



SHADOWS AND INNER SCENERY: TRANSMUTING THROUGH ART

WITH NATHALIE FLO

CHECKING IN-CHECKING AROUND

-NAME

-PREFERRED GENDER PRONOUN (SHE, THEY, HE, ZE, WE)

-WHY ARE YOU HERE?

SEQUENCE

WHAT IS SHADOW-WORK?

DISCUSSION

GUIDED MEDITATION

AFFIRMATION STATION

RESOURCE SHARE

WHAT IS SHADOW WORK?



The process of acknowledging, honoring, and often healing parts of yourself that you may not like.

It is actively seeking wisdom from harmful cycles, finding their roots, and activating the medicines they hold.

EXAMPLE...

A FRIEND IS TELLING ME THAT WHEN I'M UPSET, I WITHDRAW AFFECTION AND COME OFF AS PASSIVE AGGRESSIVE. AT FIRST, I WANT TO RESPOND ANGRY. BUT, I CHOOSE TO SIT DOWN AND JOURNAL ABOUT IT. I WRITE OUT MY FEELINGS, AND LATER STUMBLE ON A JOURNAL FROM WHEN I WAS 10. I'M TALKING ABOUT MY MOTHER IGNORING ME WHEN I MOST NEEDED SUPPORT. I SIT WITH THIS INFORMATION, AND ASK MYSELF IF I AM REFLECTING THE PAIN I DEALT WITH AS A KID, ON TO MY FRIENDS. I START TO FEEL ASHAMED, BUT WHEN THE FEELING PASSES, I RECOGNIZE THAT I'M JUST A HUMAN AND MY FEELINGS WERE HURT SO I RESPONDED IN THE FIRST NATURAL WAY I KNEW. I MAKE A PLAN TO CHECK IN MYSELF THE NEXT TIME I FEEL UNSAFE OR UNLOVED, AND I LET MY FRIENDS KNOW WHAT'S HAPPENING WITH ME SO THAT THEY CAN HOLD ME ACCOUNTABLE AND SUPPORT ME.

HAVE YOU BEEN DOING SHADOW WORK
LATELY?

THE LAYERS OF SHADOW WORK (IN NO SPECIFIC ORDER)

TRIGGER, HEAVINESS, REFLECTION, EPIPHANY,
EMOTION, PRESENCE, POWER, ACCOUNTABILITY

HOW HAVE YOUR SHADOWS INFORMED YOUR ART PROCESS?

DO YOU FEEL LIKE SOMETIMES YOU EXACERBATE YOUR SHADOWS TO MAKE ART?

IS THE ARTIST SEPARATE FROM THEIR TRAUMA?

WHAT SHADOWS ARE PRESENT FOR YOU NOW?

GUIDED MEDITATION

YOU CAN DRAW, HUM, SIT, STAND, DANCE, WRITE, ENVISION, LISTEN.

WHATEVER YOUR PROCESS IS, IT'S YOURS. BUT ALWAYS REMEMBER TO BREATHE.

BE ATTENTIVE OF WHAT YOU FEEL, THINK, SEE, HEAR, SMELL, EVEN TASTE.

NOTE YOUR INNER SCENERY.

IF FEAR COMES TO VISIT, ASK IT WHY IT IS THERE.

TAKE A MOMENT TO WRITE DOWN WHAT HAPPENED IN YOUR MEDITATION. RECORD ANY SETTINGS, PEOPLE, FEELINGS, CONVERSATIONS, OR ADVICE YOU RECEIVED. ALSO MAKE NOTE OF ANYTHING THAT CONFUSED YOU, EXCITED YOU, OR AMUSED YOU.

AFTERGLOW

WOULD YOU LIKE TO SHARE?

ACCOUNTABILITY TO SELF

WHEN OUR SOUL SPEAKS TO US, WE HAVE TO HONOR IT.

WHAT ARE SOME WAYS YOU CAN HONOR WHAT CAME UP FOR YOU?

WHAT ARE SOME THINGS YOU KNOW YOU SHOULD DO?

HOW CAN YOU GET OUT OF YOUR OWN WAY?

SUGGESTIONS

- WHEN YOU'RE STRESSED OR FEELING MURKY, STRETCH AND BREATHE INTO YOUR BODY, IMAGINING THE AIR TOUCHING EVERY PART OF YOUR INSIDES.
- OBSERVE THE THINGS YOU FEEL MOST RESISTANT TO DOING. ASK YOURSELF IF YOU'RE AVOIDING SOMETHING THAT COULD POTENTIALLY SHIFT YOUR MOOD AND FOCUS, AND IF IT CAN, DO IT WITHOUT DELAY.
- WHEN A PARTICULAR PIECE OF WORK IS FRUSTRATING YOU, WRITE SOMETHING THAT FEELS LIMITLESS.
- EXPLORE A WORD AND MAKE A WORLD OF IT.
- LOOK UP PROMPTS ONLINE.
- DRAW A CREATURE THAT IS YET TO EXIST.
- READ ADRIENNE MAREE BROWN.
- VISUALIZE ALL THE EMOTIONS, WORRIES, AND OTHER RESERVATIONS YOU HAVE ABOUT YOURSELF/YOUR WORK. SEE THEM GROWING INSIDE YOU. WHEN YOU'RE READY, ENVISION A HUGE PLUG IN YOUR STOMACH. TAKE A DEEP BREATH IN. WHEN YOU EXHALE, SEE AND FEEL ALL THE FEELINGS LEAVE YOUR BODY. DO SOMETHING ENERGIZING AFTER. DRINK LOTS OF WATER.

WHAT HELPS YOU BREAK CREATIVE BLOCKS?

Affirmations + anchors

I AM VALID, AND I AM WHOLE.

I AM NOT MINIMIZED BY MY STRUGGLES, NOR AM I MAXIMIZED BY THEM.

I DESERVE CARE, EVEN WHEN I AM NOT PRODUCING WORK.

I AM ACCOUNTABLE FOR MYSELF, AND THAT'S A BLESSING.

THE PROCESS OF GETTING TO ART, IS ART.

I AM A VESSEL OF TRANSMUTATION.