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Lonewolf shadow work journal pdf

You are reading a free preview pages 8 to 13 not shown in this preview. You are reading a free preview pages 18 to 27 not shown in this preview. Beneath the social mask we wear every day, we have a hidden shadow side: a impulsive, wounded, sad or isolated part that we generally try to ignore. Shadow can be a source of emotional richness and vitality, and acknowledging it can be a path to healing and a noble life. – C. Zweig & Greg S. Greg if you're really honest about growing, changing, and living life to the most complete, you, at some point, across many parts of yourself that you find difficult - if not entirely uncomfortable - to accept. In the field of psychology, renowned psychologist Carl Jung devoted much thought to the problem of shadow itself, which was deeply invested in the research of ancient foreasology knowledge and spiritual bibles to treat not only the human mind but also his soul. In response to his serious persemeation, Jung developed the archetypal model, a concept in which he believed that our subconscious minds were fragmented or structured into different selfs. It itself tries to organize how to experience different emotions, situations and challenges in life. Two of Jung's great archetypes are character and shadow itself. The table of the contents of his birth shadows It's a grim thought that man is also a shadowy side to him, consisting not only of little weaknesses and foibles, but also of a positively sinister dynamism. One rarely knows anything of this; to him, as a person, it is unbelievable that he should always go beyond himself in any circumstances. But let these harmless creatures form a mass, and a raging monster emerges. – Carl Jung. On the Psychology of the Unconscious So what exactly is the Persona and Shadow Self? I explored below: Who is the character? Well Persona, according to Jung, defines who we want and how we want to be seen by the world. The word character is derived from a Latin word that literally means mask, however in this instance, it can be used metaphorically, reflecting all the different social masks we wear among different groups of people and situations. What's the shadow itself? Shadow itself, on the other hand, is an archetype that forms part of the subconscious mind and is composed of suppressed ideas, instincts, impulses, weaknesses, desires, perversions and shameful fears. This archetype is often described as the darker side of the psyche, indicating wildness, chaos and the unknown. Jung believed that this unseen energy existed in all of us, in many cases forming a strong source of creative energy. We were all born pure, like empty canvases. But at some point in childhood, we learn the knowledge that teaches us, things as good and bad . The moment we eat from this tree of knowledge, our shadows are born and we begin to divide ourselves into several parts. Moreover, in our process of cultural socialization, we begin to sort out those traits within ourselves that are acceptable to society (personality), and traits that are unacceptable (which are later hidden - shadows). This is where the character and shadow themselves go hand in hand: the character is the lovely face we present to the world while shadow is the face we hide from the world. Creating an invalid but socially acceptable character creates a authentic but damning shade. Both are inseparable. As Jung explained: What we called civilized consciousness has steadily separated itself from basic instincts. But these instincts are gone. They have merely lost contact with our consciousness and therefore had to express themselves in indirect fashion. It may be using physical symptoms about a neurological condition, or using events of different types, or with an unsalted mood, unexpected amnesia, or errors in speech... Modern man protects himself from seeing his splinter state by a chamber system. Certain areas of life outside and their own behavior, as it were, are kept in separate drawers and never face each other. Therefore, dark shadow traits that we all have accumulate in the corners of our subconscious minds, never becoming integrated enough into our conscious minds because we never see our dividing state at first (due to our psychological defense mechanisms). And so we continue to accumulate these dark desires, motives and fears. This lack of awareness of shadow self - and disconnection with our true total self - can be dangerous. Through observing many of our inner working students, for example, I have come across certain people who have allowed their shadow to accumulate for so long that they erupt and overcome the person through depression or an unconscious incident that ended up revealing their inner demons. Shadow denial can lead to physical, emotional, psychological and interagency consequences that last for a very long time. Shadow repression itself is understandable that the process of civilization requires us to suppress aspects of ourselves that do not fit the structured ideal of our society. However, it comes at great cost to us. We are born perfectly and thoroughly, but we slowly learn to live a fractional life, accept parts of our nature but reject and ignore other parts. Holidays to different parts of the world will show you how arbitrary some of these divisions are good/bad (which create your own shadows). In the West, for example, eye contact is perceived as confident and attractive. In Japan it is perceived as cocky and rude. In the Middle East the rout after a meal is a sign of pleasure, yet anywhere else in the world it is seen as vulgar and uncouth. And in America, TV shows depicting violent killings are considered more acceptable than showing nudity or sexual acts, while in Europe the opposite is perfect. These are just a few examples. Basically, suppressing our negative traits or feelings in society is one of the biggest obstacles to each person's journey toward self-love and genuine life. How can you fully and wholeheartedly accept who you are if there are sides of yourself that you are too afraid to explore? Don't get me wrong, the idea of shadow itself doesn't just apply to psychology. Many ancient teachings of shamani, including those Taught to me, include preparing towards a disease or spiritual death (by ascending into your darkness or shadowing itself), and being reborn trying to heal you with experience and insight into yourself and bringing that healing wisdom to the people of your tribe. How does spirituality and religions help suppress the shadow so, apart from society's ideas of acceptable and unacceptable behavior, what else causes such a great repression of the shadow itself? In fact, much of it actually comes from the endless cornocopy of the good feeling of motivational teachings out there. If you notice, many modern spiritual and religious works revolve around moving toward light and accepting light and looking for light. However with this, we have ignored all that is human! In fact, many of the teachings of the spiritual and new age out there provide escape for those who do not want to be responsible for all themselves and their lives. Understandably, the energy of light is usually represented by noble values such as love, peace, happiness, harmony and compassion. Many spiritual and religious movements completely ignore or condemn darker elements such as anger, revenge, control, fear, shame, competitiveness, jealousy and lust. Because these darker features are associated with negativity or evil, fear is avoided and buried even deeper within us. But this is a tragic mistake with dire consequences. The more darkness we avoid, the more it grows within us, waiting like a volcano to go out at any unexpected moment. The importance of integration (versus spiritual circumvention) is interesting that many cutaneous leishmaniacs of spiritual growth think that somehow all the negative qualities within themselves will eventually go beyond because they wake up to their higher self, work through their karma or become more intellectual. : Use spirituality to prevent everything Within us instead of facing it with integrity and courage. Moreover, actually turning towards your shadow itself helps you to embrace these disconnected parts of yourself, creating a more psychological and spiritual balance (all). Denying your darkness only creates chaos and chaos. The keyword here is integration, which comes from the Latin word integratus, meaning to the whole. The integration of an inner quality is to take ownership and responsibility for it, not to reject or deny it. There are many benefits: intellect, healing, greater compassion, calmness, understanding, and integrity all found in integrity. The opposite of integration, on the other hand, is to fall apart - or to be fragmented and divided into pieces. Someone who breaks or falls apart, for example, is someone who has been unable to handle stress and has ignored too many of their personality traits, especially their traits shadowing to function normally. In reality, a fragmented person can never afford the problems because he has no complete center and always handles life from around the corners of his personality. That's why integration is so essential: it helps us complete again. Right and left-handed paths in hinduist introspection branches such as Tantra or the teachings of western occult Esoteric have what are called right and left-handed paths towards the experience of veganism, enlightenment or higher self. Throughout history, the Left has always been associated with dark, radical or ominous elements. Even the etymology of the word ominous means from the left. Also in Muslim, Chinese, Judeo-Christian and even Hindu religions, the left hand is associated with the unclean side, which is most likely why some of these cultures use it to cleanse themselves. . Back! These days, the right-wing path is what most of us understand is to pursue positive things like overcoming personal flaws and limitations, purifying our sins and everything else that helps us connect to our higher self. But the left-handed path comes with parts within us that are routinely fought, rejected, denied, feared and thus become our greatest inner barrier, but at the same time the key to our emancipation. The truth is, we have both hands, not just one hand, and if we were looking for a balanced life, we would have to learn to use them in a balanced way. The right-handed path seeks to improve the personal self, overcome its flaws, but the left-hander seeks research, looking to face the shadows in the wake of self-care. As shown in the ancient symbol of Yin and Yang, when you balance both opposite, the right and left dichotomy will disappear. Personally, I like to think that there was darkness first. Unlike light, darkness is infinite. Under Rock, you will find darkness, but light and darkness need each other to arise. Unless you learn to embrace that darkness within yourself first, you can never follow the light of love for yourself in a balanced way. Many of the teachings of the new right-wing era talk about leaning toward higher chakrs and avoiding the lower ones. In the long run, however, it won't be very helpful. Unless the foundation of your house is solid and stable, no matter how beautifully decorated you are and work on the house itself, sooner or later your house will collapse and collapse. The 13 types of shadows themselves we all carry demons inside. Sometimes we take fleeting glances of them, sometimes we see them in complete front chaos, but in most cases, we ignore and bury their existence either out of fear, guilt or pure shame. Discovering our demons is a vital part of inner working. Our inner demons come in many different shapes and types. While some are wilder than others, others don't really seem to have all that terrible at all - until we drew later evil consequences in our lives: Below I categorized and "catalog" 13 different shades you might meet on your path. Some overlap with each other and many interconnected, meaning that it's not uncommon to have more than a number of different shades: 1. Selfish monster root cause: the initial fear of not good enough; There is no one, this person's noness displays the following qualities: arrogance, egoism, pompus, inatienity, extremes, narcissism, excessive pride. 2. Nerve monster root cause: fear of life, others, and themselves; The desire to regain control of this individual showcases the following characteristics: paranoia, obsession, suspiciousness, phoenix, demanding, masochistic, compulsive behavior. 3. Unreliable Monster Root Cause: Fear of life in general this person displays the following features: secretly, impulsively, irresponsibly, deceptively, unreliable. 4. Emotionally unstable monster root cause: a basic feeling of being unmeditable and powerless; The reaction to this person's unresolved emotional pain displays the following features: moody, melodramatic, manipulative, crying, overly emotional, impulsive, changeable. 5. Controlling the origins of the cause monsters: basic distrust of life, feeling left and not good enough this person displays the following features: suspicious, jealous, trustworthy, boss, obsession. 6. Cynical Monster Root Cause: Protection against this person's overly vulnerable feeling displays the following features: negative, excessive, supportive, spiteful, cantankerous. 7. Rage Monster Root Cause: Fear of Others, Distrust of Life, This Person's Closed Heart Displays The Following Features: Brutal. Son of a, very angry, contentious. 8. Rigid monster root cause: fear and rejection of unknown death, chaos, and this person's ego display the following features: uptight, intolerable, racist, sexist, capable, homophobia, obstinate, uncompromising, inflexible, narrow-opinion. 9. Glib Monster Root Cause: Distrust of Life, Others, and This Person's Own Display Features: Superficial, Cunning, Uncoordinated, Sly, Stupidity. 10. Nonchalant monster root cause: buried grief, fear, and shame (numbness is defense) This person displays the following characteristics: emotionally detached, distant, indifferent, insensitive, insensitive. 11. Perverted monster root cause: suppression of sexual energy, may unresolved childhood wounds this person displays the following characteristics: sadistic, voluptuous, depraved, rotten. 12. Cowardly Monster Root Cause: Fear, disbelief in this person's own display of the following features: weak with will, coward, coward. 13. Simple and simple monster root: refusal to grow, the lack of self-dividing this person displays the following features: puerile, crumbs, immature, irrational, simple-minded, empty. How many of these inner monsters can you communicate with? Keep in mind that this list only explores the dark side of the shadow, not the light side (where the positively suppressed features of our nature are buried). Want to learn more about the magazine with your shadow? Get our free Shadow Book! Embracing your shadow is a secret: we all, without exception, attributes we don't let anyone see, including ourselves - our shadow. If we face our darkness, our lives can be energy. If not, there is the devil to pay for. This is one of the most urgent projects of life. – Larry Dossey (Healing Words) our journey of self-realization is a bit like Dante's inferno. Before we walk through hell, we have to go through the depths of our inner darkness. Many religions symbolize these experiences well. One of the two famous examples is the case of Jesus, who had to confront Satan in the wilderness and the Buddhist encounter with Mara (Buddhist Satan) before his spiritual awakening. When I write about hugging or integrating your shadow self, I mean indulging in every desire that arose within you. Indulging in your anger, for example, will simply result in more anger. By embracing your inner darkness I mean it's necessary for you to accept it. Accepting your darkness will allow you to take responsibility for yourself, and when you really acknowledge one of these dark traits instead of avoiding them, suddenly, they will stop having control over you. Honesty and courage are very important by being honest with ourselves and embracing our shadow elements, it frees us up to truly witness unknown areas of our minds, allowing us to see who we are not Elements, but simply have thoughts, feelings, and drives that come and go. You can't simply go beyond hate if you first admit to yourself that you actually have hateful feelings. For the perfect experience of self-love we must learn to honestly confront our shadow self, and travel to the dark waters, Murki of the brave unknown. Otherwise, every time we condemn other people for their shadow traits, we actually condemn our hypocritical self in the process. A whole and balanced self of reconciliation of all sectors is an inner unity. This is not the extremes of the darker parts of our nature, but their acceptance and direct experience in the light of mindfulness and deep honesty. This whole is against many traditional spiritual methods of self-denial, denial, or denial. To live a different life (as is the purpose and motivation of this website), it is valid. And to be original, we have to face and embrace all our inner parts - which is culturally unusual or strange. There are features of empowerment hidden in the shadows it's astonishing to realize that often mundane features in people are socially acceptable ones. In fact, every primitive adjective within us is sent into the shadows, but at the same time, every creative, unique, innovative and different feature within us is also enclosed within the shadow because they are not socially acceptable. Exploring your darkness is not necessarily all doom and gloom. In fact, you will likely be surprised by the endless array of creative and interesting things you'll find that have been secretly buried away for years. To accept and embrace your shadow to become whole again and thus taste a glimpse of what the authentic sublime feels. 3 Clear ways to face your shadow self I should also have a dark side if I have the whole. – Carl Jung there are different ways to get to know and discover your shadow. If you wish to become a more perfect human being and integrate, it is very important that you face your shadow and do some shadow work. I discovered some simple shadow work practices below: 1. Draw or paint the art of the highest form of self-expression as well as a great way to allow your shadow to manifest itself. In psychology, an effective way to better understand a customer is through art therapy: allowing them to draw whatever they feel or think. But you don't necessarily need a therapist to do this. Just get a piece of blank paper, find a quiet place and turn your attention in the inside. You might like to ask your shadow, what do you want me to know now? And then paint or draw whatever comes to mind. Even the strangest mental images or scenarios can hold a grain of wisdom and help reveal the hidden Thoughts, or memories. Make sure you approach this non-judgmental, open-minded activity. When you fear judgment from yourself, you restrain and will not be able to fully benefit from this action. So be gentle and expected. Let everything that arise arise. Remember that your shadow is part of you, but it doesn't define you. 2. Faust Goethe's writing is, in my opinion, one of the best works involving the breath session and his shadow self. His story tells the details of the life of a master who is so detached from his shadow that he comes to the brink of suicide, only to realize that self-salvation is only possible if the shadow is redemption at the same time. Writing a story where you project your shadow elements on characters is a great way to learn more about your inner darkness. If stories aren't your thing, try to journal or keep the diary every day for a few weeks where you record both good and bad feelings, thoughts and habits. This action will help shine a light on the brighter and darker elements of your nature. Reading through your journal entries can also help you improve the balance you need in your life, and accept both the feelings of light and dark within you. 3. The use of the universe as mirror (layout technique) describes the part of the psyche that a person prefers not to acknowledge. – John Alder is a projection in the heart and soul of the shadow: this is how the shadow hides and protects itself. Quite simply, we attribute ourselves that we don't like on others so that we have to deal with them within the project ourselves. The plan also helps us to avoid taking responsibility for ourselves and instead helps us to blame others and scapular for our unresolved issues. However, the layout is actually a powerful shadow work tool that helps us discover our own shadow when done deliberately. 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 on (and why). The interesting thing about shadows is that we not only project their negative traits and elements on others but also our good ones as well. 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 the structure of our current personality. So how do we practice projection technique? Briefly use the world as a mirror. See what you secretly like or don't like in other people, entertainment media (TV, books), and positions. For example, current movies and TV shows show our deep interest in the darker aspects of ourselves. Why else should he have such a fascination with this ongoing battle between good and evil forces? Superheroes, fantasy, or action movies depict heroes versus vicious duality. We also fall in love with attractive characters who embrace their dark sides such as Dexter, The Joker or Walter White (Breaking Bad). Often the noblest traits cast our shadow on people we'd anticipate, admire or fall in love with. Its reserfing is also true: and the most defenseless of existence can become the carrier of its negative traits its predicted shadow. Children, for example, provide the right outlet for our anger, frustration and other negative emotions. The smallest incidents or evil acts can be punished with disproportionate and destructive anger. Pets are also unfortunately equally vulnerable. Projection, for most of us, is always easier than absorbing. Projection, no matter whether light or darkness is always something harmful. You not only load someone else with dark elements or your pressures of idolizing, but you also avoid taking responsibility for your shadow and losing the opportunity to find a state of all ecstatic. Go travel through the deepest and darkest corners of your psyche. Embrace your inner demons, discover your hidden gifts, and reach the next level of your spiritual growth. This is a profound and powerful work. So use the world as your mirror, write down what you see about yourself. Think again and accept. Show kindness to yourself. Soon you will be on your way to reclaiming all your parts and moving closer and closer towards all. Finally, a few more ideas to meet your shadow self may include: practicing meditation every day (for 30 minutes or so) often shines a light on the shadow pieces of self-awareness development (this allows you to become more conscious of your words, thoughts, feelings, and behaviors, thereby allowing you to identify your faults more easily)asking friends, partners, or loved ones what they feel the greatest fault of your character is to ensure that you adopt an analytical, non-judgmental attitude, and sympathetic toward yourself, rather than playing the role of prosecutor, judge, or advocate that hinders your ability to embrace your shadow entirely and fully guide the work of our shadows and the collective shadow paper to see. I hope this article has helped open your eyes. How's your relationship with your shadow self? I would love to hear your experiences below. Following.

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