



## EP52 Woo<sup>2</sup>

# Getting Started with Shadow Work

with Colette Baron-Reid

Colette:

Welcome to Inside the Wooniverse, Woo<sup>2</sup>. That's a little bit of woo times two. In these episodes, you're going to hear more of me, like an audio journal, on universal topics like abundance, resilience, working with the moon, manifestation, meditation, and much, much more.

Colette:

Welcome to Woo<sup>2</sup>. This is me, Colette Baron-Reid. We are inside the Wooniverse and I am joined by my executive producer, Connie DeLetti. And we're talking about subjects that either you write in and ask us to talk about or we just feel like it. What are we talking about today?

Connie:

That's just how we felt like.

Colette:

We felt like talking about this.

Connie:

Today we're talking about shadow work.

Colette:

We get a lot of questions about that in the membership site. Lots.

Connie:

We do. And you have said it's not just about love and light, love light and shadow.



Colette:  
Always.

Connie:  
Let's start at the beginning. A very good place to start. How would you define shadow work Colette?

Colette:  
I can tell you my first experience with shadow work, because it's really good just to talk about experience. I was first introduced to shadow work, the experience of shadow work when I first got clean and sober 37 years ago. And they give you something to do called an inventory, a personal inventory where you take stock basically of yourself and you take a look at where have you been dishonest, where have you had fear, where have you been hurt or where your resentments are? And so really you're looking at the darker qualities of your character and personality and life experiences and what your behavior has become as a result of those things. The purpose of that, it's kind of like, let's say you have a fruit store. Well you don't want a rotten banana to sit there, right? No, you want to take them out. You want to inventory the fruit, you want to throw out the rotten banana or make it into a banana cake.

Connie:  
Yes.

Colette:  
Now I want a piece of that, but whatever. No, you're not allowed.

Connie:  
I have a great recipe.

Colette:  
It's being able to take a look at basically your wounds, your wounded qualities, and bring them into the light so that you can have a better sense of self-worth and you stop causing people harm or pain. It's really about being accountable for what you bring to the world that will be coming from the parts of you that you don't want to acknowledge or that you want to disown.



I'll give you a really good example too. I had trouble around just basically a projection on somebody who is being very opportunistic. And so typically we get very judgmental or angry when we're not owning that we have that in us. That's very common where we'll project on the part that we've disowned in us that we deem bad, bad person, bad. I'm not allowed to do that. Or also when you've had trauma and then you've identified with that. I mean, it's impossible to just talk about shadow work in one little blip.

Connie:

Of course. Well and like you're saying, where to get started is starting to look for the shadows because we spend a lot of time like you just said, avoiding the shadows or suppressing shadows. It's like you identified it as a part of oneself that sure we don't readily love and accept.

Colette:

Right. And we want to be in denial about too. Let's say you're jealous, but that's not you. You say that's not you, but it is you. And what if you have unconscious bias. For example, in the past few years we've been invited to take a look at that in terms of anti-racism work, those types of things. That's shadow work. Look at what are you participating in that causes hurt or harm to other people. That is what shadow work is.

One aspect of that is that. It's a constant inventory. If I believe that shadow work is something we should continuously do, the culture has a shadow, the collective has a shadow. There is light, but there is also the parts that need healing or need upgrading or that are degrading or in some way exclusive rather than inclusive, for example.

I'm talking about that in you. Are you including all of you or are you just saying just part of me, the part that I'm going to show the world, but there's all this seething stuff in there that I refuse to own? Which gets to be very unhealthy. If you don't have a really healthy relationship with anger, for example, you could burst out into rage or self-harm.

When it comes to addiction what we really talked about in the program I was in was talking about self-centered fear. That everything comes down to self-centered fear. What are we afraid of? What is the consequence of acting out of that? And the different ways which we engage the world that's not healthy.



It's a way to look with love at the unhealthy parts of yourself and be willing to change. It's not just to look at it and pick lint out of your naval and constantly talk about because it just keeps anchoring it if you keep talking about the same thing over and over again and doing nothing about it. It's really these incremental changes that can happen as you address those things in yourself that ... Maladaptive. You adapt to certain circumstances. Let's say for a people pleaser, you might have learned that you can't get your needs met unless you are somehow figuring a way how to meet somebody else's needs or manipulate a situation to stay safe. And then when you're an adult, then those types of behaviors can be really problematic. You begin as a adaptive when you're a kid. Oh, I have to adapt to these changing circumstances when you're really small.

Connie:  
Survival.

Colette:  
Exactly.

Connie:  
Because you're trying to survive.

Colette:  
Or big traumatic things that happened to you in adulthood as well too. Something happened to me at 19, a big violent thing happened and then at that moment I couldn't protect myself and it was like, okay, I'm going to turn possum. And that impacted me in a way that was so difficult that it became problematic as I got older and older because I would find relationships like that where I couldn't set boundaries because I was too scared. But I wasn't conscious of that. That was the other thing. It's becoming conscious.

Connie:  
Yes, exactly. It's becoming conscious of how certain behaviors that once upon a time were created based out of survival are ongoing and discerning and identifying those behaviors as like you said, they're hurting people, including yourself.



Colette:

Yeah, exactly.

Connie:

That's a shadow.

Colette:

Yeah. They're hurting people and yourself or you're not contributing or they're preventing you from contributing all that you can be is the other thing because you're really here as an emissary of the divine. I believe that. And so if these shadow aspects of your character personality and these maladaptive behaviors which can change, you can change them, these are not rigid constants. Even though you might have been doing it for a long, long time. You can change anything. I'm a perfect example of that. And you learn from that and you don't turn away from it. There's no spiritual bypassing in shadow work. I'll just say that. It's the willingness to look in there and go, I am going to do whatever it takes to integrate this part of me without judgment and heal it so that I can become more of a whole fulfilled human being.

Connie:

For anybody listening, because you've mentioned something that's I think so key, it's about being conscious of something. You can still be extremely not aware of aspects. You can be an adult and still be unaware of certain shadow aspects of you. If somebody was listening and they're like, well I don't think I even have a shadow, where would they start? Where would you suggest someone starts who doesn't think they have a shadow or is not in touch with those aspects?

Colette:

Sure. You can really see the quality of that shadow content and everybody has it. It's just not possible. There's no such thing as a human being that hasn't been wounded at least once from the time that you're born to the time you're an adult where you have somehow adapted to that and having an expectation that that could come again.

Take a look at the quality of your relationships. Take a look at how clean and how healthy are your connections. Do you have a resentment and have there been any repetitive patterns in your



life that have come up that have caused you discomfort? And do you consistently blame other people?

A great example is all men are ... It took me a long time for me to recognize that I was the common denominator in every relationship that I had, that I blamed for my unhappiness.

Connie:  
Interesting.

Colette:  
And I'm like, wait a second, I was the chooser in all of these things. And yes, I didn't understand consciously that I was choosing these same things over and over again.

Connie:  
Sure.

Colette:  
Because they all looked different, but the result was the same. Ask yourself, where have you played out situations in your life that have caused you harm or discomfort or challenge where you may not have seen it in yourself but that you see it in other people? Because a lot of the times if you see something consistently in other people, if you can name it, you can claim it. It's yours too.

Connie:  
There's another little catchphrase. I remember Dr. Phil said this once and it what is it about you that I don't like about myself? That's such an amazing-was

Colette:  
Was that a Phil? Oh that was so interesting. What is it about you that I don't like about myself?

Connie:  
I don't like about me.



Colette:

Yeah, what bothers me about you that was related to what I don't like about myself.

Connie:

Exactly. It's a reflection.

Colette:

Even simpler, what don't you like about yourself? I think maybe going back to your original question of what if somebody who doesn't identify with this and they don't know where their shadow is, what about their self-talk? Where would they start? What don't you like about yourself? That's a good start starting place. And why? And then it gets into all kinds of things, because then it's like, well I don't like because I don't look like Gigi Hadid. Is that her name? I can't remember.

Connie:

Comparison.

Colette:

Comparison.

Connie:

Separation.

Colette:

Exactly, exactly. Identification. It's so many layers. I just think if we're going to evolve together as a society, we have to not make this a bad thing. We have to say, okay, I need to do some work around this. And the truth is, what is the work? The work is consciousness and being conscious of behavior that may come from, and then making amends as quickly as you can.

It's clean up your side of the street as quickly as you can and you are not responsible for other people's triggers or their traumas or whatever, unless you really are. But that's the other thing, except that we project onto other people, they project onto us. Especially if you have a part of



you that you're disowning, you'll find a situation where you could project that story onto somebody else. Where do you do that? Where do you see yourself as a constant victim?

Connie:

And I love your cards as a tool when doing shadow work, when investigating. And it's a wonderful tool to help with that.

Colette:

Oracle cards are exactly that, the way my cards are written so that you can investigate and be curious and excavate and uncover parts of yourself that may have been at the core of some of your challenges or they can turn into assets. Looking at Oracle cards as a way to do shadow work is a great way. How do I? But sitting with yourself too and just asking yourself some very simple questions.

And get a therapist. That's the other thing. When something comes up for me, I call a therapist. I never go there by myself. Or a shadow coach. Nancy Levin is somebody who's extraordinary at that. She was my coach for a while and then I've worked with an EMDR person too. I think we talked about that with Gabby Bernstein because we share the same therapist. But I'll get on a phone and just say, "Okay, I've got something I want to work through. What's my part in this? What am I not willing to own? What harm is this causing to me or others?" And the whole-

Connie:

These are great questions, like masterclass questions when you're comfortable going there for sure.

Colette:

That's it. Everybody should be doing shadow work and if you don't want to, well, you're in denial. That's what I think. You don't want to do it. Well I don't know.

Connie:

If you don't want to do it, maybe try again a different day. You might be more open to it. Who knows?



Colette:

I'm only kidding. I mean, honestly, you've come to shadow work when you feel uncomfortable. And I think it's important and I never want to sound like I'm pushing anything on anybody ever, because that's-

Connie:

No, of course.

Colette:

I can only share with my experience that it's given me a sense of relief, given me a greater sense of being grounded, gave me a sense of purpose, helped my self-worth and self-esteem, enabled me to see my part in things because I used to take responsibility for everything that happened and I realized what is mine to own and not.

Connie:

It can be freeing.

Colette:

It's very freeing. Shadow work has extraordinary benefits. Just comes with a little pain.

Connie:

But worth it.

Colette:

Totally worth it. And you're worth it. Work it. Just work it and you're worth it. That's what we used to say at some of my meetings.

Connie:

Oh, what did you say?

Colette:

Work it. Just work it because you're worth it.



Connie:

Oh my gosh, I love that. Work it because you're worth it. And you can apply that to so many things.

Colette:

Yeah. So many things. I know.

Credits:

Woo 2 is a production of Universal Network Studios. A special thanks to our recording engineer, Chris Dupweese, executive producer Kani Deletti, story editor, Julie Fink and post-production audio by Lonnie Carmichael. Original theme music by Jerry Mosby and all other music you hear in this episode is courtesy of APM Music. If you love what you are hearing and want to keep up to date on episode releases, bonus content and prize giveaways, please visit us at [itwpodcast.com](http://itwpodcast.com). Thank you again for listening, and we hope you join us next time for another episode of Inside the Wooniverse, a podcast, brought to you from the corner of fringe and main.