

Issue 50 | January, February 2010

HEALTH & WELLNESS | YOGA | HOROSCOPES | PERSONAL ENLIGHTENMENT

# THE JOURNEY

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A Mind, Body and Soul Connection

**THE SHADOW**





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## The Journey is Expanding

We are expanding the magazine to the Columbus, Ohio and Buffalo, New York areas and will be staging another Journey Expo in Detroit, Michigan next April.

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## From the Publisher

A few years ago I was involved in some training in California. It was a week-long intensive, with the object being to cut through some layers to hopefully find your purpose in life.

I went there open to the experience, but in a short time grew uncomfortable. Some of those layers are pretty thick and need a lot of pushing and prying to get through. By the third day I felt like I didn't know who I was anymore. That same day the discussion turned to the shadow we all have within us. One of the facilitators, who had been acquainted with me, used me as an example.

She said she knows me as a person with so much beautiful light, yet understands as bright a light I was, my shadow was just as dark. Since that training my shadow has made a few visits – actually a few more than I would have wished for.

I have a belief that we all have a strong light within and we get little sparks to set that light off. This comes in forms of perhaps books, music, seminars, conversations, etc. Another belief I have is that our shadow also gets set off by sparks. Perhaps in the form of conversations, holding onto unhealthy thought processes, and of course relationship issues.

You want to find how dark your shadow is? Allow yourself to fall deeply in love. As *A Course in Miracles* states, "Love brings up everything unlike itself."

Recently I had a visit with my shadow that took me to a place

I'd never experienced. It was if someone knocked at my front door and I went, turned on the light and answered it. But no one was there. So I went outside in the dark to see who it was, each step taking me deeper into the darkness. It was almost like a dream – or rather a nightmare.

Nothing made sense. Nothing seemed real. I didn't know what truth was. Time didn't exist. Hours seemed like seconds. I felt no control of what I was saying, let alone what I was hearing. I felt like I was in this tunnel and there was no light to guide me out. This was the darkest place I have ever felt. This place was my shadow self. And then it was gone.

The next few days I looked back at what happened and realized I had a choice the whole time. I could have stopped and

gone back into the light and closed the door at anytime. The shadow would still be there each time I opened the door.

It's my choice to walk into it. Each action I took was going to bring me deeper into the shadow or back to the light.

The light is always there. It shines bright as a beacon. We just need to turn and face it.

–Namaste'

Clyde  
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**On The Cover: Multidimensional Spirit**- The third dimensional world that we are consciously familiar with is merely one of many dimensional realities. As humanity collectively grows and awakens, we are becoming aware of these other dimensions and the role we have in them. – By Aaron Pyne of Portland, Oregon. Aaron is available for graphic design, web design, and online marketing for spiritual, holistic and green businesses. See his ad on page 3 and visit his website at [www.spiritap.com](http://www.spiritap.com) to see his art gallery and learn about his services. You can reach him at 513-703-0495, e-mail [amp@spiritap.com](mailto:amp@spiritap.com)

### March.April Theme: The Light

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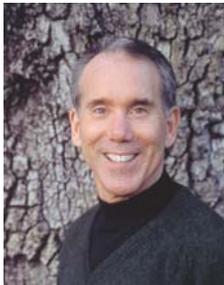
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# Contributors



## Debbie Ford

The shadow contains all the parts of ourselves that we try to hide, deny or suppress. It is the keeper of all the aspects of ourselves that we dislike and the qualities that we judge as unacceptable. But life coach and best-selling author Debbie Ford believes it's also a gift that teaches, trains and guides us in uncovering our true magnificence. *Ford is a featured speaker at Journey Expo Detroit 2010 Sunday, April 25.*



## Dan Millman

The ancient Greeks — Solon, Socrates and other sages — advised above all: “Know thyself.” Most of us are committed to knowing only parts of ourselves. Dan Millman, a former world-champion gymnast, martial arts instructor, college professor, and author of 14 books including *Way of the Peaceful Warrior*, offers ways to break through. *Millman is a featured speaker at Journey Expo Detroit 2010 Saturday, April 24.*



## Laura Lee

In her sleep, Medium Laura Lee sees a dog, cuddled up next to a barn, licking a paw and kneading its shoulder as if wounded. Is this the missing dog that belongs to a family with which she's been working? And how is it connected to memories of Laura's own dog Juno, who once got lost in the Alaskan tundra?



## Psalm Isadora

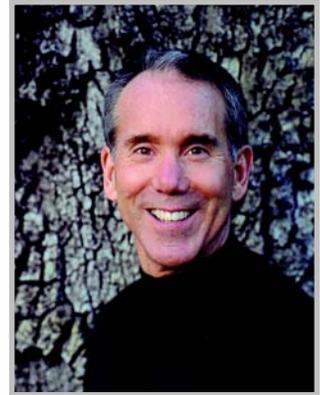
What if the story of Medusa – the female monster of Greek myth with hair of poisonous snakes – had a different ending? Instead of trying to kill her, what if Perseus saw her pain, understood her wound and comforted her? Psalm Isadora, Yoga teacher and Tantrika, offers how the layers of symbolism in the Medusa myth can help light the darkness that resides in each of us.

**Y**ou cannot conquer fear. Fear has to be understood. The moment you start thinking of conquering it, you have already accepted its existence, its power over you. And fear is just like a shadow: you can fight with it, but you cannot win. On the path one has to be very aware whether one is fighting with something that does not exist but is only his own projection; otherwise the journey goes on becoming longer and longer.'

– Osho

# Redeeming Your Shadow: Achieving Authenticity

By Dan Millman



*Enlightenment consists  
not in the seeing of luminous shapes and visions,  
but in making the darkness visible.*  
— Carl Jung

**A**s infants, we were pure potential, full and whole, open and authentic, yielding and powerful, good and bad, disciplined and spontaneous, a container of possibilities. In growing up, we disowned parts of our personality that conflicted with emerging values.

Creating false self-images, we became a “this” but not a “that.” But hidden opposites will have their day — it’s what we don’t see that can hurt us. By redeeming our shadow, we become whole again, and real. Releasing energy once bound in defense of self-image, we find energy, understanding, humility and compassion.

*Everyone is a moon,  
and has a dark side  
which they never show.*  
—Mark Twain

The ancient Greeks — Solon, Socrates and other sages — advised above all: “Know thyself.” Most of us know only parts of ourselves — the tip of the iceberg. But in denying or rejecting facets of who we are, we cut away a part of our power, our creativity and authenticity.

The shadow realm is a realm of fallen angels and fears, where self becomes self-image.

## Darkness and Light

One night, walking along the street and seeing two menacing figures approach, Socrates told me, “Sometimes you’ve got to deal with the darkness before you can see the light.”

This truth applies to nations, organizations, spiritual groups, religions and cultures. All have their collective shadows.

But it is the *personal* shadow we must acknowledge to become fully human.

*I had to look at my Hitler side  
before I could experience my Christ side.*  
— Mother Teresa

In James Barrie’s enchanting tale, Peter Pan loses his shadow at the Darling household, where he had been eavesdropping on Wendy as she told bedtime stories. Peter is forced to risk being discovered — seen for who he is — because he *must* redeem his shadow at all costs.

So must we all.

Without his shadow, Peter doesn’t feel complete, and in fact, he isn’t. Whether Barrie understood the deeper significance of his tale or whether it simply flowed from his creative unconscious is less important than the truths his story reveals about all our lives — that we must each find our shadow.

*In each of us lives  
a little of all of us.*  
— Georg C. Lichtenberg

As Carl Jung defined it, the shadow is, “The sum of those aspects of your being that you denied, devalued and disowned.” In other words, your shadow is what we insist we are not. Poet Robert Bly points to the shadow as a “black bag we drag behind us,” stuffed with those aspects of ourselves that we have cut off from our personalities, thereby creating a false persona.

Imagine a great wolf-dog you bring home one day, who others in your household disapprove of, so that you come to disapprove of him yourself, and lock him down in the basement.

The wolf-dog has qualities of loyalty, courage and sensitivity, but can also be powerful, even ferocious. You tell the others he is gone; you deny he lives there anymore.

After a while, you begin to forget he exists.

But he is there, growing more ferocious and menacing.

If only you brought him out into the sunlight, fed him, stood up for him, let him run and play and use his power to pull your sled through the snow; let him protect the household. In denying him you lose his power and positive qualities. One day, he may even break free from the basement, a ravaging and destructive beast (or so a part of each of us fears). But he is only an abandoned dog. This, as well as any way I can express, describes the dynamics of our shadow.

Your personal shadow consists of the dust you sweep under the rug of your awareness. These rejected aspects of your personality are not necessarily evil, immoral, or negative. Yet they may seem so due to values, moralizing or beliefs of others around you, which is why you have disowned them.

To put it in the simplest of terms, working with your shadow involves the growing ability to see yourself realistically, without disguise or illusion. We’ve all experienced this

— for example, having seen facets of ourselves were weren't too fond of emerge through a relationship difficulty with mate or family.

If you are raised in a pacifist household you may reject your assertive, aggressive side. In contrast, if you are raised in a highly competitive household you may reject your gentle, sensitive side. What you reject, for whatever reason, becomes part of your shadow.

### Reality, Light and Shadow

Redeeming your shadow is not about inviting the devil to dinner or allowing your negative qualities or impulses to influence your behavior. When you have seen your dark side, you can make a clearer choice about how you will behave. Knowing that I have a lazy side helps me to consciously apply myself to my work rather than give in to my tendency to avoid exertion. To accept myself as I am, I must first know myself.

As I come to accept myself as I am, not as I would wish the world to see me, I find a certain childlike charm in this authenticity. I have less to defend or feel threatened by. I am only human. As Anne Truitt wrote, "Once I was beautiful. Now I am myself."

*We are so accustomed  
to disguising ourselves to others,  
that at length we disguise ourselves to ourselves.*  
— Francois de La Rochefoucauld

As you come to accept yourself as you are, you will discover the compassion to accept your partner, parents, children and friends as they are. Your presence in the world becomes a come-as-you-are party. And, paradoxically, as you embrace your shadow and your world, this acceptance opens the way to change. You come to realize how exhausting the social facade can be.

*When you die, God is not going to ask,  
Why didn't you discover a great cure?  
Why didn't you become the Messiah?  
The only question you will be asked  
in that precious moment is,  
Why didn't you become you?*  
— Elie Wiesel

You redeem your shadow by allowing rejected traits such as aggression or violence constructive expression and release, such as sports or martial arts. A highly honest person with a dishonest shadow can make up fantastical stories for children, or become a writer or actor. We don't have to deny or repress parts of us that are dishonest or sexual in order to be good citizens; we only have to not animate them. You don't have to deny your unkind side; acknowledge it, and act kindly.

In contrast, those of us who make an exaggerated point of being *only* good, or *only* peaceful, in denying any fragment of their opposite, are likely to experience that opposite emerging in troubling ways.

*I think one must finally  
take one's life in one's arms.*  
— Arthur Miller

### Ways to Meet Your Shadow

Our shadow is, by definition, unknown to our conscious mind, hidden within the labyrinthine maze of our subconscious. Among the means to come to know those hidden or disowned parts of our psyche — to become more integrated and whole — include:

**Dreams**, which are, according to Freud, "the royal road to the subconscious." They are the playground of the shadow. All characters in dreams are part of ourselves.

**Meditation** which is more than a good way to gain insight into our own mind; it also serves as one of the primary ways to become acquainted with our shadow elements. As in dreams, content from your subconscious that you hide from the world and from yourself reveals itself during meditation. Confession is good for the soul, and meditation is another form of confession and catharsis.

**Observing Yourself in Relationship with Others.** Your relationships and interactions with others — particularly those relationships that carry an emotional charge — reveal much about your shadow side.

*If you hate a person,  
you hate something in that person  
that is part of yourself.  
What isn't part of yourself  
doesn't disturb you.*  
—Hermann Hesse

**Writing, Acting and Painting.** When you write in a journal, paint on a canvas or act on a stage, you can express all that you think or feel freely, opening channels of rapport between the conscious and subconscious minds. You become your own multifaceted characters in the novel or theater of your life. As Jung wrote, "We meet ourselves in a thousand disguises on the path of life."

Redeeming our shadow reveals that we do not deserve life's blessings simply by virtue of having earned them with good works or charming personality. But that spirit continually supports and blesses us as a matter of grace, whether or not we happen to feel deserving.

Having seen ourselves as we are, accepted both our light and shadow, we experience the innate and unconditional worth of all reality that includes all creatures, things and people — including ourselves. In redeeming our shadow, we find humility as well as compassion for the struggles, illusions and shadows of others.

And in becoming real and whole, we become a healing presence in the world, giving unspoken permission and inspiration for others to do the same.

Excerpted from *Everyday Enlightenment* by Dan Millman

*Dan Millman is a former world-champion gymnast, martial arts instructor and college professor, and author of 14 books, including Way of the Peaceful Warrior (adapted to a film starring Nick Nolte, now on DVD). Dan's writings have inspired millions of readers in 30 languages. He teaches an approach to living with a peaceful heart and warrior spirit — realistic ways to live with courage, clarity and compassion in the here and now. For details: [www.peacefulwarrior.com](http://www.peacefulwarrior.com). He will be speaking from 1-3 p.m. on Saturday, April 24 at The Journey Mind, Body & Soul Expo Detroit 2010 at the Radisson Inn, Livonia, Mich. Tickets available at [www.thejourneymag.com](http://www.thejourneymag.com)*

# THE SHADOW

By Debbie Ford

**D**oes any of this sound familiar to you?

Writing bad checks. Drinking too much. Cheating on our tax returns. Dipping into our expense account or the family trust. Eating chocolate cake in the middle of the night after three days of dieting and depriving ourselves...

Screaming at our kids or verbally abusing our partners after being the nice guy at work all day. Surfing the Internet and visiting porn sites while our wife makes us dinner. Cheating on our husband while he is hard at work trying to provide all the extra pleasures in life for our family. Stealing our co-workers' ideas and claiming them as our own.

You've undoubtedly seen these behaviors in others and maybe even in yourself. Guess what? Your shadow is showing. And it has the potential to change your life.

## WHAT IS THE SHADOW?

The shadow contains all the parts of ourselves that we try to hide, deny or suppress. It is the keeper of all the aspects of ourselves that we dislike and the qualities that we judge as unacceptable. The shadow wears many faces: angry, critical, fearful, lazy, controlling, selfish, weak, pathetic. These are the faces we don't want to show the world and the faces we don't want to show ourselves.

Most of us expend huge amounts of energy trying to get rid of or control these unwanted aspects of ourselves. We hope that by hiding or fixing our "bad qualities" we will have the peace, success and happiness we desire.

Most of us are convinced that we are flawed and inadequate so we become masters of disguise, and go to great lengths to hide our bad qualities from those around us – even from ourselves.

The result of turning our backs on our dark side? A life that slips by only half-lived. Dreams that are never realized, or worse, that lay buried under years of resignation and shame.



Until we make peace with our shadow we will continue to be at war with ourselves. Our outer world will mirror our inner struggle. What we resist persists – and we will create and attract from others that which we most dislike in ourselves. Until we feel authentic compassion for each and every aspect of ourselves, we will continue to draw forth people and events that will mirror the negative feelings we have about ourselves.

Until we take back our power and forgive ourselves for being human we will attract people who push our buttons and reactivate our emotional wounds. And until we find the courage to love ourselves completely we will never truly be able to experience the love from those around us.

We don't need to guess how we really feel about ourselves at the deepest level. All we have to do is look at how the outer world treats us. If we're not getting the respect, love and appreciation we desire from the outer world, it's more than likely we aren't giving these things to ourselves. This is the benevolence of the Universe in action. The whole world is a mirror of our own consciousness, and when we make peace with the disowned aspects of ourselves, we make peace with the world.

**'We don't need to guess how we really feel about ourselves. All we have to do is look at how the outer world treats us. If we're not getting the respect, love and appreciation we desire from the outer world, it's more than likely we aren't giving these things to ourselves.'**

**'When we receive the gifts of our dark side, our wounds are transformed into wisdom and the parts of us we once believed to be our deepest flaws are revealed as our greatest assets.'**

### **EMBRACING THE SHADOW**

The process of embracing our shadow side calls us to uncover the gifts and receive the wisdom hidden within each and every aspect of ourselves, particularly the ones that we are ashamed of or embarrassed by. Rather than viewing our weakness, our smallness, our insecurities or our rage as enemies or as obstacles to moving forward in our lives, this process guides us to embrace our so-called defects as the powerful teachers that they are.

The Shadow Process is founded on the understanding that every quality, every emotion and every experience comes bearing great gifts. Once we learn how to uncover these gifts we become the powerful masters of our lives.

We develop the ability to transform thoughts, beliefs or situations that once held us back into fuel for our spiritual evolution and the manifestation of our dreams. Embracing our shadow allows us to reclaim the power we once gave away. When we are at peace within ourselves, our self-esteem no longer depends on the approval of others.

Our own sense of self-worth is no longer at the mercy of how other people feel about us. When we receive the gifts of our dark side, something truly miraculous occurs. Our wounds are transformed into wisdom and the parts of us we once believed to be our deepest flaws are revealed as our greatest assets.

Embracing our shadows is the ultimate act of self-love. There is no greater love than the one that allows us to shine a light on the aspects of ourselves that we have judged and made wrong. Embracing our dark side gives us a new found freedom to be with the darkness in others.

For when I can love all of me, I will love all of you. Shadow work is the path of the heart warrior. It takes us to a new place where we can open our hearts to all of ourselves and all of humanity.

Shadow work is not about perfection; it's about integration. It is the path of reclaiming each and every aspect of ourselves and discovering how that aspect can serve us. It requires us to look at our lives from the perspective that we have been given everything we need to fulfill our hearts' desires. And the greatest of these gifts lies hidden in our shadow. If we look for the gift of our

weakness, we may find that it has actually given us strength or that it has allowed us to be supported by others.

The gift of our fear might be our determination or our ability to set good boundaries. The gift of an upsetting situation is that it could lead us to read a life-changing book. The gifts of our pain are here for us to receive, but first we must be willing to look for them.

Each of us must make the conscious choice to step out of the belief that we are victims of our lives and open up to the possibility that we have created our particular circumstances for a reason. We must commit to looking at our lives as though each and every quality, person and circumstance has been drawn to us in order to give us specific insights and wisdom.

This requires us to examine each aspect of ourselves and our lives and ask, "Why would I need this? How could this be a catalyst for me to grow and evolve? How could this quality or situation serve me in creating the life I desire?"

Transformation requires nothing more than having a shift in perception. It is choosing to look at our lives in a way that empowers us rather than disempowers us. At its core, this process requires us to make the choice to see ourselves through the eyes of the Divine.

I believe that the shadow is the greatest gift that God could give us. It is the teacher, the trainer, and the guide that supports us in uncovering our true magnificence.

The shadow is not a problem to be solved or an enemy to be conquered, but a fertile field to be cultivated.

Dig your hands into its rich soil and you will discover the potent seeds of the person you most desire to be. Our most hated, feared or shamed qualities are the ones that hold the key to living the life of our dreams.

**'I believe that the shadow is the greatest gift that God could give us. It is the teacher, the trainer, and the guide that supports us in uncovering our true magnificence.'**

*Life Coach Debbie Ford (www.debbieford.com) is a New York Times No. 1 bestselling author, internationally acclaimed workshop leader, and trainer who is committed to the evolution of human consciousness. She will be speaking at the Journey Expo Detroit 2010, at the Radisson Inn in Livonia, Mich. on Sunday, April 25. Tickets available at www.thejourneymag.com. © Copyright 2002 Debbie Ford. All Rights Reserved.*

# Shadows

By Judi Lifton

I froze. There, looming in my path, stood three hooded, black-cloaked figures – shadows of reality. The figures were faceless and reeked a noxious stench. Black hoods clung to their invisible skulls and folded inward, puckering and draping. They looked as if they were ferocious beasts with gaping jowls. I faced them, gripped by terror. Would they destroy me?

I watched. They made no sound or movement. They seemed to pose no threat. My terror ebbed and I moved closer. I noticed their belts had no buckles, no end or beginning, just seamless strands choking, surrounding, and suffocating the internal form.

The first black shadow wore a belt of precious jewels – glittering jewels: rubies, diamonds, emeralds – embedded in a gold mesh.

And I called him greed.

The second shadow wore strands of brown twine woven in a lacy pattern. There were knots, then holes, then emptiness. And I called him loneliness.

Squinting to distinguish the belt camouflaged against his cloak, I stepped closer. The third shadow wore a black seamless string, fragile and tightly binding.

And I called him fear.

I stood still, transfixed by the shadows. Finally, the clouds overhead moved and the sun peered out. And I remembered that shadows are visible only in a certain light, are cast by intercepting light, are dependent on my direction of movement.

Turning away I left the shadows behind.

I am the captain.



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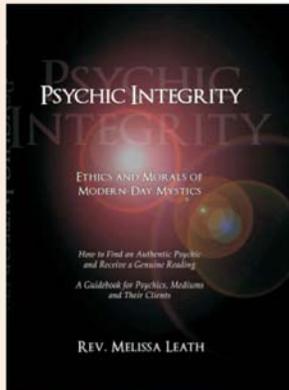
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# Faith Emerges from the Shadows

By Laura Lee

**D**ong...dong...dong... my eyes opened at the distant ring. It took me a moment before I recognized the sound was actually my phone. I clumsily searched my nightstand to find my Blackberry. Blinded by the display light, I squinted to read an incoming email announcing an emergency: 'Hope you can help!'

Hi Laura Lee;

Can you help me? I know that you do missing children and wondering if you help find missing animals? We lost our dog today and I am sick at the thought of what might have happened to her. My oldest does not want to wear covers because she says our dog is cold and she chooses to be cold too. Could you do a reading for us? Her name is Faith and she is a mixed black Lab; only 1 year old. Hope to hear from you soon, Tammy Swanson

I rolled onto my back, closed my eyes and sighed.

Okay, is the dog alive? If so, where is she?

In my mind, I see a dog trekking through a harvested cornfield over a moonlit sky.

*Come on...I yawned. That could be just about anywhere in the Midwest. Have you got anything else?*

I patiently waited and felt myself drifting back to sleep. Then I saw the dog cuddled up next to a barn. She was licking a paw and kneading her shoulder with her nose. My impression is that she was wounded by an animal – another dog. Then it went dark and I heard a soft whisper that she's within a mile of her home at some homestead that's often referred by neighbors as 'Old'.... drifting back to sleep.

Minutes seemed to past before something smacked me silly awake. My daughter's arm rested on my face. She sighed peacefully beside me.

Must be boos again...

Gently, I peeled her off when I noticed something lodged under my back. It was my phone. Tammy's message remained intact on the screen to remind me what was in store for my day. It weighed heavy.

Were my earlier visions for Faith's return real?

I recalled a distant memory of joy – the time I had been reunited with my Husky, Juno. She had gone missing on a ski trip in the Alaskan tundra. Goose bumps... I knew the flashback confirmed Faith's return to the Swanson family was real. That hope gave me the energy to climb from my bed to deal with Tammy's crisis. I slipped out from under the covers without disturbing my daughter.

I made coffee, and as I began to sip from my cup, the bedroom door squeaked open and my little girl appeared beaming at my side. The phone in my office rang, but morn-

ing rituals were calling me. By the time I was able to check messages, Tammy had left another cry for help. I called her back immediately.

Tammy feared the dog was a victim of a hit-and-run. I reassured her that the dog was alive. I shared my vision, which brought more fear. Coyote had roamed in the woods near their farm. I affirmed that wasn't what I saw, but it didn't matter what I said because the sound of her voice conveyed despair. I felt the need to control the direction of our conversation because her fear was beginning to distort my own perceptions.

"Listen Tammy," I said firmly, "It's most important that you and your family unite in a more positive light, believing your beloved Faith will arrive soon. You must be together on this ultimate goal."

"OK." She submitted.

"I mean you cannot give in to the scary scenarios of fear." I paused. "Do you understand?"

"Yes, I hear you."

"Get your girls excited, Faith has returned home."

"Yes."

"Now, Faith's injuries appeared minor." I reaffirmed. "And I see she has an engraved collar with her name."

"She does..." Tammy trailed off with tears.

"Then that is a positive confirmation of her minor injuries," I said cheerfully.

"But," she cried out, "the girls removed it!"

"You mean it is not on her neck?" I exclaimed, leaping from my chair.

I quickly calmed my panic by taking a deep breath.

"No, the girls replaced it for a training choker."

My body tensed at the thought.

"OK, look, you have a lot of support to make this reunion possible. Including your mom. I asked for her assistance in this matter. She told me to let you know that she was working on it too from the other side."

Silence was on the other end of the line. I thought for sure I had lost my connection until I asked Tammy if she was with me.

"I had prayed she'd help us find Faith,"

Tammy whispered, choking back the tears.

"Oh good," I replied, positively, "It is done."

We said our goodbye and I was confident Tammy had the courage to move forward on her search. But I felt exhausted.

*Please bring peace to this family by returning Faith to their home immediately.*

An image immediately flashed of Tammy's email announcing Faith's safe return. I wanted to believe, but after

that last conversation, I started to have my doubts too. I remember then that I forgot to share my story about Juno. Hours passed; Tammy's next call was more desperate than ever.

"We aren't coming up with anything. Can't you possibly give me any more leads?" She pleaded.

"Other than she's within a mile radius from your home, the word

*Old...* came to mind." I paced searching for something more. That's when I remembered. "Oh, yeah. I was supposed to share that I lost my 8-month-old Husky in Alaska. We searched for days on snowmobiles. It almost seemed futile, but she appeared on our doorstep after traveling 30 miles in snow and over a river to find her way home. It was amazing."

"Hmmm," she seemed bewildered. It was not what she expected but it was all I had to give.

*And what was my point?*

"So my point is..." I began, "that animals find their way home instinctively. They know

where they are fed. Faith may appear in her own time."

"Right." Tammy's voice sounded discouraged.

"OK, then," I said, feeling uncomfortable. "Keep your sights on your family's reunion with Faith!"

"Yeah," she said, disappointed. "We're working on it."

Her fear cast shadows over any effort. I could feel my heart sink and realized, again, why it is difficult to work with missing cases. Later that night I received an update that didn't exactly help my own anxiety over the issue.

Hi Laura;

I didn't have any luck. We searched every building and old house in the area. I ended up getting my car stuck in 3 feet of cow dung. I'm praying very hard that the angels give her the strength to walk to where I can find her now. If you have any other clues, please let me know.

Thanks, Tammy

Good, she let go.

I chuckled at the thought. *Sometimes we have to get knee deep in dung before asking assistance from the light.*

I closed my eyes, holding the vision of Tammy's email announcing Faith's return. I remained optimistic enough to reply that I had nothing new to share, but I'd certainly be in contact if this should change.

An hour and forty-two minutes passed before another update from Tammy rang in.

Laura Lee;

I'm soooo very excited. I was sitting in my kitchen and we all prayed really hard to expect a miracle and that Faith would have the energy to come home to us. Guess what! She came home!!!!!! She has something wrong with her paw and covered with mud. Maybe it was because I got stuck?! Thank you! Thank you!

And then we all rested peacefully that night, a happy ending... 'Faith' had emerged from the shadows.

*Medium Laura Lee is a regular on Magic in the Morning in Illinois, and was seen on FOX, NBC, PBS, TLC & Discovery. She'll be presenting at the Journey Expo in Detroit in April. Learn more at [www.MessagesOfLove.com](http://www.MessagesOfLove.com)*

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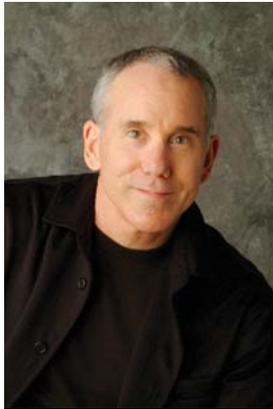
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# HEALTH & NUTRITION

## What's Behind the Medusa Myth: The Shadow of Trauma

By Psalm Isadora

**W**here does the shadow live? From the time we are little children, we learn to hide parts of ourselves that are not “acceptable”. Especially if there is trauma, we learn to hide our emotions to survive. We learn to be afraid of exposing the “weaker” parts of ourselves for fear of rejection, judgment and punishment. Because we hide them we keep them in the dark, and they become shadowy forms living in the cave of our own subconscious mind.

Many of us know the Greek myth of Medusa, the female monster with hair of poisonous snakes. She lives in a cave, and anyone who looks at her turns to stone.

But the part of the story that's often forgotten is how she became such a monster.

Once, she was a beautiful priestess in the Temple of Athena. Because of her great beauty, she was desired and raped by Neptune. It was her rage from this abuse that turned her into a monster.

The monster was hidden in the cave. People were afraid of it. One day a hero, Perseus, came to fight the monster. In the story, he defeats his enemy and cuts off her head.

What if the story had a different ending? What if, instead of trying to kill the monster, Perseus saw her pain, understood her wound and comforted her? Held her while she showed her anger and tears until she was emptied? The monster would have been melted, her hidden beauty revealed.

How we approach the cave – the subconscious – is important in determining how we are able to integrate our shadows, and the quality of our waking lives.

There are five parts to this symbolism:

1. When people have been hurt and wounded, often from childhood, we hide complicated feelings and emotions. We hide what is not “acceptable” to our families and societies. The fear and shame becomes crippled and twisted, like a monster we are afraid to see, or to let other people see. The more we suppress it, the more it becomes like a spirit living inside of us.

**‘The Goddess of Death in India is Kali. She is depicted as black in color. The Indian saint Ramakrishna was asked, “Why is Kali black?” He answered, “People only think she is black because they stand so far away. She is all the colors.” Like the night sky which looks dark, but which extends to the infinite and contains all the light of the stars.’**

2. We have a projected self, the one we want people to see. This hero is an actor we send forward into the world, into our relationships. The hero is our “good” side, the one that we think is lovable; the one that “fits in”.

*Continued on page 18*

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3. There are parts of ourselves we keep hidden, even from ourselves. We cannot “see” these aspects of ourselves because we are afraid of our own reflection. These suppressed aspects become unconscious triggers and motivations for our desires, choices, patterns and reactions. Self-reflection and self-inquiry are necessary to become whole, to accept and love our wholeness. The longer we hide or suppress an emotion like anger, the more forceful it is when finally released. We lose the control we cling to so desperately and we become possessed by the mask of emotion.

4. Here we feel it is safe to hide the wounded parts of ourselves, but the cave becomes our prison as well as our sanctuary.

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Continued from page 18

5. The sacred nature of duality has long been recognized. The yin-and-yang symbol represents the interconnectedness of the conscious and subconscious. Instead of trying to cut off the hidden parts of ourselves, we can change the story and embrace our shadow. In our shadow lies our hidden potential.

### How can we meet our shadow?

How can we re-enter the cave to re-humanize our hidden wounds and emotions hiding in the subconscious?

First, it's important to notice that the subconscious is always identified as dark. We are afraid of the dark, because we cannot see with our normal vision.

When we were children we were afraid of boogiemens in the closet when we went to sleep. In sleep we travel to the land of the subconscious. Here our language is images and symbols. Dream state is an altered state of consciousness.

Sleep has been called, "le petite mort", the little death. But most of us are afraid of death, even though it is a natural part of life; death is the agreement with birth.

It is difficult to surrender the conscious "light" to the subconscious "dark". We have to let go of control.

The Goddess of Death in India is Kali. She is depicted as black in color. The great Indian Saint Ramakrishna was asked, "Why is Kali black?" He answered, "People only think she is black because they stand so far away. She is all the colors." Like the night sky which looks dark, but which extends to the infinite and contains all the light of the stars.

When we stand far away from our shadow, we project into the darkness, demonizing it as black or evil and scary. When we can embrace our shadow, we feel our wholeness.

**'What if the story had a different ending? What if, instead of trying to kill the Medusa, Perseus saw her pain, understood her wound and comforted her?'**

### Cave or womb?

Darkness can also feel comforting. We can embrace the darkness of the subconscious as our womb for healing and rebirth. This key unlocks the cave that traps us like a prison.

The Native American Lakota tradition uses the sweat lodge ceremony as a way of returning to the darkness and heat of the mother's womb. I remember my first sweat lodge, crawling on my hands and knees to enter the dome structure.

As I entered, a lot of my fears came up as projections into the darkness. At first I had a hard time breathing in the heat of the steam; it felt as if I was having an anxiety attack, with too many thoughts running through my mind, and my panic about not getting enough air.

The sweat leader said to breathe with my heart, not my

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head. I started to feel angry – but I didn't want to see my anger, because I thought I was not an angry person.

When I struggled with the anger, I couldn't breathe. When I surrendered to the feeling, the anger gave way to a flood of tears. I began to cry, weeping with my face in the Earth, praying for the healing and change that I had been too proud to ask for. I realized I would have to let go of my survival strategies if I truly wanted to heal my traumas and grow.

This frightened me; I was afraid of being hurt again. But I realized I had to surrender to the darkness, to the womb, to the mystery of what I could not control. To receive the healing I came to pray for, I had to see and feel my anger, my sadness. I had to be strong enough to hold them myself before I could forgive those who had hurt me. I had to hold the hurt little girl inside me and accept all parts of myself with love and compassion.

It was the journey into darkness that allowed me to open my subconscious mind, where the seeds of karma are stored. The subconscious is like the matrix of creation: From there we can radically re-write our agreements and be re-born.

*Psalm Isadora (www.psalmissadorayoga.com) is a Tantrika and Yoga teacher based in Venice, Calif. Her thirst for first-hand experience of traditional practices has led her to travel and study with Yoga, Tantra and Suft masters in India and Turkey. She has received personal healing from Lakota ceremonies. In January-February 2010, she will bring a group of students to learn Tantra Yoga and open a Women's Education Empowerment School at her guru's ashram in India.*



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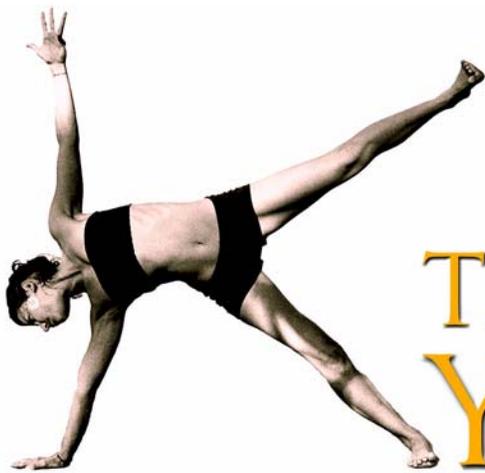
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# THE YOGA PAGES

## MBME: My Best Meditation Ever

By Bob Rosenbaum

**T**he first time I ever tried to meditate, I was in Hawaii on a business trip and, despite the spectacular location – perhaps because of it – I was miserable, homesick and stressed. This was an island paradise, but nobody back at the office cared. Despite the five-hour time change, they insisted on normal contact. Their ongoing voice-mail innuendo – how I junketed while they toiled in the gray wet of a Cleveland autumn – was meant in fun. But it made me churn. So did the fact that the business aspect of the trip was going badly.

Except for a 24-hour turnaround, I'd been away from home for 12 days. My family felt so distant that talking to them by phone had started to become a burden.

The sense that I shouldn't enjoy such a place alone was becoming a self-fulfilling prophecy.

Late one afternoon, I found myself with an unexpected block of free time. I took a drive through the Maui countryside in my rented Taurus, and stumbled across a small roadside park with winding paths, serenity ponds and sculpture by local artists. It was deserted.

I didn't feel calm, but the circumstances were as stress-free as they were going to get. I sat down in a soft, flat spot near a burbling fountain. I didn't have any deliberate intent except to somehow find a way to absorb the tranquility.

I'd never tried meditation before. I didn't know how to approach it, or exactly what would happen if I succeeded at doing it.

Concerned that I might will myself into a deep trance and ... I don't know ... miss cocktail hour, I set the alarm on my watch for 10 minutes, then closed my eyes. I took some deep cleansing breaths as I'd learned to do in Lamaze class years before, and sat quietly.

In retrospect, I must have done pretty well. I remember focusing on the nature sounds around me, which means I

**'I sat in a soft, flat spot near a burbling fountain. My only intent was to somehow find a way to absorb the tranquility. I'd never tried meditation before. I didn't know how to approach it, or exactly what would happen if I succeeded at doing it.'**

wasn't thinking about calls to the mainland; or about dinner; or about the e-mail waiting in my hotel.

I also remember being able to sit still.

And when I stood up exactly 10 minutes later, there was that sense of coming forth from the womb; a blankness that gently evaporates in the space between meditation and workaday life.

I felt calmer and better. I didn't know if I'd actually succeeded in meditating, but I made a promise to myself that I'd try it again soon.

The second time I tried to meditate was two years later, during the hushed period between Christmas and New Year's.

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I wasn't on vacation, but I was getting to work late and leaving early, filling the shortened day with the easy work of desk cleaning and paper filing.

My wife had been practicing yoga for most of a year, and I'd promised to try it too. The local studio offered a free class for beginners, and on a Thursday evening she attended it with me. We were led through some basic poses, finishing in *savasana*.

The instructor talked us through a simple *yoga nidra* – slowly scanning the body, breathing easily, counting backward slowly from 27. The room was warm and it smelled of sweet incense. I was comfortable and relaxed. I thought I was meditating with great success. Later, my wife told me I'd been snoring.

I started practicing regularly after that, slowly earning access to the secrets that yoga reveals only when you aren't looking.

The day I experienced My Best Meditation Ever (MBME) was two years later, almost to the day.

I'd been participating in a 30-day cleanse and practicing yoga daily. I had been juice-fasting for three days, and was near the edge of my reserves. Energy level was low, and the mood was calm when I showed up for an intimate noontime practice.

I started with eyes closed, seated cross-legged and back against the wall – my most comfortable sitting position. The class moved on without me to some easy stretches.

From the outset I felt a sense of stillness I'd never known, and there was simply no reason to interrupt it.

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'The room was warm and it smelled of sweet incense. I was comfortable and relaxed. I thought I was meditating with great success. Later, my wife told me I'd been snoring.'

I used to think about sitting still as a way to start meditation. But since that moment, I've learned stillness starts with the mind and spreads to the body. Stillness isn't a prerequisite; it's a byproduct.

That's all afterthought though, because in MBME, there was no such introspection. Thoughts came and went, without ever catching hold in my mind.

The class was starting to get more intense; I could sense that. But I knew by now that I wasn't going to join them. As the other yogis moved through their *asanas*, I could hear the instructions they were getting, but I didn't comprehend. The words were just gentle noise, no different than the humming of nature four years earlier in that little park in the hills of Maui.

I felt transparent. Thoughts, sounds, smells, every sensation passed through me as if through water, perhaps slowing just a bit, making a gentle ripple, then moving through with no more impact than a leaf floating down a rill.

I was aware of everything. If someone across the room had whispered my name, I would have heard it; I could have responded.

But nothing that came to my ears was directed at me, and so it all became like waves at the beach – a soothing mantra.

Time passed. I didn't know how much. After a four-year journey I was surrounded by a perfection of my own creation. I was still. Aware. Satisfied in one place, in one moment.

That moment lasted an hour, until a small gong signaled the end of class. I think of it as MBME: My Best Meditation Ever. It gave me two life-changing gifts:

First, it's my benchmark for each practice. I now know what I'm trying to achieve.

Second, the ability to create such moments is a power I had never known before, but that I desperately needed. I now know why I practice yoga.

*Bob Rosenbaum is an ordinary guy who is fascinated by the power of yoga. He plans another cleanse, his third, in January 2010.*



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**Prana Yoga and Dance Studio** -8051 Broadview Road, Broadview Hts.-Yoga: All levels. Classes ongoing. Drop ins welcome. Workshops, Reiki, Meditation, Adult Dance including Belly dancing. Check us out at [www.pranayogaanddance.com](http://www.pranayogaanddance.com) 216-346-1246

**Yoga Now** - Serving Mentor, Painesville, Concord Twp., Madison and beyond. Please check our schedule and contact info at [www.yoganowstudios.com](http://www.yoganowstudios.com) or call Amber at 440-796-7810.

**Family Karate** - 8901 Mentor Ave. Unit E, Mentor - Adult fitness program includes Yoga, Tai Chi Chuan, and cardioKarate for one low price and class times 6 days a week. For more information and class times check out our website [www.Karate4Family.com](http://www.Karate4Family.com) Or call 440-255-7300

**Fairport Dance Academy's Branches of Wellness** - 411 High St., Fairport Harbor - Yoga Alliance Certified instructors offering tailored classes for all ages and levels. Reiki treatments and classes available. Visit our website for all our wellness class offerings. [www.fairportdanceacademy.com](http://www.fairportdanceacademy.com); (440) 639-8181

**The Yoga Loft in the Village** - 5445 Detroit Road Sheffield Village, Ohio 44054. Certified Iyengar Yoga Instructor Vicky Elwell. Precise alignment, poses modified to meet individual needs. Restorative yoga once a month. 440-282-4701 [www.vickyelwell.com](http://www.vickyelwell.com) [www.bhumiyoga.com](http://www.bhumiyoga.com)

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**Virginia Collins** - RYT, CYT In-the-Now Yoga at Swedenborg Chapel, 4815 Broadview Rd. Cleveland. Body-Mind-Spirit Integrative. Accommodating all needs and ages. [www.circleofinnerlight.com](http://www.circleofinnerlight.com) or 216-398-7743. Yoga as a way of life!

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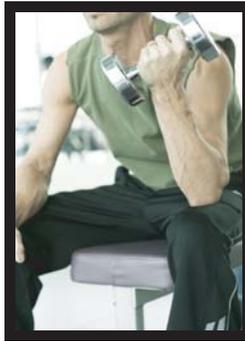
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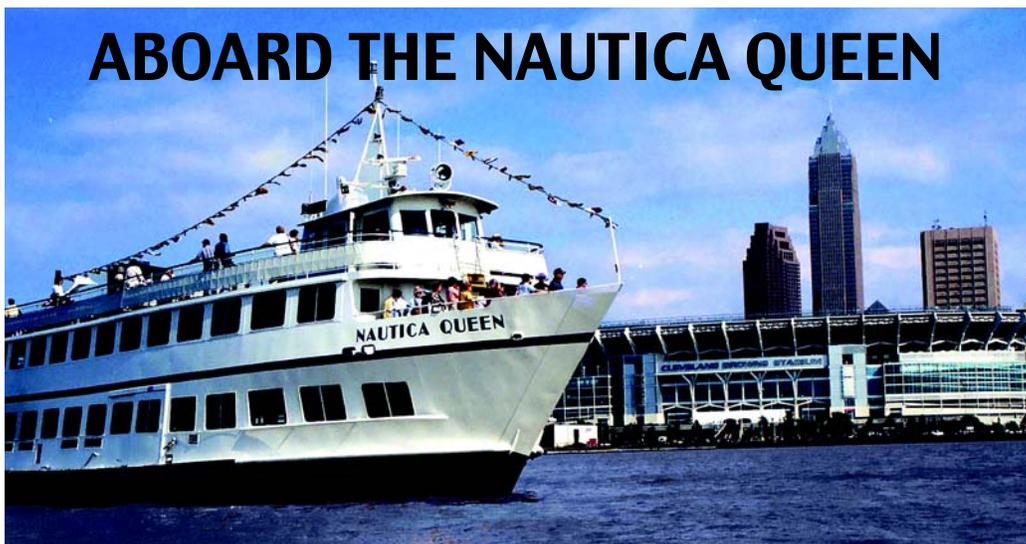
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# THE JOURNEY HOROSCOPES

# INNERVIEWS

By Kimmie Rose Zapf

## Aries

**January** – Express yourself cautiously. People will misunderstand your intentions if you're not careful. Don't wander down that long — often wrong — path of accusations or you'll test your friendships.

**February** – Everything flows if you allow it. Take advantage of this energy shift. Your finances and personal relationships improve. Express gratitude for newfound abundance. Your confidence is restored. Take charge of situations and get back on track. Do what you do best — inspire others!

## Taurus

**January** – Separate from negativity by taking a walk or a trip. Breathe. Clear your cluttered thoughts. Start a new health regimen, the one you have been thinking about — and putting off — for so long. You can begin with one step.

**February** – Someone has had an eye on you, but you've been too busy to notice the opportunity for a wonderful relationship. Be open to things around you and live without regret. Otherwise, you may suffer financially and restrictions could put a damper on your relationship.

## Gemini

**January** – This is a good time for family matters or for being at home. You're able to gain a better understanding of what's important and make your life as user-friendly as possible.

**February** – Stand up for your principles now! Some will twist your words. Don't fight back. You know it's unnecessary. Remain calm. Don't get distracted. Listen for guidance. You'll know the right course of action.

## Cancer

**January** – Sensitivity will be your middle name, but don't be too sensitive. People aren't picking on you; they're offering constructive opinions. Deepen your self worth. This season, examine core values to learn who you are and what you want. Then manifest your heart's desire.

**February** – Time may be moving slowly, but there's more going on than you see. Slow down and take notice. Miracles can happen right under your nose. Money issues start to improve and a new job opportunity is likely.

## Leo

**January** – Swimming in two directions at once is an asset. The best course allows you to swim slowly and enjoy the exercise. As one life phase culminates, another is beginning. Some begin new jobs or change careers. Others feel an orientation shift. It's about focus and what you

want now.

**February** – Be open to new opportunities. Your attitude will determine outcomes. Stay positive and allow good things to flow without expectation. Communicate clearly, openly and honestly. Misunderstanding may cause alienation. Authority figures may not accommodate deceit.

## Virgo

**January** – A hard couple of weeks doesn't mean everything is bad. You're well placed to impact decision-makers — especially at month's end. Family life will be peaceful, a source of encouraging support. Children will fare extremely well in their activities.

**February** – The last few weeks have been rough, so experience the energy you're feeling now and have fun with family and friends. You may feel healthier so embrace it! Also, spending some time alone could bring on a more balanced approach to things.

## Libra

**January** – If you're frustrated with rules and regulations, you may miss the opportunities they bring. You'll find your balance soon. Yes, you've taken on too much, but you're enjoying it. Handle important personal documents soon.

**February** – Health issues come to the forefront. Take care of yourself — mentally and physically — so nothing holds you back from your full potential.

## Scorpio

**January** – Things may seem tempting at work. Don't take the bait. Stay out of hot water. Say less now, but talk by April. You're in a high romance cycle. Share innovative knowledge with those wanting new angles. Meet new, exciting people at social activities.

**February** – Work and home issues are running you in circles. Emotions erupt because it's sometimes too much. Take a break — even if it's only a few minutes a day. You improve situations when you're at your best.

## Sagittarius

**January** – If you're in the midst of family arguments, kindly ask them to stay in their corners and don't get involved. Don't mix work and romance. Those combinations never do well. Project your affectionate side even if your children are cool.

**February** – Emotional ups and downs? Your energy will power you through these times. Keep boundaries and tactfully let others know when they're crossing them. Don't create unnecessary drama!

## Capricorn

**January** – Favorable influence of naturally benefic planets in the 5th house create a month of remarkable success. Great things come through your job, bringing you financial stability. Buy yourself something special. This is an auspicious time for study-related matters. Achieve goals with pre-planning.

**February** – The last few weeks have been stressful and busy. You get overwhelmed when you think how little time you have. Stay in the moment and focus. On the 1<sup>st</sup>, a deal that seems too good to be true really is. Ask more questions and run if you see hidden details.

## Aquarius

**January** – Friendships worsen with your best friend's dishonesty. Confront him or her so healing can happen. Unwise romantic attachments frustrate you. A rational attitude will bring big success. All shades of green are your lucky color.

**February** – You're busy with obligations. Your "be-on-the-go" personality needs calm. Branch out to find new interests or make friends to create new balance. Don't let someone else do a job designed for you. You can help them more than they help you. Don't get too close to co-workers. This is a turning point.

## Pisces

**January** – You're restless. Center yourself with deep breathing. Think of a peaceful place. Maintain a cordial

partner relationship. Note the good in your relationships. Married life is joyful. You'll get support, love and respect from those you care about. Social gatherings are enjoyable.

**February** – Family and friends are on your mind. Make plans for something different. Use these opportunities to connect with people who mean the most. Criticism for its own sake is wasteful, so don't let negative thoughts get you down. Believe in yourself.

*Kimmie Rose Zapf is a professional intuitive, vibrational astrologer, author, public speaker and radio host on CBS and BBS Radio Networks. She is available for personal readings, classes and seminars. For more information, call her at Lite the Way, (734) 854-1514 or visit [www.kimmierose.com](http://www.kimmierose.com).*

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# Messages of Love

By Laura Lee

Q: My heart hurts so badly from breaking up with my boyfriend. I don't know how to let him go and I wonder when/if I will ever find my soul mate? Vessel of Light

On Oct 20, 2009, at 2:30 PM, Laura Lee wrote:

*To let him go, or basically ease the pain of your grief, continue to mourn: Allow yourself to cry and journal to express your emotions. It also may help to write him a letter expressing all those words left unsaid (not necessary to send it, in fact, it is for your own healing purposes). Finally, practice the following exercise:*

*Close your eyes. Visualize your boyfriend in front of you. Then see angels come for him and take him away with the intent to lift your burden. Then state the following words during the visualization (aloud preferably);*

***"I ask my angels to relieve my heartache associated with the breakup of my boyfriend and restore my heart with peace, love and joy immediately."***

*Practice this exercise every time grief resurfaces (most often before falling asleep and waking in the morning so that you can function daily). It works. With practice, your pain will become less with each passing day and in fact, can resolve immediately, when you are ready to let go.*

*BTW, A soul mate can take many different faces, including family members, friends, lovers, etc. A soul mate is someone who expands our capacity to love at greater depths. That was accomplished in your dynamic. For a healthy experience, **the heart must remain open** for a new soul mate to enter. Continue to practice the exercise.*

Let me know how it goes.

On Oct 22, 2009, at 9:01 PM, Vessel of Light wrote:

Dear Laura Lee:

Thank you so much for taking the time to address my question and to honor it with such sensitivity and importance. I will do what you say with the journaling and writing, but I find the angel visualization difficult because, in a way, I don't want to let him go. You are right...I do feel a strong soul mate connection and that is the thing that is hard to release. Spirit has revealed to me that it is not meant to be now, but I still don't want to let go. If you don't mind advising, just how do I ask to let go of the desire for a different outcome than what is? Vessel of Light

On Oct 23, 2009, at 4:00 PM, Laura Lee wrote:

*Dearest Light:*

*I believe you misunderstood. Though it appears the*

*exercise is to dismiss your boyfriend from your life, that's not the intention. The exercise is to empower you; to **let go of the pain/grief** with the loss **associated** to your boyfriend. State the words with the visual. It will help you accept things as they are now; not as how you want them to be (per your question). And as soon as you can reopen your heart, miracles can and will happen.*

*Trust. Laura Lee*

**'A soul mate is someone who expands our capacity to love at greater depths... For a healthy experience, the heart must remain open for a new soul mate to enter.'**

On Oct 23, 2009, at 4:25 PM, Vessel of Light wrote:

Thank you so much Laura Lee. It's funny, I was just feeling sad and wondering if you wrote me back with a suggestion and decided to check my email...just a few minutes after you wrote. Blessings To You! Light

Ask Laura Lee a question regarding relations, health, finance and/or career online at <http://www.messagesoflove.com/flash/angelquestion.html>

Medium, Laura Lee is heard on the Magic Morning Show in IL at [www.BloomingtonMagic.com](http://www.BloomingtonMagic.com) and appeared on FOX, NBC, TLC, PBS and Discovery Channel. [www.MessagesOfLove.com](http://www.MessagesOfLove.com); LA Office 818.762.1036 / IL Office 309.888.4589

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# The Shadow

“Man’s Unhappiness... comes of his Greatness; it is because there is an Infinite in him, with which all his cunning he cannot quite bury under the Finite... Try him with half of a Universe, of an Omnipotence, he sets to quarreling with the proprietor of the other half, and declares himself the most maltreated of men. Always there is a black spot in our sunshine: It is... the Shadow of Ourselves.”

– Thomas Carlyle

“Where there is much light, the shadow is deep”  
–Johann Wolfgang von Goethe

“Character is like a tree and reputation is like a shadow, the shadow is what we think of it; the tree is the real thing.”  
– Abraham Lincoln

“Light is the shadow of god.”  
– Plato

“Evil (ignorance) is like a shadow. It has no real substance of its own, it is simply a lack of light. You cannot cause a shadow to disappear by trying to fight it, stamp on it, by railing against it, or any other form of emotional or physical resistance. In order to cause a shadow to disappear, you must shine light on it.”

– Shakti Gawain

“Our lives can be considered a sacred quest. It is a quest which may have begun in this lifetime or many lifetimes before. It is a quest to find ourselves: who and what we really are. To do this we must first cease to pretend to be what we are not. We must cast away our Persona or mask. We must be prepared to confront the Shadow, that which we are and rather were not Only then can we unify our conscious and unconscious minds and so give birth to the hidden Sun - the Self.”

– Vivianne Crowley

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