

SHADOW

Shadow Overview

"normal polarity of persona. A projection of real self" must be available for maximum potential/impact/authenticity to be realized.

In shadow because not valued/reflected/connected with/rewarded by early environment; becomes hidden due to fear of exposure and environmental consequences, guilt and shame.

Disowned part of self, energy in it is unavailable,

locked in body through contraction or disconnection (dissociation);

locked in mind through wrong thinking; body & mind together lock emotional experience/expression.

Because it's an expression of real self, it is good, necessary, valuable.

Undeveloped because original environment could not tolerate it; risk has been too great in subsequent environments.

When not integrated (through valuing its gifts; gradually testing its expression in a 'more' receptive environment; and softening of boundaries - body, mind, emotions - of repression/strengthening the connection).

Otherwise, it's expression is disruptive, sometimes explosive.

It projects onto others what was done in original wounding, creates emotional pain, rejection and distancing from 'real self', in self and others.

The role of the spirit is to fuel the longing for self-realization; to be whole, full and free spontaneous expression becomes available (not required); while remaining grounded (fully connected) on earth and spirit, in 10 bodies, 8 chakras, etc. Compiled by Gurucharn Singh, Phd, Pomona, from TT2 CC, Day 5

LOT on SHADOW

"How much it takes a person to rise above the clouds is how much he can substitute consciously to guide his subconscious mind. It's a Maya. The trip of Earth is nothing but a polarity and nobody can be above it-- remember that law. On this Earth there is a north pole, south pole. You always see two things, you and your shadow. Law is nothing but polarity. Without you there is no shadow, without shadow you are not. Shadow is nothing but equally important to identify, because for you to be something, shadow has to be nothing." Feb 3, 1975

"Who are you? What is your prison? Under the shadow of your past, you will always live in duality, painful, phony, self-lying, self-praising, insanity, belittlement, absolutely unorganized. Your earthly beauty shall go to the dust. Who are you? Just an egomaniac, phony, self-lying, self-praising, self-appreciating... Insanity of a human is they chase the shadow which is the shadow of the light of the soul." August 2, 1983

"You have the caliber to walk in the light of your soul—no bias, no duality, no insecurity, no conflict of personality, shining star in self-respect, personal confidence, tranquil, peaceful, graceful, your heavenly beauty will live forever. To rise above the clouds, how much can you substitute consciously to guide your subconscious mind? ...Ultimate is that we can all walk towards God and not walk towards our shadow; we have to learn to leave our shadow behind."

"Enlightened person is that alert person which is not in any bias, any duality, any insecurity, no conflict of personality, it is real and that's the quality of a student." May 15, 1994

"When you dwell under the past, you shall not have future, because past is already gone. It cannot do anything to you but harm, and only make you go crazy. Tomorrow, a future will come and that has to become today to face you and if you have no shadow of yesterday, you are enlightened right there and then, because you are you."

"Many live under the shadow of their childhood. My mother did this to me, my neighbor did this to me, time did this to me, my father did this to me, my uncle did... whatever has been done to you, if you live under the shadow of that, you will never be enlightened, you will always have duality. Life will be very, very absolutely, painfully, absolutely unorganized, because you are you, and the shadow under which in the darkness of the child within you or the past you are in, you are not going to make it." May 15, 1994

"The greatest teaching of all teaching is in the beginning, in the middle, in the end you are perfect because the perfect God made you."

"You have one soul and nine holes and you have two hands and two feet to determine your destiny. Whatever your deeds are, they are the proof of who you are, not who you are, not

the impact you create who you are, not the impression you give who you are. Talk doesn't walk and abuses are the nothing but excuses. One day perhaps you'll wake up from this long sleep of the night of the shadow and you'll wake up to the fact there was no prayer for you, there was no God for you, there was nothing for you except you, and you were the prayer, you were the God and you were the self." Dec 7, 1995

"Insanity of a human is they chase the shadow which is the shadow of the light of the soul. Your body which you see, your features which you see, your eyes, your nose, your lips, your youth, your old age, your young age, adult age is the reflection of time and you do not see the light of your soul. So, your body is the shadow of your soul and you are chasing a shadow." December 7, 1995

"So long live under your shadows, you are not going to see the day of light. Moment your head is lit like a candle, all the darkness will go away. There shall be no darkness. There is no special procedure to feel enlightened. You are enlightened when you do not live under your shadows. As simple as that, whosoever shall live in the word of the Guru Granth (Shabd Guru) shall have no shadows. Guru Granth causes no shadows, tolerates no shadows. That is the beauty of the Siri Guru Granth. This book has no personal hook."

"The best growth is that you should glow. You should feel always, if you are definitely going to be imaging, then imagine you are a very shining star, peaceful, tranquil, full of light, manner full, graceful, nice. If you have to, then do something good. Don't ever chase shadows, it's not great, it's not human. Part of meditation taught in this class 'I am at peace. I am at peace. Peace is me.' Keep repeating." May 22, 1994

Oh my Creator, I'm Thy creature in Thy creation I dwell by Thy will, give me face, give me grace, give me place in Thy heart, give me compassion, care and kindness, give me peace, peace of mind, peace of the Universe, peace in love, I love Thee. Guide my way, be within me, around for me. Dec 7, 1995

Above quotes compiled by Deva Kaur from the www.LibraryofTeachings.org Copyright Kundalini Research Institute

MORE ON SHADOW

As teachers and humans, come face to face with INTERNAL PROGRAMMING Look to see the self that exists outside our EGO STRUCTURE, or conscious thought about who we are. Disowned traits are unknowingly projected onto others.

This subconscious programming often gets used against self... As a teacher, can also come out due to the power imbalance as more hurtful--If not alert and doing the inner work, may

take advantage of student.... Not your light self, but your shadow, hidden repressed self...
Teacher and all leaders NEEDS TO LEAD THE WAY ON THIS INNER WORK

Hidden wounds plant deep seated beliefs. The optimism and energy of youth can override these deep beliefs. But over time with stress of life they gain more power.

INNERMOST BELIEFS you are the most committed to, even if not conscious CREATE and ATTRACT situations that reflect back to us our internal belief--even the damaging ones. With altitude, we can see our inner programming unconsciously draw circumstances in outer world to confirm our internal beliefs and agendas hidden in our individual software.

OWN WORST ENEMIES UNTIL WE UNCOVER & RESOLVE OLD BELIEFS and DEACTIVATE PROGRAMING—a deeply hidden suppressed powerful driving force. DON'T LEAVE UNATTENDED OR HAS THE POWER TO SABOTAGE YOUR LIFE as well as become the root of vicious judgement or harsh prejudice.

ABSURDLY MASSIVE TASK TO UNTANGLE HUMAN PROGRAMMING:

WHAT IS OUR HIDING METHOD? We become the opposite of trait that we want to hide
Ultimate Goal is TO BE LOVED & ACCEPTED AS TRUE AUTHENTIC SELF must first love and accept your authentic WHOLE SELF, both the light and the dark.

To NEGOTIATE INNER PEACE---GO FROM ME TO WE TO THEE; serve the good of all, not just the selfish good. Create a mission of service that aligns with your gifts. Maybe even continues to help others after your lifetime. This gives us value, purpose, self worth. LOVE IS THE EXPERIENCE OF SELFLESSNESS WITHIN YOURSELF

SOME SIGNS OF THE SHADOW SIDE: (from Debbie Ford in Why Good People Do Bad Things)

SOMEONE WHO IRRITATES YOU OR YOU REALLY DISLIKE is a flag from outside to look inside

GUARDEDNESS Spiritual Antidote=VUNERABILITY GREED Spiritual Antidote=GENEROSITY ARROGANCE Spiritual Antidote=HUMILITY INTOLERANCE Spiritual Antidote=COMPASSION SELF-ABSORPTION Spiritual Antidote=BEING OF SERVICE STUBBORNNESS Spiritual Antidote=WILLINGNESS DECEIT Spiritual Antidote=INTEGRITY

Healing the Split from Library of Teachings

- Ten Steps to Peace for Removing Haunting Thoughts
- Triple Lock can help you 'fly up' and get altitude over your life lessons, and can heal all disease

· Explore your inner mystery. Identify hidden beliefs and rewrite them using the Healthy, Happy, Holy breath eleven times a day. This takes deep self-reflection to write a new belief that can displace the old belief. The new belief is not an affirmation for the future. It is written in the present without pushing to a future that may seem unattainable on a subconscious level. Needs to feel attainable. Easier to drop into the subconscious mind in that twilight stage between sleep and awake, as well as during the two prime times: 4-7 AM and 4-7 PM.