
I AND MY SHADOW – PART B – When Wholeness Is Rejected

Slide 1

I and My Shadow – Part 2
when wholeness is rejected

*“Ignore the depths at your peril
Enter the depths at your peril.”*

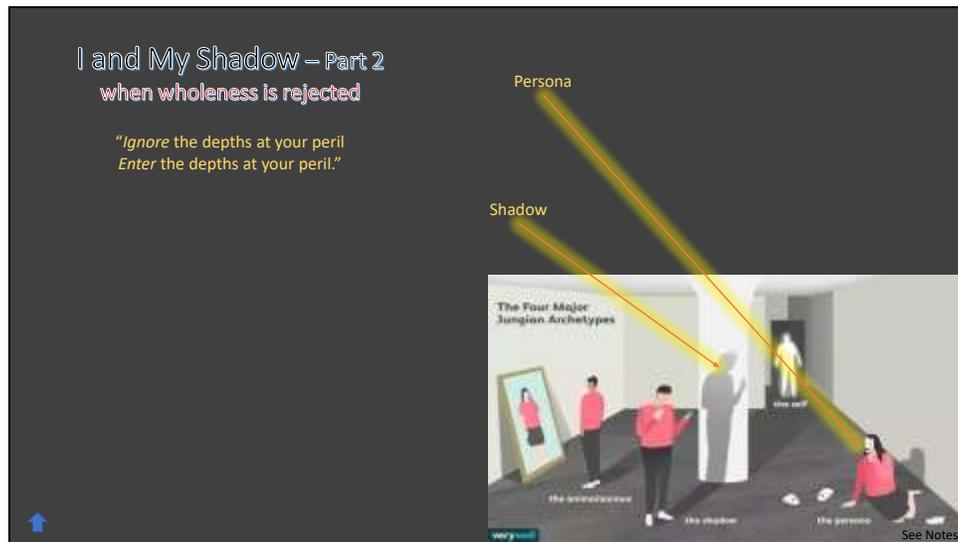
Slide 2



I and My Shadow –
Part 2
when wholeness is
rejected

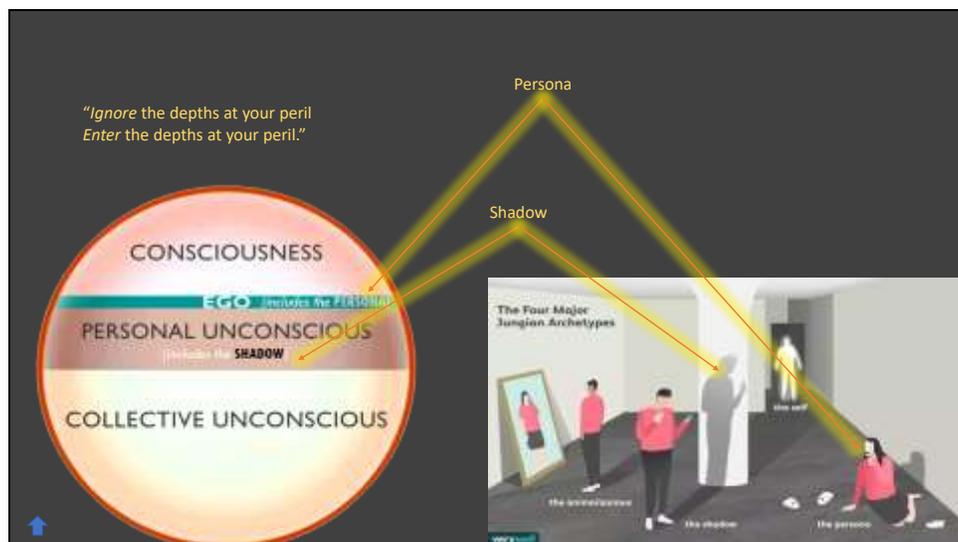
- When the human Shadow is shunned, it tends to **undermine and sabotage our lives**.
- Addictions, low self-esteem, mental illness, chronic illnesses, and various neuroses are all attributed to the Shadow Self.
- When our Shadows are suppressed or repressed in the unconscious long enough, they can even overtake our entire lives and cause psychosis or extreme forms of behavior like cheating on one's partner or physically harming others.
- Intoxicants such as alcohol and drugs also have a tendency to unleash the Shadow.
- *Altheia Luna*

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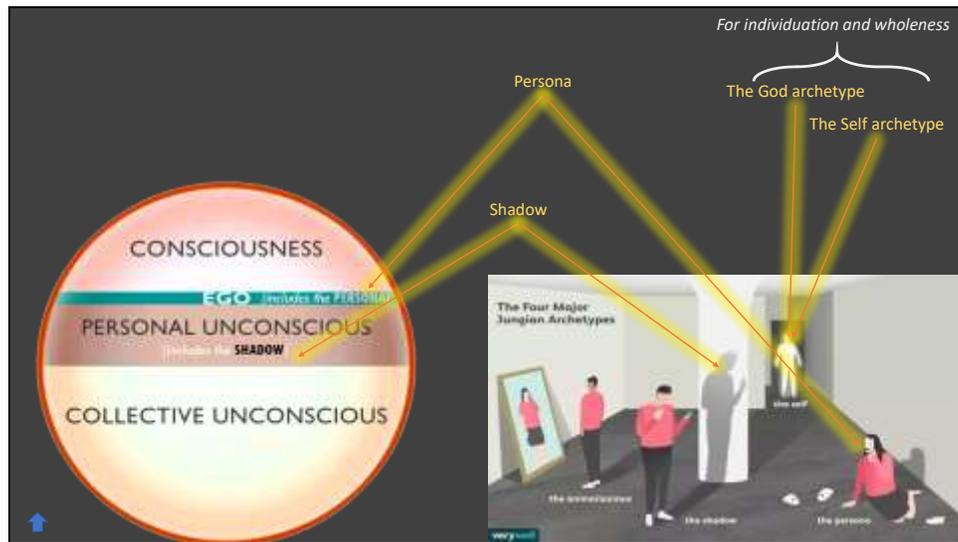


We have the Persona archetype in the conscious mind,
And we have the Shadow archetype in the conscious mind, that needs to become conscious
when we are on the journey of wholeness.

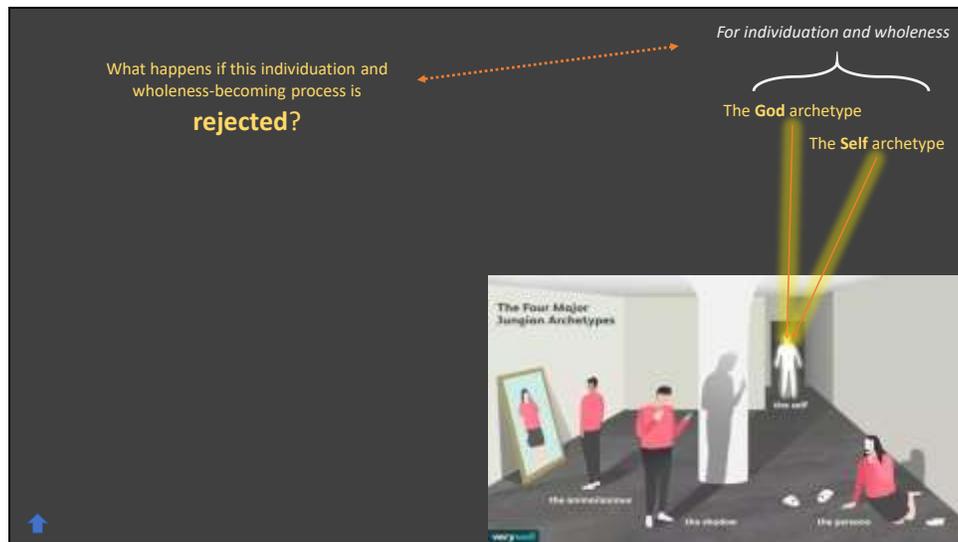
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Slide 6



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What happens if this individuation and wholeness-becoming process is **rejected?**

For individuation and wholeness

The God archetype

The Self archetype

Consider Dorian in the novel

"The Portrait of Dorian Grey"

by Oscar Wilde
(1854 – 1900)

The Four Major Jungian Archetypes

the anima/animus, the shadow, the persona, the self

See Notes

The most important characters of the book are: Dorian, his artist friend Basil, and Lord Henry. **Dorian** is considered an incredibly fascinating and attractive person.

Basil has made a **portrait** of Dorian.

Dorian meets Basil's friend Lord Henry, and begins to fall in love with his words about beauty and art.

When Dorian sees the remarkably beautiful portrait of himself (painted by Basil) he **recognizes his own beauty**, and emotionally declares that he wishes his youthful beauty could last forever, and that it would be the portrait, rather than him, that could grow old and ugly.

In this way, **unconsciously and indirectly, he makes a "pact with the Devil"**: the portrait will actually grow old, whereas Dorian remains young, and in his forties he is still just like he was when a youth at 20.

Dorian begins to have values and behaviour that progressively deteriorate and become **superficial, cynical, and then even evil**, starting with the callous breaking of the heart of a woman who then dies by suicide. Dorian notices that his **portrait magically and ominously reflects the decay** of his personality and his shame. He **hides his portrait in a locked room** and keeps the key around his neck. His moral deterioration and alienation from himself result in guilt in himself and in disruptions in his relationships. **Ultimately, disaster follows...**

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Dr Ruth Livesey, reader in English Literature at the University of London, explains that the character of Dorian Gray gets into trouble because he refuses to take himself as a whole, refusing to own both the attractive and unattractive parts of himself. Dorian ignores the need for wholeness, with the result that the unattractive part becomes thoroughly immoral, cruel, and decaying.

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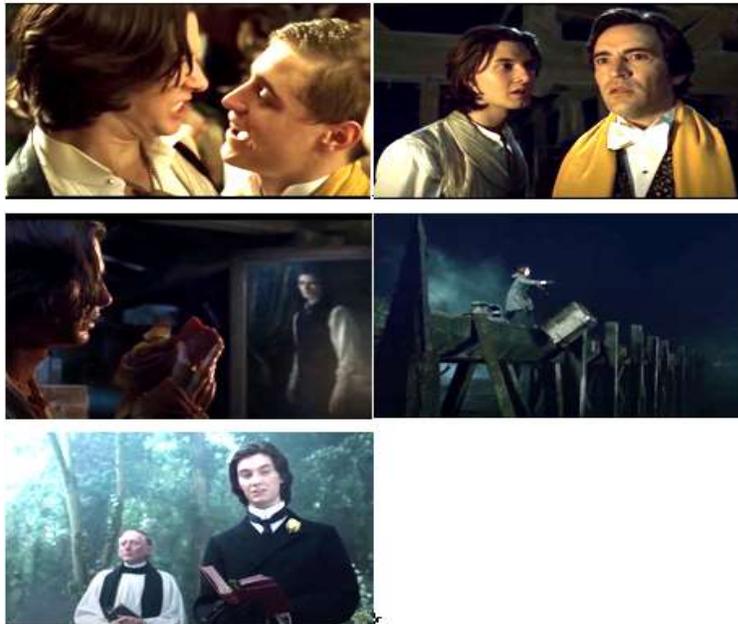


Dorian became a cynic without values.

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Here we see the alienated non-integrated self going out of control.



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A tragic end is the consequence of a self that has rejected wholeness.



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Therapist Steve Wolf explains:
Each of us is like Dorian Grey.

“Each of us is like Dorian Grey”

We seek to present a beautiful, innocent face to the world:

- a kind, courteous demeanour;
- a youthful, intelligent image.

So, unknowingly but inevitably, we push away the qualities that are not compatible with this, e.g.

- hatred,
- rage,
- jealousy,
- greed,
- competition,
- lust,
- shame

we push away the behaviours that are deemed wrong by the culture.
E.g.:

- addiction,
- laziness,
- aggression,
- dependency

This process creates Shadow content.

Like Dorian’s painting, these qualities **ultimately take on a life of their own**, forming an invisible twin that lives just behind our life, or just beside it ...

But remember
– there’s gold in those shadows, too!

See Notes

Therapist Steve Wolf has a perfect analogy that describes this process:

Each of us is like Dorian Grey. We seek to present a beautiful, innocent face to the world; a kind, courteous demeanour; a youthful, intelligent image. And so, unknowingly but inevitably, we push away those qualities that do not fit the image, that do not enhance our self-esteem and make us stand proud but, instead, bring us shame and make us feel small. We shove into the dark cavern of the unconscious those feelings that make us uneasy — hatred, rage, jealousy, greed, competition, lust, shame — and those behaviours that are deemed wrong by the culture — addiction, laziness, aggression, dependency — thereby creating what could be called shadow content. Like Dorian’s painting, these qualities ultimately take on a life of their own, forming an invisible twin that lives just behind our life, or just beside it ...

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END OF Part B. Continued in Part C