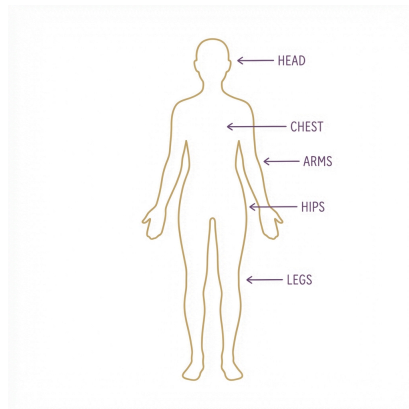


# Somatic Shadow Work

The shadow is not just in your mind; it lives in your body.

When you suppress an emotion, you are physically holding it back. You tense your jaw to stop from screaming. You clench your stomach to stop from crying. Over decades, this tension becomes chronic armor.

Fear **often lives in the belly**. Grief often lives in the chest and lungs. Anger **often lives in the jaw, neck, and hands**. Sexual **shame** often lives in the hips.



To integrate the shadow, we must feel it in the body first.