



Soul Cycles

Personal & Collective Evolvement
Alternative Healing
Social Artistry

Shadow Creation/Integration

We meet ourselves time and again in a thousand disguises on the path of life. –C. G. Jung

We have passed our very beginning, left the pre- personal world at about three years old, and entered the personal world. Father, other family members and the outer world started to become more interesting. Our basic matrix has been woven, now we open up to a bigger exchange with family and society.

Every society, every culture and every single family develop a system with certain do or don't aspects. These do or don't aspects are different from country to country and on another scale also different from family to family, necessary, so the unit can survive. In Africa one doesn't waste water. In India opposite sex people don't touch each other in the open, etc. These so called rules apply to behaviour and to emotional expression. As we grow up we start to get attuned to those family rules. And our little family is strongly influenced by the rules of the bigger community or society around. We can't avoid being involved, whether we comply or resist the rules of our original system, we will always stay loyal to it, in one way or the other.

We come at the very beginning from total dependency, and because of our attachment behaviour, still keep being dependent. Most of us want to be acknowledged, want to be loved, and want to be seen. Most of us try our best to become part of the system, however that system is: healthy or abusive.... Maybe during teenage time we'll meet for the first time our big resistance towards parents and society. Transitional space opens for the first time to give room for more of our real self, the soul seed and Daimon, to emerge. But mostly this is just a taste; a phase that passes, and latest after some years we just once more turn back towards society, to the personal world, become part of it, become successful, get married, have children, whatever is acknowledged good in the society we grew up.

I want to be a good member in the garden of my community, so I allow the branches of my tree to be cut and adjusted into the shape and size that my society appreciates. I want to survive and be part of it.

So what happens to all those parts in us that have not been seen, mirrored, acknowledged? Those that have been shamed, denied, suppressed, punished, either by our families or by society? What happens with the energy of all those unbearable, not finished emotional waves, laid down as state- memory in our limbic brain, laying in the unconscious? Those qualities in us that do not fit the image, that might not enhance our self- esteem and make us stand proud, but instead bring us shame and make us feel small; the behaviours that are deemed wrong by the culture?

As we can see in nature, nothing ever just disappears, it might transform into something different but it never just disappears. This side of us has been called our personal shadow by C. G. Jung. The shadow is everything about ourselves that we do not know or refuse to know, both dark and light. It is the sum total of the positive and negative traits, feelings, beliefs, and potentials we refuse to identify as our own. We might carry personal shadow, family shadow, and cultural shadow.

Due to the very personal experiential development of our inner world, we will always experience and perceive the outer world through the eyes or sensations of our inner world. Reality is thus more personal than life suggests and objectivity a mere illusion. Two people might look at the same object, which is coloured green. One experiences the green as nourishing and therefore likes the object, the other experiences the green as ugly and therefore doesn't like the object. Freud used the expression transference as a term when a client's childhood was activated and would be projected at him; him becoming the bad/good father or mother in the eyes of the client.

I believe we are always in transference. We need the outer objects to see ourselves, to experience ourselves. May it be for our conscious or for our unconscious- shadow qualities; we need to be seen and need others to see ourselves in them. Whenever we are emotionally touched by someone or by a situation, may it be by falling in love, or by feeling strong resistance; we can be sure it has a connection with the denied or hidden parts in us. Falling in love, that intoxicating, spiritual ecstasy, is, when we project, what Jung calls the inner anima/animus, our inner God- self, on another person.

Being in intimate relation, loving someone; here our and the other person's internalized family patterns, shadows, wounds, "click" into each other; mirroring to us what we haven't embraced yet inside of ourselves. Only when we are willing to claim back those projected or transferred parts of ourselves, can we start to truly get to know each other. Lovers hold keys to each others identities, and they write neurostructural alterations into each others network. Their limbic tie allows each to influence who the other is and becomes. Relationship lives on time.

Another path to alliance is to acknowledge and embrace counterparts. Buried in anything we hate in someone else, is something positive about both of us that we are overlooking. I might get angry about the arrogance of a friend. If I am willing to look at the pure energy in my anger, I might be able to admit some of my own arrogance. And if I am lucky I might sense how much I long to integrate my self- confidence. Only then I will be able to sense also some of the qualities of self- confidence in my friend and we can truly share with each other.

Working with our shadow is soul work, is sacred work that opens us up to our divine. The deeper we go into the exploration of our personality, our personal life and our shadow, the more we find of the transpersonal that takes us beyond it. We need others to see ourselves; we need to look at others to see our inner world. We need to be with our inner world to see others and to see how we perceive the world. Some work blurs our logic to give us a wider and allinclusive focus. Accepting paradoxes is the literary work for integration of duality.

It is neither pain nor pleasure. It is about pain and pleasure. We can't know one without the other. One energy on the same scale, just on opposite ends. The more of our experience we embrace, the more we fill the space between the two ends.

The eye with which I see god is the same eye by which god sees me. –Meister Eckhart

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