



BUTTERFLY  
MOON  
SHADOW-WORK JOURNAL

Brandi Mazesticeon LLC



# Hello Lovely!

## Welcome to your Shadow-work Journal

The concept of the shadow self is based on the notion that we figuratively bury those pieces of personality that we fear would not be welcomed, accepted, or loved by others; therefore, we keep them in the “shadows.” In short, our shadow selves are the versions of ourselves that we do not show society. The Shadow is our dark side; our lost and forgotten disowned self. Your Shadow is the place within you that contains all of your secrets, repressed feelings, primitive impulses, and parts deemed “unacceptable,” shameful, “sinful” or even “evil.” This hidden place lurking within your unconscious mind also contains suppressed and rejected emotions such as rage, jealousy, hatred, greed, deceitfulness, and selfishness.

Your Shadow side was formed in childhood and is both (a) a product of natural ego development, and (b) a product of conditioning or socialization. Socialization is the process of learning to behave in a way that is acceptable to society. This “shadow self” is the parts of ourselves that have been pushed down to the unconscious — the parts that we’re insecure about, ashamed of, or frustrated with and therefore repress.

However, as tempting as it is to suppress our shadow self and focus only on ‘love and light’, discovering and owning every part of ourselves is a vital part of our spiritual journey.

When you ignore it, your shadow will find ways to make you aware that it exists. This can lead to issues like:

- Hypocrisy (believing and supporting one thing, but doing the other)
- Lies and self-deceit (both towards oneself and others)
- Uncontrollable bursts of rage/anger
- Emotional and mental manipulation of others
- Greed and addictions
- Phobias and obsessive compulsions
- Racist, sexist, homophobic, and other offensive behavior
- Intense anxiety
- Chronic psychosomatic illness
- Depression (which can turn into suicidal tendencies)
- Sexual perversion
- Narcissistically inflated ego
- Chaotic relationships with others
- Self-loathing
- Self-absorption
- Self-sabotage
- ... and many others. This is by no means a comprehensive list (and there are likely many other issues out there). As we’ll learn next, one of the greatest ways we reject our Shadows is through psychological projection.

When you reject your shadow, you may also start projecting onto others. Projection happens when you see things in others that you subconsciously recognize within yourself. Those parts can make you uncomfortable. As a result, you can seek to judge or punish others who reflect those traits. We may criticize, reject, hate, dehumanize, or even in extreme cases, physically or psychologically seek to destroy those on whom we project our Shadows (e.g., think of countries who go at war with the “enemies”).

None of us are innocent in this area. We have ALL projected parts of our rejected Shadow Selves onto others. In fact, Shadow projection is a major cause of relationship dysfunction and break down. If we are seeking to bring peace, love, and meaning to our lives, we absolutely MUST reclaim these projections. Through Shadow Work, we can explore exactly what we have disowned. In order to heal and grow on a mental, emotional, and spiritual level, we need to integrate all our parts, even the shadows. Thankfully, there is a way to explore the Shadow and prevent it from devouring our existence, and that is called Shadow Work.

Traditionally, Shadow Work fell in the realm of the Shamans, or medicine people, as well as the priests and priestesses of the archaic periods of history. These days, Shadow Work falls more commonly in the realms of psychotherapy, with psychologists, psychiatrists, spiritual guides, and therapists showing the way.



During your Shadow work practice you may have to face traumas or difficult past experiences, which can be tough to handle. If you're not careful, shadow work can leave you feeling overwhelmed, exhausted, and even traumatized. It's crucial to approach shadow work cautiously and go at your own pace. For those whose shadow is associated with trauma, this type of work helps you work through trauma to embrace the part of yourself that's been suppressed or shamed throughout your life.

Not everything within our Shadow is doom and gloom. In fact, the Shadow contains some of our most powerful gifts and talents, such as our artistic, sexual, competitive, innovative, and even intuitive aptitudes. Shadow work is, at heart, about developing self-awareness and ultimately, self-acceptance and compassion. Shadow work is often both therapy and more spiritual, helping you see the different parts of yourself. For people who have been especially good at avoiding their shadow – for instance, because it is too far different from your own self-perception or desired impression – shadow work is about acknowledging the existence of shadows and getting curious about exploring them. By accepting your shadow self, you can start to see how your thoughts and emotions influence your behavior. When you're aware of this, you can take control and empower yourself to live life more deliberately and consciously. You can start to show up as your authentic self

The intention of this journal is to support your exploration of your Shadow self and empower your capacity to integrate your Shadow- leaving you free and clear to express your truth, share your gifts and shine like the Divine Being you are.

Blessings of Shadow and Light to your Journey inward.

xx, Brandi

**Please note:** Shadow Work exercises should not be undertaken if you struggle with low self-esteem. Before doing Shadow Work, we strongly and emphatically encourage you to work on cultivating Self-Love. Shadow Work should only be undertaken by those who have healthy and stable self-worth and a friendly relationship with themselves. This daunting and often frightening task is a requirement of every person. But you don't have to go at it alone. Shadow work can be done in therapy, in Sacred Circle at <https://sacred-exchange.circle.so/home> or in conjunction with a guided spiritual practice. This journal provides exercises you can do on your own.



This image shows a full page of white paper with horizontal orange lines. In the background, there is a very light, faded illustration of a person sitting at a desk, possibly writing or reading. The overall appearance is that of a clean, unused piece of stationery or a notebook page.



Was your childhood negative or positive?  
Outline the most prominent memories that you have of your younger years.

This image shows a full page of white paper with horizontal orange lines. In the background, there is a very faint, light-colored illustration of a person sitting at a desk, possibly writing or reading. The overall appearance is that of a clean, unused piece of stationery or a notebook page.



*What are your parent's best and worst personality traits? Do you see any of them within yourself?*





This image shows a full page of white paper with horizontal orange lines, similar to standard lined notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



*Do you lie to yourself to avoid addressing your fears?*



*What characteristics and traits do you dislike in others?*



*When are you hardest on yourself and why?*



*What emotions do you tend to avoid?*





[illegible]



*Do you forgive yourself when you have done something wrong?  
When you make mistakes can you move on from them or do they continue to hurt you?*





*Are you happy to be alone in your own company?  
Do you use other people to fill a void?*



*Do you respond well to constructive criticism? Are you over-sensitive to any form of feedback?*



This image shows a full page of white paper with horizontal orange lines. In the background, there is a very light, faded illustration of a person sitting at a desk, possibly writing or reading. The overall appearance is that of a clean, unused sheet of stationery.



*Do you accept yourself as you are?*





This image shows a full page of blank, lined paper. The paper has a light cream or off-white color. It features evenly spaced, horizontal orange lines running across its entire width. There are no margins, text, or other markings on the page.





[illegible]

Do you have any unhealthy attachments or habits?  
What are you doing to curb them and why have you continued to entertain them?

[illegible]

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Handwriting practice lines consisting of 20 horizontal orange lines.



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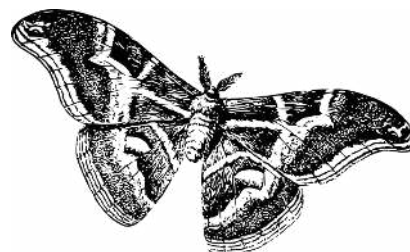


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*Humans  
heal better  
together.*

Join the conversation at  
<https://sacred-exchange.circle.so>

