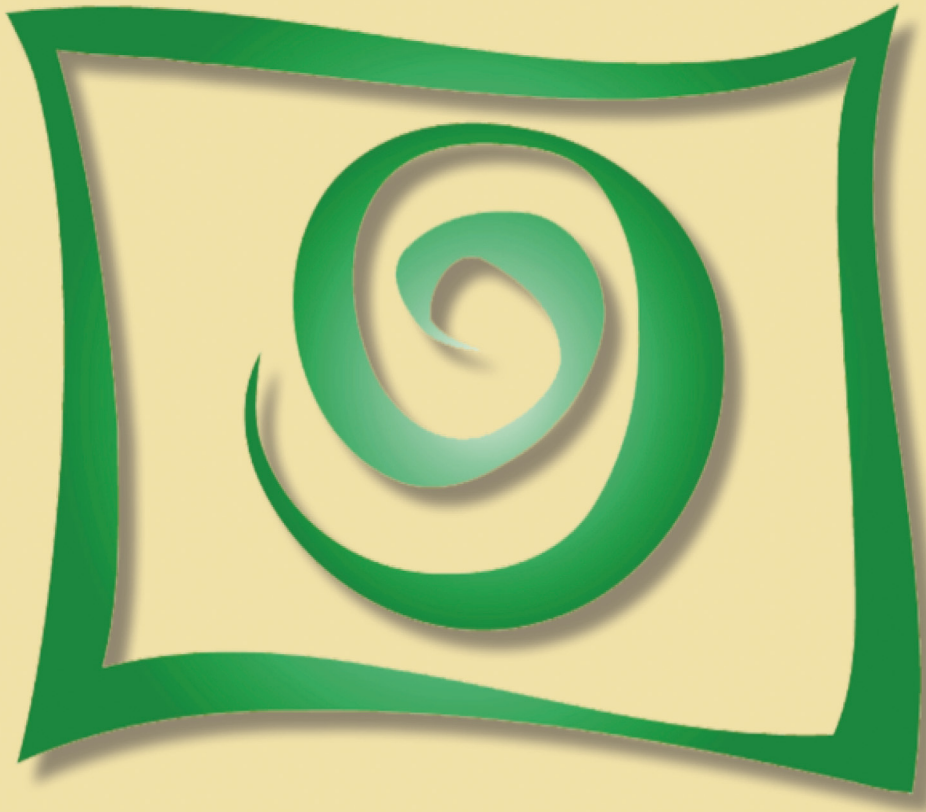


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Editorial

Holding The Shadow In The Spiritual Heart

BERNADETTE BLIN, Ph.D.

Eurotas president

In the transpersonal field, very often, the invocation and connection with the light is predominant and we may think that only the light exists. And we are right because light as love is our essence, who we really are. We have understood that living from this space of light will change our life and the life of people around us. One of my personal daily spiritual practice is based on the practice of gratitude. We have so many reasons to be grateful for. Grateful for being here with you for example, grateful for this beautiful world, grateful for my body which allows me to do so many things every day since my birth, grateful for just being alive and say thank you for my beautiful and loving children and grandchildren, thank you for all the wonderful people I have met in my life and who brought me so much, and on and on...

But in this article, I would like to address the question of the shadow. Because if focusing on light is of major importance, it must not hide this other side, which we don't like to visit, to acknowledge within ourselves.

In the human condition on this planet, we often have to face contradictions. Even if light is what we want, without being aware of what we do, we often act in a way that causes precisely the opposite, darkness.

I will share with you some ideas about what we tend to do and what we could do to live in a world that is closer to what we are longing for. We need to understand the fundamentals of the shadow and how to deal with it.

We live in a material world and we endlessly meet obstacles and situations that put us in the dark side of our personality. Many situations or reactions in our life create contractions, difficult feelings and emotions, which throw us far away from the light we aspire to live from. This happens often to all of us, basically every day. Our ego is so self-involved that we live in a world where we fight to obtain what we think we should get and by doing so, we harm others and are not happy and live far away from the initial light we all come from.

All spiritual paths propose ways to address this question. For those who are therapists, we have to deal first with our own contradictions – like every human being – but also with the suffering and the aspiration of our clients to go through their pain and connect a more peaceful and stable life.

What is the shadow?

In my understanding, the shadow is intrinsically linked to matter. If we were not incarnated, we would be clear light, pure love, and we would not have a body. With a body come emotions and desires, and as a consequence, there is frustration, anger and sadness when our desires and needs are not fulfilled.

The shadow is somehow linked to the experience of being a human being. It manifests the matter in us, which stops the diffusion of the light.