



SHADOW WORK

HOW TO WALK THROUGH YOUR
TRIGGERS AND HEAL YOUR
EMOTIONAL INTENSITY

GIA PRISM

H O W T O

Decode and Clear Your Emotions

A Shadow Work Process

USED FOR:

- Understanding your emotional intensity
- Shadow work and healing triggers
- Finding the origin of your current emotional problems
- Allowing yourself to feel your emotions so they can be healed and released

This 5-step process has been the cornerstone of my healing work from the very beginning. It's a simple introspective approach that allows you to pause and investigate the source of your emotions, helping you to understand where they're coming from, determining any messages they have for you, and supporting your body while it undergoes the physical process of feeling, expressing, processing, and ultimately healing from emotional pain.

Clearing your emotions as they arise has many benefits, but primarily: You will not be burying this emotional energy only for it to come up later; and you can use the present problem to find deeper problems and heal more entrenched layers of emotional pain all in one fell swoop.

It's helpful to begin this exercise by conducting 'Spirit to Spirit' to call upon your heavenly helpers and receive guidance and support from the divine. It's also helpful to journal this process and allow your thoughts to flow freely, gently leading you to the answers you seek rather than trying to force a solution to appear.

How To DECODE AND CLEAR YOUR EMOTIONS

S H A D O W W O R K P R O C E S S

1.) ASK YOURSELF, "WHERE IS THIS EMOTION COMING FROM?"

All emotions come from somewhere, both literally and figuratively. They don't simply appear out of thin air; something triggers them, and determining that "something" is the first step. Ask yourself first and foremost, "Is this emotion mine?" If this emotion did not originate with you and instead is something you "picked up" from someone else or from the collective, the emotion will begin to dissipate as you ask this question. In this case, no more action is needed and you can skip the rest of the steps.

If this emotion is yours, continue questioning. Ask gentle questions, such as, "Is this emotion coming from this situation that I'm in right now? Is it about the past, or is it about some worry of the future? Is it my emotion, or have I absorbed it from someone else?" Evaluate your surroundings and your current situation — not just immediately but in life in general — to help you answer these questions and any others that get you closer to understanding where this emotion is really coming from.

2.) ASK, "WHY DOES THIS EMOTION FEEL SO IMPORTANT/URGENT/BIG RIGHT NOW?"

Some emotions are stronger than others, and the intensity of the emotion gives us clues into both its origin and its purpose. Ask yourself, "Does this emotion feel urgent? Does it want me to act now?" An intense fear-based response that is not rooted in practical reality is a sign that this is an old wound coming up to show you that a past pain needs your attention.

Your emotion may also feel big because you feel it often, so it's become a habit and your body is used to getting in this mode easily. So understanding why an emotion feels important now can help you determine if it's in response to an immediate need, or a habit you need to train your brain away from.

Continue asking gentle questions of yourself and following your train of thought as it leads you to the truth of the matter. Resist jumping to any conclusions and instead allow your spirit or your subconscious mind to fill in the details, trusting what it reveals to you.

3.) ASK, "IS THIS EMOTION ABOUT SOMETHING DEEPER?"

This is the big question, and the one that's vital to answer. While it's easy to pin our emotions on something we're experiencing right now, the truth is, nearly every single emotion is about something bigger going on beneath the surface. Taking the time to determine what other feelings, experiences, or beliefs this emotion is triggering can help you understand the true cause and, therefore, determine the correct course of action.

Some questions to ask:

- Have I felt this emotion before?
- When was the first time I felt this way?
- What did that experience lead me to believe about myself?

Zeroing in on the first time we felt the emotion can lead us to discovering our limiting beliefs, past traumas, and other thoughts or experiences buried in the subconscious mind. Remember that they are coming up now with this emotional trigger because they are ready to be released, and we have an opportunity to heal something profound within us.

4.) ASK, "WHAT DOES THIS EMOTION WANT ME TO DO?"

Decoding what our emotions are trying to tell us is the most important step, because the emotion will not release unless we can take the message it brings. Ask yourself (and the emotion), "Do I need to act now? Or do I need to stop acting and sit back for a while?" Sometimes an emotion will ask us to let go of or change an outdated or untrue belief; other times it wants us to acknowledge the version of ourselves that experienced pain in the past. Sit quietly and ponder these questions until wisdom comes to you that makes you feel at peace.

5.) ASK, "WHAT CAN I DO TO RELEASE THIS EMOTION?"

Once an emotion has been investigated, understood, and processed, it's time to release the emotion for good. Sometimes we need to counterbalance a strong emotion with an opposite emotion to help us feel balanced. Other times we need to honor the emotion and let it be felt until it's ready to go. But in all cases, we need to help our bodies release emotions physically, with acts of self-care like movement, laughter, nurturing, or prayer.

Here are some things to try:

- Take a detoxifying bath with epsom salts and essential oils
- Use healing modality like breathwork, reiki, etc.
- Drink plenty of water
- Move your body: walk it out, dance it out, shake it out
- Spend time with loved ones enjoying their supportive presence
- Journal through your thoughts and feelings
- Read a good book or watch a movie that makes you laugh or feeds your soul
- Ask for assistance from a higher power to help your body send the emotion on its way

The emotion will let you know what your body needs; it is simply our job to listen and act. Intense emotions will often require intense actions, like anger or rage requiring heavy physical exertion, while softer or more deep emotions like depression or grief will require extra softness, love, and patience.



SHADOW WORK PROCESS

1.) WHERE IS THIS EMOTION COMING FROM?

What triggered this emotion? Is it from the situation I'm in? The past? A worry about the future? Is it someone else's emotion?

2.) WHY DOES THIS EMOTION FEEL SO BIG RIGHT NOW?

Is it in response to an urgent need, or is it a habit I need to break? Is it about something much deeper?

3.) IS THIS EMOTION ABOUT SOMETHING DEEPER?

Our experiences can trigger intense emotions buried beneath the surface. Be honest: What's really going on?



4.) WHAT DOES THIS EMOTION WANT ME TO DO?

Do I need to act now, or do I need to sit back? Do I need to uncover the truth about this emotion and change my beliefs?

5.) WHAT CAN I DO TO RELEASE THIS EMOTION?

Do I just need extra self-care? To use a healing modality? Would journaling or talking with a friend help? Do I need movement or rest?

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EMOTIONAL MASTERY

A U D I O C O U R S E + W O R K B O O K

In this 3-part audio course, you'll learn how to heal your emotions and master your empathic gifts. In less than 90 minutes, you'll discover the divine purpose of our emotions (and learn about what they actually are – and what they can help you do); the truth about being an empath that no one's told you; the reasons why you're trapped in cycles of feeling "too much," and how the ability to truly feel your emotions is the key to emotional freedom.

Then, you'll take the path to mastery by learning how to use my best energetic and spiritual tools for setting and keeping proper emotional and energetic boundaries, processing and healing your deepest emotions, clearing your energy field, and more.

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ABOUT GIA PRISM

PSYCHIC MEDIUM + TRANCE CHANNEL



Gia Prism is an Oracle, one through whom Spirit speaks. She collaborates with beings beyond the veil to channel their cosmic wisdom and transformational energies into living works of art.

As a psychic medium and channel, Gia is able to connect with beings in the spirit world and relay their words and wisdom. As a trance medium, Gia merges with the energies of these spirits, capturing their essence to project their voices and mannerisms, radiating their unique energetic imprint, and becoming the living embodiment of their human expression.

Each piece of writing and audio track is encoded with high-potency energies that not only contain the essence of the channeled spirit ...They are coded to heal, awaken, empower, and completely transform the listener, catapulting their awareness beyond the world of form and into the multi-dimensional realms.

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