

HEALIZATION · FOUNDING CIRCLE

7 Nights of *Shadow Work*

Seven ancient doors into the parts of yourself you've been avoiding.

BEFORE YOU BEGIN

How to use *this book*

One night at a time. Each night has two pages: a short story from the old world, and a page for you.

You need a pen, ten quiet minutes and, if you like, a candle.

Read the story. Sit with the line. Answer the three questions honestly; nobody will read them but you. Then do the small ritual.

Don't rush. If a night feels heavy, stay with it an extra day.

Shadow work can stir things up. This book is for reflection, not therapy. If something painful comes up, talk to someone you trust or a mental health professional.

I

NIGHT I · DELPHI, GREECE

Know Thyself

Above the entrance to Apollo's temple at Delphi, the ancient Greeks carved two words: *Know thyself.*

Kings travelled for weeks to ask the oracle about wars and kingdoms. The first thing they saw was a reminder that the real question was about them.

Shadow work starts here. Not with fixing yourself. With looking at yourself, honestly, without looking away.

Before you ask the universe for answers, ask yourself better questions.

NIGHT I · YOUR PAGE

1 Who am I when nobody is watching?

2 What do people praise me for that doesn't feel true?

3 What part of me do I keep hidden from everyone?

TONIGHT'S RITUAL

Light one candle. Write your full name at the top of a page, then three words you believe about yourself. Circle the one that scares you most.

II

NIGHT II · CARL JUNG, SWITZERLAND

The Shadow

The psychiatrist Carl Jung called it the shadow: every part of yourself you refuse to see. The anger you swallow. The jealousy you deny. The wants you're ashamed of.

He believed the shadow doesn't disappear when you ignore it. It leaks out. Often it shows up as the things that annoy you most in other people.

He wrote that we don't become enlightened by imagining figures of light, but by making the darkness conscious.

What irritates you in others is often a door into yourself.

NIGHT II · YOUR PAGE

1 Who triggers me the most, and what exactly do they do?

2 Is there a version of that trait in me?

3 What would I gain if I stopped hiding it?

TONIGHT'S RITUAL

Write a short letter to the person who annoys you most. Don't send it. Read it back as if you wrote it to yourself.

III

NIGHT III · ANCIENT GREECE

Hecate's Crossroads

Hecate was the goddess of magic, the night and thresholds. She was often shown holding two torches, standing where three roads meet.

At the dark moon, people left suppers for her at the crossroads. It was a place of endings and choices, where you couldn't stay standing still.

Most of us are standing at a crossroads right now, pretending we're not.

Not choosing is also a choice. It just isn't yours.

NIGHT III · YOUR PAGE

1 What decision have I been avoiding?

2 What am I afraid will happen if I choose?

3 What will it cost me to stay exactly here for another year?

TONIGHT'S RITUAL

Draw three roads on a page. Label them: stay, change, leave. Under each, write one honest sentence about where it leads.

IV

NIGHT IV · SUMER, MESOPOTAMIA

The Seven Gates

One of the oldest stories ever written down is the descent of Inanna, the Sumerian queen of heaven.

To reach the underworld she passed through seven gates. At each one she had to give something up: her crown, her jewels, her robes. She arrived with nothing.

Only then could she be transformed. The things we hold onto most tightly are often what stand between us and who we're becoming.

You can't carry everything through the gate.

NIGHT IV · YOUR PAGE

1 What am I using to look strong, liked or in control?

2 Which one could I set down this week?

3 Who am I without it?

TONIGHT'S RITUAL

Write seven things you hide behind: titles, habits, masks. Cross out one each night for the rest of this journey.

V

NIGHT V · ANCIENT EGYPT

The Serpent's Circle

The ouroboros, a serpent eating its own tail, is one of the oldest symbols on earth. One early version appears on a shrine in Tutankhamun's tomb.

It means endless cycles: endings becoming beginnings. But it has a darker reading too: the pattern that keeps feeding on itself.

The same kind of partner. The same argument. The same 'why does this always happen to me'.

A pattern repeats until it's seen.

NIGHT V · YOUR PAGE

1 What keeps happening to me, again and again?

2 What is my part in it, even a small one?

3 What would breaking it look like, just once?

TONIGHT'S RITUAL

Draw a circle. Write your repeating pattern around the edge. Then draw one line cutting through it, and write the new choice on that line.

VI

NIGHT VI · SENECA, ROME

Rehearse the Storm

The Stoic Seneca practised something unusual: imagining the worst before it happened. The Stoics called it rehearsing misfortune.

Not to be gloomy. To take away fear's power. In one letter he wrote that we suffer more often in imagination than in reality.

Fear is a shadow too. It gets smaller when you look straight at it.

Name the fear, and it loses its hiding place.

NIGHT VI · YOUR PAGE

1 What am I most afraid could happen?

2 If it did, what would I actually do?

3 What would still be left that nobody could take?

TONIGHT'S RITUAL

Write your fear in one sentence. Underneath, write your plan if it came true. Fold the page and put it somewhere dark until the next full moon.

VII

NIGHT VII · ELEUSIS, GREECE

Persephone Returns

Persephone was taken into the underworld. She didn't only survive it. She became its queen.

Every spring she returns, and the Greeks said the earth blooms because she does. She belongs to both worlds now, the light and the dark.

That is the point of shadow work. Not to get rid of your darkness, but to stop being afraid of it, and to bring something back.

You don't leave the underworld empty-handed.

NIGHT VII · YOUR PAGE

1 What did I find in myself these seven nights?

2 What am I ready to bring back into the light?

3 What would the queen of my underworld tell me?

TONIGHT'S RITUAL

Write a letter from your future self, one year from now, thanking you for starting tonight. Keep it. Read it when you forget.

AFTER THE SEVENTH NIGHT

You looked.
Most people never do.

Read your pages again in a month. Notice what changed, and what still pulls at you. That's where the next work is.



YOU'RE A FOUNDING MEMBER

Stay in *the circle*

New books, rituals and new-moon messages reach founders first. Pull your daily oracle card at **healization.pages.dev** and share it to your story. Tag **@healization**. We read every one.

© 2026 Healization. Shared for reflection and learning. Not medical or psychological advice.