

Final Reflection

“Until you make the unconscious conscious, it will direct your life and you will call it fate.”

— C.G. Jung

You have completed **The Somatic Shadow Work Journal**.

But this is not an ending—it is a beginning. The shadow does not disappear; it simply becomes a companion instead of an enemy. You will continue to meet new shadows throughout your life. Now, you have the tools.

Return to this journal whenever you need to. The pages will be here. The work continues.

Thank you for doing this brave work.

You are seen. You are whole. You are free.

The Felt Sense / Somatic Shadow Work