

The Beginner's Guide to Shadow Work

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Preface

This is a free structured guide. If you paid for this guide, you may have been deceived. I have made this beginner's guide as simple and easy to follow as possible. If you follow these steps, it will begin your shadow work journey.

There are many different ways to do shadow work. I only included my own practice, because it's important to stay authentic by preaching what I practice instead of practicing what I preach.

I don't have a medical degree. I am not a licensed psychiatrist, psychologist, or therapist. This guide does not deal with Dr. Carl G. Jung's archetype, enantiodromia, and dream work.

In December 2020, I suddenly knew that I needed to write this guide. I sincerely hope that this guide will help you in some way. You are loved. You are worthy. You are enough. You are beautiful.

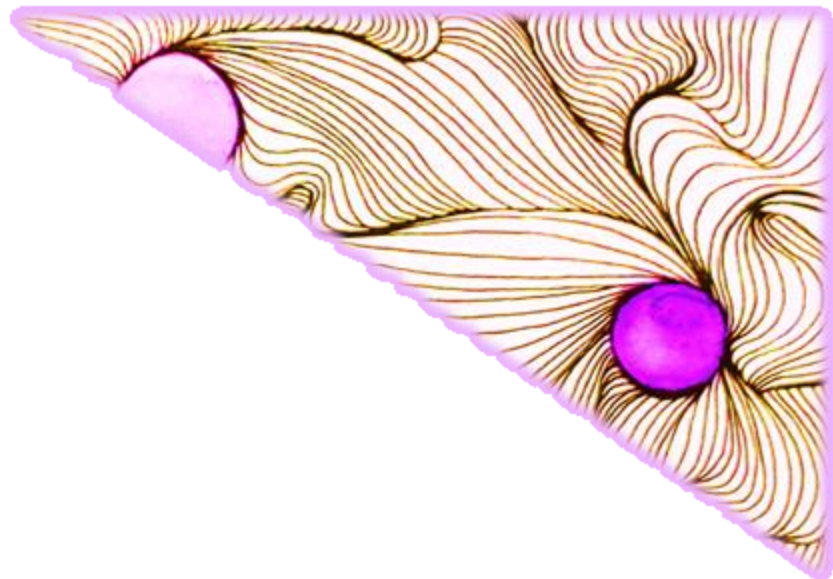
With love and blessings!

Zon Jan a.k.a. Inner Practitioner

What is Shadow Work?

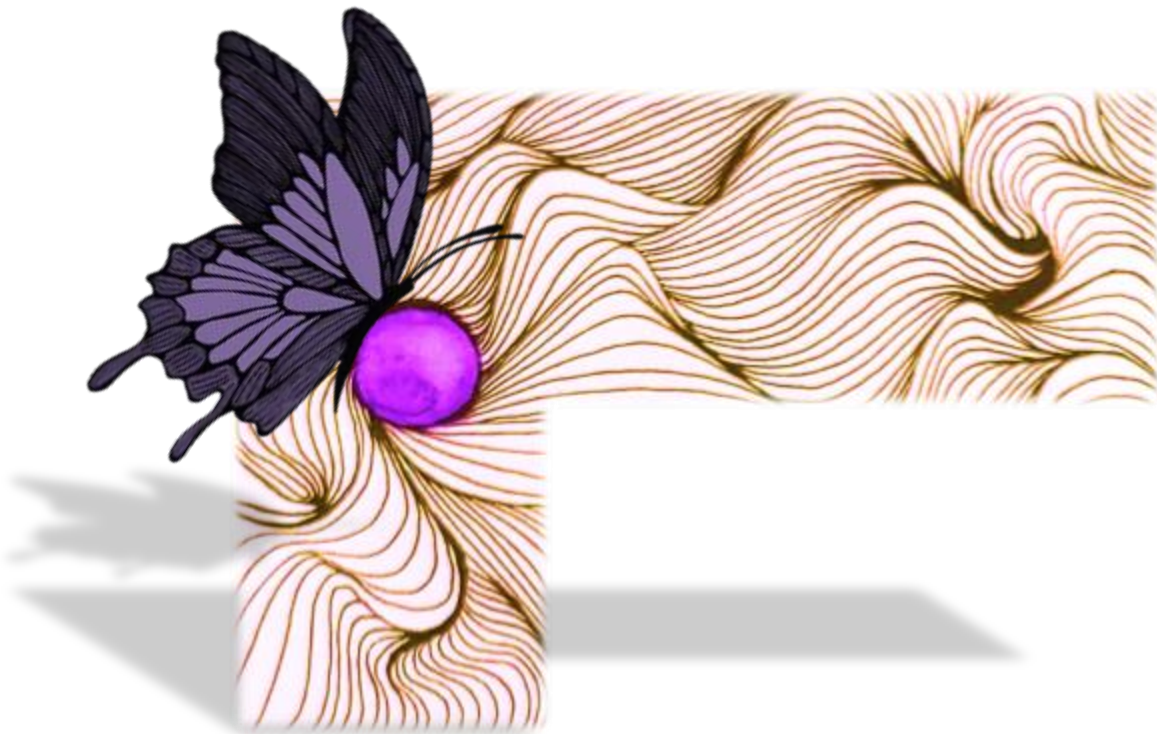
Shadow work is the process of identifying, understanding and integrating the unconscious part of yourself. The unconscious part of yourself is called the “shadow self”. Your shadow self is not dark but unconscious. Your shadow self has many shadows.

Shadow work can be very embarrassing, uncomfortable, and painful. It’s a lifelong process. You do it according to your own time and schedule. Sometimes it’s easy and fast to complete the shadow work on a particular shadow. Sometimes, due to the layered depth of the shadow, you will spend a lot of time on the same shadow.



Some Benefits of Doing Shadow Work

1. Greater creativity.
2. Better physical health.
3. Better life energy flow.
4. Improved self-awareness.
5. Increased emotional maturity.
6. Become more free, conscious, and whole.
7. Better improved relationship with yourself and others.
8. Have a deeper understanding, love, and compassion for yourself and others.
9. Other...



Some Potential Consequences of Not Doing Shadow Work

1. Persistent anxiety.
2. Lashing out at people.
3. Emotionally immature.
4. Lack of energy and passion.
5. Persistent feeling of not belonging.
6. Being perceived as manipulative and inauthentic.
7. Lack of alignment in your relationships and work.
8. Difficulty in your connection with yourself and others.
9. Other...



Some Shadow Thoughts

There are many thoughts that can come from your shadow.

Here are some examples:

“I hate men.”

“I hate women.”

“I am unlovable.”

“I like to use people.”

“I like to play the victim.”

“I think men are weak.”

“I think women are weak.”

“I think I am better than her.”

“I think I am worse than him.”

“I must sound like I am smart.”

“I hope the weak will just die.”

“I like to pretend to be innocent.”

“I like to toy with people’s hearts.”

“I love getting away with my bullshit.”

“People with low IQ should not have children.”

“I deserve more money because I am superior.”

“I love making others do what I want them to do.”

“I need to please others to feel good about myself.”

“My pain is so much worse than the pain of others.”

“I like to manipulate others to give me what I want.”

“I wish I can go back in time and beat the shit out of that asshole.”

Some Shadow Feelings

There are many feelings that can come from your shadow.

Here are some examples:

“I hate myself.”

“I often feel insecure.”

“I often feel unworthy.”

“I often feel frustrated.”

“I feel like killing him.”

“I often feel inferior to others.”

“I often feel superior to others.”

“I feel no one will ever love me.”

“I often feel that no one likes me.”

“I feel comfortable playing small.”

“I often feel separated from others.”

“I often feel that others are against me.”

“I often feel that I am not good enough.”

“I often feel that I don't belong anywhere.”

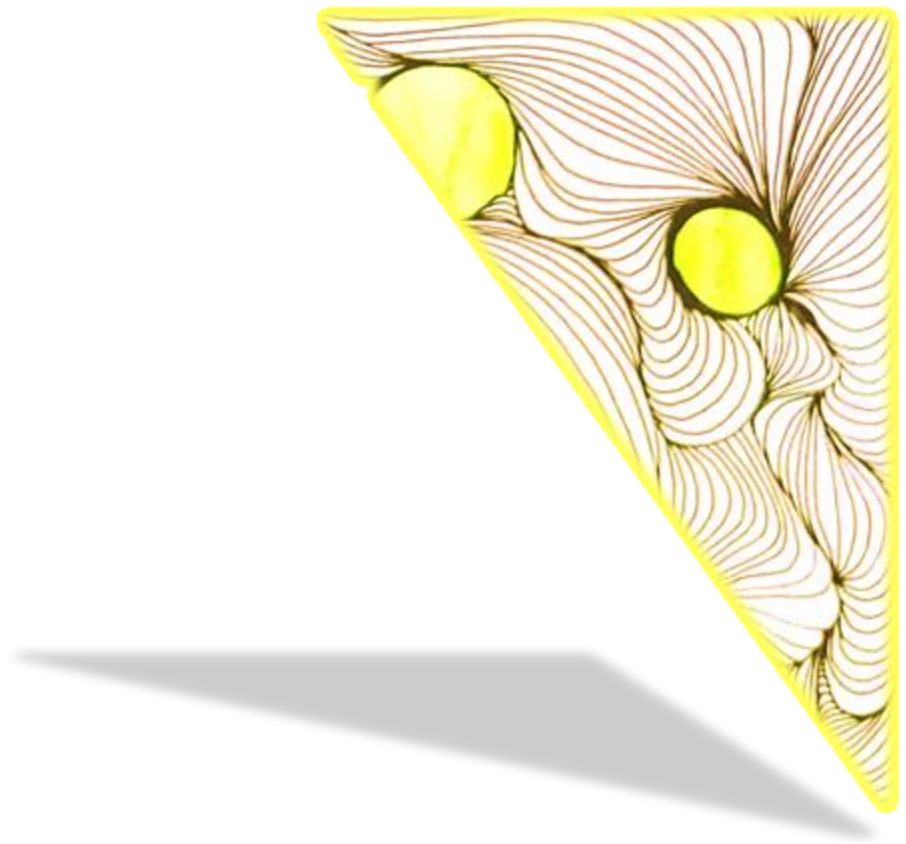
“I feel comfortable with being unworthy.”

“I feel loved when people pay me attention.”

The Shadow Work Process I Practice

This is the shadow work process I practice:

1. Do pranic breathing.
2. Set your intention.
3. Identify your shadow.
4. Feel your negative emotions.
5. Understand your shadow.
6. Feel your negative emotions.
7. Integrate your shadow.



Before You Start – Pranic Breathing

Pranic breathing will increase your life energy, reduce stress, relax you, lower your heart rate and blood pressure, improve core muscle stability, and gradually stabilize your mind. Pranic breathing is very helpful for your shadow work.

Close your mouth.

Touch your palate (upper mouth) with your tongue. This will connect the front and back energy channels of your body.

Breathe with your diaphragm through your nose.

Inhale and count to 7.

Pause and count to 1.

Exhale and count to 7.

Pause and count to 1.

Repeat.

This is pranic breathing 7-1-7-1.

If you can, please try 6-3-6-3. This is more difficult, but it will increase your life energy more than 7-1-7-1.

Before doing shadow work, do pranic breathing for 3-10 minutes.

Before You Start – Set Your Intention

Set your intention to identify, understand, and integrate your shadows every day. Your intention is very powerful. It tells your unconscious mind and the universe what you want.

The more you set your intention to identify, understand, and integrate your shadows, the more your unconscious mind and the universe will respond to help you.

Here are some examples:

I intend to accept and love my shadows.

I intend to identify, understand, and integrate my shadows.

I intend to become whole by owning my light and darkness.



Identify Your Shadow

You can identify your shadow in the following ways:

1. Pay attention to recurring feelings.
2. Pay attention to recurring emotional reactions.
3. Pay attention to your blame, judgment, shaming, and projection.
4. Pay attention to your triggers.
5. Have an honest conversation with yourself through writing.
6. Journaling.



Pay Attention to Recurring Feelings

Your feelings usually have patterns, and you will unknowingly cycle between different feelings. Therefore, the key is to pay attention to recurring feelings.

For example:

1. I often feel insecure.
2. I often feel unworthy.
3. I often feel unlovable.
4. I often feel inadequate.
5. Other...

There is a reason why you have these recurring feelings – they are your shadow beliefs (often called limiting beliefs) and are powered by your shadows.

For example, if you often feel unworthy, this is your shadow belief. You can think of this feeling of unworthiness as your shadow, and it will become the focus of your internal investigation.

Be gentle with yourself. This step may take some time.

Once you have identified your shadow, you may have some negative emotions because this shadow does not match your self-image.

If you have some negative emotions, the next step is to feel your negative emotions. Otherwise, the next step is to understand your shadow.

Pay Attention to Recurring Emotional Reactions in Similar Situations

Not all emotional reactions come from your shadow. Sometimes your emotional reaction is an “appropriate” reaction to the situation. Therefore, focus on recurring emotional reactions in similar situations.

Certain situations will activate your shadow, and you will experience recurring emotional reactions. For example, anger, disgust, irritation, fear, sadness, upset, extreme discomfort, something that shocks or excites you, etc.

For example, I was a people-pleaser for many years. After I pleased someone, if they didn’t seem pleased (situation), I would get upset (recurring emotional reaction).

Using the above example, you can think of the combination of this upset and the situation as a product of your shadow, which will become the focus of your internal investigation.

Be gentle with yourself. This step may take some time.

Once you have identified your shadow, you may have some negative emotions because this shadow does not match your self-image.

If you have some negative emotions, the next step is to feel your negative emotions. Otherwise, the next step is to understand your shadow.

Pay Attention to Your Blame, Judgment, Shaming, and Projection

Not all blame, judgment, and shaming comes from your shadow. Sometimes they come from ego or “low” vibration.

General rules of how your shadows remain shadows:

1. You don't want to acknowledge your shadow.
2. You don't want to be reminded of your shadow.
3. You don't want to own your shadow.
4. You reject your shadow – what you project outward is what you reject inward.

You may unconsciously blame, judge, or shame others, or project onto others because of these general rules.

For example:

You may unconsciously blame others for reminding you of your shadow.

You may unconsciously judge others based on certain characteristics of your shadow.

You may unconsciously shame others because you don't want to own your shadow.

You may unconsciously project your rejected shadow onto others.

The key is to pay attention to the pattern for your blame, judge, shaming, and projection.

For example:

I used to blame others for making me feel insecure, but I didn't realize before interacting with them that I already felt not good enough, which was caused by my shadow.

I used to judge and shame others for being vulnerable because I thought it was weak, and I was afraid of showing weakness (my shadow). My judgment and shaming were also a way of telling others that I am not like them.

I didn't like many people. I didn't realize it was because I didn't like myself and projected this self-dislike onto others. It came from my shadow.

When you blame, judge, or shame others, or project onto others, pay attention to your inner world and examine to understand why. This will usually reveal your shadows.

Be gentle with yourself. This step may take some time.

Once you have identified your shadow, you may have some negative emotions because this shadow does not match your self-image.

If you have some negative emotions, the next step is to feel your negative emotions. Otherwise, the next step is to understand your shadow.

Pay Attention to Your Trigger

Your trigger may be the sensitive nerve endings of your unhealed wounds. Your trigger may also be a reaction to your shadows. The way to distinguish is by the type of triggered reaction.

General rule: You are often triggered by the unconscious part of you that you consciously see in others.

Since you unconsciously don't want to acknowledge, be reminded, and reject your shadows, the type of triggered reaction usually involves rejecting certain shadow attributes.

For example, you feel worthless and don't love yourself. You may be triggered when you see someone loves themselves. In this case, the feeling of worthlessness and lack of self-love comes from your shadow.

I used to get triggered when someone suggested I showed weakness because I unconsciously thought vulnerability was a weakness and rejected it. In this case, my shadow attribute is thinking being vulnerable is being weak.

Be gentle with yourself. This step may take some time.

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If you have some negative emotions, the next step is to feel your negative emotions. Otherwise, the next step is to understand your shadow.

Have an Honest Conversation With Yourself Through Writing

Talk to yourself through writing. Ask yourself some tough questions and answer them honestly. This may show your true feelings, intentions, and shadows.

Some examples:

Q: What am I afraid of?

A: No one will love me.

Q: Why don't I speak my mind?

A: I am afraid others will disagree with me.

Q: Why don't I try new things?

A: I am afraid I will fail and look like a fool.

Q: Why do I agree with others when I disagree?

A: If I disagree with them, they might not like me.

Keep asking yourself tough questions. There is no right or wrong answer. As you gradually ease into this process, your true feelings, intentions, and shadows will gradually appear.

For example:

Q: Why can't I say no?

A: Because I am afraid to say no.

Q: Why am I afraid to say no.

A: Because if I say no, others will not like me.

Q: Why am I afraid that others will not like me?

A: Because I don't like myself.

Q: Why do I not like myself?

A: Because I think I am worthless.

This is it. Deep down, I think I am worthless. This came from my shadow.

Be gentle with yourself. This step may take some time.

Once you have identified your shadow, you may have some negative emotions because this shadow does not match your self-image.

If you have some negative emotions, the next step is to feel your negative emotions. Otherwise, the next step is to understand your shadow.

Journaling

Write down what you don't like about others.

For example:

“He is rude.”

“She never listens.”

“He always talks about himself.”

“She always puts me down.”

“He is so insecure.”

“She doesn't like me.”

Etc.

Write whatever comes to your mind. Gradually ease into it. Let your hand write by itself. There is no right or wrong.

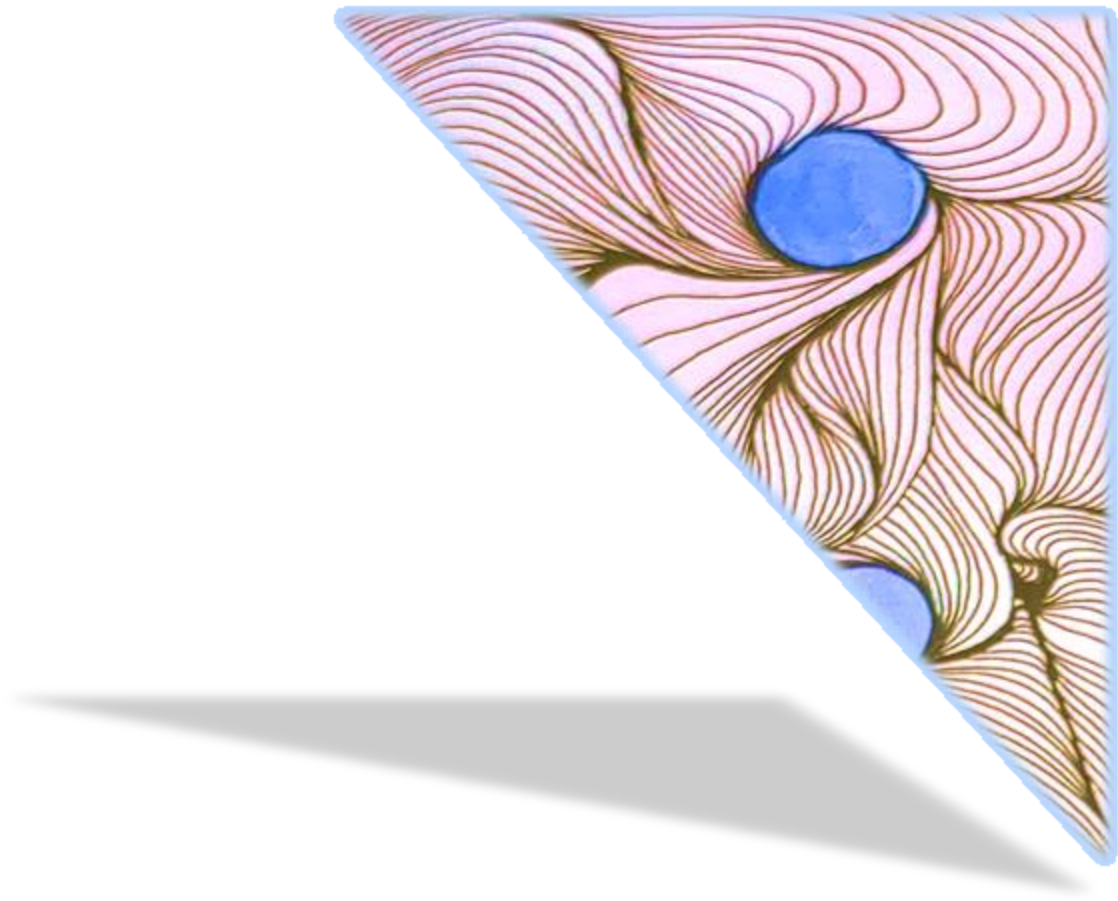
General rule: You project outward what you reject inward. You unconsciously reject your shadows and often project them onto others because you don't want to acknowledge, be reminded, and own them.

Pay attention to what you write. Be honest with yourself. See if you are really talking about yourself. For example, are you talking about him being so insecure, or are you really talking about yourself?

Be gentle with yourself. This step may take some time.

Once you have identified your shadow, you may have some negative emotions because this shadow does not match your self-image.

If you have some negative emotions, the next step is to feel your negative emotions. Otherwise, the next step is to understand your shadow.



Feel Your Negative Emotions

Now that you have identified the shadow or potential shadow, it may be difficult to face this part of yourself, and you may have some negative emotions such as anger, disgust, fear, guilt, sadness, shame, etc.

At this stage of shadow work, you don't have to accept this part of yourself, but it's necessary to feel your negative emotions. Take some deep breaths or do pranic breathing. Feel your negative emotions.

You can try the following steps to feel your negative emotions:

1. Breathe.
2. If you can, consciously identify your negative emotions. For example, I feel angry and sad.
3. Tell yourself "I am not my negative emotions."
4. Breathe.
5. Feel them.
6. Become them.
7. Breathe.
8. Tell yourself "I am not my negative emotions."
9. Breathe.
10. Let them go – letting go when you exhale usually helps.
11. Breathe.
12. If necessary, repeat these steps.

When feeling your negative emotions, beware of these tendencies:

1. Judging your negative emotions.
2. Denying your negative emotions.
3. Shaming your negative emotions.
4. Escaping your negative emotions.
5. Resisting your negative emotions.
6. Minimizing your negative emotions.
7. Invalidating your negative emotions.
8. Suppressing your negative emotions.
9. Thinking about your negative emotions.
10. Pretending your negative emotions do not exist.
11. Telling yourself you shouldn't feel a certain way.
12. Thinking about the stories or beliefs related to your negative emotions.

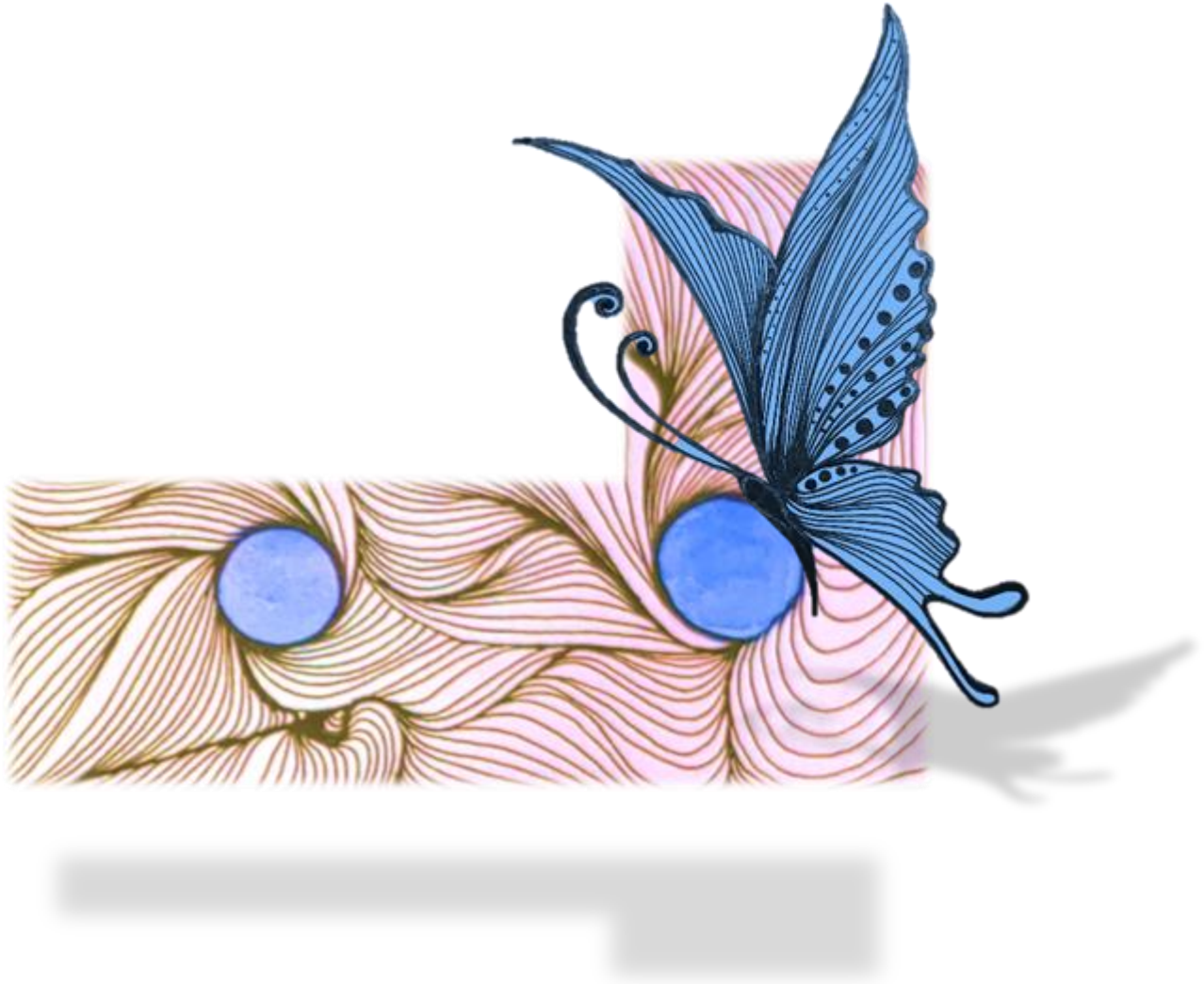
If you find yourself doing these things, stop because you are not feeling your negative emotions. Gently pull the focus back to feeling your negative emotions.

General rules:

1. Your negative emotions are valid.
2. There is no right or wrong way to feel.
3. Your negative emotions demand to be felt.
4. It's okay to feel your negative emotions.
5. The more you suppress your negative emotions, the more depressed you will likely be.

6. You need to feel these negative emotions to release their energy from your system.
7. Be gentle with yourself. Take your time. Practice makes perfect.

Once you feel these negative emotions, the next step is to understand your shadow.

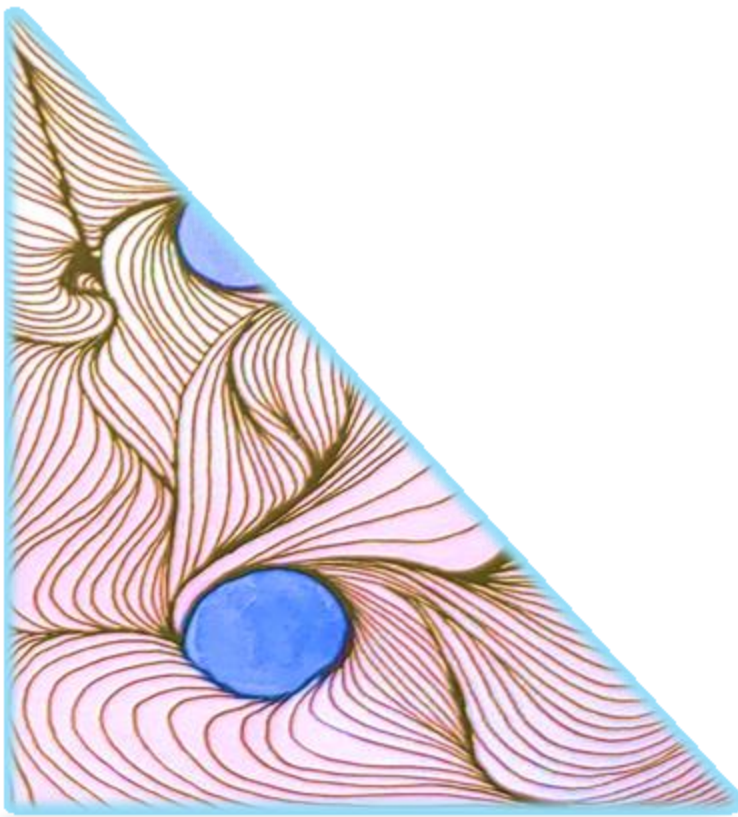


Understand Your Shadow

Now that you have identified a shadow or potential shadow, the next step is to understand it. When you try to understand your shadow, your conscious mind will not like it. Therefore, ignore the possible reasons that your conscious mind provides you.

You can use the following methods to understand your shadow:

1. Have an honest conversation with yourself through writing.
2. Observe the activation of your shadow.
3. Ask and receive answers from your unconscious mind.



Have an Honest Conversation With Yourself Through Writing

Write down your shadow. Talk to yourself through writing. Ask yourself some tough questions and answer them honestly. There is no right or wrong answer. This can give you an understanding of your shadow.

For example:

I often feel worthless. This comes from my shadow belief.

Q: Why do I often feel worthless?

A: I don't know. I have felt worthless for a long time.

Q: For how long?

A: For as long as I can remember.

Q: Since childhood?

A: Yeah.

Q: What did my parents do to make me feel worthless?

A: I don't know. But my mother is the dictator of the family. Everything revolves around her.

Q: So everything is about her, not about me?

A: Yeah.

Q: How does that make me feel?

A: Like I don't matter, only she matters.

Q: If I feel like I don't matter, how can I feel worthy?

A: Oh shit! That's it.

Be gentle with yourself. This step may take some time.

Once you understand your shadow, you may have some negative emotions because this part of you has become conscious. From now on, your feelings will be deeper.

If you have some negative emotions, the next step is to feel your negative emotions. Otherwise, the next step is to integrate your shadow.

Observe The Activation of Your Shadow

Your shadow runs in the background and will be activated in the "right" situation. Pay attention to when your shadow is activated and observe the situation you are in.

For example, if your shadow belief is that you often feel that you are not good enough, pay attention to when you feel that you are not good enough.

Do you feel that you are not good enough when others criticize your work?

Do you feel that you are not good enough when others compliment you?

Do you feel that you are not good enough when you interact with authority figures?

You want to clearly determine under what circumstances your shadow will activate. If necessary, write them down. You are now a detective gathering clues about your unsolved shadow. As you gather more clues, you will gradually understand your shadow.

Be gentle with yourself. This step may take some time.

Once you understand your shadow, you may have some negative emotions because this part of you has become conscious. From now on, your feelings will be deeper.

If you have some negative emotions, the next step is to feel your negative emotions. Otherwise, the next step is to integrate your shadow.

Your Unconscious Mind

Your unconscious mind is like a neural computer located throughout your entire body. It controls your heartbeat, blood flow, brain function, etc. It also controls the flow of life energy throughout your body and stores your emotions, memories, behaviors, and knowledge.

The most important aspect of your unconscious mind is to protect you and help you survive. It protects you by suppressing painful thoughts, beliefs, feelings, emotions, or traumatic memories, so you don't need to experience this pain consciously.

For example, when you were young, your mother locked you in the closet. You were angry with her. Your unconscious mind suppressed your anger and memory of this situation, so you don't experience this pain. Over time, this unacknowledged anger may have caused panic attacks, and you didn't know why.

Your unconscious mind remembers everything that happened to you, and knows and understands your shadow. You can ask and receive answers from your unconscious mind.

Ask and Receive Answers From Your Unconscious Mind

Make sure your body is properly hydrated.

Lie down.

Breathe deeply or do pranic breathing to relax your body and calm your mind.

Ask yourself the question, and with the desire to know the answer from your heart.

Feel your body.

In the beginning, you may not feel anything in your body. This is completely natural and normal. It's okay to fall asleep. Pay attention to how your body feels.

Your unconscious mind can communicate with you in the following ways:

1. A feeling.
2. An image.
3. Physical pain.
4. An impression.
5. Physical discomfort.
6. Suddenly know something.
7. Suddenly mutter something.
8. Hear someone's voice from the past (usually your childhood).

The most important thing here is to trust these things.

Trust the feeling that appears when doing this.

Trust the image that appears when doing this.

Trust the sudden knowing when doing this.

Trust what you suddenly mutter when doing this.

Trust the voice you hear from the past when doing this.

For physical discomfort and pain, this usually means energy is trapped in the area.

Don't resist it.

Don't fight it.

Don't run away.

Don't pretend it's not there.

Don't hope it will disappear.

Relax.

Breathe.

Surrender to it.

Face it.

Accept it.

Let it happen naturally.

Gently place your awareness on the area of discomfort and pain and feel it.

Even if you have performed this process many times before, let go of any expectations of what will happen, because your expectations may hinder the process.

If nothing happens, it's not a failure, and it's perfectly fine.

By doing this, you tell your unconscious mind to stop suppressing/blocking it and protect you from it, which will release the energy trapped in that area.

The more you release the trapped energy, the more your unconscious mind will communicate with you through the ways listed above. You cannot force the release of trapped energy. Let it happen naturally.

Sometimes you will release in layers. Sometimes you will partially release from the same layer. It's important to continue this process every day. You will know when it's fully released.

Be gentle with yourself. This step may take some time.

Once you understand your shadow, you may have some negative emotions because this part of you has become conscious. From now on, your feelings will be deeper.

If you have some negative emotions, the next step is to feel your negative emotions. Otherwise, the next step is to integrate your shadow.

An Example of Communicating With Your Unconscious Mind

My shadow → I often feel that I am not good enough.

I don't know why. I know my unconscious mind knows why. I need my unconscious mind to tell me why.

I lie down.

I take some deep breaths to relax my body and calm my mind.

When I am relaxed, I ask myself the question: "Why do I often feel that I am not good enough?"

Then, I desire to know why from my heart.

I place my awareness gently on my body.

Nothing.

I repeat this process five times.

Nothing.

I go through this process every day for about a month.

Nothing.

One day, I suddenly see an image.

It was me when I was young. I was so excited that I got 98 points out of 100 in the math test. I happily took the math test paper home and showed it to my mother.

I said “Hey, mom! Look, I got 98 points out of 100!” I wanted her to be proud of me. She looked at me coldly and said, “Get 100 points next time.”

I saw the younger version of me became very disappointed and hurt.

I also saw myself thinking and feeling that I was not good enough.

It was at that moment a feeling of not good enough was planted!

So I hugged myself: “You are good enough. You are worthy. You are beautiful. You are loved.”

I took a deep breath and let out a sigh of relief.

After suddenly realizing the truth about me, sometimes the feeling of not good enough still occurs. To deal with this part, I did some inner work on it – see “The Beginner’s Guide to Inner Work.”

You can continue to repeat this process to embrace and love the younger version of you. However, this guide will not go into more details, because that is the scope of healing and inner child work.

Feel Your Negative Emotions

Now you have identified and understood your shadow, it may be difficult to face this part of yourself, and you may have some negative emotions such as anger, disgust, fear, guilt, sadness, shame, etc.

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You can try the following steps to feel your negative emotions:

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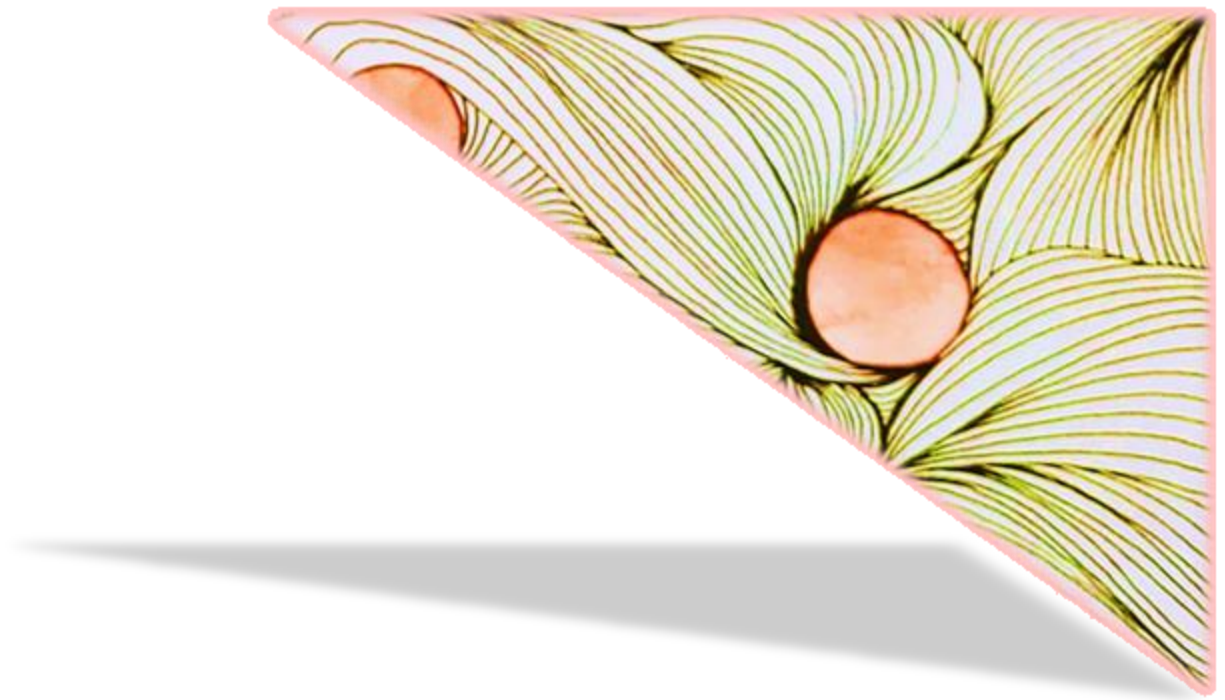
1. Judging your negative emotions.
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7. Invalidating your negative emotions.
8. Suppressing your negative emotions.
9. Thinking about your negative emotions.
10. Pretending your negative emotions do not exist.
11. Telling yourself you shouldn't feel a certain way.
12. Thinking about the stories or beliefs related to your negative emotions.

If you find yourself doing these things, stop because you are not feeling your negative emotions. Gently pull the focus back to feeling your negative emotions.

General rules:

1. Your negative emotions are valid.
2. There is no right or wrong way to feel.
3. Your negative emotions demand to be felt.
4. It's okay to feel your negative emotions.
5. The more you suppress your negative emotions, the more depressed you will likely be.
6. You need to feel these negative emotions to release their energy from your system.
7. Be gentle with yourself. Take your time. Practice makes perfect.

Once you feel these negative emotions, the next step is to integrate your shadow.

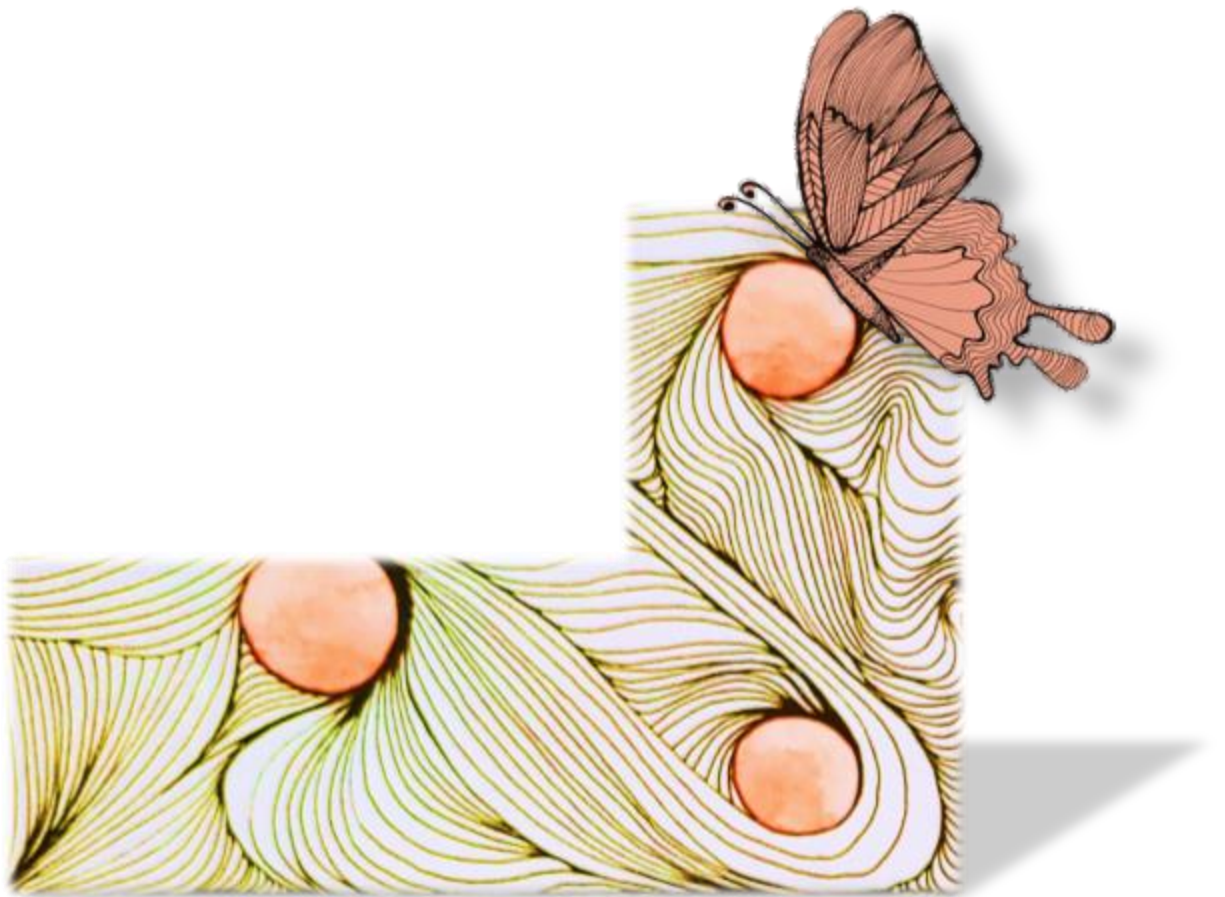


Integrate Your Shadow

You have identified your shadow. You understand it. The next step is to integrate it. Integrating your shadow can be very embarrassing, uncomfortable, and painful, but these steps can make it a little easier.

Here are the steps to integrate your shadow:

1. Self-love affirmation.
2. Shadow self-love affirmation.
3. Come to terms with your shadow.
4. Be aware of your shadow when it appears.



Self-love Affirmation

This is for your conscious self.

Look at yourself in the mirror.

Say the following (feel free to add your own):

I am whole.

I am worthy.

I am enough.

I am beautiful.

I love me.

I choose me.

I believe in me.

I am proud of me.

I deserve love.

I deserve success.

I deserve happiness.

I deserve abundance.

Do this multiple times a day.

The more you do this, the more you will accept and love your conscious self.

Shadow Self-love Affirmation

This is for your shadow self (unconscious self).

Look at yourself in the mirror.

Say the following (feel free to add your own):

I love my flaws.

I love my scars.

All parts of me are valid.

I love my light.

I love my darkness.

I own my light and darkness.

I accept my shadow self.

I respect my shadow self.

I love my shadow self.

I accept my shadows.

I respect my shadows.

I love my shadows.

Do this multiple times a day.

The more you do this, the more you will accept and love your shadow self as part of you.

Come to Terms With Your Shadow

Write your shadow and understandings on the notepad app of your cell phone. Read it every day. The more you read it, the more naturally you will come to terms with it.

For example:

I am a people-pleaser. This is my shadow. This is why I became a people-pleaser:

1. My parents have never validated me.
2. I went outside of the home to get validation from others.
3. I please others in exchange for their validation.

If you have negative emotions while or after reading it, refer to the “Feel Your Negative Emotions” section on page 35.

There is nothing wrong with you. It’s okay to have shadows. This is a natural and normal part of human beings.

Your shadow is an unconscious part of you. By coming to terms with your shadow, you begin to integrate your shadow. You will also become more compassionate for yourself and others.

Be Aware of Your Shadow When It Appears

Your shadow has always been with you. You were unconscious of it before. Now you are conscious of it. Be familiar with and get used to this part of yourself.

Whenever your shadow appears:

1. Don't hate it.
2. Don't deny it.
3. Don't resist it.
4. Don't reject it.
5. Don't judge it.
6. Don't blame it.
7. Don't shame it.
8. Don't escape it.
9. Don't suppress it.
10. Don't minimize it.
11. Don't invalidate it.
12. Don't numb yourself.
13. Don't pretend it does not exist.

There is nothing wrong with you. It's okay to have shadows. This is a natural and normal part of human beings. Simply be aware of your shadow and remind yourself gently, "Oh, this is just my shadow".

Being aware of your shadow is surrendering to the present moment. The more you practice being aware of your shadow when it appears, the more you will accept your shadow as part of you.

Practice makes perfect. Be gentle with yourself. This step may take some time.



You May Resent Your Shadow

Sometimes after integrating your shadow, you may find yourself resenting your shadow.

This is natural and normal, because deep down you may hate this part of yourself.

Sometimes you unconsciously resent your parents because you think that your parents are the cause of your shadow.

This resentment can be a shadow behind your shadow.

Don't judge yourself because of this resentment.

Be gentle with yourself.

Be aware of this resentment.

Feel this resentment – refer to the “Feel Your Negative Emotions” section on page 35.

Do more self-love affirmations and shadow self-love affirmations.

Stop Your Shadow Behavior

You have identified your shadow. You have understood your shadow. You have faced your shadow. You have integrated your shadow. You have accepted your shadow.

Now you want to stop your shadow behavior. For example, you want to stop seeking validation from others. That is the scope of inner work.

You can download the free guide “The Beginner’s Guide to Inner Work”.



About Me

My name is Zon Jan. I was born in Taiwan. I immigrated to Los Angeles when I was 13 years old.

I was weak and insecure. Here are some labels to describe who I used to be – I was an emotional abuser, attention seeker, clinger, controller, liar, manipulator, narcissist, people-pleaser, pretender, and validation seeker. I attracted many low-vibe people who hurt me, and I learned to hurt them emotionally.

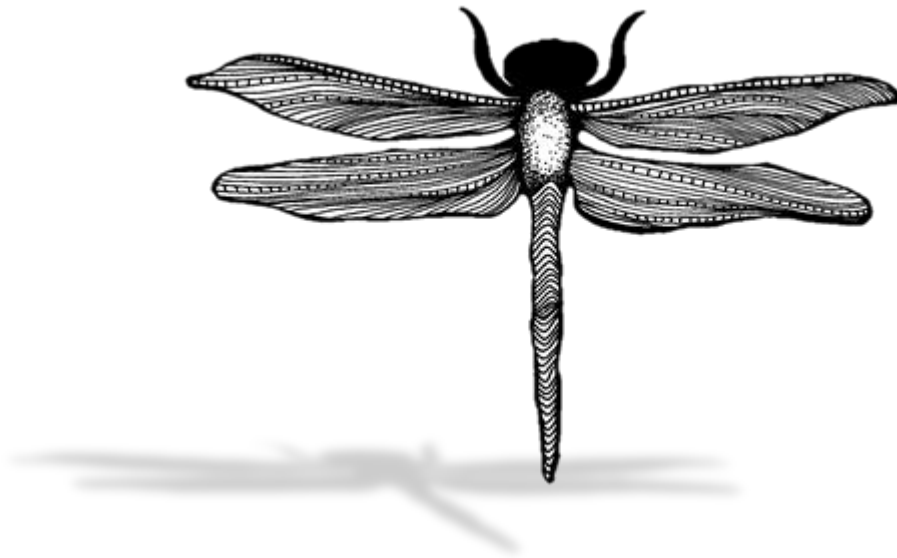
When I was 33 years old, most of my body was broken. I met an Enlightened Being who healed my body. The Enlightened Being used supernatural powers to lure me to learn Buddhism. I endured 26 consecutive hours of inner pressure from this Enlightened Being that eventually cracked my narcissistic inner core and awakened my heart.

When I was reborn, I cried because I saw all the harm I caused to others and myself. I called everyone that I hurt and apologized. Although I have experienced many awakenings, I have hidden quietly among people and did my inner and shadow work.

In October 2017, I suddenly heard an inner voice telling me to post tweets on Twitter. I ignored it four times but gave in after the fifth time and got on Twitter.

In November 2017, my mind suddenly became mostly neutral. As a result, I have experienced many inner changes and awakenings. Some things described in spiritual books became my inner reality.

In February 2018, Mother Earth sent out many energy waves around the world. This has brought me more changes. By 2019, many things became clear. For example, I now know that sharing my truth on Twitter is part of my soul contract.



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