

## I And My Shadow – *Part C:* Working On My Shadow

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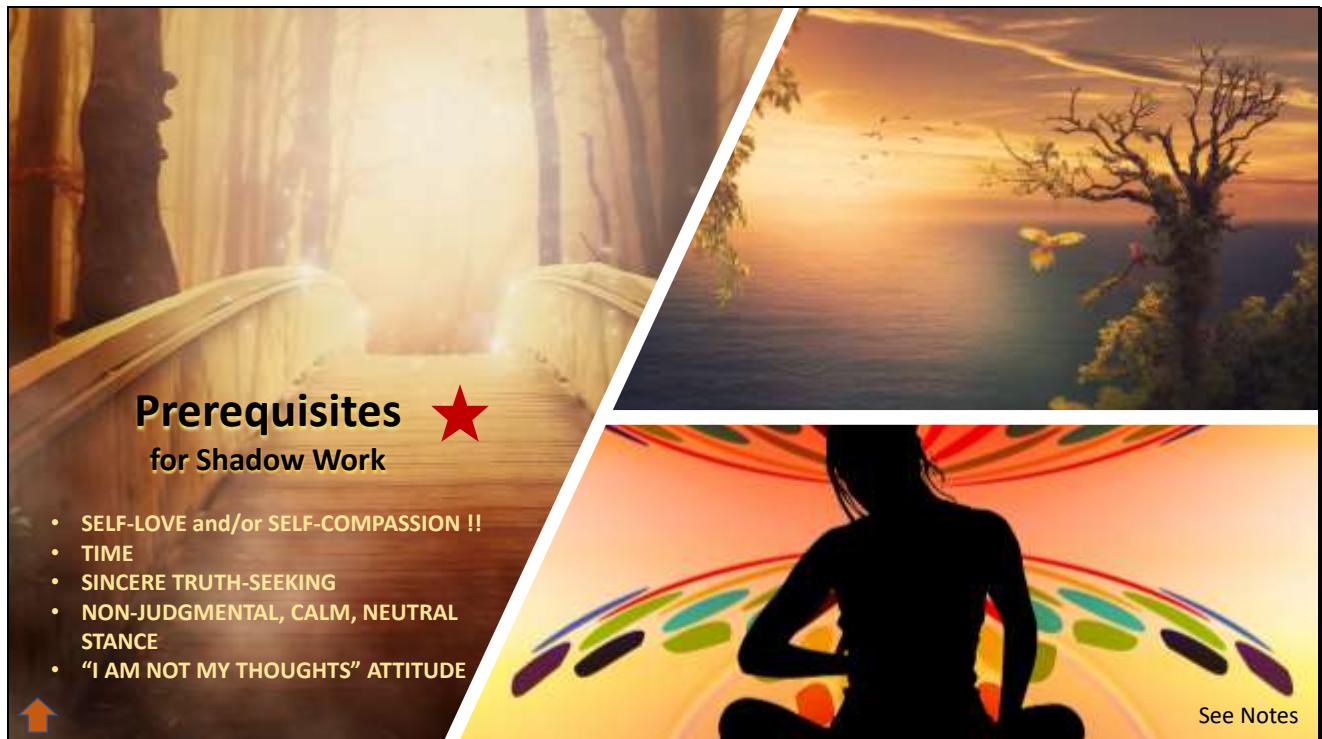
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### Prerequisites for Shadow Work

**SELF-LOVE and SELF-COMPASSION.** Important: do NOT do Shadow Work with poor self-worth or self-loathing,. It would make you feel much worse, perhaps dangerously so.

**TIME.** Are you prepared to make time? Even just ten minutes a day is a good start.

**SINCERE TRUTH-SEEKING.** Shadow Work is not about validating yourself or your strong points, and it can be painful.

**NON-JUDGMENTAL, CALM, NEUTRAL STANCE.** Critical attitudes will inhibit the process. How about a calming meditation as part of the work?

**"I AM NOT MY THOUGHTS" ATTITUDE.** Your thoughts are what you have not what you are. During shadow work you may have to step back from your thoughts and look at them neutrally.

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### How to Practice Shadow Work

*Pay attention to your emotional reactions: what unusually triggers you? Notice it. Send love to it.*

- 1. Self-awareness, mindfulness
- 2. Openly observe what disturbs you
- 3. Artistically express your shadow-items
- 4. Start a project
- 5. Write a Story or Keep a Shadow Journal\*

Record all your discoveries in writing or some other form.

**TOP TIP:** Shadow items are born out of fear, & maintained internally by fear, often *fear of not being loved, not being worthy enough, not acceptable to others*. So, feel/remember love and then send LOVE to the shadow items that you discover. This transmutes fear into love and thus helps you become more integrated and whole.

(\*) *The Story characters or the Shadow Journal give voice directly to the repressed Shadow items.*

See Notes



**Pay attention to your emotional reactions. What we react to, or what makes us angry and distressed, reveals extremely important information to us about ourselves.**

**Paying attention to your emotional reactions can help you to discover exactly how your core wounds are affecting you.**

**TOP TIP!** *Shadow items are born out of fear, maintained internally by fear. Often, it's a fear of not being enough, fear of not being loved, not being or feeling acceptable things.*

*Feel (or remember) love, then send LOVE to the shadow items that you discover. This transmutes the fear into something more positive which is love, and this helps you become more integrated and whole.*

**1. Self-awareness** Without being conscious, mindful, of what you're doing, thinking, feeling and saying, you won't progress very far.

**2. Adopt an open mindset on what disturbs you.** Observe closely everything uncomfortable that riles, shocks, infuriates, disturbs and terrifies you. See what you respond to and listen to what your Shadow is trying to teach you.

In a nutshell, use the world as a mirror. Observe what you secretly like or dislike in other people, entertainment outlets (TV, books), and situations. For instance, current movies and television shows reflect our deep interest in the darker aspects of ourselves. ...constant battle between good and evil forces.

**3. Artistically Express Your Shadow Side.** Art is the highest form of self-expression and is also a great way to allow your Shadow to manifest itself. Start by allowing yourself to feel dark emotions and any other Shadow items.. Just let your hands, pen, pencil, or paintbrush do the talking, spontaneously.

**4. Start a Project.** (e.g. building something, writing a book, composing music, mastering a new skill) The act of creation can be intensely frustrating and can give birth to some of your darker elements

such as impatience, anger, self-doubt, but also sense of fulfilment. Ask yourself “What am I feeling and why?”

**5. Write a Story or Keep a Shadow Journal** that go unfiltered, right into the sorrow/sadness/anger/pain, whatever is being discovered in the shadow, and give them a voice  
**STORY:** Write a story where you project your Shadow elements onto the characters.

OR: **SHADOW JOURNAL:** keep a journal or diary every day can shine a light on the darker elements of your nature. Reading through your dark thoughts and emotions can help you to recover the balance you need in life by acknowledging (but not necessarily acting on!) both light and dark emotions within you.

This journal is not the usual kind of journaling. The Shadow Journal gives a concrete voice to those dark aspects of the self: repressed emotions, very negative thoughts, darkness, pain. [Similar: 1. the Fearful Nun story; 2. My Love-circulation therapy)

## Slide 6

**Shadow Work:** Look at your Mirror for 5 or 10 minutes  
Keep eye contact



How do I relate to myself?

Sit or stand in front of the mirror in your house for five minutes. Simply stare at yourself and hold eye contact. That's all you have to do.

Now see how you feel.

You may feel awkward, unsettled, embarrassed, emotional, ... self-loathing and criticism arise. Why? Mirror work lets our inner critic comes to the surface. 😞

Don't have a compassionate relationship with yourself? → Easier to believe all the nastiness whispered by your inner critic.

See Notes

Go sit or stand in front of the mirror in your house for five (or 10) minutes. Simply stare at yourself and hold eye contact. That's all you have to do.

Now see how you feel.

If you're like most people, you will feel uncomfortable. You may feel awkward, unsettled, embarrassed, emotional, or other feelings like self-loathing and criticism arise.

Why does this happen?

As Louise Hay writes in her book mirror work: Mirror Work: 21 Days to Heal Your Life

“Il-mera tirrifletti lura s-sentimenti li għandek dwarek innifsek. Dan jagħmlék konxju minnufih minn fejn qed tirreżisti u minn fejn int miftuħ u ħiereġ. Juri biċ-ċar liema ħsibijiet ser ikolllok bżonn tibdel jekk trid li jkolllok ħajja ferrieħha, li tissodisfa. ”

"The mirror reflects back to you the feelings you have about yourself. It makes you immediately aware of **where you are resisting** and **where you are open and flowing**. It clearly shows you what thoughts you will need to change if you want to have a joyous, fulfilling life."

Mirror work--looking at oneself in a mirror and repeating positive affirmations--is Louise's powerful method for learning to love oneself and experience the world as a safe and loving place.

In other words, **in front of the mirror, there is no hiding**. In front of the mirror, we catch an intimate (and sometimes painful) glimpse into the relationship we have with ourselves.

Mirror work can make us feel initially uneasy because it exposes our inner critic in plain daylight. Suddenly everything we feel about ourselves that we might not be aware of comes to the surface. And if you haven't developed a compassionate relationship with yourself, you might be prone to believing all the nastiness whispered by your inner critic.

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## Slide 7

**Shadow Work:**  
**Use the World As your Mirror**

**Projection** is how the Shadow hides and protects itself.

However, projection is actually a powerful **shadow work tool** that helps us explore our Shadow Selves when done deliberately.

We project our negative hidden elements onto others but our **good ones** as well! Why? Afraid to embrace them?

So how do we practice the projection technique of Shadow Work?

Use the world as a mirror. Observe what you secretly like or dislike (projection!) in other people, things, and situations. Ask why?



See Notes

Il-projezzjoni hija fil-qalba u r-ruħ stess tad-Dell: Hija l-mod kif id-Dell jaħbi u jipprotegi lilu nnifsu. Madankollu, meta ssir apposta, il-projezzjoni fil-fatt hija ghoddha qawwija tax-Shadow Work li tgħinna nesploraw id-Dellijiet tagħna. Meta tersaq lejn nies oħra u d-dinja b'mod konxju=attent (mindfully), int tkun tista' tiskopri fuq min int qiegħed tiprojetta d-Dell tiegħek u dak li qed tiprojetta fuq dik il-persuna jew grupp jew oggett – *u għaliex*

Dak li hu interessanti dwar id-Dell hu li aħna mhux biss niprojetta il-karatteristiċi u l-elementi **negativi** tagħna fuq oħrajn iżda wkoll niprojetta **elementi tajbin moħbijiñ tagħna**. Hafna drabi l-aqwa karatteristiċi tad-Dell tagħna huma pprojettati fuq in-nies li nħobbu, nammiraw jew nħobbu. Donna inkonxjament rrīdu nirrifjutaw li nħaddnu l-elementi nobbli tagħna għaliex l-Ego jibża' li dawn l-elementi pozittivi jiblu u jħarbttu l-istruttura tal-personalità preżenti tagħna.

Allura kif nistgħu **nipprattikaw it-teknika tal-projezzjoni bħala forma ta' Shadow Work?**

Fil-qosor, **uža d-dinja bħala mera**. Osserva (b'mod sigriet) dak li tħobb jew tobghod f'persuni u oggetti u sitwazzjonijiet. *Staqsi għaliex?* Osserva dan f'persuni oħra, fi midja ta' divertiment (TV,

kotba), u sitwazzjonijiet. Pereżempju, il-films kurrenti u l-ispettakli tat-televiżjoni jirriflettu l-interess profond tagħna fl-aspetti skuri ta 'nfusna. ... battalja kostanti bejn il-forzi tat-tajjeb u tal-ħażin.

Projection is at the very heart and soul of the Shadow: it's how the Shadow hides and protects itself.

However, when done deliberately, projection is actually a powerful shadow work tool that helps us explore our Shadow Selves When you approach other people and the world at large with mindfulness, you'll be able to discover who and what you project your Shadow onto (and why).

What's interesting about the Shadow is that we not only project our negative traits and elements onto others but our good ones as well. Often our noblest Shadow traits are projected onto the people we like, admire or fall in love with. It's as if we unconsciously refuse to embrace our noble elements because the Ego is afraid that these positive elements will change and upset our current personality structure.

So how do we practice the projection technique?

In a nutshell, use the world as a mirror. Observe what you secretly like or dislike. Ask why? Observe in this way other people, entertainment outlets (TV, books), and situations. For instance, current movies and television shows reflect our deep interest in the darker aspects of ourselves. ...constant battle between good and evil forces.

## Slide 8

**Shadow Work: Notice what I *project* onto others** ★

- reclaim it: what is *in me*?
- explore it: what have I disowned?

**Shadow PROJECTION**

It is said to be a major cause of relationship dysfunction and breakdown.

See Notes

Jesus, as you know, cautioned us strongly against projecting our own shadow unconsciously onto other persons...

Ġesù, kif tafu, wissina bil-qawwa kontra l-projezzjoni tad-dell tagħna stess fuq persuni oħra bla ma nindunaw ...

To bring peace, love, and meaning to our lives, we absolutely **MUST RECLAIM these projections**. Through Shadow Work, we can explore exactly what we are disowning through projection.

All of us generally “seek to punish that which reminds us most uncomfortable about the part of ourselves that we have not come to terms with, and we often ‘see’ these disowned qualities in the world around us”. - *Robert A. Johnson, psychotherapist*

There are many different ways we ‘punish’ those who are mirrors of our Shadow qualities. **We may criticize, reject, hate, dehumanize, or even in extreme cases, physically or psychologically seek to destroy them** (think of countries who go at war with the “enemies”).

LonerWolf:

### 3. Use the World as a Mirror (Projection Technique)

Projection is at the very heart and soul of the Shadow: it’s how the Shadow hides and protects itself.

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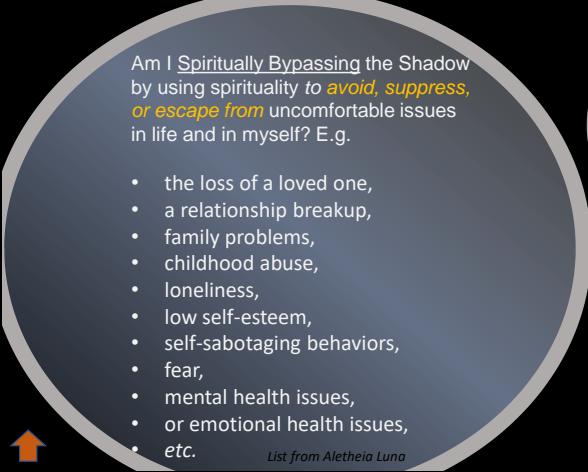
So how do we practice the projection technique?

## Slide 9

### Shadow Work: Notice what I avoid ★



- become aware of my evasions and blind areas (*x'qed ninjora?*)
- examine my spirituality for genuine self-awareness and self-compassion
- check: do I focus only on the positive? If so, am I ignoring any unresolved emotional issues?



Am I Spiritually Bypassing the Shadow by using spirituality to **avoid, suppress, or escape from** uncomfortable issues in life and in myself? E.g.

- the loss of a loved one,
- a relationship breakup,
- family problems,
- childhood abuse,
- loneliness,
- low self-esteem,
- self-sabotaging behaviors,
- fear,
- mental health issues,
- or emotional health issues,
- etc.

*List from Aletheia Luna*





Rewards of such Shadow work:

- true courage,
- authenticity,
- wholeness;



In spiritual/religious communities: some of the most common and reoccurring Shadow issues that appear include pedophilia among priests, financial manipulation of followers among gurus, and of course, megalomania, narcissism, and saviour complexes among spiritual teachers.

See Notes

----- To many people, spirituality becomes a sort of crutch used as a way of standing back up again in the face of life's turmoil – and sometimes this is necessary. We all need support at some time or another in our lives. But the problem comes when spirituality is used as a drug for which we become dependent on in order to bypass the darker elements of our lives.

----- When spirituality is used as a defense mechanism to ward off the gremlins and demons of our existence, it can become a hindrance, preventing us from developing true courage, authenticity, and wholeness; qualities that refine our souls.

----- While such inadequate use of spirituality can provide us with a solid wall to hide behind, in doing so it traps us in an all-is-happy-and-perfect jail cell of illusions.

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**Shadow Work:**  
Examine suspicious signs in myself: ★

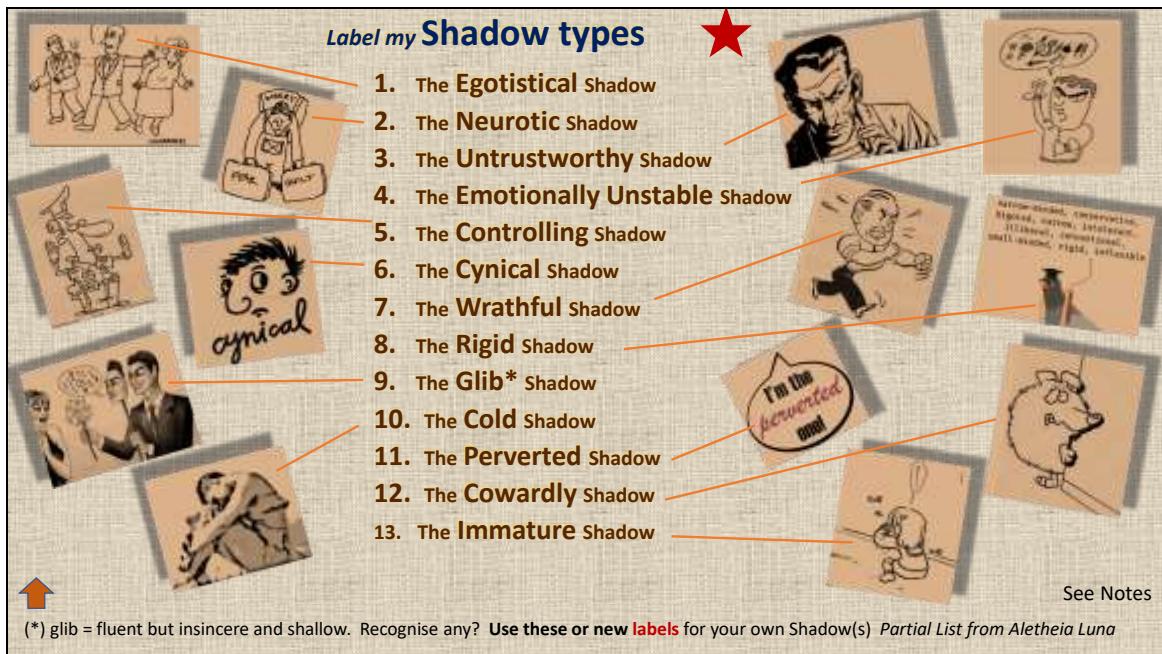
Some possible signs of a rejected/ unacknowledged Shadow:

- Hypocrisy  
(believing and supporting one thing, but doing another)
- Lies, deceit and self-deceit ➔
- Uncontrollable bursts of rage/anger
- Emotional & mental manipulation of others
- Greed and addictions
- Phobias and obsessive compulsions
- Intense anxiety
- Chronic psychosomatic illness
- Depression (can turn suicidal)
- Sexual perversion
- Narcissistically inflated ego ➔
- Chaotic relationships with others
- Self-loathing ➔
- Self-absorption
- Self-sabotage

... and many others.

*List from Aletheia Luna*

## Slide 11



**Label my Shadow types** ★

1. The Egotistical Shadow
2. The Neurotic shadow
3. The Untrustworthy Shadow
4. The Emotionally Unstable Shadow
5. The Controlling Shadow
6. The Cynical Shadow
7. The Wrathful Shadow
8. The Rigid Shadow
9. The Glib\* Shadow
10. The Cold Shadow
11. The Perverted Shadow
12. The Cowardly Shadow
13. The Immature Shadow

*See Notes*

(\* glib = fluent but insincere and shallow. Recognise any? Use these or new labels for your own Shadow(s) Partial List from Aletheia Luna

**1. The Egotistical Shadow:** - arrogance, egocentricity, pompousness, inconsiderateness, self-indulgence, narcissism, excessive pride.

- 2. The Neurotic Shadow:** paranoia, obsessiveness, suspiciousness, finicky, demanding, compulsive behaviour.
- 3. The Untrustworthy Shadow:** secretive, impulsive, frivolous, irresponsible, deceitful, unreliable.
- 4. The Emotionally Unstable Shadow:** moody, melodramatic, weepy, overemotional, impulsive, changeable.
- 5. The Controlling Shadow:** suspicious, jealous, possessive, bossy, obsessive.
- 6. The Cynical Shadow:** negative, overcritical, patronizing, resentful, cantankerous.
- 7. The Wrathful Shadow:** ruthless, vengeful, bitchy, quick-tempered, quarrelsome.
- 8. The Rigid Shadow:** uptight, intolerant, obstinate, uncompromising, inflexible, narrow-minded.
- 9. The Glib** (i.e. fluent but insincere and shallow) **Shadow:** superficial, cunning, inconsistent, sly, crafty.
- 10. The Cold Shadow:** emotionally detached, distant, indifferent, uncaring, unexcited.
- 11. The Perverted Shadow:** masochistic, lewd, sadistic, vulgar, libidinous.
- 12. The Cowardly Shadow:** weak-willed, passive, timid, fearful.
- 13. The Immature Shadow:** puerile (childishly silly and immature), childish, illogical, simpleminded, vacuous.

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## Slide 12

Some of the  
**most commonly experienced benefits** ★  
of doing Shadow Work

1. Deeper love and acceptance of yourself
2. Better relationships with others,  
including your partner and children
3. More confidence to be your authentic self
4. More mental, emotional, and spiritual clarity
5. Increased compassion and understanding  
for others, particularly those you dislike
6. Enhanced creativity
7. Discovery of hidden gifts and talents
8. Deepened understanding of your passions  
and ultimate life purpose
9. Improved physical and mental health
10. More courage to face the unknown  
and truly live life
11. Access to your Soul or Higher Self
12. A feeling of Wholeness

↑ See Notes

Making Shadow Work a part of your life... Here are some of the most commonly experienced benefits (but there are no quick fixes in Shadow Work) :

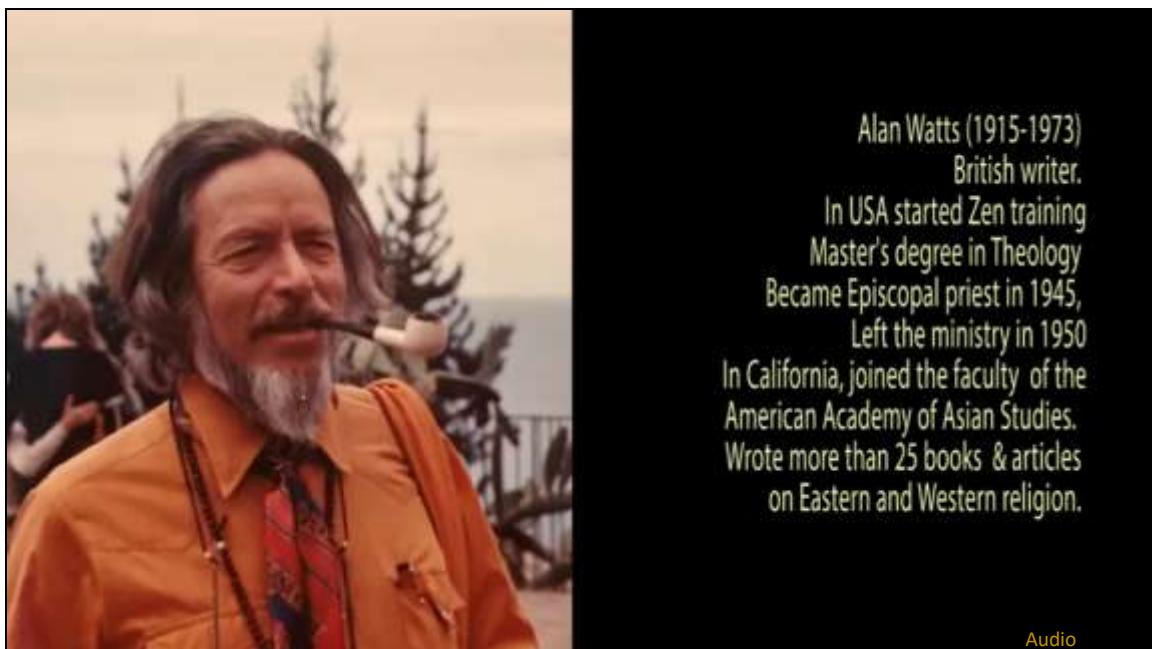
Shadow Work has helped to create profound clarity, understanding, harmony, acceptance, release, and inner peace in the lives of others. It is truly deep work that makes changes on the Soul level targeting the very roots of our issues, not just the superficial symptoms.

Imħabba profonda tiegħek innifsek u accettazzjoni

Relazzjonijiet aħjar ma 'oħrajn, inkluži s-sieħeb tiegħek u t-tfal  
Iktar fiduċja biex tkun l-awtentiku tiegħek  
Aktar ċarezza mentali, emozzjoni u spiritwali  
Żieda fil-kompassjoni u l-għarfien għal oħrajn, partikolarmen dawk li ma jħobbux  
Kreattività mtejba  
Sejba ta 'rigali u talenti moħbijs  
Fehim imsaħħaħ tal-passjonijiet tiegħek u l-iskop aħħari tal-ħajja  
Saħħa fiżika u mentali mtejba  
Aktar kuraġġ biex tiffacċċja l-ħajja magħrufa u tassew ħajja  
Access għal Ruħek jew għal Self Oħħla  
Sensazzjoni ta 'Shubija

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## Slide 13



In this video clip, Alan Watts comments in audio on part of the Jung talk to the clergy "Psychotherapists or the Clergy - Carl Jung.docx" The Jung text quoted (and commented upon) by Watts in the video is the following, here below, taken from the attached document

519 It is easy for the doctor to show understanding in this respect, you will say. But people forget that even doctors have moral scruples, and that certain patients\* confessions are hard even for a doctor to swallow. Yet the patient does not feel himself accepted unless the very worst in him is accepted too. No one can bring this about by mere words; it comes only through reflection and through the doctor's attitude towards himself and his own dark side. If the doctor wants to guide another, or even accompany him a step of the way, he must feel with that person's psyche. He never feels it when he passes judgment. Whether he puts his judgments into words, or keeps them to himself, makes not the slightest difference. To take the opposite position, and to agree with the patient offhand, is also of no use, but estranges him as much as condemnation. Feeling comes only through unprejudiced objectivity. This sounds almost like a scientific precept, and it could be

confused with a purely intellectual, abstract attitude of mind. But what I mean is something quite different. It is a human quality a kind of deep respect for the facts, for the man who suffers from them, and for the riddle of such a man's life. The truly religious person has this attitude. He knows that God has brought all sorts of strange and inconceivable things to pass and seeks in the most curious ways to enter a man's heart. He therefore senses in everything the unseen presence of the divine will. This is what I mean by "unprejudiced objectivity." It is a moral achievement on the part of the doctor, who ought not to let himself be repelled by sickness and corruption. We cannot change anything unless we accept it. Condemnation does not liberate, it oppresses. I am the oppressor of the person I condemn, not his friend and fellow-sufferer. I do not in the least mean to say that we must never pass judgment when we desire to help and improve. But if the doctor wishes to help a human being he must be able to accept him as he is. And he can do this in reality only when he has already seen and accepted himself as he is.

520 Perhaps this sounds very simple, but simple things are always the most difficult. In actual life it requires the greatest art to be simple, and so acceptance of oneself is the essence of the moral problem and the acid test of one's whole outlook on life. That I feed the beggar, that I forgive an insult, that I love my enemy in the name of Christ all these are undoubtedly great virtues. What I do unto the least o my brethren, that I do unto Christ. But what if I should discover that the least amongst them all, the poorest of all beggars, the most impudent of all offenders, yea the very fiend himself that these are within me, and that I myself stand in need of the alms of my own kindness, that I myself am the enemy who must be loved what then? Then, as a rule, the whole truth of Christianity is reversed: there is then no more talk of love and long-suffering; we say to the brother within us "Raca," and condemn and rage against ourselves. We hide him from the world, we deny ever having met this least among the lowly in ourselves, and had it been God himself who drew near to us in this despicable form, we should have denied him a thousand times before a single cock had crowed.

**END OF PART C. Continued with Exercises in Part D.**