



APPLIED *Depth*  
PRACTITIONER INSTITUTE

# Unlock Your Hidden Business Shadow

WITH JOANNA LINDENBAUM

# Aligned Shadow Exercise

This exercise is a version of the exercise I guided you through in our live session, a version that you can repeat as much as you like on your own.

My recommendation with any somatic exercises is to do them multiple times or even make a regular practice of them. This will help you continue to pave the new neural pathways from your breakthroughs on this topic and will help you continue to pave the somatic and energetic pathways, anchoring leveraged Shadow more deeply inside of you.

In our live session, we discussed some important instructions and container-setting pieces for this exercise:

--> Make a quiet space to do the exercise. Really give yourself the time (doesn't need to be more than 10-15 minutes!) to be with YOU for this inner work. If possible, turn off all screens and rings and make the sacred space for you.

--> Take a moment to get grounded, feel the ground beneath you, and really feel yourself present and supported.

--> Go only as far as what feels right and aligned for you. It can be valuable & effective to feel an uncomfortable stretch when you do any kind of inner or somatic work, however, your body will let you know where your threshold is. If you start to feel too uncomfortable, if things start to feel painful or too dysregulating, or if you've gone far enough for the day, come back to the cognitive level of the exercise (there is still a ton of value there!).

--> Enjoy and have fun!

\*Practitioner Note: As I mentioned on our call, this exercise is intended for your personal use. For safety and integrity purposes, I do not recommend you use this with clients until you are fully trained as a practitioner on Shadow.

# Aligned Shadow Exercise

**STEP 1: Come back and review your notes of how your Shadow gets expressed.**

Connect into how both extremes of the same Shadow show up for you sometimes. Remember that the more you own the parts of you that you've been ashamed of, the more you can tap into their superpower. Add any new awareness, beliefs, or ideas to your notes..

**STEP 2: Move your body and your energy to the Aligned Shadow place - the place in between the extremes where the superpower lies.** Spend time here. Really feel this place inside of you. Draw the energy into you or find it inside of yourself. Connect deeply with this energy. Let yourself really be with it and make a body memory of it.

**STEP 3: Ask the Aligned Shadow what it wants you to know about your Business.**

Spend more time with it, you can ask it general questions or specific questions.

**STEP 4: Ask the Aligned Shadow what wisdom it has for you today.**

**STEP 5: Ask the Aligned Shadow what Next Steps it would like for you to take in your work.** Spend more time with it. You can ask it general questions or specific questions.

**STEP 6: Ask the Aligned Shadow to present you with a gift that you can use:** And let the Shadow put that gift into the exact part of your body that can absorb it the best..

**STEP 7: With lightness and a sense of humor, acknowledge that you hold the full Spectrum of this Shadow inside of you. All pieces. And thank you Shadow for bringing its wisdom.**

**Step 8: Take a few minutes to Journal on the experience** & determine the next action step for the day.

**OPTIONAL STEP 9: I want to hear how it's going for you!** Please keep in touch and post your takeaways, insights, and questions in our Coaching Revolution Facebook Group: <https://www.facebook.com/groups/coachingfacilitationmastery>

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## MEET YOUR MENTOR & GUIDE

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### Joanna Lindenbaum



I'm Joanna Lindenbaum, and I've facilitated hundreds of Rituals, Group Programs, and Transformational Experiences for individuals and groups for over 20 years. I've discovered that there are certain skills and techniques Transformational Practitioners must master to successfully create REAL shifts, healing and openings for participants.

Without these tools, things can go very, very wrong. Your workshops, programs, rituals & 1:1 work can fall flat, or you will complete it feeling exhausted and spent. However, when you know how to mine your thought leadership and how to create exercises that impact deeply, everything can change: your programs delight your clients, and they end up doing the best marketing for you—singing your praises wherever they go.

That's why I've created the Advanced Depth and the Sacred Depths Transformational Practitioner Training. Both programs help you create amazing experiences and deep transformations for your attendees—in trauma-informed and high-integrity ways - leaving them raving about the power of your work.

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