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A few months ago I was sent a copy of the Shadow effect (Amazon) Co-author of Deepak Chopra, Debbie Ford and Marianne Williamson. If you have been a reader of how to be happy for every period of time, you know the importance I put to live an authentic life and is faithful to yourself. In particular, we are sick as our secrets. Accepting ourselves for those we are really know ourselves; Accept and deal with some of the aspects of ourselves that we have held hidden or fear to show others. Although no one of the information I found in the shadow effect was aimed at the revolutionary or probable that causes further transformation into my life, it does a great job to explain only how and why are there often ourselves. The shadow effect is the result of living with a split sé. A sÅ © or image that we show in the world and one that we keep hidden due to shame, fault or fear. Yet it is from these fears and darkness that we have more like to learn. From the introduction: we will affirm that it is because of our unworthy life, our more obscure, our sè shadow where our unlapse power is hidden. Here, in this less probable place, we will find the key to unlocking our strength, our happiness and our ability to live our dreams. One thing that I liked a lot of the book was the different writing styles and experiences shared by the three different authors. Part I The Shadow Å € ¤ ¤ ~ "Deepak Chopra Deepak Chopra starts in the part that discusses the shadow like Å € ¤ ¤ ~ Å" Dark Lated of human nature ". The Swiss psychologist Carl Jung spoke for the first time of the shadow like ". Å, ¤ ¤ ~" illusion surrounding the sÅ ©. One thing that the states of Chopra who was a lot of my personal mantra is "if you and I am not afraid of the problem, we would not have no hope of being part of the solution. Å» An important part of our shadow is composed From things we notice in others, which is part of the projection process. We could feel disgusted by traits in others and tend to judge. However, inevitably if something disturbs us then there is something wrong with us. Often people confuse This thought with self-deprecation; which is completely different. There is a tremendous power to realize that if we are the problem, we have access to the solution. Å € ¤ ¤ ~ "The moment that life is Divided in good and evil, the same follows the complete. A split sé cannot make each other. "Deepak discusses the transformative effects of integrity in depth; which is great stuff! Å € ¤ ¤ ~ "To be in full is to be completely healed. "If we really know, understand, and have compassion for ourselves and others, We must have a realistic vision of ourselves. Simply, how can we get where we want to go if we have no idea where we are? Å € ¤ ¤ ~ "You only have a sÅ ©. It is the real you. It is in the good of good and of the ¤ ¤ If you are familiar with Chopra's writing, you will surely enjoy her contribution to this book while giving practical tips and steps you can take to take and face the shadows. It explains the process by which the shadow created a Split self as a result of the choices we make in our lives so we define four steps (or choices) that helps us escape the process by making the opposite choices. Part II Making Peace with Ourselves, Others and the World - Debbie Ford I really enjoyed Part II with Debbie Ford. She has shared much of her personal experience in dealing with her own shadow as young women and into adulthood. Real-life examples always help to relate. One point Debbie made that resonated with me and I lived: when we were busy protecting ourselves from demons hiding in the dark, we missed feeling joyful, content, and deeply connected with those we love. Trying to hide the darkest half of our human nature, fail to reach our full potential and experience the depth and richness of our lives. We expend a lot of energy trying to run and hide from the darkest side of ourselves. The real power lies in listening to that part, discussing it with others who can help us shed light on it. It is in these dark recesses of our inner selves that we can learn more. Debbie puts into words, in my opinion, the what and why of the whole book: the fact is that whatever we have hidden in shame or denied fear holds the key to unlocking a self we are proud of, a self Inspire us, a self that is driven into action by a great vision and goals rather than by the one that was created from our limitations and the unpleasant wounds of our past. This is why we need to explore our shadow. Debbie's first-hand experience of her life and how she used what she learned from her shadow to transform herself and help others inspire. Part III Only Light Can Drive Out the Darkness - Marianne Williamson Marianne Williamson describes the shadow as a ¤ ¤ ~ Å ntiforce Å € as it does nothing of its own specifically, yet - it ¤ ¤ ~ we have to do to make its bids. He goes into detail on the importance of bringing light to our shadow, which "is a darkness, which like all darkness, is not an actual presence, but is rather the absence of light ... and the only true light is love. ¤ ¤ ~ The emphasis Marianne puts on bringing light to our shadow in the form of love is right. Above all, love for ourselves. Separated from love, we are separated from God. Separated from God, we are separated from ourselves. And apart from ourselves, we're crazy. The most impacted part of Part III in my opinion is Marianne's discussion on atonement. How important it is to own our shadow behaviors to get rid of them; Something I refer to as a confession in point 5 of the Spiritual Serenity series. The reality is that we may wish that all of us do not want not to act in a determined way, and although we may be well-intentioned, if we do not see the shadow and we bring it to light, ¤ ¤ ~ "acts like an emotional terrorist embedded within our psyche, able to reach us at any time. Summary and assessment I I Admit it, reading this book I really seemed to me a task, which I hate. Originally I was expected to receive this book before our trip to Cancun last month and I couldn't wait to read it while on vacation. However, it has not arrived in time, so I read it quite quickly. All the information I found perpetable but not revolutionary. I'm going to read part III again as I heard that contains some valuable suggestions on the importance of the expiation. On the back of the book there is also the shadow effect test that fundamentally helps you understand how much your shadow is checking your life. Armed of your shadow effect assessment you can get to www.theshadoweffect.com and subscribe to online courses via Hay House for \$ 149. Final analysis: Like any information, it is valid only as the action behind it. I would have liked more practical examples or exercises on how to put these ideas into practice. But moreover, if you are really serious about processing, you will find a way. Just look around you the natural world to see the proof that beauty, form, order and growth survived for billions of years. In tackling your shadow, you are aligning with the same infinite power. The shadow is not a fearsome opponent, but worthy. Powerful as is, the power of integrity is infinitely larger, and by miracle of creation is at your reach. Å «Deepak Chopra The dark side of human nature was called in many ways. Freud called him ego. The cartoons retract it as the devil on your shoulder. In The Shadow Effect, the authors Deepak Chopra, Debbie Ford and Marianne Williamson call him shadow. Regardless of the name with which we call it, there is no doubt that this element of our Å «Å € ¤ ¤ Å» is important and powerful. The shadow effect dives deeply into the realm of this dark side of the man and teaches us how we can use its power to cultivate compassion, trust and courage to better enjoy our lives. I divided this review into three actions that will help you make your ¤ ¤ ¤ ¤ ¤ ¤ "Shadow" a light guide in your life. 1. Accept what is. I don't pretend to know so much about love. I'm not an expert at all. On the other hand, my grandparents (which this year celebrate their 60th anniversary) know a lot. The factor that supported their romanticism and love after all these years is the simple acceptance. True acceptance means loving a person for all its beautiful and terrible traits. True love is unconditional. It is the recognition that sometimes you won't like your partner's actions, but you will always love the person of him. This is the main reason why my grandparents are in love with sixty ¤ years and are still going strong. (Well, this is the fact that my grandmother is a saint.) I learned that unconditional acceptance is true love. Love.Three years, I'm starting to scratch the surface. After reading Lå effect shadow, I realize that such unbridled acceptance of myself is just as important as the acceptance of others. © Lå love of self is essential for a life of happiness. Also, if I'm going to love and to really accept me, then I love all parts of me, the good, the bad and the ugly. The parts of ourselves that we try to avoid can be hidden from view, but there nonetheless. Å "Debbie Ford I have to acknowledge that there will be times when I will be disappointed by my own actions; but amerÅ² and accetterÅ² myself. We can live in harmony only when we accept this truth and recognize the need to accept it. 2. Understand the duality. In my post, An Encounter Innexpected, I wrote about a conversation with a stranger / friend in which we talked about religion. In conversation, I mentioned that (like most of my generation) are highly spiritual but not very religious. I got into my old speech Å «religion and 'more responsible' death and war that money, politics and hatred put insieme.Å" But then he stopped me. He hit me with una idea I had never considered before: the war is necessary. Cå is a great balance nellå Universe and all things are necessary. Without evil there could be no good. Without hate there could be love. And without war, there could be no peace. This is the true nature of duality. On the one hand, we praise some aspects of ourselves as lå intelligence, strength and patience. And då other hand, we hate some aspects of ourselves as lå ignorance, weakness and frustration. But it 's crazy. We can not condemn these so-called defects © because without them our virtues would not exist. Without ignorance, there would be no intelligence; no weakness, there would be no force; and so on. We could never recognize a great thing if we do not we recognize the opposite. In fact, these apparent duality are actually one and the same. The weakness of the force comes from the same circle. Lå darkness comes from the same circle of light. And so on. Debbie Ford explains it beautifully in the book: If we know the courage, it's because © we also experienced the fear; If we can recognize the honest, it's because we met © lå deception. 3. Embrace lå shadow & grow. The real happiness occurs when it is understood that what is intended to be the will. When you stop fighting each item that you hate, dislike, fear, and so on, you will be able to focus on creating the life of your dreams. This is the real happiness. To stop resisting the will of the universe, you must first embrace all your light and shadow of yourself. When you accept both of these elements, it becomes like a plant that accepts the water and sunlight, the elements necessary for You will find yourself growing to higher heights than you ever imagined possible. When you accept what it is, you will understand duality and embrace the shadow, you will live a life of consciousness. The higher consciousness is the answer - the only lasting response - to the dark side of human nature. Å € ¤ ¤ ~ "Deepak Chopra Chopra

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