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one's personal shadow. 2) That the subconscious can't tell the difference between a symbolic gesture or real/concrete action? 3) Good thing to know that the subconscious loves bargaining rather than command. 4) Mandorla ...

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Understanding the Dark Side of the

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The shadow in Jungian psychology is the unconscious dumping ground for undesirable characteristics of personality. "Owning" the shadow--accepting it as part of one's self--is seen as the first step toward wholeness.

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When they are unconscious, we are in danger of. In *Owing Your Own Shadow*, Robert Johnson takes the idea of the shadow, from Jungian psychology, and runs with it, providing guidelines for

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using the concept to develop ones
psychological health and understand
ones relationships.

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"Owing Your Own Shadow" by Robert A. Johnson is a work in which the author lays out the Jungian theory of the shadow and brings new clarity to this subject. The persona is the image that the individual wants to present to the world. The persona is largely based on the material that is stored in the ego.

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Owing Your Own Shadow: Understanding the Dark Side of the

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The great psychoanalyst Carl Jung was forever saying that 'wholeness for humans depends on the ability to own their own shadow' because he

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recognised that ONLY by finding understanding of the dark side of ourselves could we be made 'whole' — and, as incredible a claim as it is, it is that all-liberating and all-reconciling and all-redeeming and all-healing — and thus all- TRANSFORMING — biological understanding of our imperfect human condition that will be presented here.

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Own Your Own Shadow | World Transformation Movement

From Robert A. Johnson, the bestselling author of Transformation, Owning Your Own Shadow, and the groundbreaking works He, She, and We, comes a practical four-step approach to using dreams and the imagination for a

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journey of inner transformation. In Inner Work, the renowned Jungian analyst offers a powerful and direct way to approach the inner world of the unconscious, often resulting in a central transformative experience.

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Owing Your Own Shadow Quotes
Showing 1-16 of 16 "Though no one notices at the time, in-loveness obliterates the humanity of the beloved. One does a curious kind of insult to another by falling in love with him, for we are really looking at our own projection of God, not at the other person.

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Owing Your Own Shadow Quotes by Robert A. Johnson

Here are the basic steps: Step 1: Choose what you want to work with. It's often easier to begin with a person with whom you have difficulty (e.g.,... Step 2: Face it: Now, imagine this person. Describe those qualities that most upset you, or

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the characteristics you are... Step 3: Talk to it: ...

Shadow Work: A Complete Guide to Getting to Know Your ...

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to transformative self-acceptance. We all
have shadows—the unlit part of our Our
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**Owning Your Own Shadow:
Understanding the Dark Side of the
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Usually, receiving a shadow projection incites warfare between your own shadow and theirs – your shadow is dormant, just waiting for someone to poke it before it manifests itself. The best thing you can do is to ignore shadow projection when it happens. The shadow also contains a good deal of energy, and it is the cornerstone of our

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Owing Your Own Shadow Summary - Unearned Wisdom

Ignore this advice, and your shadow will own you. It will wreak havoc in your relationships. Left unfaced, your shadow becomes the anchor being pulled behind the boat of your life, dragging along the

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ocean floor and slowing your progress in all that you attempt to accomplish.

How To Own Your Shadow Before It Owns You - Jordan Gray ...

"A man who is possessed by his shadow is always standing in his own light and falling into his own traps ... living below his own level." [21] Hence, in terms of

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the story of Dr. Jekyll and Mr. Hyde , "it must be Jekyll, the conscious personality, who integrates the shadow ... and not vice versa.

Shadow (psychology) - Wikipedia

Owning Your Own Shadow. : A bestselling author shows how we can reclaim and make peace with the

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"shadow" side of our personality.

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Robert A. Johnson, a noted lecturer and Jungian analyst, is also the author of He, She, We, Inner Work, Ecstasy, Transformation, and Owing Your Own

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