

A detailed still life painting of a banquet table. The table is covered with a rich green velvet cloth. On the table, there is a large, ornate golden chalice filled with fruit, a bowl of grapes, a pomegranate cut open to show its seeds, a slice of orange, a plate of oysters, and a small silver container. The background is dark and atmospheric, with a blue fabric hanging from the top. The overall mood is mysterious and opulent.

The Wild Descent

*A guide into shadow, the
fractures we carry,
and the path of
return to the wild feminine*

The Descent Begins

It is not weakness that keeps you from change, but the psyche's loyalty to an older order.

This order was set long ago, in childhood, in the hidden agreements you made to stay safe, loved, and alive.

What you buried became *shadow*: instinct, joy, anger, appetite, eros.

The Wild Descent is not about going back to what was lost.

It is about going down - into the fracture, into the underworld, and into the parts of you that were never meant to survive - yet still live.

This is not self-improvement or stick on empowerment.

This is soul work.

It is remembering what your body already knows.

This is your invitation to step into the wild unknown of your psyche.

The Fracture

Every psyche carries fault-lines. Moments when what was too much, too angry, too needy, too alive - was pushed into the dark.

This is not forgetting. Shadow does not disappear; it reorganises. It doubles. It returns disguised, through projection, symptom or repetition.

The psyche fractures to protect the child. One self adapts, survives, functions. Another self becomes the shadow: unseen, yet powerfully alive.

The fracture is not only a wound. It is also an architecture, the way shadow arranges itself to keep us safe, while binding us to what we cannot see.

Shadow is a mirror turned inward - one face for the world, another watching from the dark.

Where do you notice a doubling in yourself - the split between the self you show and the self you conceal?

The Shadow at Work

Shadow is not only what we hide, it is also what hides from us.

It slips out sideways: in the sharpness of a projection, the force of a trigger, the repetition of an old pattern.

Complexes work like magnets. They pull us into the same story again and again, until we learn to see what has us in its grip. A lover who turns cold. A boss who silences our voice. A friend who betrays. Behind each figure is a trace of shadow, the parts of ourselves we could not yet face.

The Wild Descent is the work of turning inward. Meeting the persecutor who criticises from within. Standing still in the face of our own trigger. Learning to recognise shadow as both protector and saboteur.

Shadow is not only darkness. It is the unlived life, waiting to be claimed.

What patterns, triggers, or projections repeat most in your life and what might they be asking you to face?

The Unlived Life

Shadow is not only what wounds us. It is also what waits for us.

Inside the very patterns that undo us, there is a deeper vitality. The anger that bursts out sideways can become the fire that names what is true. The envy we never admit to can show us where desire still burns. The part that sabotages may also be the part that protects.

Shadow is not just an enemy. It is also a guardian of the unlived life, the vitality buried in exile.

The Wild Descent asks us to risk standing at this threshold: to face shadow not only as darkness, but as the keeper of what we most need.

Which part of your shadow - anger, envy, desire, fear - might hold not only danger but also power?

Explorative Shadow Questions

Use these prompts to begin noticing how shadow lives in your own life. Don't try to answer them all at once. Let one question stay with you for a day, or a week, and see what rises.

- Where in your life do you feel most triggered and what might that say about what is unclaimed in yourself?
- What qualities in others do you criticise most harshly and could those qualities also live, unacknowledged, in you?
- When do you sabotage your own progress and what protection might that sabotage be offering?
- What roles or masks do you habitually play to stay acceptable and what parts of you remain unexpressed as a result?
- Which emotions feel most forbidden to you and what might they reveal about your unlived life?
- Where to you notice the split between the self you present and the self you conceal?

The Descent Continues

Shadow work is not about fixing yourself. It is about facing what has been exiled and learning to hear its voice.

This guide has opened a doorway.
On October 1, we step through it together.

Join me live for **The Wild Descent** - a free one-hour workshop where we'll explore the terrain of shadow more deeply:

- A Jungian understanding of shadow that is clear, precise, alive.
- How shadow runs your daily life when left unconscious.
- What changes when you begin the work of descent.
- Why the feminine lineage has always carried another way into the dark.

[Click to Register](#)

“The doors to the world of the wild self are few but precious. If you have a deep scar, that is a door, if you have an old, old story, that is a door. If you love the sky and the water so much you almost cannot bear it, that is a door. If you yearn for a deeper life, a full life, a sane life, that is a door.”

*Clarissa Pinkola Estés,
Women Who Run With The Wolves*