

# Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 30, February, 2007

**Hi Friends,**

This month we will be talking about Shadow Self...The Shadow Self can also be identified as internal ego. **You may have to read this information several times before you get the gist of what we are writing about. It was one of the most difficult concepts (and you know how wild our concepts are...) that we have had to put into words.** Andrew Cohen says, *“The ego cannot see God... Why? Because God, or whatever name we want to use for the absolute principle, has no beginning and no end. The very nature of ego is limited – it represents a false boundary around the self-sense. And that illusory sense of limitation can never perceived that which is beginningless and endless. So that is why, in order to know God, we have to transcend the ego. We have to remove all boundaries from the self-sense, through the conscious cultivation of an infinite unlimited perspective or context for our own human experience. Then we will be able to perceive God (or whatever you call it), because our own perspective will become one with the limitless nature of that absolute principle itself.”*

## **Level 19: Shadow Self - What We Keep Hidden**

I want you for a moment to go back in time to sense and think of the time during your formative years. Who was around you? (Your parents, grandparents, aunts, uncles, friends of the family, your personal friends, schoolmates, etc.) From whom did you learn personal values? Many of us, as we were going through the various learning processes, realized that not all things we were learning were good things but did not know it at the time. In other words, they tried to create themselves in us. These are the types of things that we have hidden in our personal closet or were the beginnings of our shadow self.

We grew up in an environment where we were to be “seen and not heard.” If we were doing something outside the realms of acceptance (according to our parents), our parents would simply reach for a paddle in order to persuade our thinking to the way they believed we should think. As children we learned to keep our thoughts to ourselves so much so that some of us lost the ability to think altogether.

Many of us, as children, were looked at as a possession. Some parents reasoned that, since they have the moral responsibility to feed and house us, and the legal power to make decisions for us, we must follow every rule and ordinance they chose to concoct. How many of you have heard, “My house, my rules?”

In some respect now, we, even as adults, are mirrors for our parents or anyone that has influenced us greatly in the past. We are the embodiment of certain aspects of our parents' personality and the people that we aspired to be. Their passion became our passion and curiosity, freshly directed towards desires and goals that may have been forgotten or laid aside in their pursuit of security and/or social standing.

Our personality became artificial. Many parents tried to install, and tended to suppress the clear reflection that their children bring concerning the parents' shadow self, and became our parent's own hidden issues. Instead of seeing that reflection in their children, resistant parents become busy about the task of breaking or distorting the mirror. On some level, children realize this and they either learn to resist the whole business or they accept the teaching, thereby losing their individual personalities, sometimes their souls.

*“Beneath the social mask we wear every day, we have a hidden shadow side: and impulsive, wounded, sad or isolated part that we generally try to ignore. The Shadow can be a source of emotional richness and vitality, and acknowledging it can be a pathway to healing and an authentic life. We meet our dark side, accept it for what it is, and we learn to use its powerful energies in productive ways. The Shadow knows why good people sometimes do “bad” things. Romancing the Shadow and learning to read the messages it encodes in daily life can deepen your consciousness, imagination and soul.”* Carl Jung

*“The Shadow describes the part of the psyche that an individual would rather not acknowledge. It contains the denied parts of the self. Since the self contains these aspects, they surface in one-way or another. Bringing Shadow material into consciousness drains its dark power, and can even recover valuable resources from it. The greatest power, however, comes from having accepted your shadow parts and integrated them as components of your Self.”* John Elder

*“Everyone carries a Shadow, and the less it is embodied in the individual's conscious life, the blacker and denser it is, at all counts, it forms an unconscious snag, thwarting our most well meant intentions. One does not become enlightened by imagining figures of light, but by making the darkness conscious.”* Carl Jung

The shadow self is neither good nor bad, but it has a density that we need to clear out. It is a way of liberating yourself from conscious or unconscious bias that we have been carrying for a long time. In a way it allows you to leap outside your fixated self to fully embrace your new entire self, this is who you truly are.

*The Shadow is a psychological term introduced by the late Swiss psychiatrist, Dr. Carl G. Jung. It is everything in us that is unconscious, repressed, undeveloped and denied. These are dark rejected aspects of our being as well as light, so there is positive undeveloped potential in the Shadow that we don't know about because anything that is unconscious, we don't know about.*

*The Shadow is an archetype. And what an archetype simply means is that it is typical in consciousness for everyone. Everyone has a Shadow. This is not something that one or two people have. We all have a Shadow and a confrontation with the Shadow is essential for self-awareness. We cannot learn about ourselves if we do not learn about our Shadow so therefore we are going to attract it through the mirrors of other people.*

Make the commitment to yourself to direct your vision inward, not just to your spirit, but also to the temple that carries it. The wisdom of the universe lies within your cells, and the keys to your own happiness within your body. Making energetic contact with your physical body will help you to unlock the secrets of the emotional and spiritual self.

**Are these are some of your beliefs???**

- **There is something wrong with me.**
- **I cannot trust anyone.**
- **I'm not loveable.**
- **I don't deserve to have what I want.**
- **Love does not last.**
- **I am worthless.**
- **I am never going to be successful.**
- **I have no talents.**
- **I am a bad decision maker.**
- **I will always be alone.**

Carl Jung defined the Shadow Self as “that which we think we are not.” As we continue to work and clear up our personal issues, those things, which we think we are not, must be embraced as an aspect of the Greater Self, and integrated. You may think you are not like your neighbor who does this or that thing, or has this or that behavior but if any seemingly negative quality you judge, were not also a part of you, the issue(s) would not trigger your emotions.

We may believe that we are spiritual people who are not cruel or unjust, but that belief is a blockage that casts a shadow that can blind us to the cruelty within our own ego that is hidden. The shadow shows us what we judge ourselves not to be. We are what we judge others to be.

It has been said that sometimes people resist their shadow's reflection so much that it takes them over---sorta like pro-lifers who bomb abortion clinics. So invested in their accusations of murder that they feel justified in becoming murderers themselves. (Now, I know this is extreme, but I think you get the idea). Some of the most abusive passive-aggressive people I have met insist that they are gentle nonviolent beings simple because their aggression is hidden under an ego of “good intentions: but actually show themselves to everyone but the person themselves.

We all have a shadow, which is a force that is both creative, and at the same time destructive. We all have an inner demon that can be the violent eruption of repressed emotion that makes a crime of passion, or the companion to a passionate life that makes skydiving fun because it is scary.

Some people have referred to the shadow self as a reflection of the dark wall of Karma that separates you from knowing yourself as light. It is a reflection, a dark mirror of Karma. Keep in mind here that dark doesn't mean bad or evil... it just means hidden. We feel the best way to understand this is in Shamanic terms, by introducing you to your personal...

### .....**Portal Guardian to the Shadow Self.**

The Portal Guardian is an energy assigned to you specifically that is made up of non-dual light, unconditional love manifested. It has no duality of its own, no emotions... it is pure light. In order to descend into human polarity space in which we live, it must have shadow and since it has no shades of gray within itself, it often first appears as a negative polarized image of darkest shadow. It truly has no darkness of its own, it's simply a reflection of your own fears, your own doubts, your own denials. It reflects your hidden side.

Your shadow self is the voice of your conscience, reminding you of what is unforgiven. It may show up, when you are making judgments of someone else, to remind you of how you are the same as what you judge. When you make judgments of another, you are projecting your own shadows onto them. You are seeing a reflection of your own inner judgments, not the Divine Perfection within them.

The Portal Guardian is the boundary between your conscious and unconscious mind. It is the protector who keeps you from being overwhelmed by all of your memories at once, by all the archetypes and minds of the collective consciousness, ...and it is the Gatekeeper who decides what memories are allowed to surface into your consciousness.

You have heard the expression, "the devil made me do it" ...this expression is a cop-out line for people who are unwilling to take responsibility for their own actions, unwilling to admit to the hidden, inner fears and desires that motivate their actions.

Contradictory to the way that we were raised, there is no big bad prince of evil, no supreme lord of darkness. There is nothing like that at all. Why would unconditional love make a being whose only purpose is to make our lives miserable? It makes no sense... there is no Satan.

What there is, is an inner aspect of our own divinity, whose job it is to reflect our fears and doubts back at us so we may forgive them. Our inner critical voice that shows us our fearful beliefs that we need to work on.

There are only humans, being human, acting from fear instead of love, making their own demons. Free will comes into play. Deep down we know that we are truly infinite aspects of the God self, expressing and sharing love in a game of limitless manifestation.

The word demon comes from the Latin word “Daemon”, which means “inner self.” The Divine Beloved is Love. The shadow is love also... but it is unconditional love, tough love that keeps us in line, unconditional love as energy, not emotion. It is an aspect of our self that has taken on the thankless task of being a reflection of our fears so we can grow. It has manifested so we can have the opportunity to face our fears, surrender them to divine will and get past them. It will show us the selfish expectations hidden under our generosity and martyrdom. It will keep us humble.

It has been said that there is an angel with a flaming sword that guards Eden and only those who are without fear can pass under it. Eden in this case is Nirvana or Ascension, Heaven on Earth. To get there we must integrate our shadow self and learn to love it. Getting past the sword is a process of learning to love our own ugliness (as we define it) unconditionally and finding a positive outlet for it. What is repressed comes up wrong (even though it may not be wrong, we judge it to be so). The parts of ourselves we are ashamed of become part of our hidden self. The parts of us we deny also get thrown in there. We must learn to love them in order to surrender them.

In the dark unknown of our unconscious, “here be the dragon”, is the Portal Guardian who protects you from those dragons. It is the boundary that protects and makes sure the dragons come to visit, as you can handle them. The Portal Guardian keeps you from approaching the void before you are ready. The shadow is fear of death. The closer you get to the light, the less death seems like a scary idea.

You may have dreams of going through your own death, which may be quite frightening, if they are not understood as a metaphor. This is not a premonition of our physical death but a death of ego. The body is not in any danger. As the veil of fear gets thinner for you and you get your ego to be balanced or you are coming from a more neutral state of being, you are setting the stage to ascend into the light. Your higher self can then fully occupy the body, to be Spirit having a Human experience. Again, the death of ego is not about the death of the physical body but it is about living fully in the Light of Spirit.

Many have worked tirelessly on their Shadow Self but everything we have done seems incomplete. What we didn't know was that your Shadow Self or hidden aspects of yourself, follow your individual soul through each incarnation so we have not only this lifetime but also all previous lifetimes of our hidden selves to deal with or process now. Let me tell you we were not happy with this. That is why as we clear or balance or come to terms with various aspects of ourselves, something “new” pops up which seemingly had no relevance to this lifetime. Well, it probably isn't from this lifetime it is from another time and our soul wanted this new to us but actually old issue dealt with so we can function from a truly neutral state of being.

Our Shadow Self contains hidden parts of us that we fear: money issues, pay or receive money for spiritual work, denying yourself, things that were stuffed, things we ignored, latent talents from past lives that were hidden or put away because they were not appropriate in that lifetime, like things that were labeled women's work or men's work or socially acceptable things for the class that you were born into at the time. This list can go on and on and on. This is different from working on your fear charka..., which is "fears" collected in this lifetime that is already in our awareness. We have other fears, denials, etc. stuffed into our shadow or hidden self from this lifetime as well as all our past lives.

Are you ready to meet your personal, Portal Guardian to your Shadow Self? Are you ready to deal with it? Are you ready to integrate?

(This is not the Ego Chakra we are talking about. This is your hidden shadow ego personality.)

What we will do for you;

- Open Portal to your shadow self.
- Introduce you to the Gatekeeper and color associated with this Gatekeeper
- Help facilitate your process.
- Help you integrate this level.
- Offer a list of exercises to help you integrate

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Loren will be adding more pieces to his jewelry section on the website...bookmarks this time and some other specialized pieces. Have patience when you look up the jewelry on the website, it is way too wordy in the beginning and you have to look a bit to get to the pictures. We will work on that, but for now, please don't judge our complete lack of ability in presentation!!!! Remember Loren doesn't pre-make any piece... he makes it for the person intended to wear or use the piece.

Have a Happy Valentine's Day.. as hokey as it sounds, Loren and I had our first date eons ago on that day....woo-wee.....

Loren and Diane Mickelson

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