

# Safety First



*“One does not become enlightened by imagining figures of light, but  
by making the darkness conscious.”*

— C.G. Jung

## **A Note on Safety**

Shadow work can be intense. If at any point you feel overwhelmed, dissociated, or unsafe, stop. Return to the present moment. Orient yourself to your surroundings.

You are the expert on your own capacity. Go slowly. There is no rush.