

The Light Shadow



We are capable, complex, messy and human.

We all have aspects or qualities of ourselves that we accept and comfortably express, and other aspects or qualities that we reject and suppress.

We suppress certain parts of ourselves because at one time or another we received the message that they were not OK, or they were “bad”, less acceptable in our family or community. These qualities are referred to as our “shadow” aspects.

The problem arises when we disown any part of us and push it away, it doesn't disappear; instead it gets pushed into a dark corner of our unconscious world.

We are **all** of it. We are independent **and** dependent, love **and** fear, aggressive **and** passive, defensive **and** open, patient **and** impatient. Love, openness and patience are what we call light shadows, and aggression, defensiveness, and impatience are what we call dark shadows. We all have access to both ends of these spectrums. If we don't acknowledge all aspects of ourselves (and our society), then those parts we have hidden away in dark corners will inevitably start clamoring for attention!

Becoming conscious and curious about ALL of us, including our feminine and masculine sides, gives us FREEDOM to be ALL we want to be. The following exercise will help bring awareness to those light shadows you have not owned yet.

Be a first rate version of yourself, instead of a second rate version of somebody else.”

~ Judy Garland ~

This exercise is adapted from a practice originally created by Rachael Jayne Groover, and used by me as a licensed Level 2 teacher of her work.

You can find out more about her work at www.rachaeljayne.com

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Here's what to do:

1. Grab your journal and a pen, and give yourself about 20 minutes' quiet time.
2. Think of a person that inspires you, then think of a second, and a third. Write these 3 names down in your journal with a few lines between each.
3. Under each name write down all the characteristics or qualities of that person that inspire you.
4. Now ask yourself, "what are the characteristics all 3 of these women or men have in common?"
5. Circle 3 characteristics that you love the most, and write each one out on a clean page followed by the words – "I am that." Underneath the statement, journal how you feel about each characteristic being a light shadow of yourself. Can you own it? Do you suppress or deflect this aspect of yourself?
6. Say each word and the "I am that" out loud. "I am ambitious." "I am forthright." "I am inspiring." Or whatever your light shadows were.
7. Choose the one that feels hardest to say aloud, or gives you the most uncomfortable feeling. This is the one to work on throughout the next 14 days. Embrace the idea that you are this quality by saying each morning as you get out of bed. "I am _____, this is one of my greatest gifts that has not been acknowledged or allowed. "I am _____, and that's OK with me."

Keep journaling about this quality over the next fortnight. As you practice, and own the quality, you'll become more aware of when you use it, and when you suppress it.

Reflect on how you feel about this quality, this aspect of yourself, and how it contributes to your capability as a remarkable human being.

When you're ready, do the same practice with each of the remaining two qualities.



"The cost of becoming real is never as high as the cost of remaining your false self."

~Bethany Webster~