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Meeting The Shadow The Hidden

Connie Zweig, Ph.D., is a Jungian-oriented counselor and non-denominational minister in Los Angeles. She is the coauthor of the bestselling Meeting the Shadow and Romancing the Shadow. She has taught nationwide about human spirituality, religious abuse and disillusionment, and shadow-work. Jeremiah Abrams has worked for the past twenty years as a Jungian therapist, dream

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analyst, writer, counselor, and consultant.

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Meeting the Shadow of Spirituality: The Hidden Power of Darkness on the Path. "I do not seek to follow in the footsteps of the men of old; I seek the things they sought." —Basho. In every tradition, saints and poets speak of the soul's search for the beloved, the seeker's yearning for the divine.

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Meeting the Shadow of Spirituality: The Hidden Power of ...

(Connie Zweig, Meeting the Shadow) While Jung is known for bringing the concept of the shadow to public awareness in the modern day, this aspect of ourselves has long been recognized as a ubiquitous feature of human beings. In 1886, before Jung made his mark, Robert Louis Stevenson created the now famous story of Dr. Jekyll and Mr. Hyde.

Carl Jung and the Shadow: The Hidden Power of Our Dark Side

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In Jungian psychology, the " shadow ", " id ", or " shadow aspect/archetype " may refer to (1) an unconscious aspect of the personality which the conscious ego does not identify in itself, or (2) the entirety of the unconscious, i.e., everything of which a person is not fully conscious. In short, the

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shadow is the unknown side.

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