

## Vicki Howie's Shadow Integration Process ~ Shadow Scramble Sheet

You're everything.

I'm everything.

There's nothing you're not.

There's nothing I'm not.

You're not nothing.

I'm not nothing.

You're (quality).

I'm (quality).

You're (quality) just like (who).

I'm (quality) just like (who).

You're everything you think you're not.

I'm everything I think I'm not.

You're never always sometimes (quality).

I'm never always sometimes (quality).

You're not not (quality), except when you are.

I'm not not (quality) except when I am.

You're everything and everyone.

I'm everything and everyone.

You can imagine being (quality), can't you?

I can imagine being (quality), can't I?

You can't not imagine you're (quality), because you're totally (quality).

I can't not imagine I'm (quality), because I'm totally (quality).

You're sometimes always never (who)

I'm sometimes always never (who)

You're more (quality) than (who).

I'm more (quality) than (who).

You're everybody, except when you're nobody.

I'm everybody except when I'm nobody.

You're the (qualitiest quality) there is.

I'm the (qualitiest quality) there is.

Except when you're not.

Except when I'm not.

You're everything that's not you.

I'm everything that's not me.

You're not not (who) except when you are.

I'm not not (who) except when I am.

(Repeat from the top)

After you've repeated all of these a couple times, the subconscious mind is very open. Finish with saying a string of positive affirmations of qualities you want to deeply embed. Such as: I am powerful, confident and vibrantly healthy. Repeat them several times. If you are working with a partner, have them feed them to you.