



"When we must deal with problems, we instinctively resist trying the way that leads through obscurity and darkness. We wish to hear only of unequivocal results, and completely forget that these results can only be brought about when we have ventured into and emerged again from the darkness. But to penetrate the darkness we must summon all the powers of enlightenment that consciousness can offer." - Carl Jung

"Because everything we say and do is the length and shadow of our own souls, our influence is determined by the quality of our being." - Dale Turner

"Conversation is a meeting of minds with different memories and habits. When minds meet, they don't just exchange facts: they transform them, reshape them, draw different implications from them, engage in new trains of thought. Conversation doesn't just reshuffle the cards: it creates new cards." - Theodore Zeldin

"Ignorance is like a shadow. It has no real substance of its own, it is simply a lack of light. You cannot cause a shadow to disappear by trying to fight it, stamp on it, by railing against it, or any other form of emotional or physical resistance. In order to cause a shadow to disappear, you must shine light on it." - Shakti Gawain

"Everything that we see is a shadow cast by that which we do not see." - Martin Luther King Jr.

"Acting is the cheapest form of therapy. You have to go into parts of your psyche you're not comfortable with." - Anthony LaPaglia

"Don't forget that I cannot see myself -- that my role is limited to being the one who looks in the mirror." - Jacques Rigaut

"As far as we can discern, the sole purpose of human existence is to kindle a light of meaning in the darkness of mere being." - Carl Jung

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"People who linger in the shadow, leading unfulfilled lives, would burst into the sunlight of Possibilities and Power. (were they to make the effort to examine "who they are", and 'what they're really about')." - Laurie Beth Jones

"To strip an idea down to its core, we must be masters of exclusion. We must create ideas that are both simple and profound, something so laser and to the point that an individual can want to spend a lifetime becoming masterful at 'it'. Once they know something, they can't begin to imagine what it would be like to not know it" - Heath and Heath

"Here's to the crazy ones. The misfits. The rebels. The trouble-makers. The round heads in the square holes. The ones who see things differently. They're not fond of rules, and they have no respect for the status-quo. You can quote them, disagree with them, glorify, or vilify them. But the only thing you can't do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do."- Jack Kerouac

Perspective is both the angle you see yourself and your life from as well as the viewing height. The higher the perspective, the clearer the view. A Shadow Coach helps you increase your perspective by helping you see what you're not paying attention to, by asking illuminating questions, introducing paradoxes, and co-creating stimulating arenas and environments that will expand your thinking, as your world unfolds. - Donna Karlin

To confront a person with his shadow is to show him his own light. Once one has experienced a few times what it is like to stand judgmentally between the opposites, one begins to understand what is meant by the self. Anyone who perceives his shadow and his light simultaneously sees himself from two sides and thus gets in the middle. - Jung "Good and Evil in Analytical Psychology"

Shadows are in reality, when the sun is shining, the most conspicuous thing in a landscape, next to the highest lights. - John Ruskin

"To heal is to change the perception of a condition - not the condition! This is true perception." The very concept of opposites is a concept of division, of split seeing. We only see one side of the whole at a time. If someone paid us with a coin we most certainly would not say: 'I dislike the tail side of the coin, give me the head side only'. (Peter Erbe)

A coin comes with two sides, like life with light and shadow - Peter Erbe

"The range of what we think and do is limited by what we fail to notice. And because we fail to notice that we fail to notice there is little we can do to change, until we notice how failing to notice shapes our thoughts and deeds." - R.D. Laing

Or as I like to ask...what do you need to know that you don't know? - Donna Karlin

Once you acknowledge your Shadow and accept that it's there and comes out to play when you least expect it or want it to, it starts becoming one with you and no longer is something you use so much energy to hide away....a path to becoming more whole and at one with yourself. Extraordinary journey. - Donna Karlin

"One does not become enlightened by imagining figures of light, but by making the darkness conscious." - Carl Jung

Through acknowledging our shadows we start seeing light, shape and dimension. - Donna Karlin

"Man stands in his own shadow and wonders why it's dark." - Zen saying

"Sometimes clarity is better than a solution" - Craig Trowhill (from my SOSC class Toronto)

"Unfortunately there can be no doubt that man is, on the whole, less good than he imagines himself or wants to be. Everyone carries a shadow, and the less it is embodied in the individual's conscious life, the blacker and denser it is. If an inferiority is conscious, one always has a chance to correct it. Furthermore, it is constantly in contact with other interests, so that it is continually subjected to modifications. But if it is repressed and isolated from consciousness, it never gets corrected." - Carl Jung

"Every truth has two sides; it is as well to look at both, before we commit ourselves to either." - Aesop

Once you see it, whether shadow or not, you'll remember it's there and pay attention to it, then make an informed choice as to what you want to do with it. - Donna Karlin

Zen saying, "Wherever you go, there you are". That means all of you, shadow included. It's what you do with all who you are that makes the difference in where it is you're "going"

"Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along with which comes the inner voice which says, "This is the real me," and when you have found that attitude, follow it." - William James

"When I let go of what I am, I become what I might be." - Lao Tzu

"We wait all these years to find someone who understands us, I thought, someone who accepts us as we are, someone with a wizard's power to melt stone to sunlight, who can bring us happiness in spite of trials, who can face our dragons in the night, who can transform us into the soul we choose to be. Just yesterday I

found that magical Someone is the face we see in the mirror: It's us and our homemade masks." – Richard Bach

"The Shadow, of course never dies; we always cast a shadow. But how we relate to it, and it to us, depends on whether it is known. Once known, we have inevitably lost an innocence that can never be recovered. What replaces it is a knowledge of the complexity of our nature. Sometimes we are fortunate, and this knowledge elicits a kindness and tolerance in us for others — even, perhaps for ourselves." - Deena Metzger

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"Good does not become better by being exaggerated, but worse, and a small evil becomes a big one through being disregarded and repressed. The shadow is very much a part of human nature, and it is only at night that no shadows exist. ." - Jung

"To live without the creative potential of our own destructiveness is to be a cardboard angel." - Sheldon B. Kopp

"When we are unhurried and wise, we perceive that only great and worthy things have any permanent and absolute existence, that petty fears and petty pleasures are but the shadow of the reality" - Thoreau

"You can discover what your enemy fears most by observing the means he uses to frighten you." - Eric Hoffer.

The shadow is a moral problem that challenges the whole ego-personality, for no one can become conscious of the shadow without considerable moral effort. To become conscious of it involves recognizing the dark aspects of the personality as present and real. This act is the essential condition for any kind of self-knowledge. - Carl Jung

"One need not be a chamber to be haunted, one need not to be a house. The brain has corridors surpassing material place." - Emily Dickinson

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"It is as hard to see one's self as to look backwards without turning around." - Thoreau