

EMBRACE YOUR SHADOW

A TOOL TO DISCOVER THE TRUTH BEHIND YOUR DESIRES & MOVE CLOSER TO YOUR AUTHENTIC SELF



WELCOME, BEAUTIFUL SOUL!

If you've ever felt stuck or uncertain about your desires, unsure if they are the right ones and how to make them a reality, then you are in the right place. This workbook is designed to be your guide, your companion, and your tool for getting crystal clear on who you are and what you want.

Imagine living a life where you see your dreams as not just possibilities but previews of the reality you're destined to create. Imagine waking up each day with a clear sense of purpose, knowing exactly who you are and what you want from life.

This is not just fantasy. It's a potential reality that you get to create. The secret lies in clarity. Clarity about who you are (and what is currently hidden in the shadow) will set you free to choose and create the life of your dreams.

This workbook was created to guide you through a simple yet profound process to gain the crystal clarity you need to create the path to your desired future.

What To Expect
You're about to discover the powerful process that I used to pull the veil from my eyes and see behind the curtain who I truly am. Only then was I able to decide if I wanted to keep this part of myself or let it go forever. Not knowing means not being able to

Part 1: Discover Your True Desires
In this section, you'll dive deep into your core desires, stripping away societal influences and external expectations. Through guided exercises, you'll gain clarity on what you truly want, allowing you to connect with your authentic self.

Part 2: The Shadow Self Tool
This section introduces the Shadow Self Tool, a powerful method to uncover the hidden motivations behind your desires using the 5 Why Method. By exploring deeper layers of your subconscious, you'll identify the underlying needs and blocks that may be holding you back.

Part 3: Integration and Moving Forward
In the final part, you'll learn how to integrate your newfound insights using techniques like forgiveness, emotional release, and intention setting. These practices will help you let go of attachments and move forward with a clearer vision of your true self and desires.

Enjoy the Journey!



PREPARATIONS

To make the most of this workbook, here are some tips to help you:

PRINT THIS WORKBOOK
To maximize your insights, print out a copy of this workbook and use it as a journeal. You can also download this file and type your answers directly into it (just make sure to hit save as you go).

FILL OUT THE EXERCISES
Take your time with each part. There's no rush. Reflect deeply and be honest with yourself. The more honest and open you are with your answers, the more you'll gain from the experience.

LISTEN TO THE HOW-TO PODCAST EPISODE
This workbook is a powerful resource. To help you apply it even better, I created Episode 166 of the Raise Your Energy Podcast:

"Embrace Your Shadow To Figure Out What You Really Want"

In this episode, I walk through everything that is covered in this workbook and why embracing the shadow is so critical to figuring out what it is that you truly want. I even share a personal example of using the Shadow Self Tool.

Listening to this episode will supercharge your learning. You can find the Raise Your Energy Podcast on Apply, Spotify, and anywhere you listen to podcasts.

MAKE THIS A PRIORITY
This Workbook is more than just a collection of exercises; it's a journey of self-discovery and empowerment. By the end, you'll have a clearer understanding of your true self as you integrate parts of your shadow self.

Get ready to embark on a transformative journey. Your dreams are within reach and with the clarity you'll gain from this workbook, you'll be well on your way to creating the life you've always wanted. Let's dive in and unlock the power of clarity together.

"A year from now you will wish you had started today."

Karen Lamb



PART 1

CONNECT TO YOUR TRUE DESIRES

The first step in the discovery process is to define exactly what you want. Clarity is power. When you have a clear vision of your desires, you can focus your energy and attention on creating them.

This step is about digging deep to uncover your true desires, freem from doubt and external influences.

WHY CLARITY MATTERS

Clarity acts as the foundation for your creation process called life. Without a clear picture of what you want, you send mixed signals to the universe, leading to confusion and unfulfilled desires.

This is similar to sending an image from your computer to your printer to print it. Without the image being clear on your computer, the printer won't know what to print!

With clarity, we are literally giving the universe (our printer) the exact code that it needs to 3D print our desires into reality.

When you are clear about what you want, you create a direct path for your energy and actions to follow. Think of it as setting a destination into your GPS: the more information about the information, the easier to navigate and the quicker you get to your destination.

DISCOVER YOUR TRUE DESIRES

Many people struggle with defining what they truly want because they are influenced by societal norms, expectations, fears or past failures.

This step encourages you to strip away these layers and connect with your inner self. Reflect on your passions, what brings you joy, and what feels meaningful to you. This is not about what you think you should want, but what you genuinely desire.

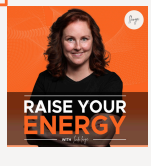


START WITH WHERE YOU ARE

Why did you feel called to sign up for this workbook? What are you hoping to get out of it?

How would you feel if you had complete clarity about who you are and what you want?

Reflect on how much you have changed over the last year? Is it possible that what you want has changed as well? How has it changed?



Take a moment to close your eyes and visualize your ideal life. What does it look like? Who are you with? What are you doing? How are you spending your time? What do you look like? How are you receiving your income? Is there a life partner or friend? What kind of home do you live in? Do you have children or pets?

Go into every single area of your life and map out exactly how you want it to look. If you had unlimited wishes, what would you wish for?

Write down everything that comes to mind, no matter how big or small.



Take the vision from the previous exercise and create a list of your top 10 desires. Think about different areas of your life: career, relationships, health, finance, personal growth and enjoyment.

For each desire, write a sentence describing why it's important to you and how it will make you feel when the desire is realized. This will help you to confirm if what you've discovered truly IS what you want, or just something you're writing down from societal programming. We don't realize how often making our parents, spouse, friends and community proud, influences our desires.



PART 2

FINDING THE TRUTH IN THE SHADOW

Now, it's time to apply the Shadow Self Tool which I discovered to find the truth behind my desires. This tool is based on the 5 Why Method and then extends to questions I created to dig deeper into my shadow self, my ego and my subconscious mind.

The 5 Why Method is a powerful systems thinking tool to help you dig deeper and uncover the core reason behind the things you want (or think you want). It was created by Sakichi Toyoda, an inventor, as a way to help engineers uncover the root cause of a particular problem, and it's now taught in business schools and engineering programs around the world. It is also referred to as "root cause analysis."

The 5 Why Method is a formula that I've used in my life to help me get unstuck and gain profound insights whenever I've faced a problem I can't seem to solve or I'm not sure what the path forward is.

But when I used it recently, I realized that there are further layers of myself to discover. If I stay on this level, I will never get to where I want to go. These additional layers include my shadow self, my ego and my subconscious mind. Being able to go deeper than I have ever done before allows me to move closer to my authentic self.

Please remember while applying the Shadow Self Tool that you are safe, secure and loved. Whatever you discover is not the true you. It's going to be part of your ego, societal programming and unconscious belief systems that you collected throughout your life and locked away into the shadow self.

What you discover is ready to be changed and let go of. It would not be shown to you if you weren't ready. You are ready for this!

THE SHADOW SELF TOOL

On the next page, you begin with something that you want. Write down one of the desires you indentified in the previous exercise. Then, you ask yourself "WHY do I want this? And you keep asking WHY five more times as you go deeper into your answer.

After you discover the NEED behind your desire, I will guide you through a series of questions to unearth what is currently hidden to you, in your Shadow Self. Let's begin!



THE SHADOW SELF TOOL - STEP 1

THE WANT

What is something that you want? What is your desire?

WHY do you want that?

WHY?

WHY?

WHY?

WHY?

THE NEED



THE SHADOW SELF TOOL - STEP 2

Now that you have discovered the NEED behind your desire, describe the LACK that you are experiencing. What lack are you trying to fill with this want and need? What is it that you are trying to solve with the want and need?

THE LACK

You know by now, that we are creating our own reality. So if we find something in our lives that we want to change, we first have to accept that we created it. It means, that you have created this LACK in your life. For you to be able to go further, write down that you accept that you created this LACK and how this makes you feel.

If you can accept that you created this LACK in your life, you have created an unconscious program/habit/addiction of creating this LACK in your life. Ask yourself WHY. Why did you create this habit? Why do you still keep it in your life to this day? What are you getting out of it by holding on to it?

THE SHADOW SELF



THE SHADOW SELF TOOL - STEP 3

Whatever you just discovered in the last question is not who you truly are. Still, I want you to look at it and accept that you created this part of yourself. It dosn't matter why and when. What matters is that you accept it - only then can you change it. Do you accept this part of you that lived in the shadow so far?

Yes, this can feel uncomfortable. And it should! Otherwise, you have not gone deep enough. Only by feeling uncomfortable do you know that you have moved outside of your comfort zone and are in the area of growth and development. Do you feel uncomfortable?

If your previous answer was NO, go back to the questions in Step 2 and discover another LACK behind your NEED and WANT. Maybe you have not yet found the right one that is going to set your free. Investigate another angle and complete the Step 2 questions until something gets triggered inside of you and makes you feel uncomfortable.

If your previous answer was YES, move on to the next part of the workbook!



PART 3

INTEGRATE TO MOVE FORWARD

You are ready to integrate the insight that you just received about yourself. And integrating doesn't mean that you have to keep it - but given it is part of you, you don't want to create resistance. Once you integrate this part of you, however, that will look like for you, you will be able to move on.

Imagine that this insight has been a hidden block in your subconscious mind and stopped you from bringing your dreams to reality. Can you feel gratitude for this discovery as you get to integrate it now and move forward freely? This is the gift that you have been waiting for.

Integration of this discovery can happen in various ways. I provide you with my Top 3 Tools that I personally use for this exercise. Try out each one of them minimum once, so you can decide which one you prefer. Next time you use the Shadow Self Tool for another desire in your life, the integration might look different. Make sure to experience all 3 tools to be able to provide yourself with the best tool for the situation.

MOVE FORWARD

Once you complete this part of the workbook, you will have integrated a part of you that you were not aware of. Imagine how many more parts exist for you to integrate. In part 1, you created 9 more desires to which you can apply the Shadow Self Tool.

Take your time and don't rush this process. You are moving significant amounts of energy while going through this exercise. At the same time, don't ever think that you are done. There is always more to integrate and let go of. This is a lifelong journey!

ENERGY ACADEMY

If you want to take this inner work to another level, I invite you to join Energy Academy. Inside this self-paced program, you will discover knowledge, information and insights about yourself that will help you quantum leap into a different future. If you feel stuck or lost and cannot see where your life is going, how about learning once and for all how you create your reality and change it to your liking?

It's beautiful when science and spirituality meet and say the exact same thing: You are the Creator of your own Life. You can learn how to create the Life for your Dreams! Join us inside Energy Academy!

Now, let's get started with Part 3 of this Workbook!



TOOL 1 - FORGIVENESS

The first way to integrate a part of you that you just discovered, is forgiveness. The worst that can happen is that you move into resisting this part of you. Please don't allow yourself to fall into this trap as this is how you keep it alive and blocking your path.

You want to accept this part of you, integrate it and move forward without being impacted by it anymore. Forgiveness allows you to let go of the attachment to this part of you. By asking for forgiveness from the universe, god, your higher self, or whatever you want to call a higher power, you allow the attachment to this part of you to be taken from you.

And even more important than asking for forgiveness, is to forgive yourself. I don't want you to feel guilt, shame, anger or disappointment around this discovery. You did not know. It was hidden from you until today. And now that you know, let go of it and forgive yourself.

Take a moment to voice your forgiveness - asking for it or giving it to yourself.

I like to practice my forgiveness work in a meditative state so that it goes straight into my subconscious mind. That way I usually integrate and let go of an attachment in just a few minutes. And that means being free from it for the rest of my life.

I have a free guided meditation for you to use in this process. In this meditation, I guide you through the stage of forgiving others and forgiving yourself. You can find this Forgiveness Meditation on my YouTube channel.



TOOL 2 - EMOTIONAL RELEASE

The second way to integrate a part of you that you just discovered, is to release the emotions attached to it. Whatever made you feel uncomfortable about this discovery, is a triggered emotion that you want to release to be able to move forward.

If you don't release the emotion, you create a new blockage in your energy system that takes away life energy from you. Any emotions that are coming up in this exercise and emotions that are attached to memories from your past, are better to be released straight away.

Once you release the emotions attached to this part of you, it can integrate and turn into wisdom. As long as we attach emotions to memories or events, we don't see the learning or wisdom behind it. Letting go of the emotions allows you to see the bigger picture and move on without being triggered in the future.

What are the emotions that came up for you in this exercise? Are you ready to release them?

I use the Emotional Release Technique that I teach in depth inside Energy Academy, on a regular basis. Releasing emotions means removing energy blockages out of my energy system which provides me with more energy in my life.

I have a free guided meditation for you to use in this process. In this meditation, I guide you through the Emotional Release Technique step by step for you to be able to free yourself. You can find the Emotional Release Meditation on my YouTube channel.



TOOL 3 - SET AN INTENTION

The third way to integrate a part of you that you just discovered, is to set a powerful intention to do so. It's about making the decision and creating a powerful intention to align your energy to your goal.

An intention is a focused thought infused with purpose and devotion. I like to look at it as an energetic decision that drives creation. Unlike vague wishes, intentions are clear, and potent, and direct the energy of the universe to bring your desires into physical form.

When you set an intention, you're letting the universe know that you are ready and willing to take necessary inspired actions to align with your desires.

I invite you to set a powerful intention for your path forward. What do you want to happen with the information you gained today? How do you want to show up in this world knowing about this new part of you? How can it serve you to build the life of your dreams?

As with the previous tools, too, setting intentions in a meditative state means that the information flows straight into your subconscious mind where it can become a beautiful new belief to build on.

I have a free guided meditation for you to use in this process. In this meditation, I guide you into your subconscious mind to plan your intention in the most powerful way possible. You can find the Intention Setting Meditation on my YouTube channel.



TO COMPLETE THIS EXERCISE

Let's take this opportunity to reflect back on your desire. Given what you know now and what you discovered about yourself, is your desire still the same or has it changed?

How do you feel now about yourself and your life having gone through this transformative journey of embracing your shadow?

What is an inspired action that you will take resulting from this experience? What can you bring back into your every day life?



THE JOURNEY DOESN'T END HERE

You did it! I'm so proud of you!

You gave yourself the gift of taking time for yourself and truly learning who you truly are and what you truly want. But don't stop here.

Keep coming back to review your desires with the Shadow Self Tool. In every chapter of my life, I find that what I really want keeps evolving. You can complete this workbook again whenever you want to.

If you'd like to continue on this journey with me to massively transform your life, I'd like to invite you to join Energy Academy, my signature program.

Inside Energy Academy, I'll take you even deeper into the magic of change so that you can discover what it takes to release what's holding you back from creating the life you desire, rewire the subconscious programming that is keeping you stuck and step into the version of you who masterfully creates whatever they want!

Energy Academy

Click the button or go to https://lindalange.com/energyacademy

And remember, your dreams are not only possible, they are DESTINED FOR YOU!

Lots of Love! Linda