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A Complete Guide to Working With Your Shadow Scott Jeffrey It's always standing right behind us, just out of view. ... named Mr. Hyde (the personal shadow). ... accustomed to feeling shame or guilt, you need to transmute these emotions with friendliness, self-acceptance, and self-compassion. ...

A Complete Guide to Working With Your Shadow

"Your shadow named shame" is a little treasure trove of stories and paintings beckoning the reader to meet her shadow; a shadow named shame. It is a beckoning to meet and sup with the dark lords who rule the castle, who inhibit the drawing of the curtains to light, joy and awareness.

Your Shadow Named Shame by Mary-Anne Willis, Paperback

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Kara Walker: My Complement, My Enemy, My Oppressor, My Love Gallery Guide-WALKER ART CENTER- ... the shame of the South and the shame of the ... It refers to your shadow, to some extent to purity, to the mirror. 6 Walker's bitter humor references the

Kara Walker: My Complement, My Enemy, My Oppressor, My Love

Shame is a shadow, a hint of darkness, of secrets. It is the feeling of inadequacy and worthlessness, brought on by the teachings of others (Don't be such a crybaby!) or our own self-talk (I shouldn't feel this way " I hate myself for feeling this way).

Shame and Shadows - Soul Wisdom Therapy

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- You Always Hurt the One You Love - Your God Spot: How the Brain Makes and the Mind Shapes All Forms

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