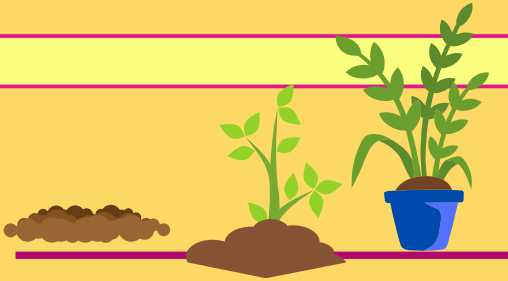
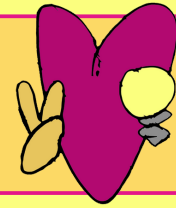


Inner Work 101



A process of consciously transforming yourself through bringing an awareness to what is happening inside you and how it affects what you do in the world.

This allows us to connect with both what is happening in the room and in the context we are working within, to work with the energies and emotions that often sit below the conversations.

This is not a process of becoming the master or the hero of these challenges but about working on yourself, to see ourselves a part of the system so that we can be in service of these bigger questions and issues.

Healing

**is not linear



This should be set space and time for inner work practices that fit you on your journey.

Triggers

that is something that might cause us to feel emotional not by the current experience but because it takes you back to something else in your past.

1) FLIGHT

overthinker,
workaholic, anxiety

3) FREEZE

stuck, numb,
isolating

2) FIGHT

anger, controlling,
bullying

4) FAWN

people pleaser,
no boundaries, lack of
identity

TRAUMA RESPONSES



Affects your Limbic System:

the amygdala

(emotional computer and alarm system)

the hippocampus

(storage of recent memory)

the prefrontal cortex

(decision making about cognitive and emotional response)

Shadow Work

is either an unconscious aspect of the personality that the conscious ego does not identify in itself, or the entirety of the unconscious. (i.e., everything of which a person is not fully conscious) In short, the shadow is the unknown side.

Encounter-Merge-Assimilate

"One does not become enlightened by imagining figures of light, but by making the darkness conscious."

-C.G. Jung

THE PLK FORMULA: PEACE + LOVE + KNOWLEDGE → ALIGNMENT