**Free Resources**

Here are some useful resources to help you with your Shadow Work journey:

1. **To help ground you in the present moment**:

* **Breathing techniques**:

1. <https://www.mindful.org/a-breathing-practice-to-stay-in-the-moment/>
2. <https://teamsunwellness.com/2020/01/31/threebreathexercises/>
3. <https://thecalmspace.com/2010/09/how-breathing-can-help-you-live-in-the-moment>

* **Meditation:**

1. <https://www.balance-withus.com/blog/3-simple-meditations-to-help-you-get-present/>
2. <https://www.mindful.org/how-to-meditate/>
3. <https://www.verywellmind.com/different-meditation-techniques-for-relaxation-3144696>

* **Mindfulness:**

1. <https://www.mindful.org/three-simple-mindfulness-practices-you-can-use-every-day/>
2. <https://psychcentral.com/blog/1-minute-mindfulness-exercises/>
3. <https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>
4. **Journaling:**
5. <https://gowithinspiritualcoaching.com/increase-your-intuition-through-journaling/>
6. <https://gowithinspiritualcoaching.com/journaling-how-it-can-increase-your-intuition-and-creativity/>
7. <https://www.self.com/story/how-to-start-a-journaling-practice>
8. **Self-Compassion:**
9. <https://positivepsychology.com/self-compassion-5-steps/>
10. <https://self-compassion.org/category/exercises/>
11. <https://tinybuddha.com/blog/self-compassion-learning-to-be-nicer-to-ourselves/>
12. **Yoga:**
13. <https://www.yogajournal.com/practice/beginners>
14. <https://www.yogajournal.com/poses/poses-by-level/beginners-poses>
15. <https://www.yogajournal.com/poses/10-simple-yoga-poses-that-help-everyone-at-any-age>