

Shadow Coaching

Energy Shift

Transform Your Destiny

What is Shadow Coaching?

Making the unconscious conscious and the unacceptable acceptable is what shadow work is all about.

The parts of you that have been disowned, repressed, and rejected are stuck in your inner darkness or *Shadow Self*. This can include trauma or parts of your personality that you subconsciously consider undesirable.

Each session will help you dive deeper into your shadows. This educational and structured process includes various forms of artistic expression and exploration to connect with your inner child.

How does this work exactly?

We begin with your first memory, along with one or two songs that you have been listening to on repeat recently. As I read what you have written about your first memory, I imagine what is being described by you as if it is playing out right in front of me for the first time. I then listen to and channel messages that your subconscious is ready to be fully made aware of, processed, and integrated through the songs you send. We begin to put the pieces of the puzzle of your life and who you were meant to be together, one week at a time.

The written assignments help create more questions to sit with together and often on your own in between sessions. Your first memory gives us a starting point for your inner workings, much like the start of a maze, and we move forward from there. Each week, you answer questions, and I channel messages from songs to help us find the language that fits your experiences and emotions that need to be processed. This can often feel like shocking a dying piece of yourself to life once you have found it.

Channeling through songs can be an intense experience for you and me. When you listen to these songs on repeat, it is as if you are squeezing every last ounce of

emotion out, like toothpaste from a tube. There is something you are feeling but can't find the language for. Imagine that you only speak, let's say, English, and the message you need to hear to lift the pressure, ease the pain, and make life make a little more sense; well, what of this can only be spoken in Gibberish? What would you need to bridge the gap? A translator!

That is what I do. I translate the message in the song that you can feel but can't speak; therefore, it only reaches as far as not fully understanding something can get. It's like a dog on a leash wanting the steak across the yard, but that leash only lets the pup go so far. These messages are often from our inner child who has been waiting for you to find them and listen. At times, what is shown to me can be an exact memory tucked away for many different reasons. Mostly, what seems to happen is that I am shown images, symbols, words, and other clues pulled from my memory bank and what makes the most sense to me to describe what I am feeling while listening. These pieces come together in what I call 'scenes' because they often feel like parts of a movie or a movie trailer.

I pay close attention to how my body reacts, along with all the emotions I feel and the pieces shown to me, and write down what comes through as if I am summarizing the movie I just saw. I aim to bring you into the visual world to experience these physiological symptoms, emotions, and imagery together. As this occurs, your memory bank will activate and begin sharing images, symbols, words, and other clues that come together in a way that makes the most sense to you. We land in a memory, deep desire or wish, and an emotional experience you can now master.

The scribbled image(s) that come through as I listen to the songs are another clue that helps us continue to make sense of what we need to process. They are often clues on ways you can continue to take care of the part of you that you became fully aware of AND allowed someone else (me) to see and care. We both step into a vulnerable space together, and in doing so, you can breathe in a little more air.

Finally, I pull a card from one of my many decks. This helps validate what came through in the session and provides further ideas on ways to continue to love yourself and move forward.

Who is this for?

This program is for anyone who wants to process traumatic experiences, especially from childhood, but doesn't know where to begin. Maybe you have tried and felt that "nobody gets me," even the counselors you've worked with over the years. It is also for those well-versed in *or* curious about energy work or spiritual practices. This is mainly for those who are **curious**. Curious about yourself, your life, the people you

attract, your relationships, your belief systems, and your purpose. All it takes is a little curiosity to take you further than you ever dreamed.

This program is for those ready for their lives to change completely and are committed to owning who they are with every piece of themselves they find.

This program is for those who can stay committed to doing hard work. There are journal prompts to answer after every session that MUST be completed and sent back with 1 or 2 songs within 48 hours of the next session. If homework assignments are not completed on time, the session cannot be held. We can make one attempt at rescheduling if time allows on both our schedules.

A 30-minute consultation must be scheduled before beginning the program. This allows us time to get to know one another and discuss the program, including any questions you might have. By the end of the consultation, we will discuss whether or not this program is a good fit for you with where you are at in life and go from there. Once the consult is scheduled, you will receive an email with a link to the meeting and more information on package and price options.

One of my current clients described this process, *“It feels like instead of a tornado coming and spiraling, causing you to leave mass destruction just before the sun comes back up, it feels more like you can still feel a storm is brewing, but the tornado never comes, and the sun comes out faster.”*

Guide me into your storm, and we will experience it together!

Sincerely,

Casey McKinnis