

HIDING BEHIND YOUR SHADOW?

So you want to step out, get fit, feel vital, improve your relationship, move to the next rung in the career ladder.

Heard this somewhere before? Exhausted thinking about it for the umpteenth time? Somehow you have landed back in the place you began. So, what is it that sabotages you?

The Shadow Self- this is that part of us we don't see, hear or yet understand. It is left out of our conscious awareness. Often because it is too painful to turn the mirror on what we consider are our *FLAWS*, or we simply haven't looked there yet. The truth is, it is part of our human evolution. We are works in progress with broken bits and bad hair days. Within the shadow self lies what sabotages our efforts to step out and move forward.

We all know the story of *Peter Pan* and his struggle to find his shadow and keep it. We also know what happened once he did. He grows up, learns to fly and free himself from the physical limitations of time and space.

The trouble was, his shadow was elusive and contained so much energy it was hard to pin down. The moral to the tale is that our shadow is our power house and what we find there can unlock our potential force to move us forward.

Time to Tune In – working with the shadow asks us first to tune into our characteristics that disallow our ideals to manifest. Impatience, self criticism, blaming others, self-doubt, self abandonment to name a few. Once we allow this process to flow. To look at and own these aspects we can better companion ourselves toward our goals.

Whether we like it or not we simply cannot make ourselves whole without knowing and accepting our shadow selves. As Peter Pan discovered he began to die without his but learnt to fly once he accepted it into himself.

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