

Shadow Work

WORKBOOK



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The Kit includes:

This PDF workbook
The Video Lesson
The MP3 Meditative Journey

Start where you like

Print out the workbook or use it as a guide for your own
journalling

Just use the parts of this kit that light you up

Come back to the other parts later if/when they call to you

Explore your shadow work in any way that feels good to
you!

Use this kit as a guide, always go with your gut and what
feels true to you



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Heart Storm

What does the term "shadow work" bring up for you?



Self Love

Before we begin to explore our own shadows, it's important to take a moment to consider how to do this work with self-love.

We all have a shadow, it's part of being human, and it's very normal to have things we have disowned, ignored, not accepted or even realised existed within our own psyche.

How can you set the intention to move through this work with so much love for yourself?

Do you have any worries, concerns or fears about doing this work?

What can you gift yourself or how can you reward yourself for doing this work?

What will you do for yourself if you find it challenging or need to take a break?

What is one thing you can do to love yourself right now?

Own Your S***

In simple terms, shadow work really just means owning your own shit.

It's about looking at the dark or hidden parts of yourself, being kind to yourself about it and making conscious choices about how to respond to what comes up.

When we start to look out our problems, our blocks and challenges, the way our material world manifests through a lens of self-responsibility, we realise just how much power we have.

It is oh so easy to blame others, to blame our situation, to blame society for what's going "wrong" in our lives, but when we bring it all back and ask "what could I be doing differently?" everything can change.

Shadow work is about moving away from victim mentality, taking responsibility for your own thoughts, feelings and actions.

Are you ready to go on this journey of owning your own s***?

Is there anything you need to release or let go before we move on?

Not Your S***

It's really important to understand that there are times when it's not your s***.

This kit is not designed to help you deal with any trauma or abuse that has occurred at the hands of narcissists or any other type of abusers.

There are times when we have to accept responsibility, and times when we have to have the wisdom and self-love to see when something is not about us.

As we move through this kit we will explore our feelings towards other people and I would encourage you to use people that rub you the wrong way, wind you up or piss you off, rather than people who have actually been abusive, manipulative or controlling in some way towards you.

Shadow work is about seeing the unseen parts of yourself to allow you to have greater understanding of your self, self-love, to take responsibility for your own life and ultimately to empower you.

If you need extra support while using this kit, please seek professional therapy or other kinds of support that feel right to you.

Are there any people or situations that it would be best to leave here before we move on?

Are you ready to stand in your power and know when to say "that's not mine"?

Projection

Have you ever looked at someone and thought negative thoughts about them? If you are human, you probably have.

Have you ever considered the idea that the negative traits you see in others could be a projection of your own?

Who do you find yourself often having negative thoughts about? (this could be a co-worker, friend, family member, someone on social media, a celebrity etc.)

What is it about this person that you don't like/find challenging?

Are these things really true about this person? Or is this just the way you perceive them?

Do you have any of these traits yourself?

Where in your life have you yourself displayed these traits?

Projection

Think of someone you love being around or following on social media etc.

What positive traits does this person have?

Do you have any of these traits yourself?

Where in your life have you yourself displayed these positive traits?

How does it feel to consider that the reason you are drawn to this person and like them so much is that they have many of the same traits you do?

How could you begin to see yourself with the same love that you see this person?

The best of you

List five of your positive traits

Choose one (or repeat for each) and answer the following questions

Who/what encouraged you to develop this trait?

Who/what continues to inspire you to embody this trait?

Who/what helps you to feel good about this trait?

How does it feel to think about owning this part of yourself?

What action steps do you need to take in order to continue to develop this positive trait?

How can this trait help you to live your best and highest life?

The worst of you

List five of your negative traits

Choose one (or repeat for each) and answer the following questions

Who/what has told you that you have this trait?

Who/what continues to make you feel that you have this trait?

What situations bring this trait to the surface?

How does it feel when this trait surfaces?

What lessons could you learn from this?

Is this something you need to acknowledge, accept and/or change? How will you do this?

The Blame Game

Who in your life are you "blaming" in some way?

What situations (e.g. job, finances, where you live etc.) do you blame for stopping you living your best life?

How do you blame society for your problems?

How do you blame the media for your beliefs and programming?

How do you blame the people in "power"?

What could you do to begin to stand in your power and stop blaming others for where you are in life?

Limiting Beliefs

Write down five of your limiting beliefs.

Choose one (or repeat for each) and answer the following:

Where did this limiting belief originate?

How does this limiting belief stop you living your best life?

How does this limiting belief keep you safe?

How does this limiting belief stop you from having to “do the work”?

Limiting Beliefs

How else does this limiting belief benefit you in some way?

How is this limiting belief just a form of self sabotage?

What could life be like if you didn't have this limiting belief?

What can this limiting belief teach you?

How could you take back your power and let this limiting belief go?

Negative Ego

It's time to get really honest here, this could make you feel uncomfortable, so keep yourself safe, K?

Name someone (or a "type" of person) you think is "better" than you in some way

How is this person generally perceived by the world?

What traits does that person have that you wish you had?

What material things does that person have that you wish you had?

What else do they have that you don't have?

How can this person inspire you to be "better" in some way?

Negative Ego

Name someone (or a "type" of person) you think is not as "good" as you are

How is this person generally perceived by the world?

What traits does that person have that you dislike?

What is this person's relationship to the material world?

How is this different from yours?

What do you have that this person doesn't have?

What does this person have to offer the world?

What can this person teach you?

Money

Nothing brings our shadow to the surface like our money stuff!

What do you think of people who have more money than you?

What do you think of people who have less money than you?

How do you think people generally get “rich”?

How do you think people generally stay “poor”?

What do you think is a good use of money?

What do you think is a waste of money?

What is your definition of rich, wealthy and/or prosperous?

Money

If you had more money, what would you do with it?

If you had less money, what would you go without?

Where do you project your personal beliefs about money onto others?

What could having more money help you with?

What could having less money teach you?

What limiting beliefs do you have about money?

How would having more money change you?

Money

If you had more money, how would others see you?

What would be the negative effects of being more prosperous?

How are you self-sabotaging yourself with money?

Where do you take your own prosperity for granted?

Where do you take your own privilege for granted?

How can you accept where you with money and show yourself some self-love?

What is one action step you could take to begin to see everyone else's money story with compassion?

Relationships

Guru Jagat once said – “what if you just took 100% responsibility for everything that is happening in your relationships?”

Now, we know it takes two to tango, but what if, for just a moment we take full responsibility and see what we can learn and what we can change by doing this?

In what ways are you a good friend?

What annoys or frustrates you in your friendships?

How can you take responsibility for this?

What is one action step you can take to heal and bring more connection into your friendships?

In what ways are you a good romantic partner?

What annoys or frustrates you in your romantic relationships?

Relationships

How can you take responsibility for this?

What is one action step you can take to heal and bring more connection into your romantic relationships?

In what ways are you a good family member?

What annoys or frustrates you in your family relationships?

How can you take responsibility for this?

What is one action step you can take to heal and bring more connection into your family relationships?

In what ways are you a good work colleague or collaborator?

Consumerism

What is your relationship like with consumerism? How awake and aware are you of the way you consume?

Where/when do you buy things you don't need? What are those things?

Why do you consume in this way? What is at the root of this for you?

How aware are you of where the things you consume (clothes, material items and food) come from?

What are you ignoring when it comes to the way you consume?

What do you need to see about yourself, acknowledge, accept and then begin to change when it comes to consumerism?

Big Dreams

No holding back now, what is your biggest dream right now?

What traits do you have that would help you get there?

What traits do you have that are holding you back?

How would you feel if this dream came true?

What fears do you have about this not happening for you?

What limiting beliefs do you have that hold you back?

How have you been “programmed” to believe you can’t have this? Who/What is responsible for this?

Big Dreams

How can you break that programming?

What fears do you have about this happening?

What level of responsibility would you have if this came true?

What would you have to do then that you don't have to do now?

How much work will you have to put in to get from here to there?

What action steps would you need to take?

What are you already doing in order to make this happen?

Big Dreams

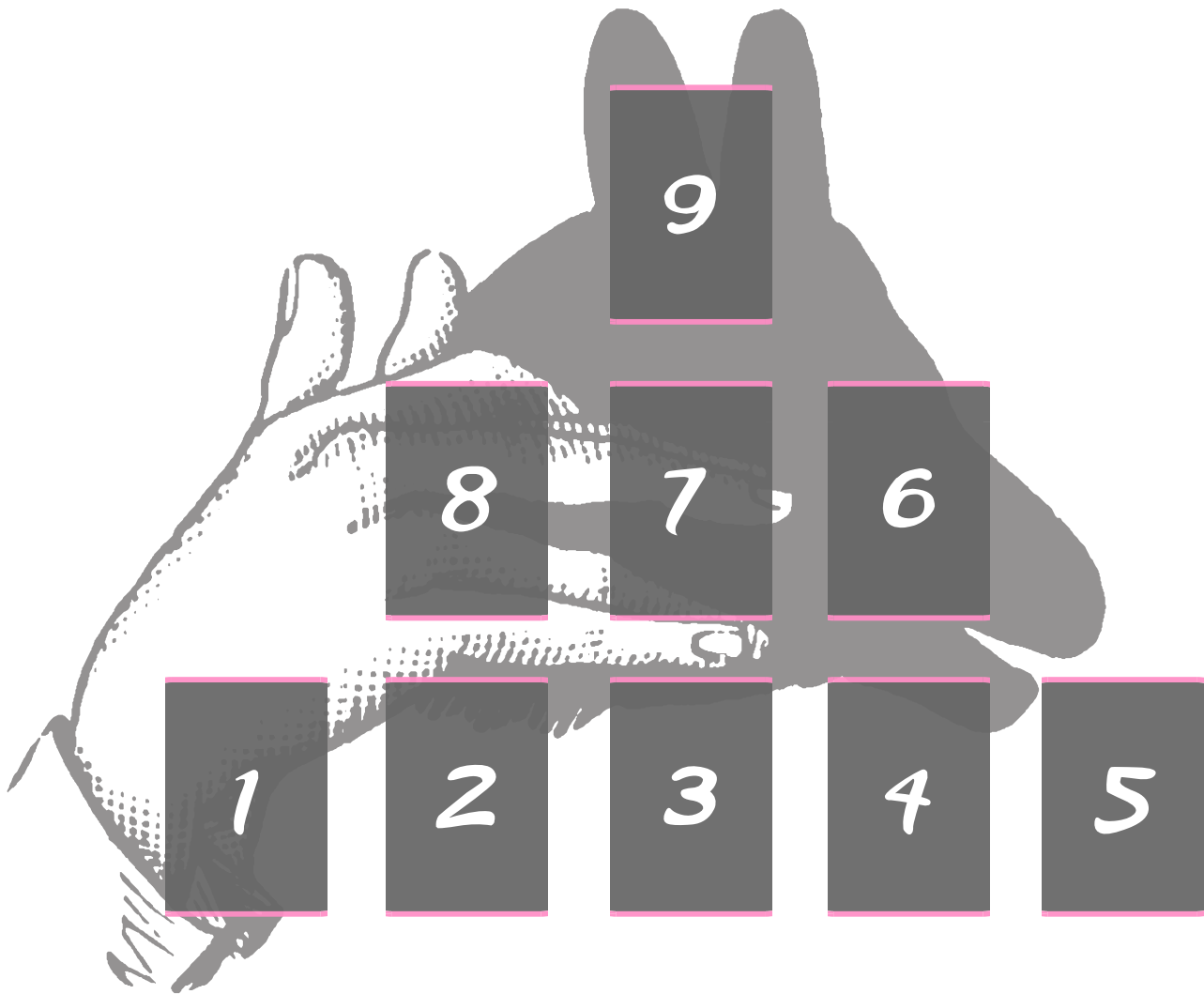
What could you be doing right now to make this happen but aren't?

Who/what are you blaming for not being able to make this dream come true?

Be honest, how else are you self-sabotaging yourself?

Be super honest, do you really feel in your heart and soul that this is for you? (If not, start this section again with a new dream!)

Shadow Spread



1: Your current relationship with your shadow

2: How to show yourself love while you work with your shadow

3: Where are you projecting your stuff onto others?

4: What positive traits are hidden that need to be remembered?

5: What negative traits do you need to work on?

6: Who/what are you blaming for something you need to take responsibility for?

7: How are you self-sabotaging your self?

8: What do you need to acknowledge, accept and/or change about yourself?

9: How can your shadow self help you to live your best life?

What Next?

If you enjoyed this kit and found it useful, please tell your friends about it and The Circle. As a small business word of mouth helps so, so much!

- ✓ If you are in The Circle please come and join us in the Facebook group to chat about your experiences and support others in theirs.
- ✓ If you're not in The Circle join us now!
www.newagehipster.co/the-circle
- ✓ If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the group)
- ✓ Email me with any questions - vix@newagehipster.co
- ✓ If you would like to work with me one on one to dive deeper into this month's topic you can grab a soul reading or spiritual or business mentoring session.

About Vix



Vix believes that being connected to our own hearts, souls and spiritual team is our natural state and she's excited to be able to be of service to those who are searching for a way back. Vix is devoted to helping others reconnect to their own light, inner guidance and power so they can live out their best and highest lives. She supports her growing worldwide community through one on one Soul Readings, workshops, the New Age Hipster podcast, blog, YouTube channel, online groups and social media ministry.

Vix is an ex-high school and special ed teacher, she is a YA indie author and enjoys drinking tea, exploring stone circles, eating vegan pizza and watching 80's movies.