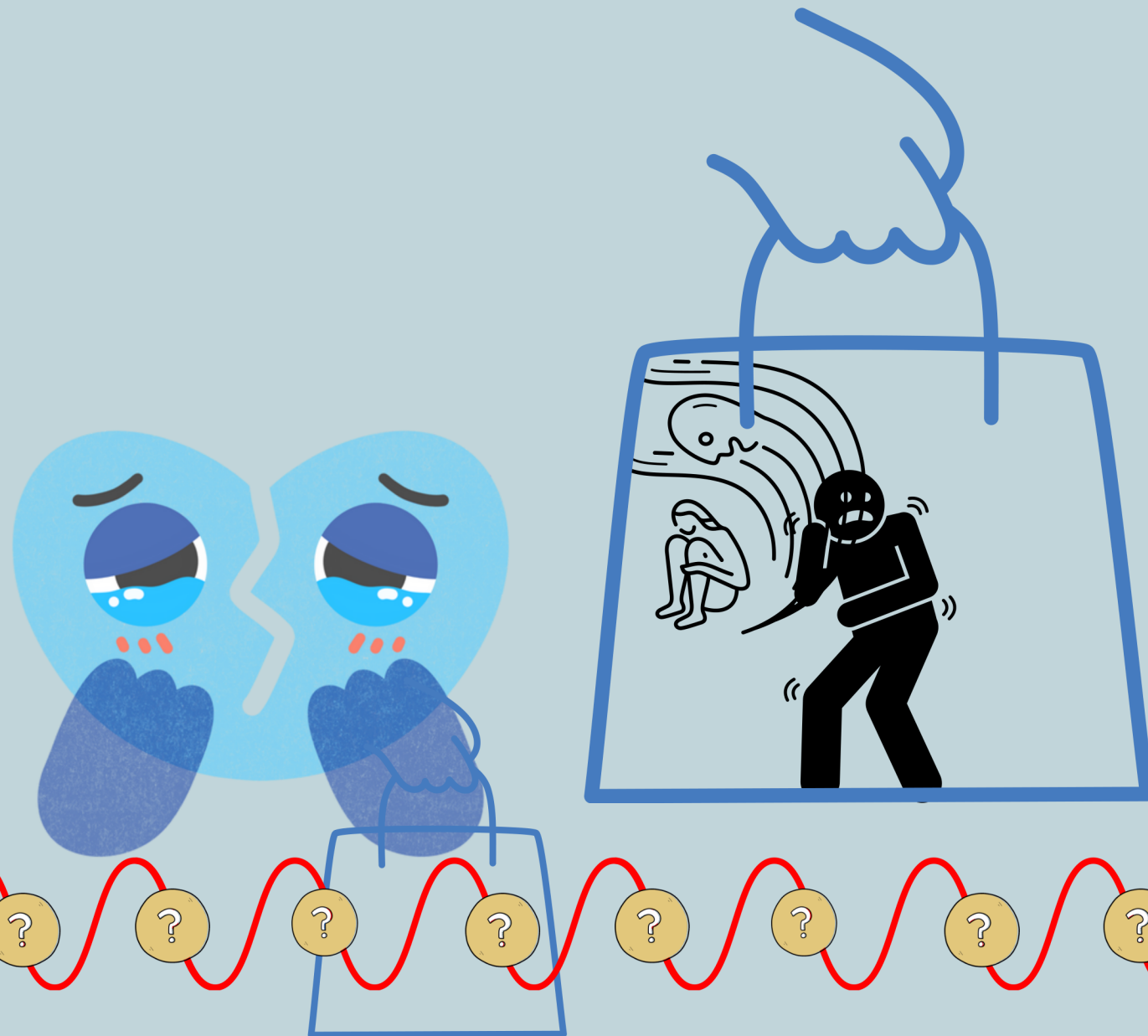
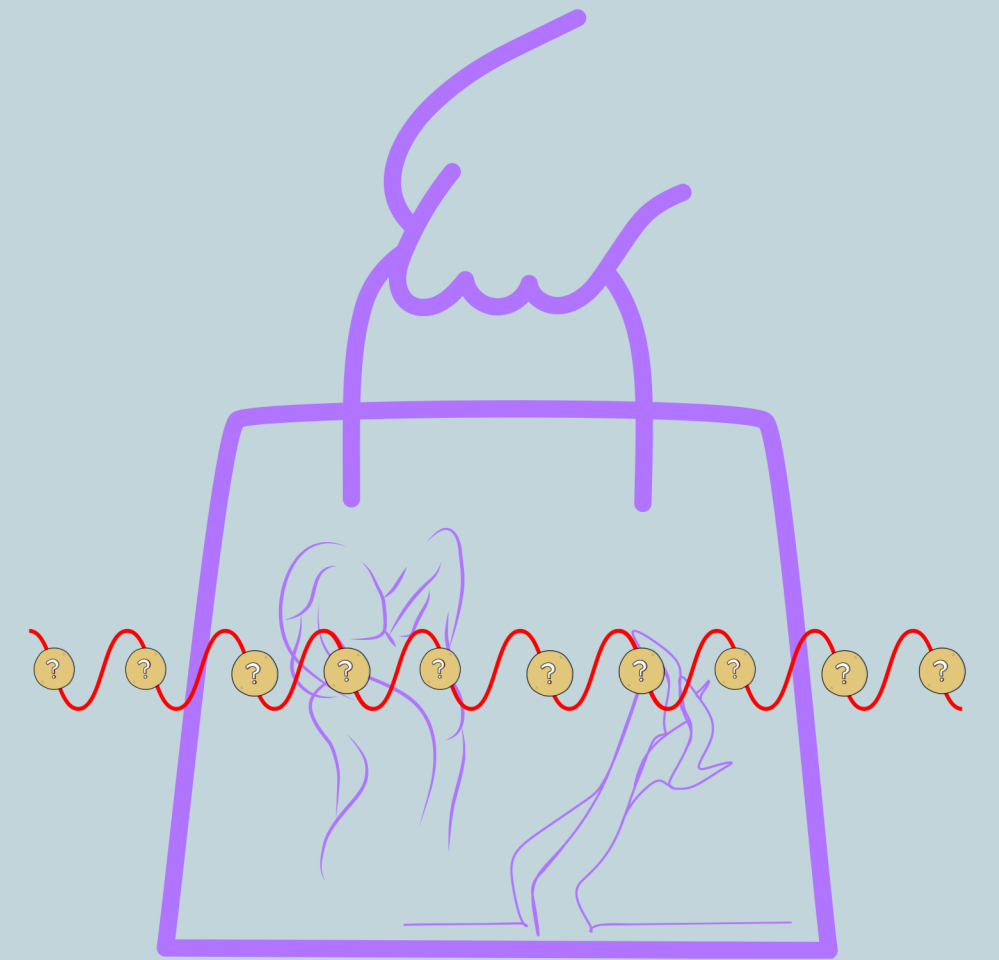
# What is the shadow?

The shadow represents the subconscious, hidden aspects of an individual's personality, which may include repressed feelings, desires, memories, or traits that have been deemed unacceptable or incompatible with one's self-image. These aspects are called the "shadow" because they are in the "shadow" of one's typical, waking conscious awareness.



# Shadows hold the Burdens

“repressed feelings, desires, memories, or traits that have been deemed unacceptable or incompatible with one's self-image”





conscious awareness  
pre-conscious  
subconscious

Biology

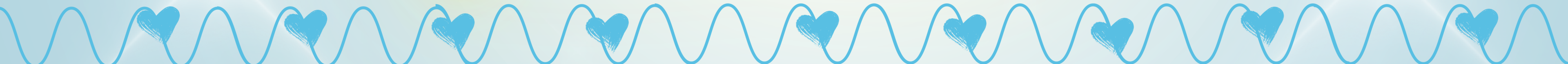
Chemistry /  
Classical Physics

**MATTER**

Universe

*formless*

Conscious Awareness



CONSCIOUS AWARENESS



Biology

Biochemistry  
Chemistry

Universe

Classical Physics

**MATTER**

(FORM)

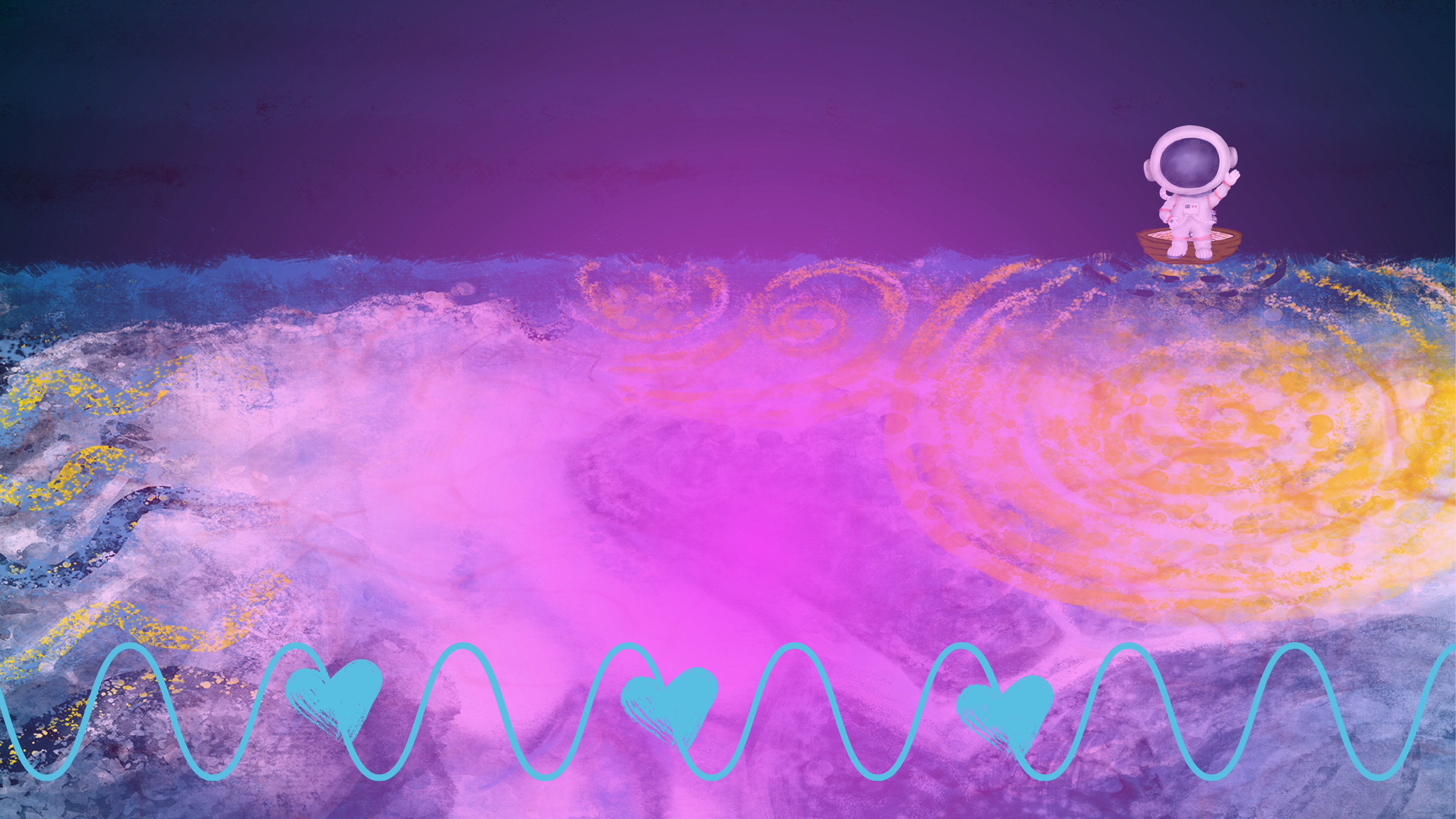
**MATERIALISM**

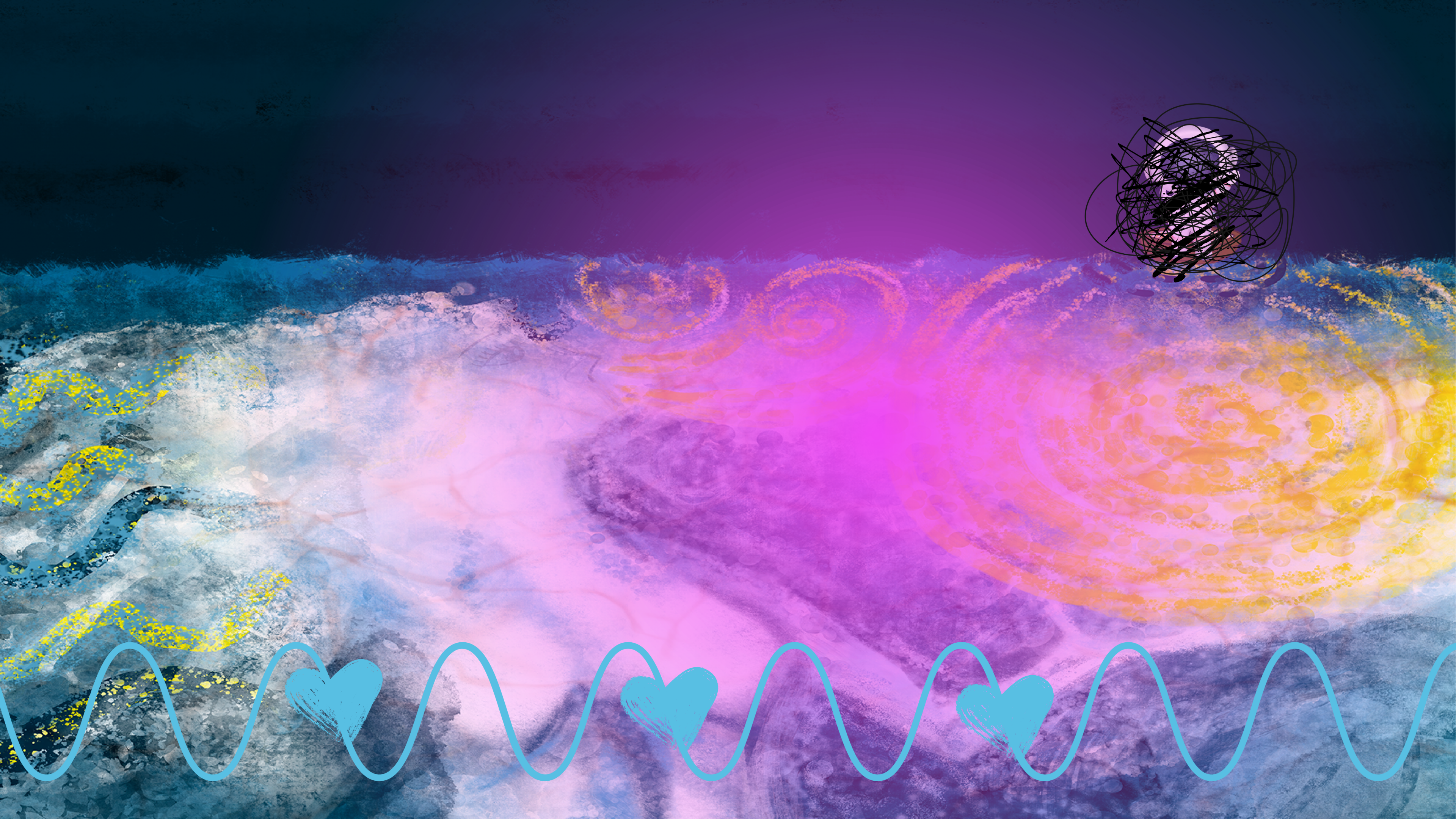


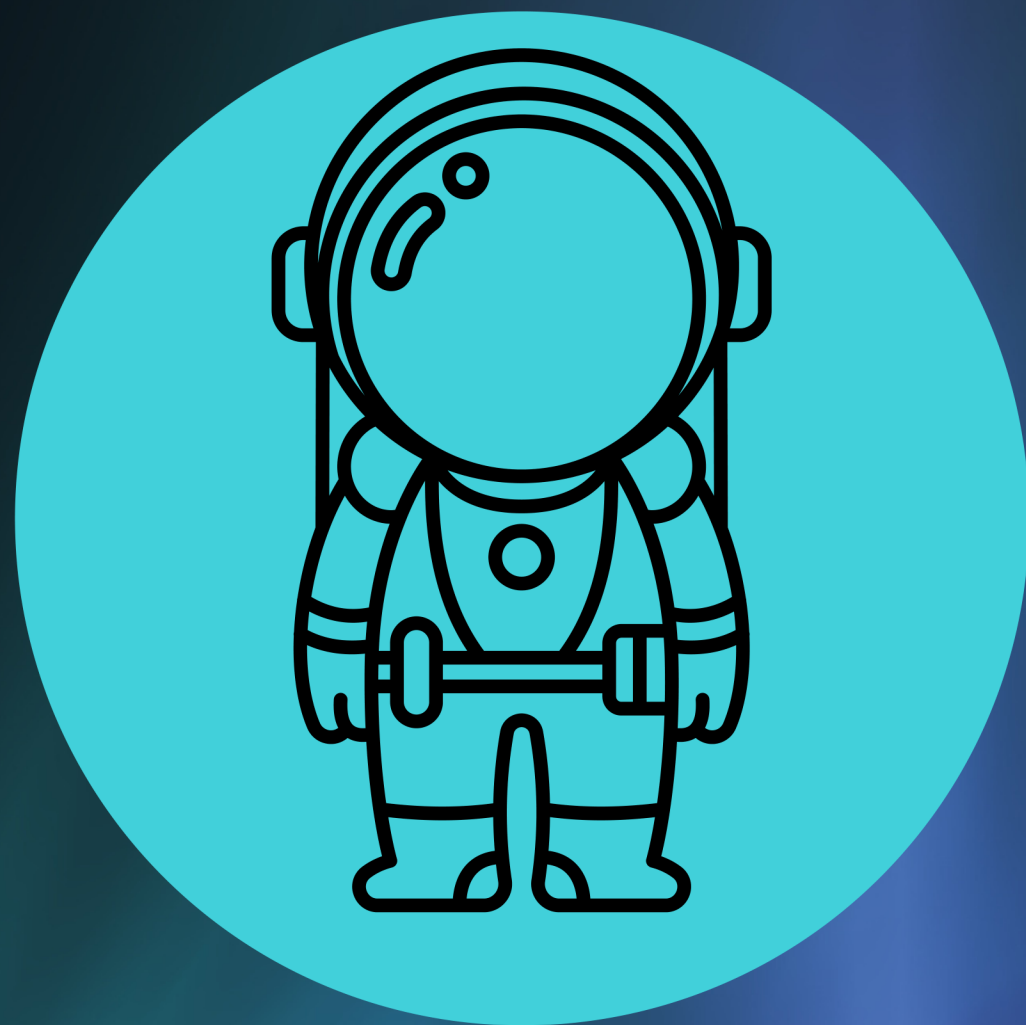


**You are a  
multidimensional  
spiritual giant.**

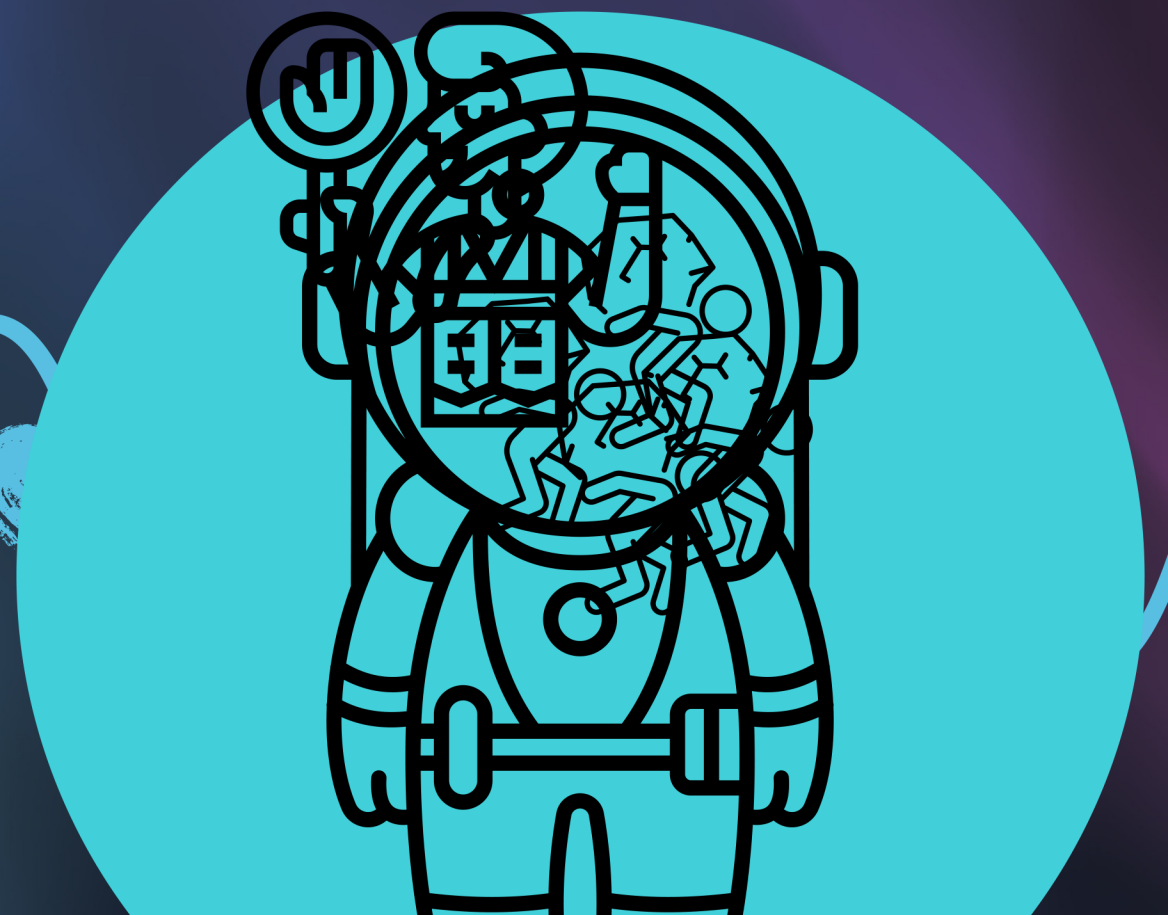








The scribble here is not "bad,"  
It just means we are tuned into  
the suitstuff / blocking out  
spirit... Or it's "suitstuff" that  
has taken on the imprint of  
something other than love  
(e.g. a burden).





Consciousness / awareness

pre-Conscious

subConscious

(helps while we're conscious &/or unconscious)

SuperConscious

Consciously Aware Universe

Conscious Awareness

**Shadows**





Consciousness / awareness

pre-Conscious

subConscious

(helps while we're Conscious &/or unConscious)

SuperConscious

Consciously Aware Universe

Conscious Awareness

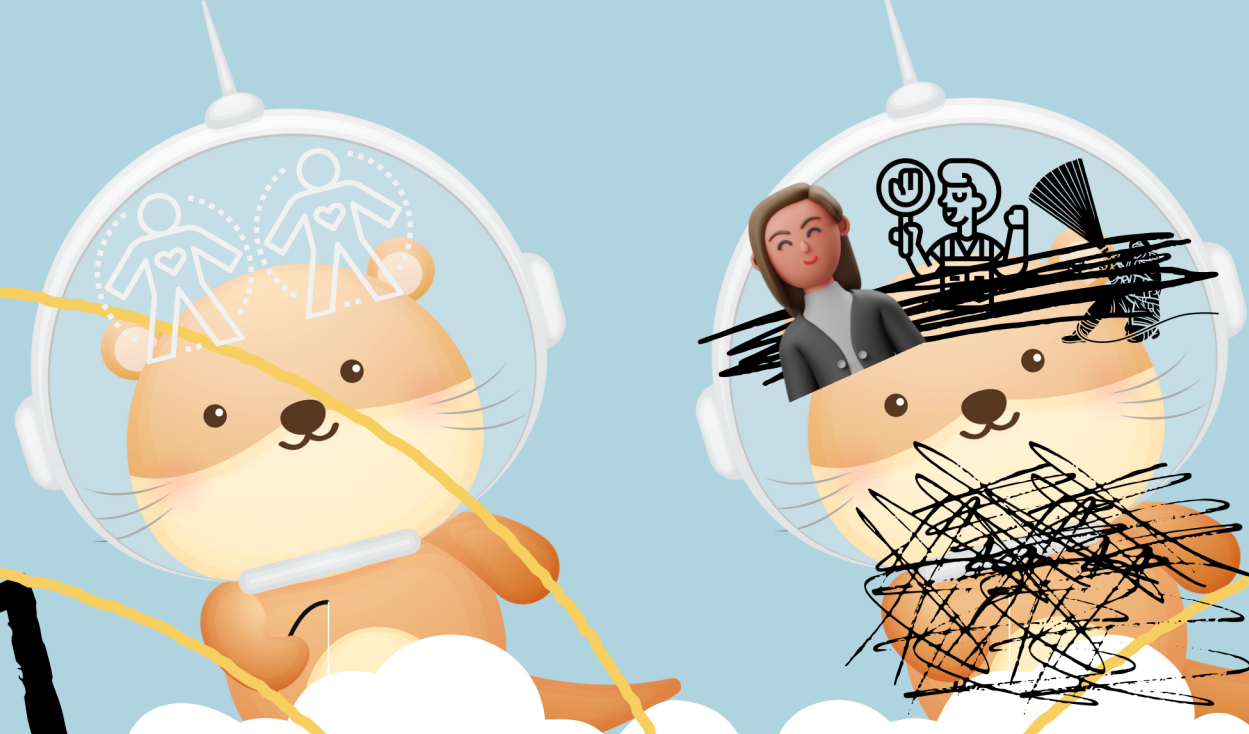


# Shadows

repressed feelings, desires, memories, or traits that have been deemed unacceptable or incompatible with one's self-image







Consciousness / awareness

pre-Conscious

subConscious

(helps while we're conscious &/or unConscious)

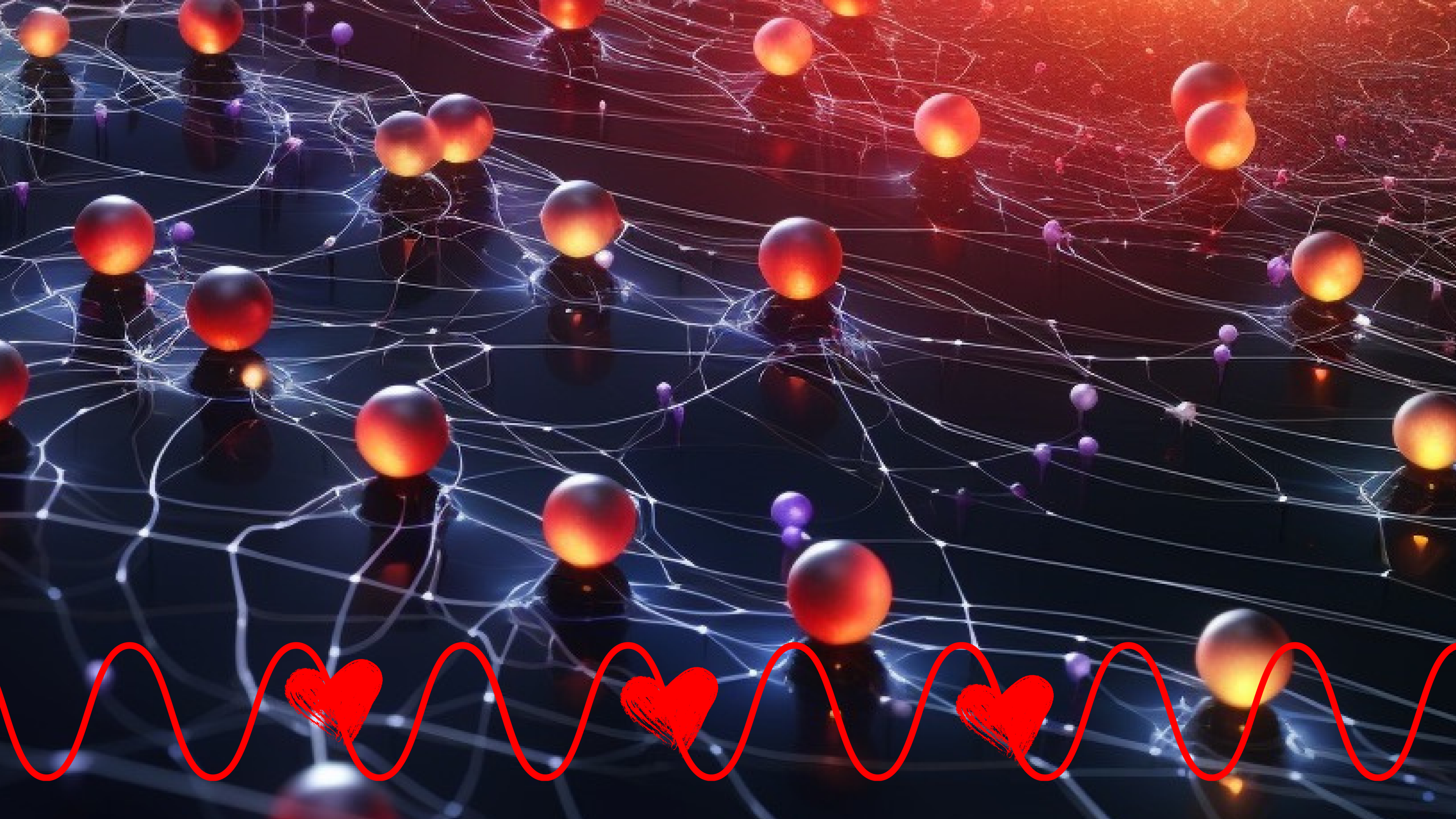
SuperConscious

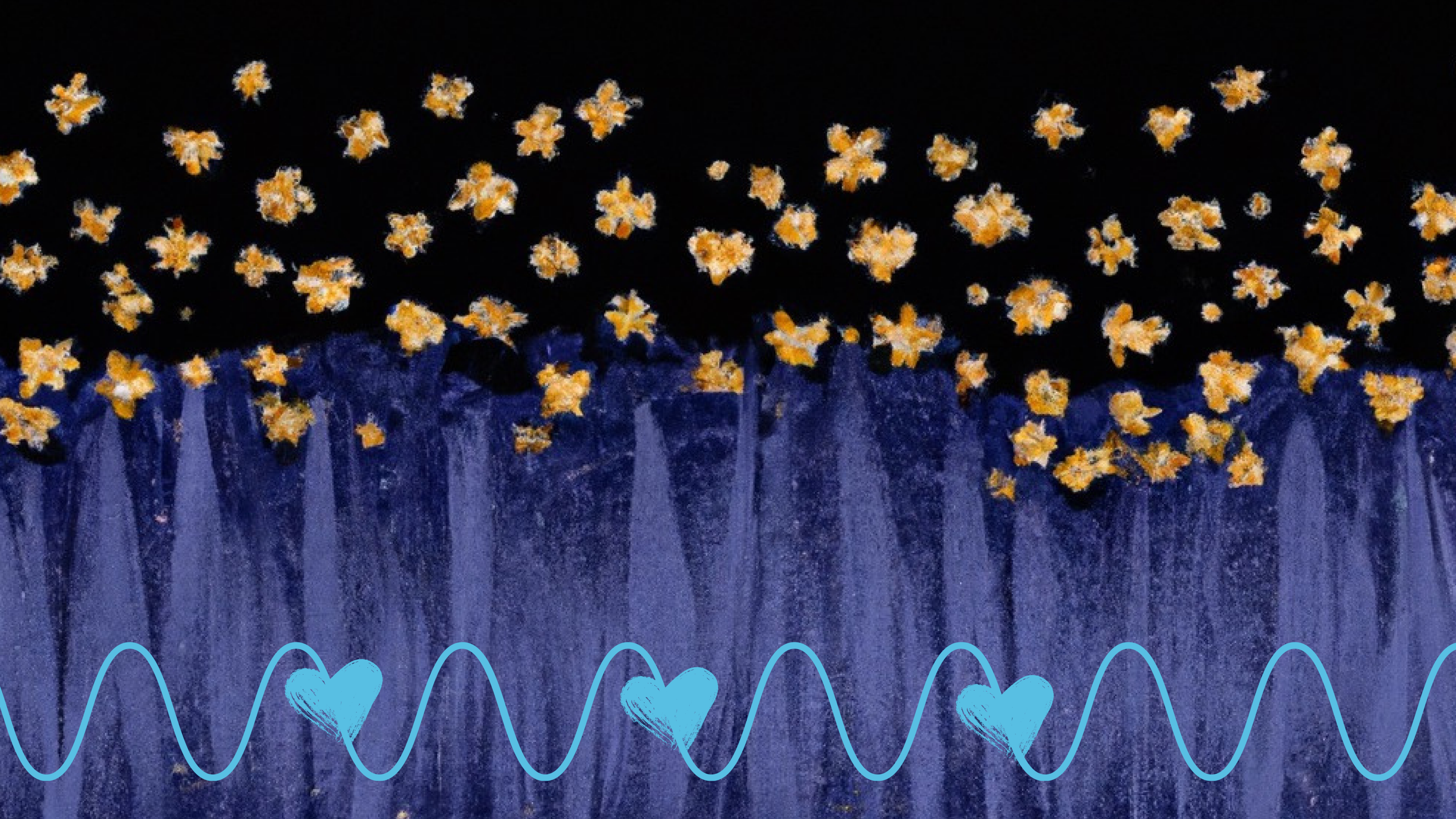
Consciously Aware Universe

Conscious Awareness











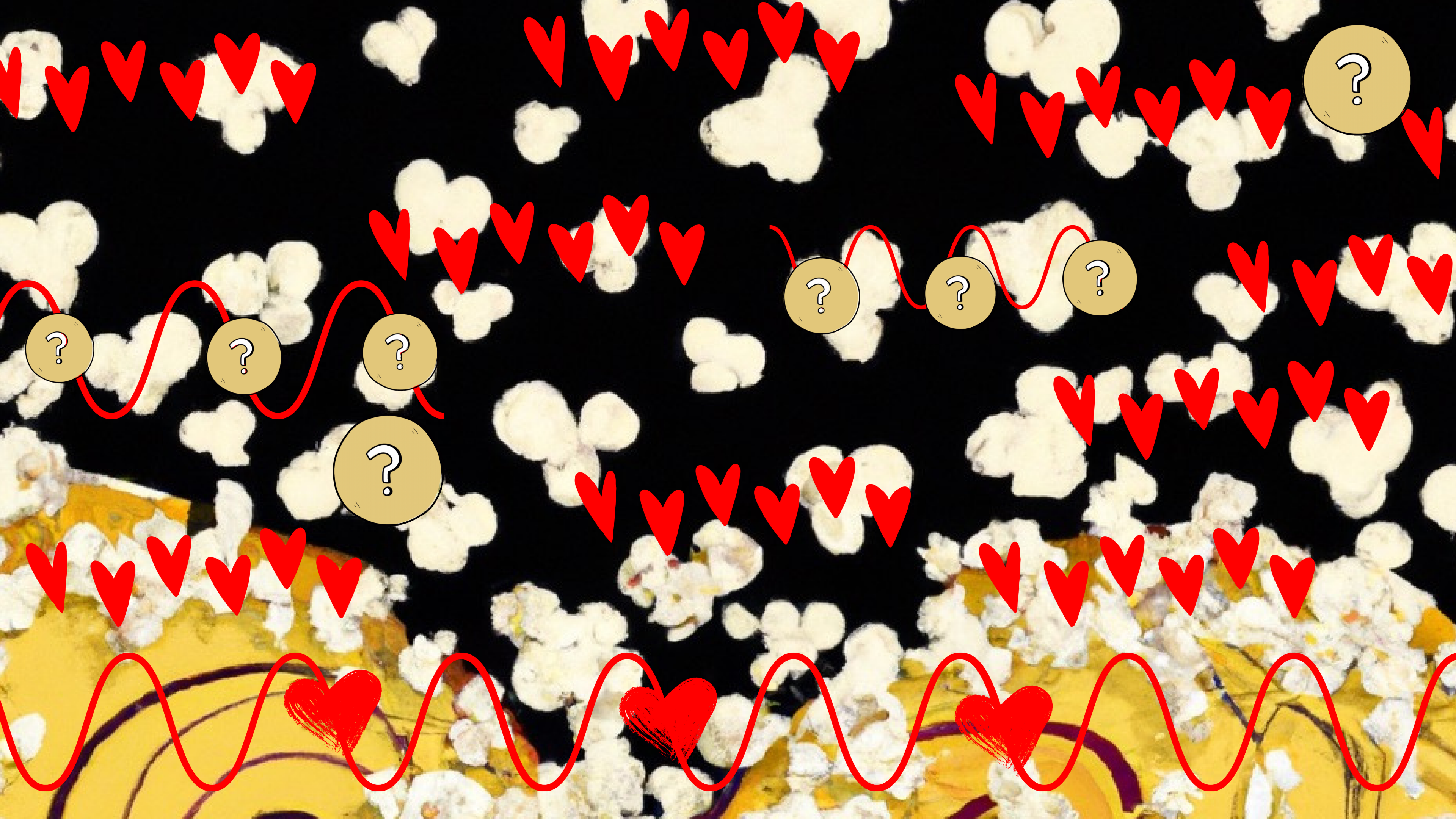
**BOOM!**

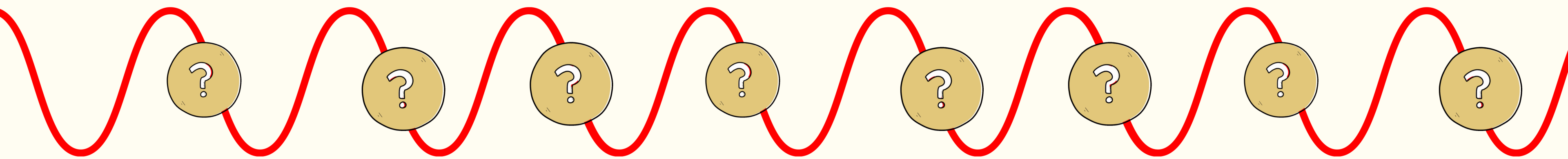
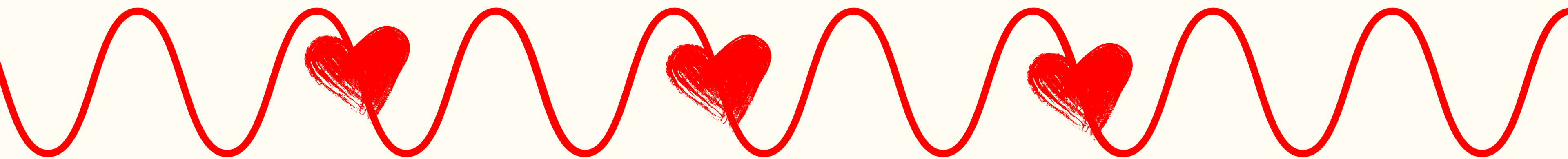
**BAM!**

**POW!**

**POW!**







Stuck? Not  
seeing/getting/  
experiencing

?

what you  
wish to?

*flip it!*

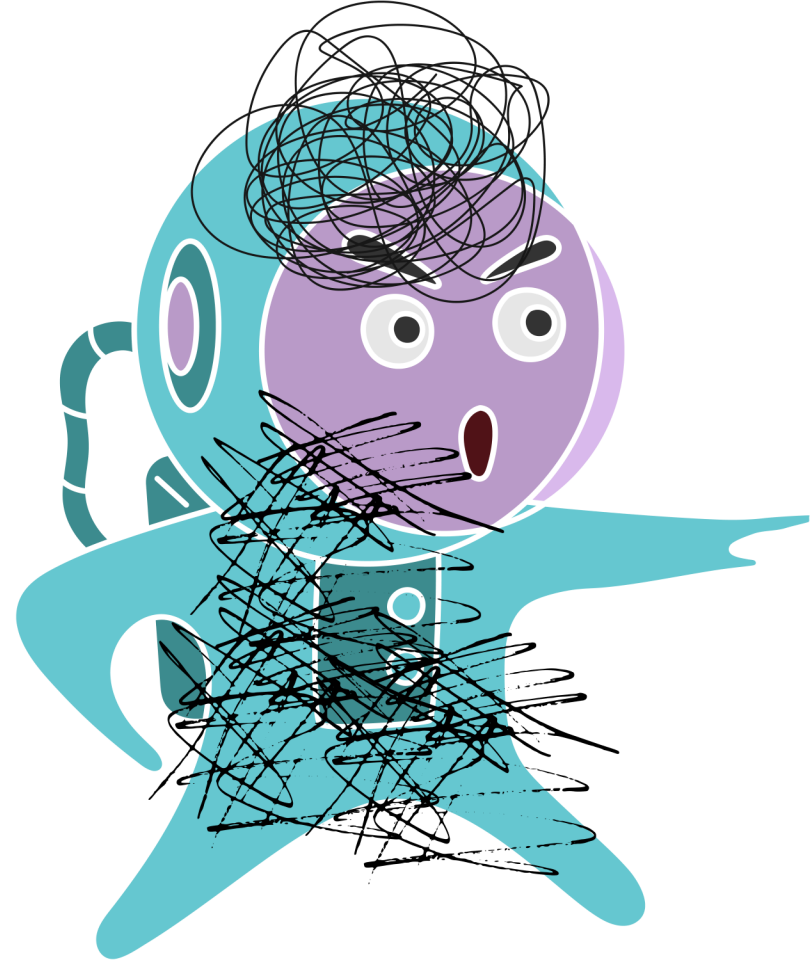
thesoworkshop.com

*love: the only answer!*

call it/them  
back to love.

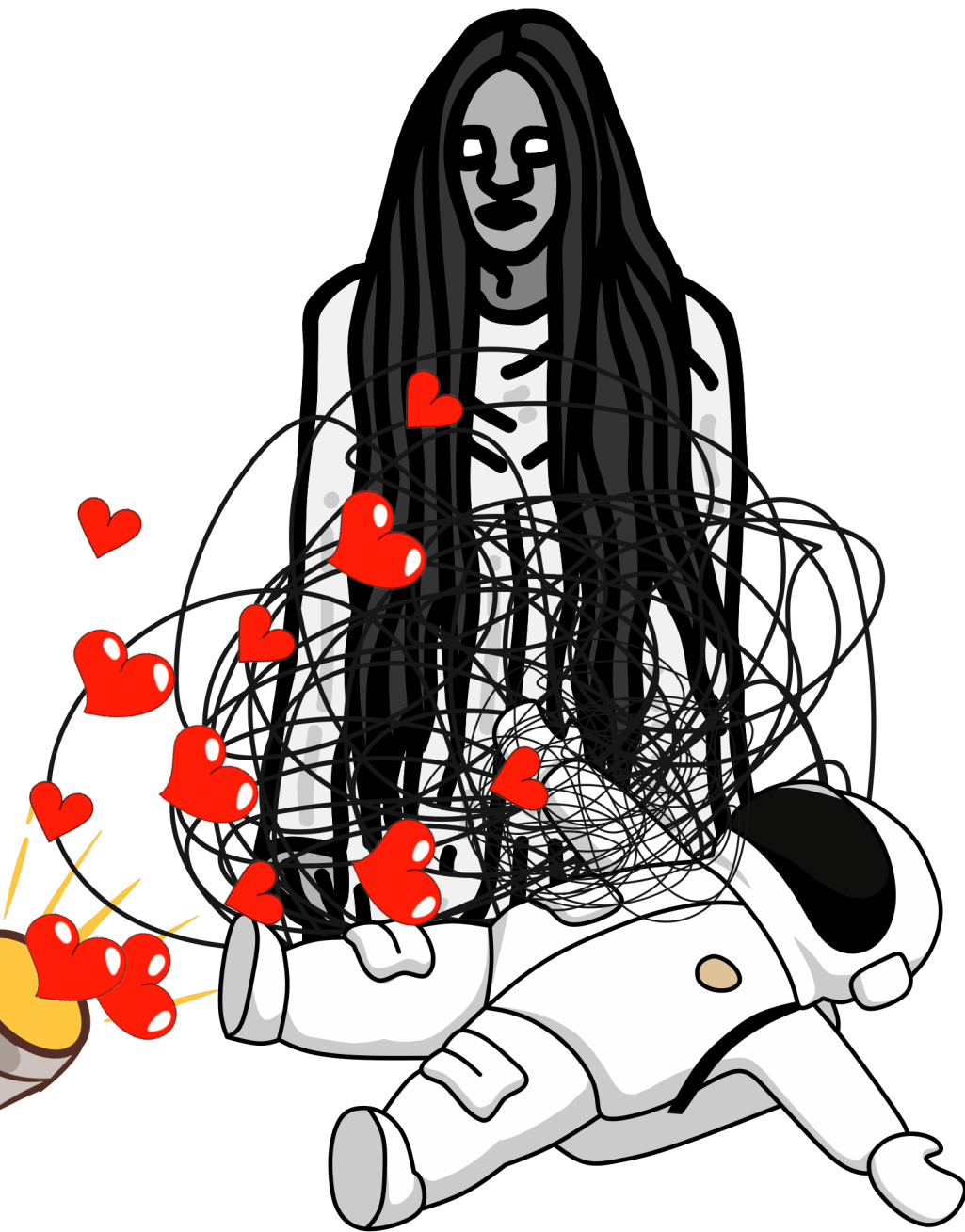
amplify love. realign with  
love. speak love into them/this.  
change the story to 1 of ♡.  
be curious + welcoming.  
be love.

# Shadow Parts

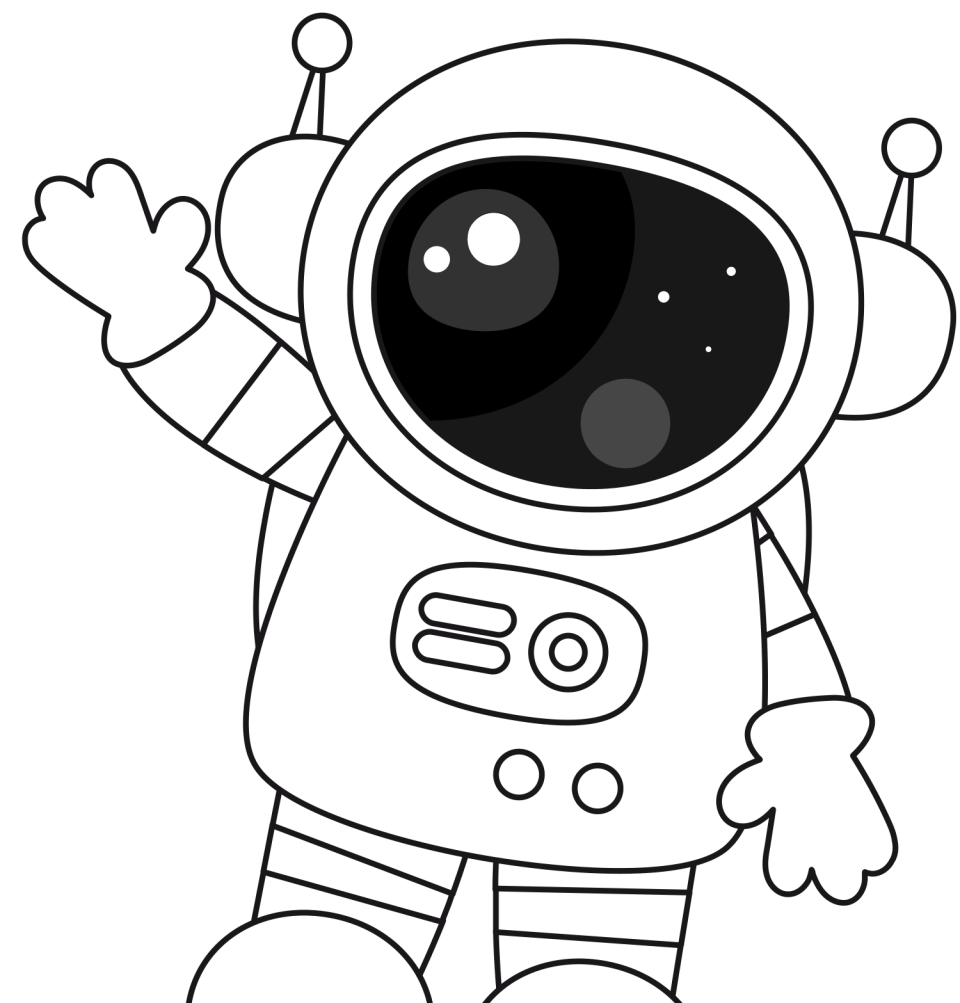


Stuck? Not seeing/getting/experiencing  
? what you wish to?  
*flip it!*  
thesqworkshop.com

*love: the only answer!*  
call it/them back to love.  
amplify love. realign with love. speak love into them/this.  
change the story to 1 of ♡.  
be curious + welcoming.  
be love.



**HELPFUL!**  
**"HELPFUL"**





# THE ALWAYS HELPFUL / "HELPFUL"

biological spacesuit

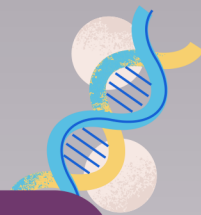


# THE ALWAYS HELPFUL / "HELPFUL" biological spacesuit

Out-of-the-box  
Condition?



Genetics?



Epigenetics?



Nervous system's  
"homebase"?  
(default)

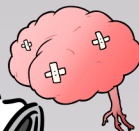


EGOs  
aka Parts?



Preferred brain system  
usage (eg DiSC, MBTI,  
etc)?

Dents?



Dings?



Microbiome

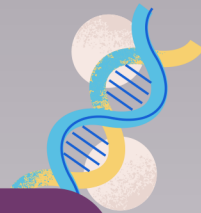


# THE ALWAYS HELPFUL / "HELPFUL" biological spacesuit

Out-of-the-box  
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Genetics?



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(default)

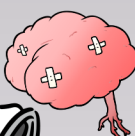


EGOs  
aka Parts?



Preferred brain system  
usage (eg DiSC, MBTI,  
etc)?

Dents?



Dings?



Microbiome



Helpful / "Helpful"  
tweaks?



How it's used



Suitstuff features &  
programming

Contexts



Helpful / "Helpful"  
features that kick in



Dents?

Dings?

Burdened &/or  
exiled parts?



# Using the IFS Model to Simplify Shadow Work

## What is the shadow again?

The shadow represents the subconscious, often hidden aspects of an individual's personality, which may include repressed feelings, desires, memories, or traits that have been deemed unacceptable or incompatible with one's self-image. These aspects are called the "shadow" because they are in the "shadow" of one's conscious awareness.

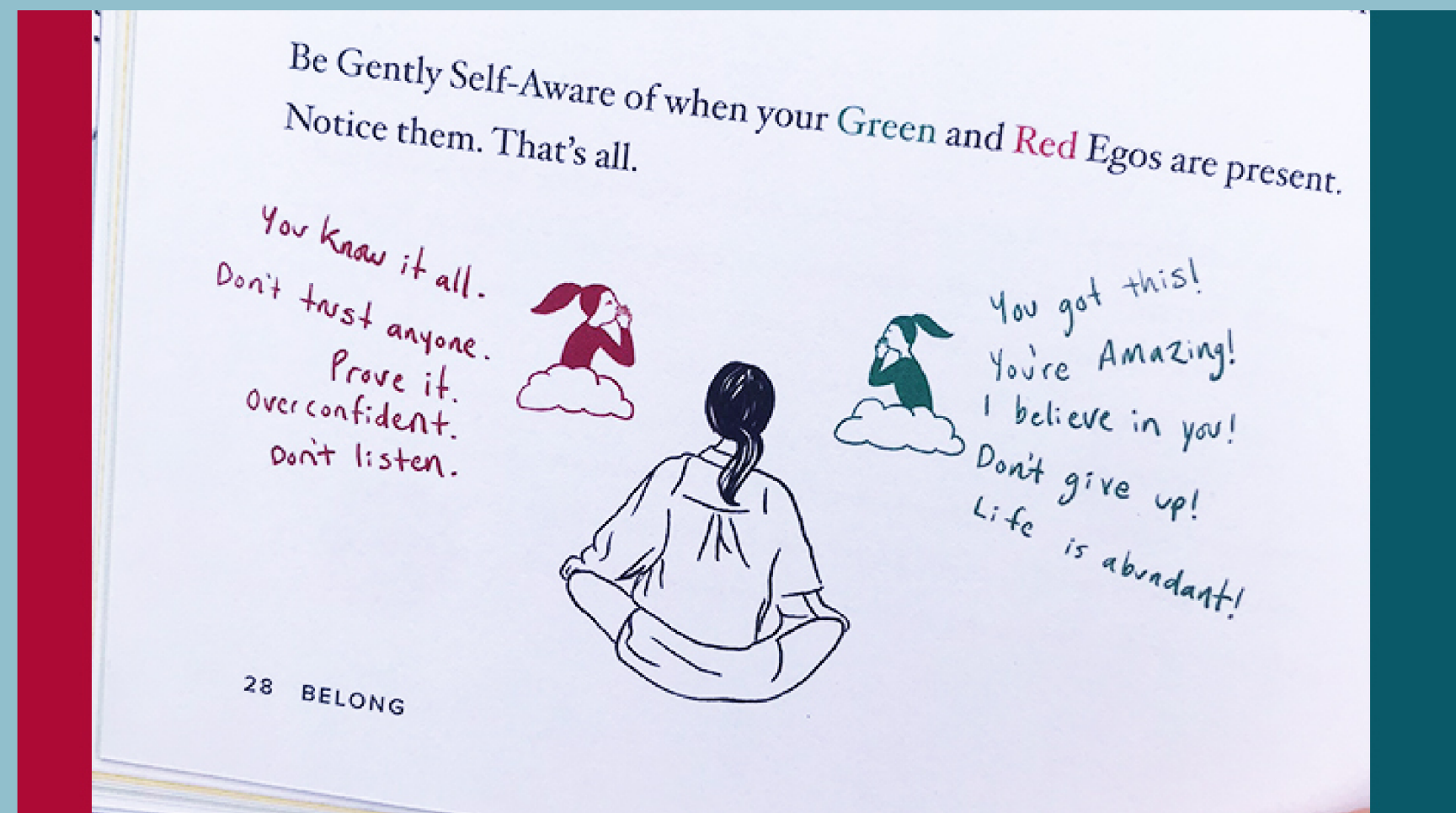
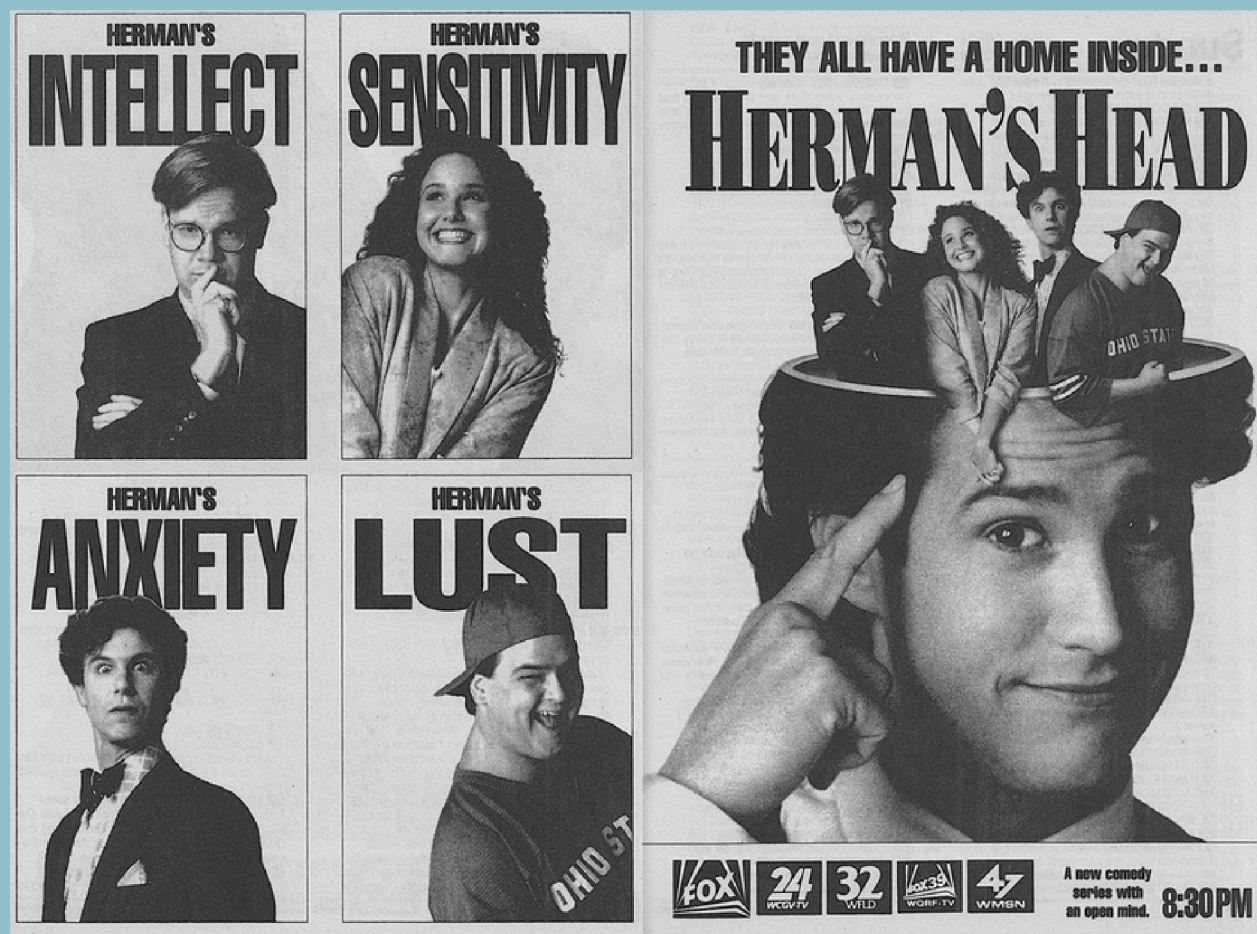


# IFS Model = Internal Family Systems

- Evidence-backed, used in coaching and counseling (therapy)\*
- We are not of monomind, we have **multiplicity of mind...** a.k.a. **parts**
- We have parts that hold pain and are hidden away (**shadows = exiles**)
- We have parts that seek to drown out any pain that is arising (keep shadows hidden, prevent an “exile escape” / prevent the shadow from getting into the light)
- We have parts that seek to prevent the pain from arising; "protectors" that often work to maintain a certain self-image (keep other shadow parts from popping up)



\*Used here in the context of coaching and education.

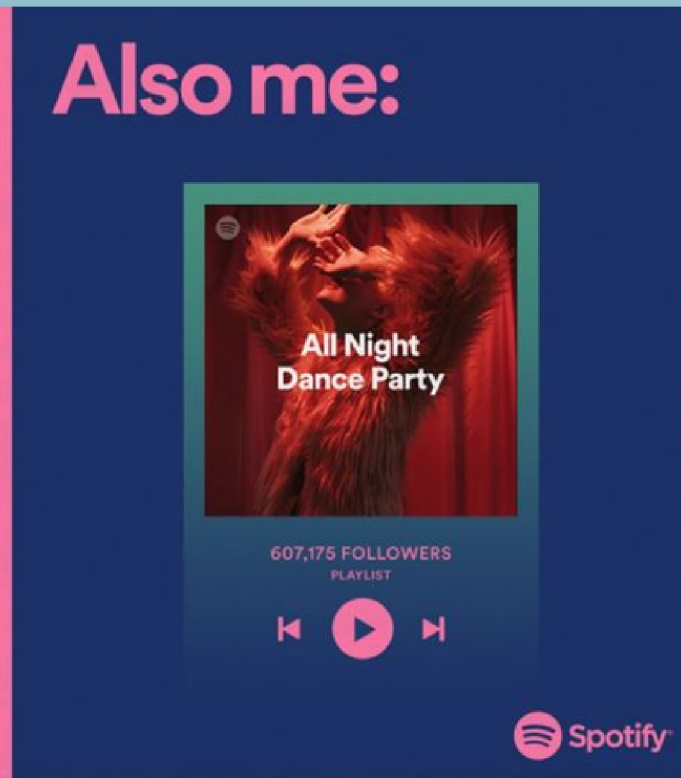


*Belong: Find Your People, Create Community, and Live a More Connected Life, by Radha Agrawal*



**Me:**  
I want to be more of a morning person.

Music for every mood.



ME: I have so much to do... 397 emails, 5 meetings and all of the deadlines.

ALSO ME: takes an online quiz to see what type of cheese I am.



EGOs = Earth Guide Onlys



# EGOS ARE THE HELPERS

PLOT TWIST:  
WE DON'T HAVE JUST 1 EGO  
...AND DOUBLE PLOT TWIST:  
EGO ISN'T THE ENEMY





RICHARD C. SCHWARTZ, PHD  
Foreword by Akiko Moriwaka



Healing Trauma &  
Restoring Wholeness with  
**THE INTERNAL FAMILY  
SYSTEMS MODEL**

# No Bad Parts

**You  
Are the  
One**  
*You've Been Waiting For*

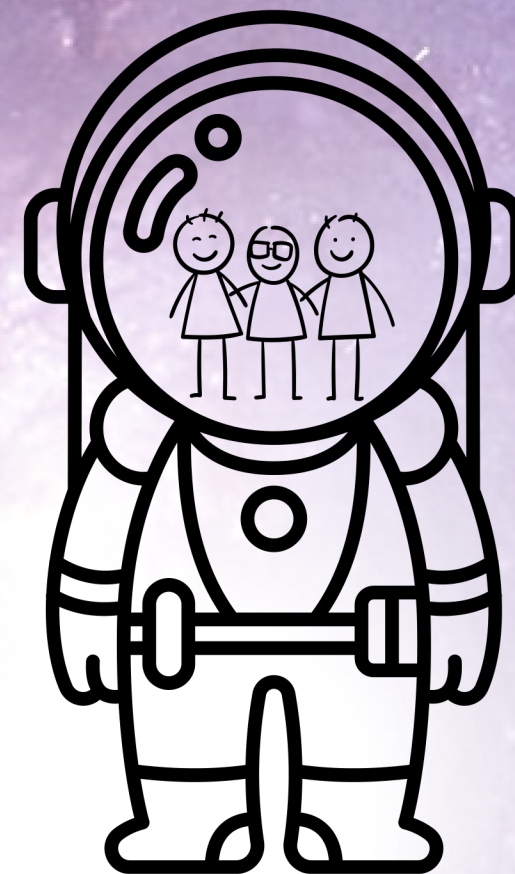
APPLYING  
INTERNAL FAMILY  
SYSTEMS TO  
INTIMATE  
RELATIONSHIPS

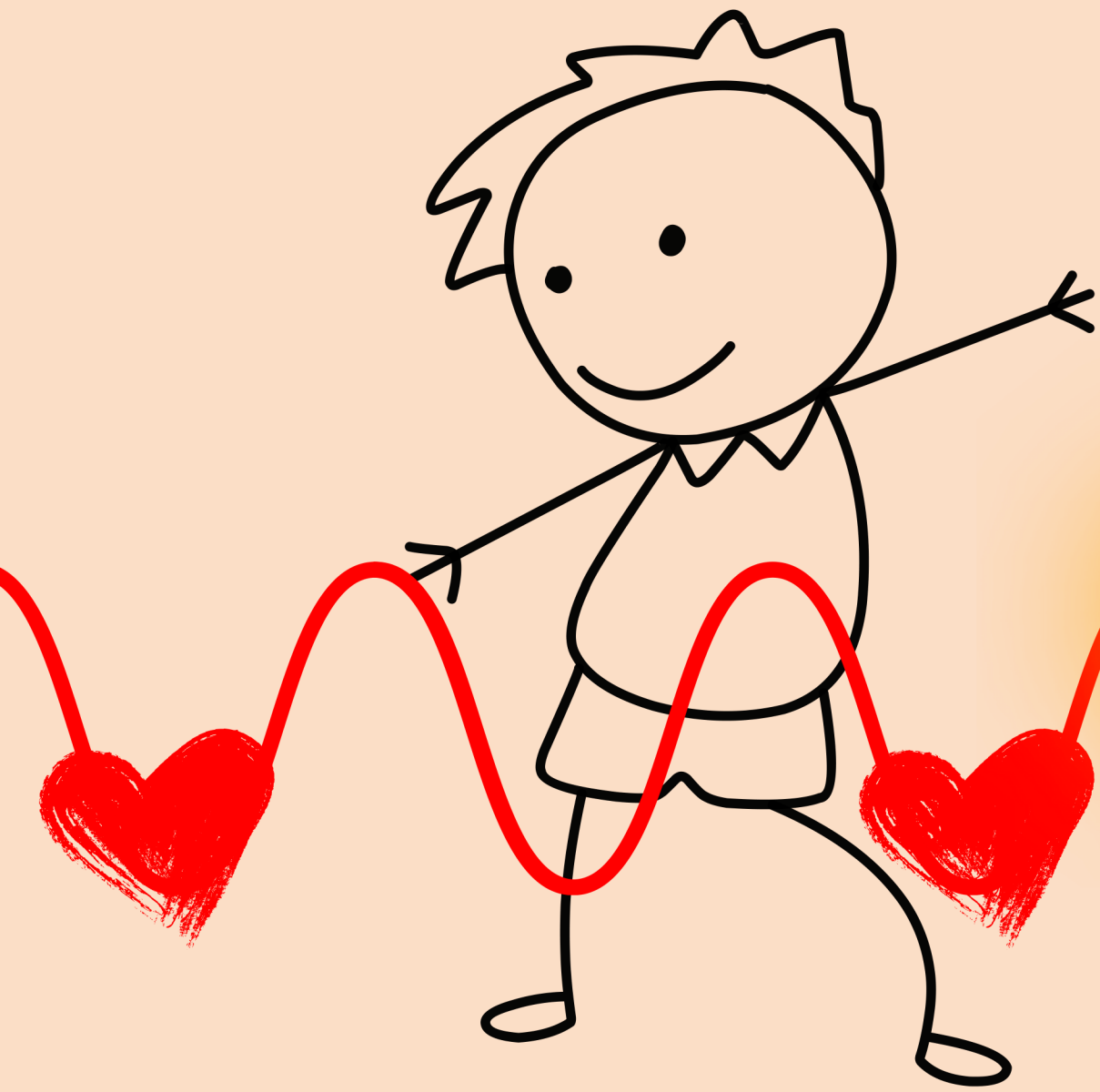
RICHARD C. SCHWARTZ, PHD  
Revisiting the author of No Bad Parts



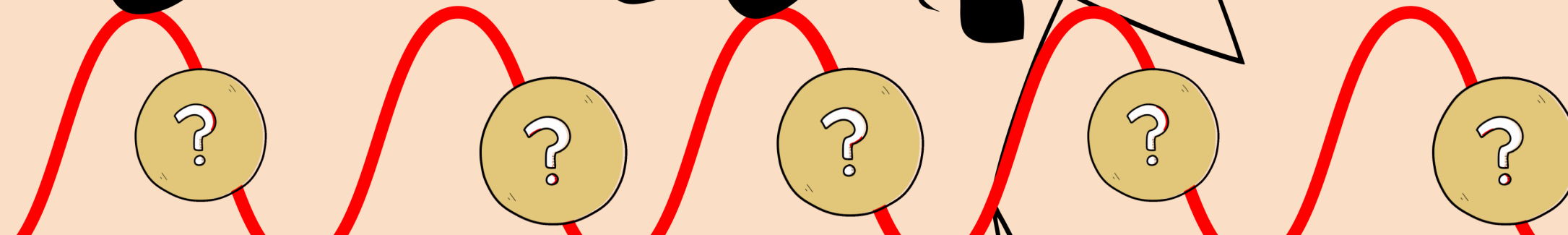
SELF /  
SELF ENERGY

= Spirit



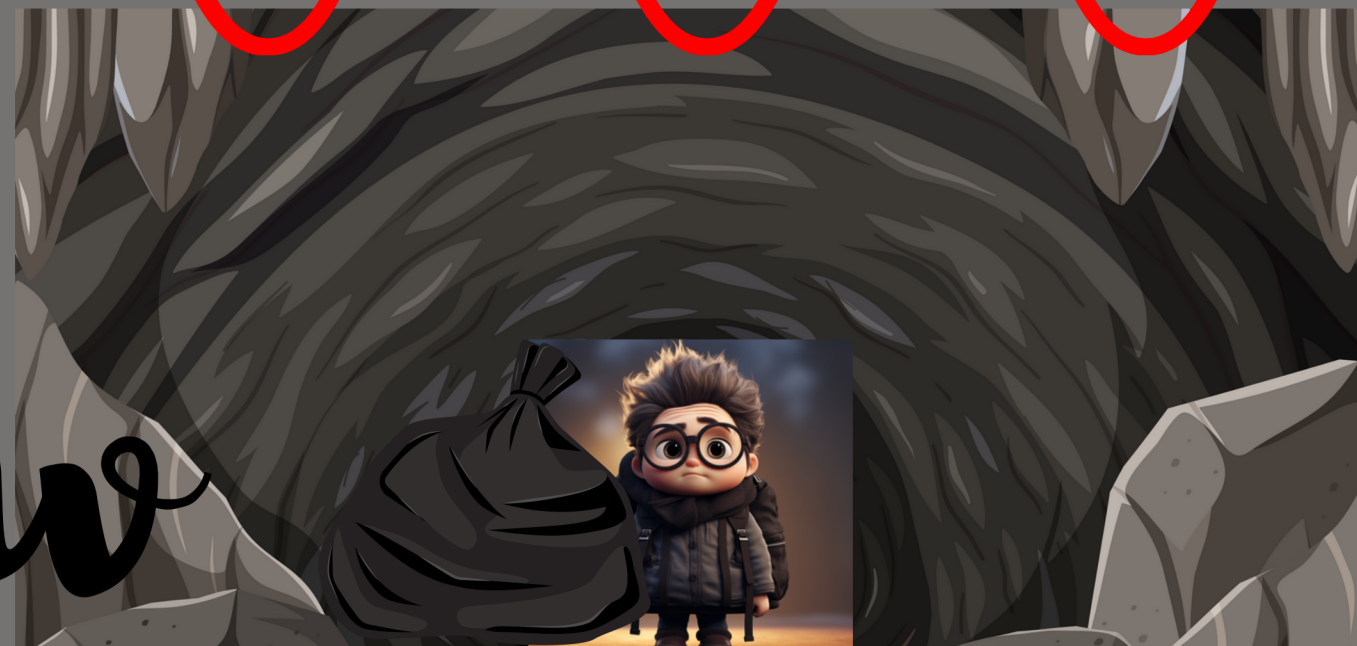


**Shadow!**





Shadow



# Protector Roles (Parts)

## Manager Role

- Proactive protection -- Keep you in control
- Society likes these parts ("acceptable") because they produce, perform, strive, achieve & please
- Examples: Inner Critic (parentified child part yelling at you in your head), Judge, People Pleaser, Caretaker (of others, not yourself), Planner, Pessimist, Intellectual Manager (keep you in your head vs taking care of your body)



## Firefighter Role

- Reactive protection -- Swoop in to douse the 'fire' (triggered exiles) when system is at risk of overwhelm (pain) without concern for your body &/or relationships
- Impulsive &/or destructive
- Examples of Dousing: Bingeing (food, TV, etc), substance abuse, self-harm, suicidal thoughts, rage, obsessions, eating disorders, dissociation, compulsion



IFS (INTERNAL FAMILY SYSTEMS)



## Self / Self Energy

8 C's: **Compassion, Curiosity, Calm, Clarity, Courage, Connectedness, Confidence, & Creativity**

**Self / Self Energy**  
Core, natural essence;  
Perfect as is  
Always there (may be covered over)

## Exiled Parts Shadows

- Hidden (exiled) wounded, rejected, &/or traumatized parts; shut away to protect the system from overwhelm
- Carry burdens (based on their pain / wounds)
- Examples: Shame, not good enough, too much, terror, abandonment, dependency, grief, loss, fear, guilt



As we gradually bring in more and more 'Self' everything starts to change very quickly. And I'm certain that's going to be true for this planet as well if we can do it. Whenever you're helping an individual to heal you're helping them have a bigger perspective on what they're doing and adding to the larger collective amount of 'Self' that's present in the world. That has an impact – it has ripples.

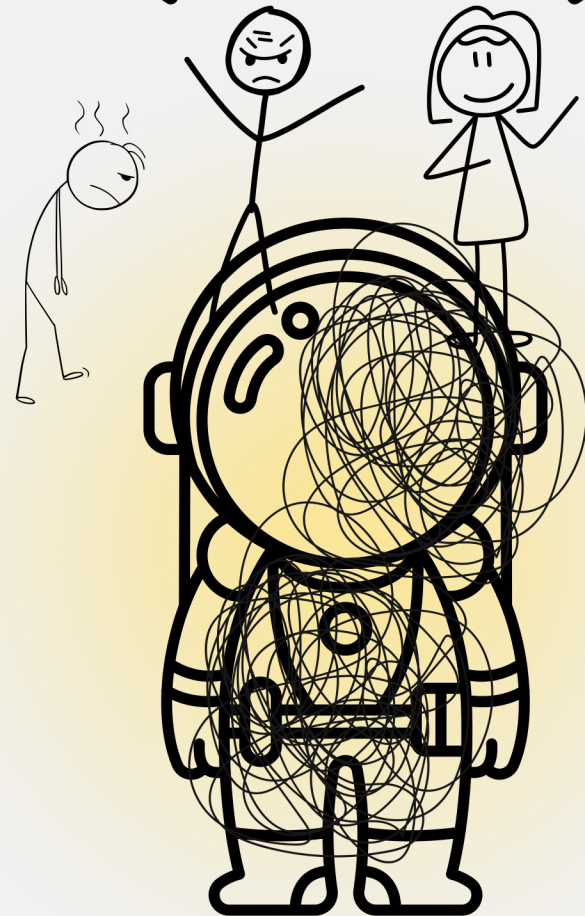
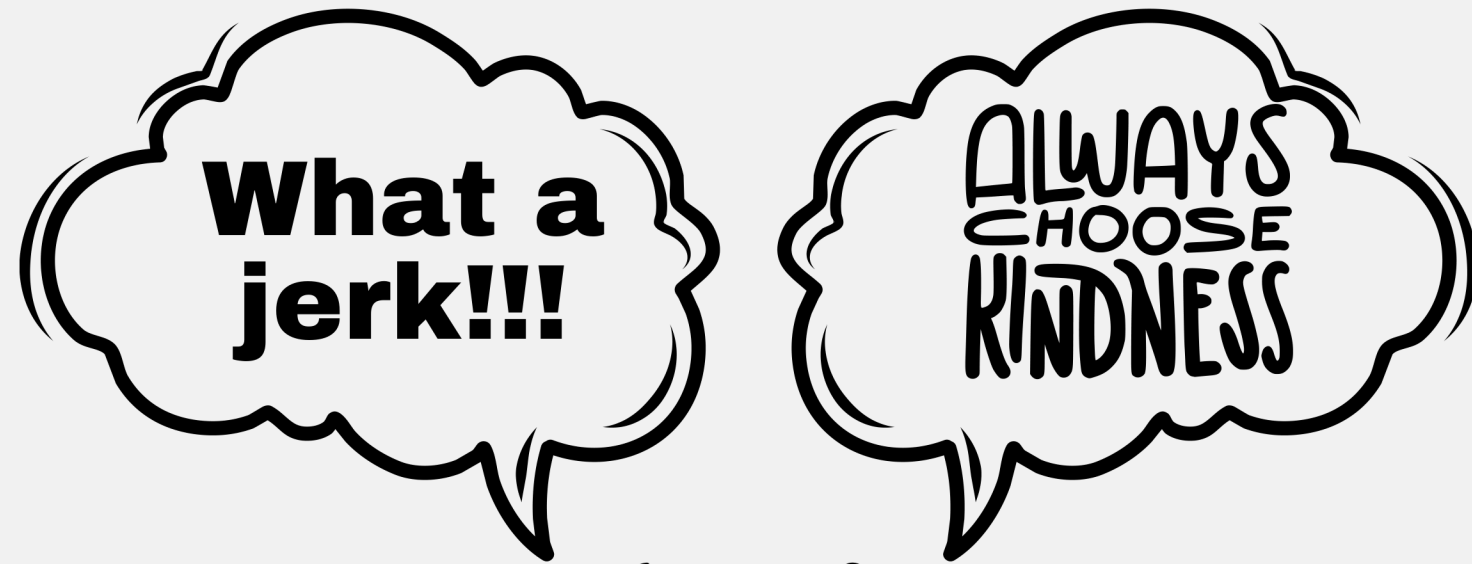


“ *Our parts can sometimes be disruptive or harmful, but once they're unburdened, they return to their essential goodness. When we learn to LOVE ALL OUR PARTS, we can learn to love all people – and that will contribute to healing the world...*

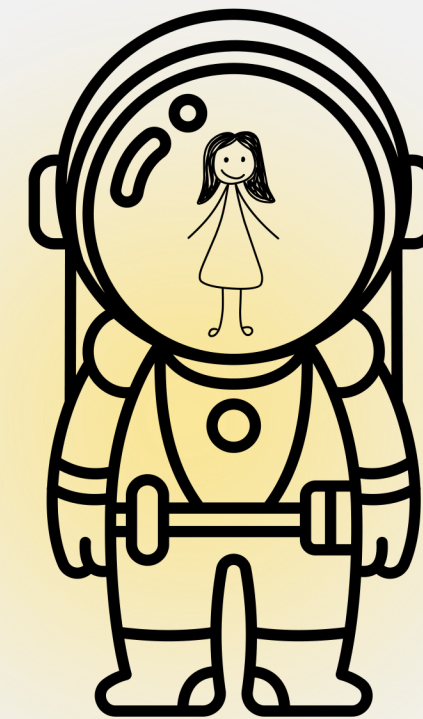
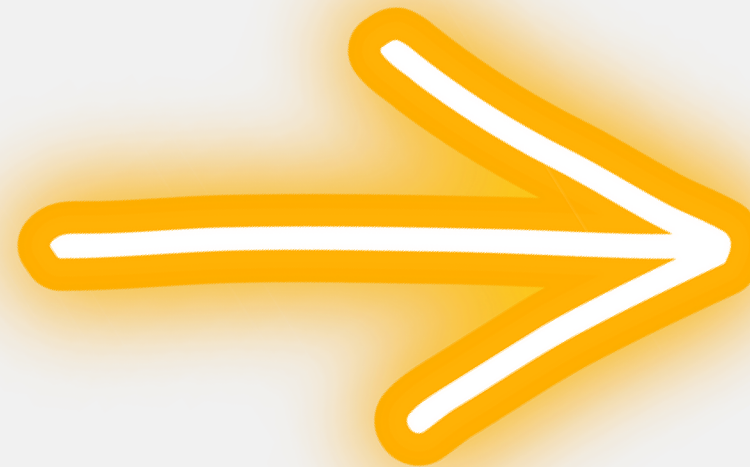


Dick Schwartz, Founder of IFS

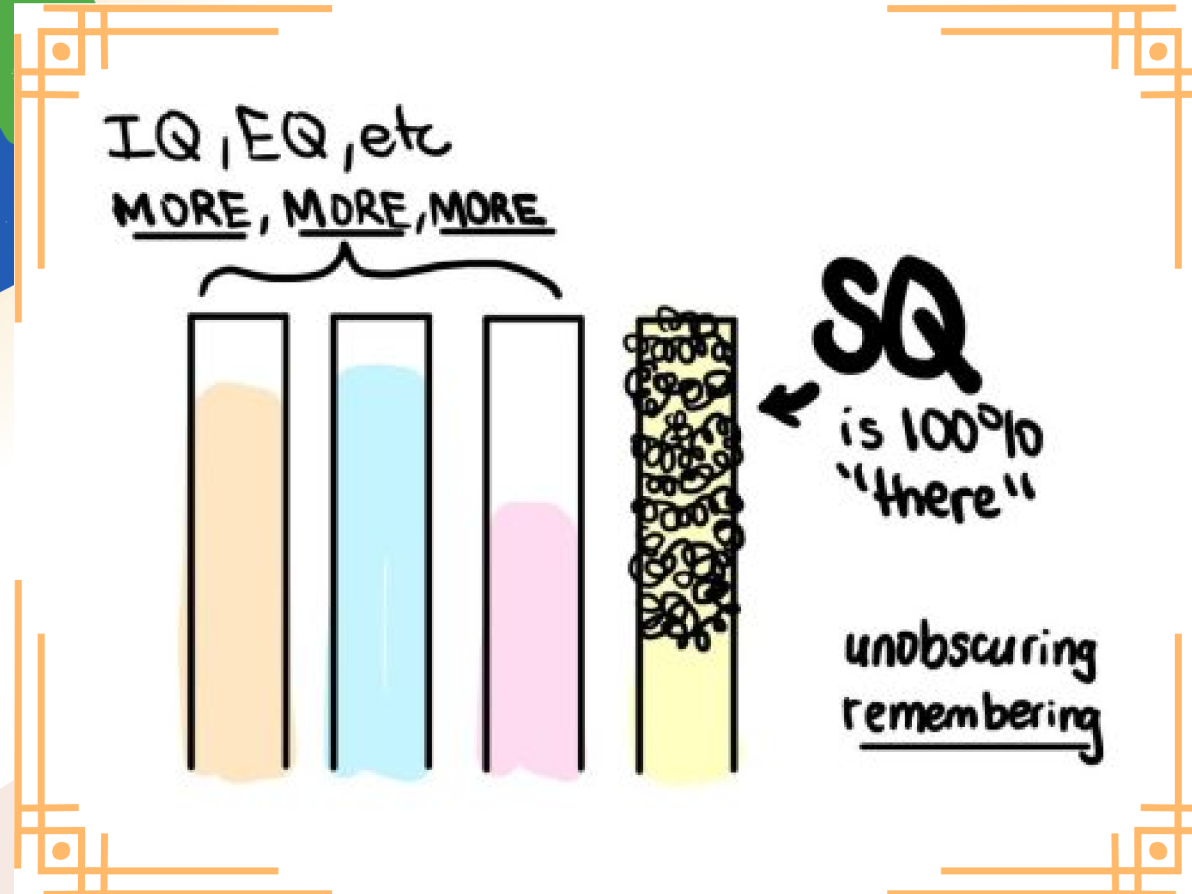
# A Change I noticed in Myself:



*Loud Discord*



*Quiet Harmony*



# Lucid Dreams

**When you know you are dreaming.**

Lucid dreaming + IFS: Recognize and befriend protective parts to access and heal the wounded or shamed part (shadow) they guard, using LOVE, love, love.







# Step by Step

## BEFORE YOU SLEEP...

1. **Self-Reflection:** Begin by engaging in regular self-reflection through journaling, paying attention to your experience, IFS meditations and workbooks, etc.
2. **Emotional Triggers:** When you notice strong reactions or patterns, it may indicate the presence of a shadow part. "Hysterical, historical." "Warnings, wounds." (Equals helpful/"helpful" encodings)
3. **Dream Journal:** Sometimes, shadows emerge in dreams, reflecting hidden aspects of yourself.
4. Craft and document your **Sankalpa** = an intention formed by the heart and mind (long & short).
5. **Lucid Dream Incubation:** Before sleep, set an intention to become lucid in your dreams and explore your inner world. State this like a mantra: *Tonight when I'm dreaming, I know I am dreaming.*

<sup>zzz</sup>**TIP:** Do the incubation after you have already slept 4 hours or so, e.g. if you wake to use the bathroom, or set an alarm. 🕒



# Step by Step

## WHILE YOU LUCIDLY SLEEP...

### Calling the Shadow Part Back to Love:

1. **Lucid Dream Awareness:** In a lucid dream, you become consciously aware of your surroundings and the dream characters (as if you were awake). This heightened awareness allows you to engage with your inner world consciously.
2. **Meeting the Shadow:** Use your Sankalpa. Command "Inner child now!" or command a door through which this hidden part can enter to you!
3. **Engage with Compassion:** When you encounter the shadow part, approach it with compassion and love. *I love you! What do you want me to know? What am I ready to see?* Etc HUG IT.
4. **Trust:** Trust and stay in the frequency of love. Be the "one without doubt" -- Waking, sleeping, lucidly sleeping -- knowing the 1 truth. Always.

🎵 When there's fright... 🎵 Send it to the light! 🎵 When there are thugs 🎵  
Give 'em lots of hugs... 🎵



A glowing orange flower with many layers of petals, centered in the image. The background is dark and filled with many layers of semi-transparent, overlapping petals in shades of purple, blue, and red, creating a sense of depth and texture. The overall effect is ethereal and dramatic.

# Love.

DARKNESS - NO MATTER HOW  
HUGE - IS NO MATCH FOR EVEN  
THE SMALLEST LIGHT.

LOVE IS ALL THAT IS, ALL THAT  
MATTERS, AND THE ONLY  
ANSWER.

# Questions?

Thank you!

Tag me in the FB group: [Jessica Jake](#)

[jessikajake@gmail.com](mailto:jessikajake@gmail.com)