

Journey Through Shadow

Five-Day Exploration

Five days and three prompts to give you the tools for beginning your own shadow work journey.

Lindsay Laubenstein





Cheers and welcome to the Journey Through Shadow five-day exploration! I am so happy to have you here and building your own shadow work practice. If you don't already know me, I am Lindsay of [Wandering Child Tarot](#) and the [Journey Through Shadow](#) programs and tools. I've been reading tarot since my grandmother first gifted me a beginner's Smith-Waite deck when I was 13 years old--over 25 years now! When COVID hit and the restaurant and bar I managed at closed in the shutdowns I finally made the move that had long been calling to me: to share my tarot work on a larger scale and to move into service as an End of Life Doula. My specialties lie in guidance through transitions and transformations, sharing messages and advice from the collective conscious, and sharing support and inspiration through shadow work.

Who else am I? I'm a Xennial. I'm a witch. I'm a polytheist of the Hellenic/Olympian variety. I'm super awkward. I'm an ultra-introvert. I'm a messenger. I'm a guide and a psychopomp. And I am far more than I could possibly describe in this small space.

Lindsay

Founder, Wandering Child Tarot

What To Expect In This Exploration

These five days are all about setting yourself up for a successful ongoing shadow work practice! We'll be covering all of the basics: from talking about what shadow work is, to choosing prompts, to building your own personal routine and ritual for the work, to how you can integrate your work into your daily life.

Each day of the exploration covers a different aspect of building your personal practice. To get the most out of our week together, I'd recommend setting aside 30-45 minutes of your day for five consecutive days to devote to your exploration. Most of the videos are under 15 minutes, and the challenge exercises can be done in another 15 minutes (unless you want to go extra deep with them!).

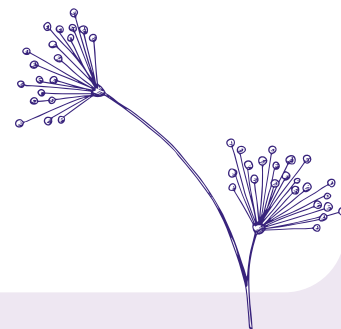
For an extra level of support, I recommend you join the Journey Through Shadow community group on Facebook: <http://facebook.com/groups/JourneyThroughShadow>. This group is yours to gather and share extra care as you build your practice and engage with your own shadow self. We would also love to have you share your daily challenge discoveries within the group to put you in a familiar space for doing your work.

Finally, a gentle reminder that I am a coach and not a licensed therapist or related professional. Nothing in this workbook should be considered equal to or in replacement of work that is best done with mental health professionals, nor should it be considered medical advice. If you find yourself in need of that type of assistance, please reach out to your trusted local professionals.

Check out the short introductory video to the challenge here:

<http://journeythroughshadow.com/JTSresources/ooJTSIntroVideo.mp4>

Note: All prompts included here have been drawn from the *Children of Litha Tarot* by Xia Hunt, though all card images shared in the prompts are Smith-Waite images from the public domain.



What To Expect In This Challenge

Day One:

"What Is Shadow Work?" and Picking Your Prompt

Video: <http://journeythroughshadow.com/JTSresources/o1JTSDayOneVideo.mp4>

Daily Challenge Activation: Choose which prompt calls out to you and that you're looking to dig into for this week's challenge. Share if you'd like!

Day Two

Preparing Your Space

Video: <http://journeythroughshadow.com/JTSresources/o2JTSDayTwoVideo.mp4>

Daily Challenge Activation: Choose your space and tools and maybe share a photo or description or list of the space and/or objects you've chosen for your regular shadow work routine if you feel comfortable doing so.

Day Three

Grounding/Shielding and Self-Care/Self-Soothing Practices

Video: <http://journeythroughshadow.com/JTSresources/o3JTSDayThreeVideo.mp4>

Daily Challenge Activation: Choose some of your favorite self-care and self-soothing ideas to use within your practice. Share if you feel comfortable.

Day Four

Digging Into the Prompts

Video: <http://journeythroughshadow.com/JTSresources/o4JTSDayFourVideo.mp4>

Daily Challenge Activation: If you've started your prompt consider what's coming up for you so far in your work. Share in the group if you feel comfortable doing so.

Day Five

Integrating the Work

Video: <http://journeythroughshadow.com/JTSresources/o5JTSDayFiveVideo.mp4>

Share on Social with the hashtag [#JourneyThroughShadow5Day](#)

Day One: What Is Shadow Work?

Shadow Work draws on the work of psychiatrist/psychoanalyst _____.

The shadow self is the part of us we _____--the things we keep to ourselves, the things that hold us back, the things we're ashamed of, the things that we're scared to shed light on.

Engaging with shadow work is a reminder that we are both _____ and _____.

Shadow Work is a _____, and it is also an _____.

When doing shadow work, always be sure to have _____.

Some examples of this are:

- 1) _____
- 2) _____
- 3) _____

Ways to engage in Shadow Work:

- 1) _____
- 2) _____
- 3) _____

Day One: Picking Your Prompt

Prompt 1:

Ten of Wands and Two of Wands

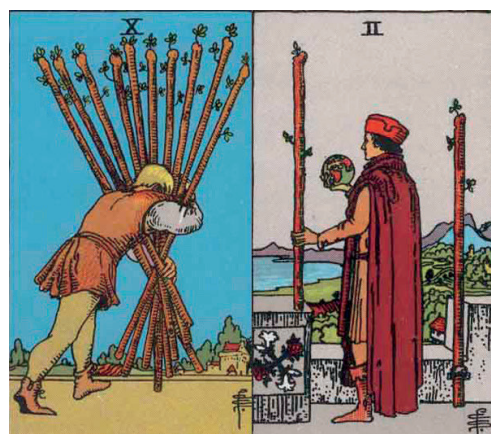
The Ten of Wands speaks of hard-won victories and accomplishments, and the Two of Wands of the choices made along the way—both the risky choices that moved you closer, and also the safe choices that maybe held you back for longer.

These two cards are asking you to consider the accomplishments and victories in your own life that were hard-won and a struggle for you, the choices that got you there, and the choices that delayed you.

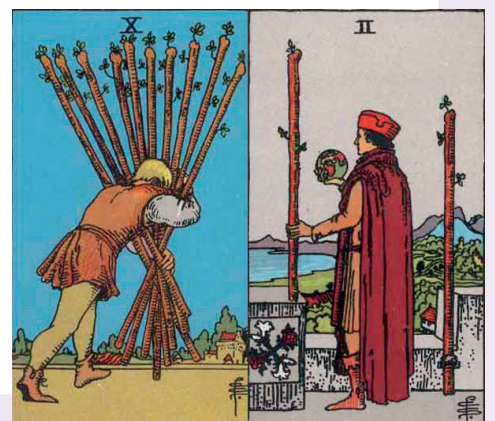
What difficult accomplishment is on your mind or prominent in your life right now?

List out the choices you made along the journey to the finish line. Which choices were easy to make, and which were more difficult? Which of those choices are you most proud of and why? Which of those choices do you always go back to, wishing you had done them differently or that you had made them earlier in your journey so your path wasn't so difficult later on?

Recognize that you came out with a win and that you wouldn't be exactly here and exactly where you are without having walked the path you did. Revisit places of loss or regret on this particular journey, face them, and determine how best to address and reconcile them so you can move fully forward into your next win with less struggle than before.



Prompt 1:



Day One: Picking Your Prompt

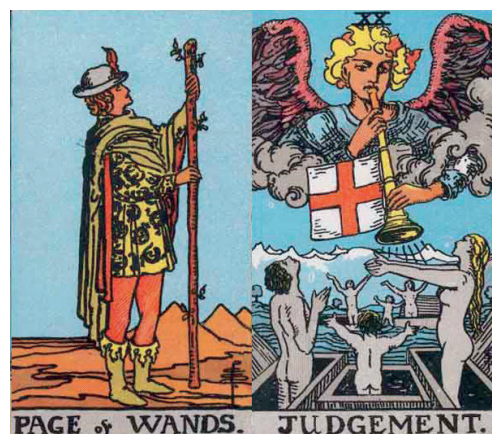
Prompt 2:

Page of Wands and Judgement

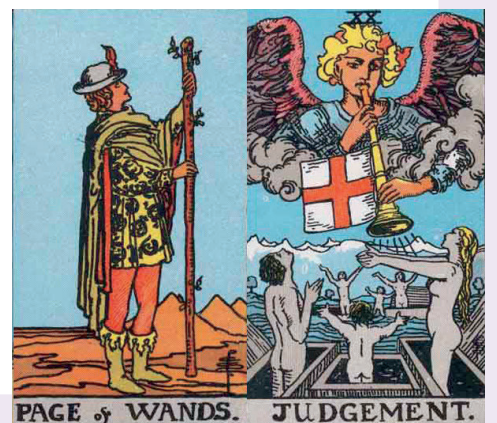
The Page of Wands is a card of energy, passion, restlessness, and an unwillingness to settle, while Judgement is a wake up call to a higher purpose asking for big changes and commitment.

Together these cards are asking you to look at the times you've turned your back on a higher calling. Perhaps you were too wild and free to hear the call at first, but then whenever it came back you convinced yourself you still weren't ready to level up and follow.

Take some time to consider the reasons you didn't follow the pull: Maybe you were scared of the unknown places this journey might lead you. Maybe you didn't want to tie yourself down to something so big so early in your life. Maybe your head and your heart weren't in the same place yet and you knew it wasn't time. Whatever your reasons may have been, this calling has recently made a comeback, or is getting ready to. You're still trying to challenge the inevitable, but eventually the time will come for you to embrace this new path. Prepare yourself. Face your worries and struggles head on and learn the root of your hesitation or concern so you are ready to follow when the call comes again.



Prompt 2:



PAGE of WANDS. JUDGEMENT.

Day One: Picking Your Prompt

Prompt 3:

Three of Pentacles and Queen of Wands

The Three of Pentacles is the ultimate “teamwork” card and a reminder that the best results come from everyone bringing their whole selves and leaning into their strengths in any given project, and the Queen of Wands is all about shining your light and inspiring and giving of your time and energy.

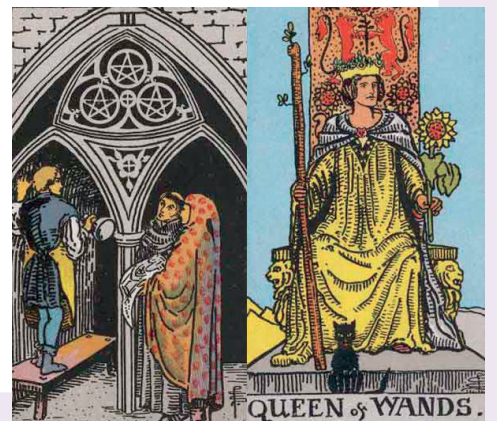
In a shadow work framework these cards are speaking of a disconnect and asking you to think about times you didn’t bring your all to a project—either by force or by choice. Maybe you felt bowled over by stronger personalities in the group, or maybe you didn’t trust your own abilities to perform. Regardless, this is likely a situation that you revisit often and has probably affected how you show up in similar situations since then.

Take time to list and sort through the reasons you have for shrinking back from the project. Find ways to confront the reasons that were out of your control and how you can work through them, and then search out the root of the reasons that were within your control to confront.

Allow yourself the time to really consider how the end results may have been different if you’d allowed yourself the opportunity then to stand in your power and shine by contributing your full abilities and skills to the project. Allow yourself the chance to acknowledge and mourn the result that never was, and give yourself the permission to own and wield your strengths in future projects.



Prompt 3:



Day One: Picking Your Prompt

Prompt 4:

Three of Pentacles and Queen of Wands

In this prompt, the Queen of Wands here may be representing times you have taken over a teamwork situation in a way that didn't allow others in the group to bring their all to the project. If this is the case for you, revisit this situation or these situations from your past. Why did you feel the need to take over the project?

Dig down and bring up times in your past that may have led to these occurrences. Maybe you feel the need to take over in teamwork settings because other people let you down in past group projects. Maybe you feel driven to overachieve in these spaces because of pressure put on you elsewhere or in similar previous situations. Whatever yours may be, revisit these core situations and work to disconnect from them so you are able to take a step back and embody more of a co-pilot type of role with those around you in future group projects.

Once you confront those blocks, revisit those places where you took over. Consider how you affected those whose opinions and ideas you might have brushed aside, or whose talents you discounted. If it's possible and if it makes sense, you may find you want to reach out and apologize for what happened. Regardless, remember those core situations in group settings moving forward. Know that what played out in the past is not always an indicator of what will happen in the future.

However, it's also important to remember red flags from past situations. The best way to protect yourself from a replay of a past problem is to be aware of red flags popping up to prevent a repeat, but you don't have to assume them from the beginning.



Prompt 4:



Day Two: Preparing Your Space

Tools are an important part of any regular practice, and shadow work is no different! Some people need or want nothing more than a journal and a pen and a hydrating beverage, but we all have the things that work best for us. Here are some ideas to start you thinking about what you might like to have around you in your shadow work sessions, and some blank space to list out your own choices!

- An intention or affirmation for your work or session
- A favorite meditation or grounding practice to start and end
- Crystals/gemstones for healing and grounding
- Favorite incense or herbal blend to burn
- A favorite candle
- Any special talismans or charms you'd like available
- Tea or Water or other beverage of choice
- This workbook and/or a favorite journal and pen
- Your favorite tarot or oracle deck for extra insight
- A comfortable and quiet spot for deep contemplation
- Background music, especially if you have any playlists you love for journaling

What tools or items above resonate with you, or what additional ones will you use in your own shadow work practice?

Day Two: Preparing Your Space

Use this space to jot down any stone/candle/incense/herb/essential oil/etc. correspondences that you may want easy reference to as you build your shadow work practice.

Day Three: Grounding and Shielding

Grounding and shielding are often missed but very important pieces of a safe shadow work practice. Shadow work often involves interaction with past trauma and personal triggers, and you need to be in as stable a mind-frame as possible when engaging those situations through intentional shadow work.

Grounding is the practice of connecting and rooting into the earth beneath you to keep you connected and to keep the nourishing and nurturing energy the earth brings flowing to you, and for allowing excess energy and emotions to move through you and from you safely into the earth.

Shielding is the practice of building an impenetrable safe pocket of space around you. For those of you familiar with ritual practices, this is rather the same as casting a circle and raising the energy around you to aid and protect you, and that is certainly one way you can choose to shield and do your shadow work. This can also be as simple as imagining a bubble of safety around you, or visualizing putting on an impenetrable body suit to keep outside energies from affecting you while you do your work.

Ideas for Grounding Practices:

- [Audio offering from me](#) and [the PDF version](#)
- Reading a favorite poem
- Listen to grounding music
- Mindfully brewing/consuming a cup of tea as you settle in

What grounding/shielding practices might you use in your shadow work practice?

Day Three: Self-Care and Self-Soothing

We hear a lot about self-care practices in the world around us, but let's be brutally honest for a minute: what we hear every day is the very capitalist version of what self-care is, and how much money we need to spend to take care of ourselves. First, a lot of what is pegged as "self-care" is really "self-soothing," but those are also very important activities for our well-being and there are many ways of self-soothing that don't require a lot of monetary output. Now...what should we really understand about the two practices?

Self-soothing is typically _____ while self-care consists of _____ and _____ practices.

Self-soothing methods make you feel better _____ whereas self-care practices build you a _____.

A regular shadow work practice is considered an important piece of work in your _____ structure.

Deanna Zandt put together an incredible and easy-to-digest comic about self-soothing vs self-care practices, and she even expands it out to community care and structural care to give an even deeper understanding of the structures and needs for each in our lives: [The Unspoken Complexity of Self-Care](#) (reader accessible).

Examples of Self-Care and Self-Soothing in Your Shadow Work Practice:

Self-Care:

- 1)
- 2)
- 3)

Self-Soothing:

- 1)
- 2)
- 3)

Day Four: Digging Into the Prompts

Set Your Space.

Gather your tools and set up your chosen space for the work, and prepare yourself in any ways that might make sense for you (i.e. cleansing bath, make a cup of tea, light your candles/incense, etc.).

Set a clear intention for your session.

Choosing an intention for your work gives you specific _____. Intentions are like _____ for internal work.

Some examples of intentions for shadow work sessions might be: "To see myself clearly" or "To build/strengthen my boundaries" or "To open myself to receive [love/money/acceptance/etc.]."

Do Your Chosen Grounding/Shielding.

Protect yourself for your session following your chosen grounding and shielding practices.

Follow the prompts as completely as possible!

Each prompt includes things to consider in your journaling that will help you integrate your discoveries into your life and either move you forward or allow you to move through them.

Release Your Space, Thank Yourself, and Decompress.

Release and ground out any excess energy or emotions you might be feeling from your session. If you cast any circles or included any other protective practices then release and open them. Thank yourself for showing up for the hard work you have just done. Finally, choose a self-soothing practice or reward to treat yourself and rebalance.

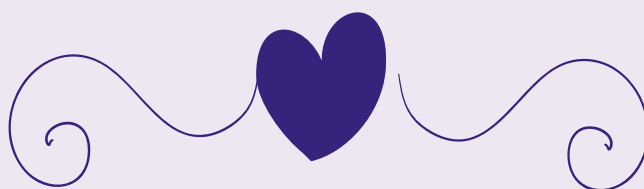
Day Five: Integrating the Work

From here, for some people identifying the culprit situations is enough to allow them to disconnect and move forward from what they've experienced in their lives and in the situations that have been holding them back. Some people find the best way to work through the things they've identified is with their therapist or other mental health professionals. Most people sit somewhere in between. So...what if you're one of those in-between types? Here are some ideas that might help you integrate and move forward:

- Each topic asks something very different of you. Once you work through the prompt, brainstorm how you might be able to use this new awareness in your life or current situations.
- Learn to accept and love even the parts of you that are painful to face. Accept you were at one time this person, and forgive yourself as necessary.
- In situations where others have hurt you: Know that you don't have to forgive those people (you absolutely can, though!), but you must come to terms with the reasons why you do not choose to forgive them. Take as much time as you need to come to terms with those reasons and let their hold on you dissolve as you do.
- When accessible, work to make amends to people in situations where you have been the person at fault. Understand that just as you may not be able to forgive those who have hurt you, those you have hurt may choose not to forgive you. You cannot tie your individual growth to their personal autonomy.
- Connect with others in the group working to integrate their own shadows for more ideas from the collective.

Notes:

A large, empty white rounded rectangle with rounded corners, occupying most of the page. It is intended for taking notes.



You Made It!

Congratulations on working your way through this book! Shadow work is not easy, and it may not be fun, but it is a self-care practice that is so necessary to live truly integrated lives and come to love ourselves even in the places where we find we've fallen short in our past. Thank you so much for taking this time to support both yourself and this calling of mine. If you have any questions please don't hesitate to send me an email at Lindsay@wanderingchild.org or directly book further readings via my [booking form](#). If my work has made a difference to you I would be so grateful to have your testimonial or [reviews](#).

If you'd like to keep updated on offerings and courses yet to come, please [join the mailing list](#) so you can be the first to know when I release new workbooks and more!

Lindsay

