

Soul Essence

Fact Sheet – Shadow

Our Shadow.

The shadow is the part of you that you do not want to be seen by others. At all costs we protect ourselves and do not allow it to be seen. We deny in ourselves what we perceive as bad, evil, or inferior, these become part of our shadow self.

We reject our shadow and do not acknowledge it therefore it is put aside so we do not see it. It can be ignorant but has the potential to be fully conscious. The shadow develops in every child, where there is light there is shadow, judging the good and the bad in our lives. Society does not encourage the bad, so we push greed, lust, and similar down and do not express them.

We create the duality with the good and the bad, our shadow is a lot of repressed emotions laying in wait. It therefore uses a lot of energy to keep these emotions repressed, every now and then it slips out and is shown.

We project our shadow on to others and disown it, not accepting it as part of us. We react to the anger or other emotions when our buttons are pushed, and we do not want it to be seen. Not owning our shadow hurts all our relationships and possibly leadership abilities. Things that irritate us like rudeness, selfishness, are often qualities we are denying in ourselves. Whatever we deny in ourselves we see in others. If you have not owned your selfishness, when you see this in others there will be a charge around it and you may react unconsciously and regret it later. Our shadow creates a boundary between how we see ourselves and how we behave in reality.

Exploring your shadow has many benefits and opportunities for growth and development. It helps you see your own faults and accept the faults of others, so you are not so easily triggered by other people's behaviour. This may improve your relationships with others. You begin to have a different perception on life, by integrating our shadow self we start to work with our authentic self, this who we truly are and have a sense of wholeness. When you become self-aware you have more compassion and understanding of others. As I said earlier, keeping our shadow parts and emotions suppressed uses a lot of energy, these can affect your emotional, mental, and physical health. It is like constantly dragging a bag of stuff behinds us.

The following are times when you are in your shadow: -

- Soliciting feedback from others
- Slips of the tongue – sarcasm – rude or hurtful.
- Consider your humour, people who laugh at not with others.
- Gossiping – anything you say about someone that you cannot say to them.

If you would like to work on your shadow email rosemary@soul-essence.com.

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