



Lisa Snyder: Finding Your Gold in the Shadows: A Practical Guide to Navigating Your Dark Side for Greater Wisdom, Power, and Joy.



Lisa is a tantric empowerment coach, a yoga teacher and a meditation teacher who began her work after a long history of eating struggles and family trauma. She now specializes in empowering both the dark masculine and feminine to help individuals step into sovereignty and experience the love and liberation that such work (shadow work) brings.

TOP EMBODIMENT TIP: By embracing your darkness you become a beacon of light.

Shadow work:

- This work is not for the faint hearted. The work is courageous and triggering. It involves loving ALL parts of yourself - the parts that we don't want to show anyone else, the parts we are embarrassed of and ashamed of.
- We are often not conscious of our shadow qualities as they primarily reside in the subconscious mind.
- The people who trigger us or treat us poorly are mirrors of the parts of ourselves that we ourselves deny.
- As we do the work, we attract our true tribe and those around us mirror our healed nature.
- All of us, regardless of gender, have a light feminine, dark feminine, light masculine and dark masculine.

Archetypes:

- **Light feminine - light:** pure, sweet, innocent, soft, divine mother, alluring, coquettish
- **Light feminine - shadow:** passive, weak, helpless, guilt-tripping mother, indirect
- **Light masculine - light:** virtuous, do-gooder, savior, loyal, kind, dependable, nice guy
- **Light masculine - shadow:** rejecting of anything unvirtuous, puritancial, judgmental, arrogant, playboy
- **Dark feminine - light:** priestess, witch, seductress, psychic, mystic, wild woman, sensual
- **Dark feminine - shadow:** manipulative, bitchy, siren, possessive, whore
- **Dark masculine light:** warrior, fights for justice, untamed, pioneer, lone wolf, righteous
- **Dark masculine shadow:** raper, perpetrator, murderer, violator and bully
- **How to integrate?** Own it, identify it. Recognize we have this darkness in us and then hold it, embrace it and LOVE it to make it part of your whole.

Power of Emotions:

- Our emotions carry our intuition and capacity for love and joy.
- When we feel our emotions, we set ourselves free. If we don't feel them, they get stuck and toxic patterns form.
- The process is about holding the feeling to accept and embrace it. Move and breathe the feelings through the body.
- If you struggle to process your emotions or don't feel safe to release them, work with a coach who can hold you.

Resources:

- ❖ **Social:** [@lisarachelsnyder](https://www.instagram.com/lisarachelsnyder)
- ❖ **Website:** [lisarachelsnyder.com](https://www.lisarachelsnyder.com)
- ❖ **Courses:** Sovereign 8 weeks- [calendly.com/lisarachelsnyder/discovery-call](https://www.calendly.com/lisarachelsnyder/discovery-call)



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