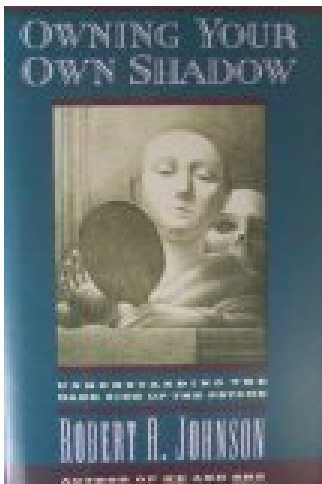


[PDF] Owing Your Own Shadow: Understanding The Dark Side Of The Psyche

Robert A. Johnson - pdf download free book



Books Details:

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Description:

From Library Journal The shadow in Jungian psychology is the unconscious dumping ground for undesirable characteristics of personality. "Owning" the shadow--accepting it as part of one's self--is seen as the first step toward wholeness. Using examples from history, mythology, and religion, Johnson, author of *Inner Work* (LJ 7/86) and *Transformation* (LJ 8/91), offers a tour of the shadow, showing its origin and features, and demonstrating how and why it bursts into consciousness when least expected. Returning to the subject of his earlier work *We* (LJ 2/1/84), the author reveals how

experience of romantic love may lead to awareness of both positive and negative aspects of the shadow, and how integrating the shadow into one's personality can be a challenging religious experience. This clearly written, thought-provoking work is recommended for academic and public libraries.

- *Lucille Boone, San Jose P.L., Cal.*

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About the Author

Robert A. Johnson, a noted lecturer and Jungian analyst, is also the author of *He, She, We, Inner Work, Ecstasy, Transformation, and Owning Your Own Shadow*.

--This text refers to the edition.

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Read *Owning Your Own Shadow* by Robert A. Johnson with a free trial. Read unlimited* books and audiobooks on the web, iPad, iPhone and Android. Understand the dark side of your psyche—a Jungian approach to transformative self-acceptance. We all have shadows—the unlit part of our ego that is hidden and never goes away, but merely—and often painfully—turns up in unexpected places. This powerful work from the acclaimed Jungian analyst and bestselling author of *Inner Work* and *We* explores our need to “own” our own shadow: learn what it is, how it originates, and how it impacts our daily lives. It is only when we accept and honor the shadow within us that we can channel its energy in a positive way and find balance. [Read More](#). Publisher Meeting the Shadow: The Hidden Power of the Dark Side of Human Nature by Connie Zweig Paperback \$20.00. In Stock. Ships from and sold by Amazon.com. This is a well written quick read about the historical place of the shadow in the human psyche. He uses religious terms to bring it to life that he redefines to help with visualization. If your own shadow self has problems with Christianity then you will get hung up in his illustrations. Free your mind and you'll be joyed at the necessity of balance and tension that all the greats have alluded to. [Read more](#). 43 people found this helpful. In your own poetic struggles you may make only the tiniest sliver of a mandorla that will vanish a few minutes later. Where is the inspiration of yesterday that was so thrilling? But if you repeat this often enough it will become the permanent base of your functioning. It can be hoped that by the end of your life the two circles will be entirely overlapped. A mandorla can also be danced. I remember one woman who danced out the conflicting elements in her psyche in her analytical hour. She would portray one part of her life, then move to the opposite side of the room to portray another. This is not familiar ground for me and I was cowering behind my chair by the end of the hour. When finished, she would invite me out of hiding and explain to me what she had been saying in body language.