

## Owning Your Own Shadow Understanding The Dark Side Of The Psyche

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This powerful work from the acclaimed Jungian analyst and bestselling author of Inner Work and We explores our need to "own" our own shadow: learn what it is, how it originates, and how it impacts our daily lives. It is only when we accept and honor the shadow within us that we can channel its energy in a positive way and find balance.

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~~Owning Your Own Shadow: Understanding... book by Robert A...~~

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

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"If you wish to give your children the best possible gift, the best possible entry into life, remove your shadow from them. To give them a clean heritage, psychologically speaking, is the greatest legacy." ? Robert A. Johnson, Owning Your Own Shadow: Understanding the Dark Side of the Psyche

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Exercise #5: The 3-2-1 Shadow Process 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 the characteristics you... Step 3: Talk to ...

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From the Back Cover. 'To honour and accept one's own shadow is a profound religious discipline. It is whole-making and thus holy and the most important experience of a lifetime.'. This powerful work from acclaimed Jungian analyst and best-selling author of 'He', 'She' and 'We' explores our need to 'own' our own shadow - the term Jung used to describe the dark, unlit part of the ego.

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The fundamental process of shadow work is 'owning your projections'. To own your projections, become conscious you are projecting onto others. Focus on what and who evokes an emotional charge in you. It doesn't matter what the emotion is; it's a clue you are denying something within you.

~~A Complete Guide to Working With Your Shadow~~

Overview. Understand the dark side of your psyche—a Jungian approach to transformative self-acceptance. We all have shadows—the unlit part of our ego that is hidden and never goes away, but merely—and often painfully—turns up in unexpected places. This powerful work from the acclaimed Jungian analyst and bestselling author of Inner Work and We explores our need to “own” our own shadow: learn what it is, how it originates, and how it impacts our daily lives.

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