

“To confront a person with their own shadow is to show them their own light.” This quote is by Dr. Carl Jung. You may be asking yourself what is Dr. Jung referring to? Shadow work.

My name is Melissa Kopf AKA Reverend Missy Luna and I am the Co-Owner of Metals n Magick where I specialize in alternative healing modalities.

Shadow work is one of the most profound inner workings I offer through my practice and that one can do on oneself. Shadow work is embracing the things we don't like about ourselves or that we think society won't accept about us. By embracing the shadow self, we embrace our own light because we are stepping out of the darkness into the light. When we embrace our light through the shadow self, we know ourselves better. By knowing ourselves better, we are more equipped to work with and on those parts of the shadow self we hide from the world. Shadow work can help us transform and grow. It can help us move forward by dealing with past hurts, trauma, and a lifetime of pains and repressed aspects of ourselves.

Shadow work can be approached through conventional therapies like talk therapy, journaling, art therapy, and more. The alternative healing modalities I use at Metals n Magick are intuitive energy reading and healing, Spiritual Counseling with Tarot, manifestation, self-care rituals, Quantum Reiki and Expansion, and an Energy Alchemist.

And, my favorite is through being a Master Hypnotist.

Hypnosis works with the subconscious part of our minds or, as Dr Jung refers to it, the unconscious. By directly working with the subconscious. It fast-tracks desired results instead of the dedicated time to slow the change that conventional healing modalities take. This is because we engage with the shadow self directly. It can address those defects of character we always think about on a conscious level but never seem to be able to remove or change. Or maybe it's the inner child's work to address where those shortcomings came from, to begin with. Those per-programmed behaviors bring us heartache and bring awareness to these difficulties while simultaneously reprogramming the subconscious to better our lives.

You may be wondering how I know this. Well, I have had years of hypnotherapy. This has given me the ability to know myself better by embracing my shadow self. By embracing my shadow self through hypnosis, I have discovered who I am after leaving a toxic relationship, feeling comfortable in my skin, daily relaxing while raising school-aged twins, and addressing the programming that created an autoimmune disease through learning about subconscious body syndrome. Embracing what I want to change about myself and giving me the dedication and motivation to keep working on my shadow self. It gave me the ability to embrace my own self-actualization. And this encouraged me to bring this and other alternative healing modalities to the world. And I can help you with yours

If you want to dive into the Shadow self, go to metalsnmagick.com that's m e t a l s n m a g i c k to schedule your session today. Again, I am Melissa Kopf, aka Reverend Missy Luna at Metals n Magick – Alternative Healing Modalities.