

# ShadowWork®

## Freedom, Integration, Transformation:

**Facilitator:** Sara Schley, from Wendell Ma. 26 years experience facilitating Shadow Work

**Location:** At the beautiful and restorative home retreat space of Sarita Chawla in San Rafael, CA

**Dates:** Two days of transformation, Feb 1-2, 2020

### Shadow work

Shadow work ®, is a personal transformation technology based on Jung's concept of the "shadow." Developed by Cliff Barry with his unique synthesis of ancient and modern tools for healing, Shadow work, explores those parts of self that we have disowned, denied, repressed due to past wounds from culture, family or other. These wounds form "painful, persistent patterns" that limit our ability to experience our original blessing: freedom, joy, love and power. The Shadow Work process helps us reclaim these parts and integrate them for full vitality. In ShadowWork we, "Go for the Gold."

[Click here for a brief video of Sara describing ShadowWork.](#) (please scroll down page for video)

### The Process

We do this by creating a safe, compassionate, confidential "container" for the work made of a circle of people who are committed to personal and community transformation. We learn conceptual frameworks of ShadowWork and how the model works in action. One person then chooses to "step to the center" to do their work. Others in the circle support that person through their presence and/or by playing roles that represent parts of that person's psyche. The roles are uncovered through co-inquiry with the facilitator.

### Your Facilitator

Sara Schley has been a Shadow work practitioner for over 25 years. As one of the founders of "Women in Power," a leadership initiation based on Shadow work, Sara has had the privilege of working with 100s of women using this form.

### The Result

In the end, the work is not only about each person finding their birth-rite of freedom, integration and transformation, but also about deepening the field of compassion and connection in the whole circle that is present. This is a huge gift for any organization or community seeking to build a culture of compassion, insight, connection, and power that is sourced in love.

### To Register

Please contact Mira Nussbaum: [miraseedsystems@gmail.com](mailto:miraseedsystems@gmail.com), 413-824-0855 to register now!

**Cost:** Two options.

- 1) \$700 holds your space to participate fully in the weekend and to do your own personal ShadowWork process. Limited to 7 people
- 2) \$380 allows you to participate fully on the weekend and to offer your support by "playing" ShadowWork support roles: Limited to 7 people

## Testimonials from participants in ShadowWork with Sara:

*"Amazing! I had such a powerful life changing experience. Another essential step on my path to personal transformation. This is what it feels like to be strong and clear and free!" --Eileen Fisher*

*Completing my shadow work with Sara, the words that emerged were "Fierce Grace", the quality I felt in my interiority and in the field. I was accompanied by friends who have held my feet to the fire for years. The container allowed for Sara's mastery to flow with precision, compassion and dynamic creativity. The great mystery itself moved through her, transforming me and those I witnessed in this sacred work. I feel strength that is clean. I sense blessing that is empowering and pure. I will return to the crucible again --Sarita Chawla*

*Sara's Shadow work coaching has unveiled a mosaic in my life of sharp shards that I am coming into relationship with and finding beauty, a torrent of creativity that I have longed for and a connection to source that for whatever reason I have cut myself off from... my feet are in love with the ground, my sense of time transformed... I'm breathing in the blessing --Stephanie Ryan*

*I am calm and thoughtful, clear, empty yet full. The experience was honoring and sacred for me. I see the faces of each person who surrounded me with love and support. Sara is skilled and loving, strong, forthright, and supporting. There is clarity in her eyes, a partnering, a strength that connected to my strength. Sara, I thank you from deep within for your grace and love- for your ability to hold me so safely and closely. --Susan Wilson*

*I felt a deep trust in Sara the first time I met her. She has facilitated me through two very powerful Shadow Work sessions over the 7 years since. Sara brings a mix of intense passion for the work and the ability to create a rock-solid safe place to explore deep-seated issues. She'll guide you through your own unique emotional landscape safely and effectively. You can trust that she won't let you get lost in your darkness (no matter how dark) and will coach, shepherd, cheer-lead, and inspire you to a new version of yourself. -- Gayle Huntress*

*Your work changed my life. Your work saved my life. -- Marsia Harris*

*I have deep gratitude for the gift of our coaching session. Your facilitation shone with clarity, depth, and love and created a space of deep safety, consciousness and healing. -- Marcia Woolf*

*Your facilitation WOWED me and was completely right on. Your work shines with grace, elegance, wisdom and the truth of your own personal journey. You are dynamite in this realm. -- Deborah Mager*



Sara Schley is a Certified Shadow Work® Group Facilitator and one of the co-creators of the Women In Power program. She is a coach, consultant, facilitator and thinking partner to individuals, organizations, networks and communities. Sara is consulting partner to Eileen Fisher in Sustainability and Women's empowerment. With her husband and partner, Joe Laur, Sara is co-founder of Seed Systems, a B Corporation dedicated to personal, organizational and planetary healing. She is the creator of numerous communities and collaboratives for global and personal transformation including most recently WeTheChange: Women Leading Business for Good a movement of B Corp Women CEOs and allies. Sara is a published author, facilitator, speaker and teacher in the areas of environmental sustainability, personal healing and social change. More about Sara's work can be found at [www.SeedSystems.net](http://www.SeedSystems.net). Sara lives with Joe, their teen twins & one loyal yellow lab in the hills of Western Massachusetts.