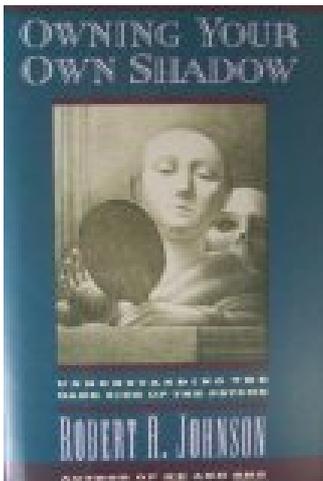


[PDF] Owing Your Own Shadow: Understanding The Dark Side Of The Psyche

Robert A. Johnson - pdf download free book



Books Details:

Title: Owing Your Own Shadow: Under

Author: Robert A. Johnson

Released: 1991-12-01

Language:

Pages: 128

ISBN: 0062504223

ISBN13: 978-0062504227

ASIN: 0062504223

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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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Description. Owning Your Own Shadow Understanding the Dark Side of the Psyche. Robert A. Johnson. View more Comments. Report "Owning Your Own Shadow". Please fill this form, we will try to respond as soon as possible. Your name. Email. Reason. -Select Reason- Pornographic Defamatory Illegal/Unlawful Spam Other Terms Of Service Violation File a copyright complaint. Description. Close. Submit. Share & Embed "Owning Your Own Shadow". Please copy and paste this embed script to where you want to embed. Embed Script. "Owning Your Own Shadow" by Robert A. Johnson is a work in which the author lays out the Jungian theory of the shadow and brings new clarity to this subject. The persona is the image that the individual wants to present to the world. The persona is largely based on the material that is stored in the ego. The ego absorbs data that is positive and nurturing for the individual. Conflicts naturally develop between the ego and the shadow when the dark side grows in strength just from the sheer size of the data stored. Civilization has taught man to ignore his dark thoughts and view them as evil and sinful or work of the devil. However, this so-called darkness is part of us and denying it does not make it go away. It ultimately must be dealt with. 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. Exploring our need to "own" our own shadow, this book guides the reader through an exploration of the shadow - what it is, how it originates and how it interacts and is made through the process of acculturation. The author argues that until we have undertaken the task of accepting and honouring the shadow within us, we cannot be balanced or whole, for what is hidden never goes away, but merely - and often painfully - turns up in unexpected places. Robert A. Johnson is the author of "Inner Work", "Ecstasy" and "Transformations". Dark side of the psyche. Robert a. johnson author of. He. Meeting the Shadow: The Hidden Power of the Dark Side of Human Nature by Connie Zweig Paperback \$16.29. 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 shadier 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. 45 people found this helpful.

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