

are mixed together—contained—in a vessel, they become something more than both originally were. The psyche is that vessel accommodating disparate thoughts and feelings that coexist in us, no matter how unlikely they seem for union. How fitting that the “sacred marriage of opposites” is such an ancient and universal symbol of spiritual fulfillment!

*I try to help people . . . experience their spiritual connectedness by helping them get in touch with both their tenderness and their power. I don't think there's such a thing as instant intimacy or instant spirituality—these are things that evolve in us. To reach them . . . we need to see that . . . we are born to evolve. . . . It is a growing thing—and there is no fear in it. Not that we haven't heard the message before. It's what Christ talked about, and the Buddha, and others. But in the past most of us . . . said, “They're beyond us, they're divine . . . we're nothing but humans, so we can't make the same connection.” But now, we're beginning to know that we can.*

—Virginia Satir

J. RICHARD HUBBARD

## 10. BEFRIENDING THE SHADOW

*We meet ourselves in a thousand disguises along the path.*  
—Jung

The Shadow is the archetype of the unconscious that represents the feared, denied, unaddressed, forbidden, and excluded parts of ourselves. Joseph Campbell calls the Shadow “the inconvenient or resisted psychic powers that we have not dared to integrate.” We project these powers (characteristics) onto others of our same sex and react strongly to them.

The **negative Shadow** is composed of our own unacceptable and disowned defects that we strongly condemn in others. What we are unconscious of in ourselves, we become emphatically conscious of in others.

The **positive Shadow** is composed of the good qualities hidden in us that we strongly admire or envy in others. We consciously respect in them what we inwardly disavow in ourselves. “In every work of genius, we can recognize our own rejected thoughts. They come back to us with a certain alienated majesty” (Emerson).

### *I and It*

The Shadow turns some of our “I” (what is really ourselves) into “It” (which seems to exist only in others). Befriending the Shadow means restoring our “I” to its wholeness by taking back—recollecting—all our projected, banished parts. “Where It was, there I shall be” (Freud).

What we exclude and disown becomes larger than life. It turns on us and scares us. We are then hurt by an un-lived part of our very selves. To recollect or integrate our projections is to acknowledge them and let them back in. Then we contain all the

parts of ourselves. This is the meaning of psychological healing: acknowledging what we have denied and restoring the full complement of our own powers.

We drop defenses long enough to admit and allow that the negative "out there" is somehow "in here." Then we automatically discover its inner core of positive value and personal enrichment. To drop defenses is to depart from the neurotic attachment of ego. It is to reach a coherently healthy ego.

Beauty accepted the Beast while he was still ugly and so found the Prince, beautiful like her, i.e. her partner, her missing part, her other half. She enlisted the very energy that she had once feared and disenfranchised. Her foe then became her ally, no longer larger than life but life-size. She discovered an identity with him. This is the spiritual self, the same in all of us, released by unconditional love.

### *Integrating the Positive Shadow*

To integrate the positive Shadow is to acknowledge our own untapped potential behind the awe we have of others. We begin to acknowledge and to release from within ourselves the very talents and qualities we admired in others. At first this means "acting as if" but soon we act with ease and even more of our hidden powers become accessible to us. We expend effort and then grace takes over.

### *Integrating the Negative Shadow*

To integrate the negative Shadow, we admit—without at first seeing the justification—that we have the very characteristic we so disparage in someone else. We drop blame and discover a valuable kernel. We then find in ourselves this positive, but still un-lived, counterpart of the negative quality we see in another. Hidden in everything negative is something alive and beautiful that wants to belong to us (as the Prince within the Beast wanted to

belong to Beauty). *Negative only means not yet redeemed by conscious integration.*

What follows is a list of the counterparts of the negative Shadow. As you acknowledge anything you strongly dislike in others (left column), you are challenged to adopt its equivalent positive lively quality for yourself (right column).

#### **PROJECTED**

*If you are strongly upset by others':*

Addictiveness  
Anxiety  
Approval seeking  
Arrogance  
Bias  
Bitterness, grudge-holding  
Caretaking  
Clinging  
Compromise  
Compulsive orderliness  
Conning  
Connivance  
Control, manipulateness  
  
Cowardice  
Cruelty  
Cunning  
Defensiveness  
Demanding  
Dependency on others  
Flattery

#### **UNOWNED**

*Then you have but may not be using your own:*

Steadfastness  
Excitement  
Openness to appreciation  
Self-confidence  
Discernment  
Refusal to overlook injustice  
Compassion  
Loyalty  
Negotiability  
Organization, efficiency  
Teaching, encouraging  
Intelligent strategizing  
Leadership, efficiency, coordinating ability  
Caution  
Anger  
Forethought  
Preparedness  
Asking  
Reasonable trust of others  
Complimenting

**PROJECTED**

*If you are strongly upset by others':*

Foolhardiness  
 Greed  
 Guilt  
 Hostility  
 Hypocrisy  
 Impatience  
 Impulsiveness  
 Incompetence  
 Indecision  
 Insensitivity  
 Intimidation  
 Jealousy  
 Jumping to conclusions  
 Lack of order  
 Laziness  
 Loneliness  
 Loquacity  
 Lying  
 Neediness  
  
 Obsequiousness  
 Perfectionism  
 Procrastination  
 Rigidity  
 Sarcasm  
 Selfishness  
 Self-pity

**UNOWNED**

*Then you have but may not be using your own:*

Bravery  
 Self-provision  
 Conscientiousness  
 Assertiveness  
 Ability to "Act as if"  
 Eagerness  
 Spontaneity  
 Willingness to experiment  
 Openness to possibilities  
 Objectivity  
 Confrontation  
 Protectiveness  
 Intuitiveness  
 Flexibility  
 Relaxedness  
 Openness to nurturance  
 Articulateness  
 Imaginativeness  
 Asks for respect of appropriate needs  
 Respect  
 Commitment to do things well  
 Honoring one's own timing  
 Tenacity  
 Wit  
 Self-nurturance  
 Self-forgiveness

**PROJECTED**

*If you are strongly upset by others':*

Sense of obligation  
 Slyness  
 Submissiveness  
 Tactless bluntness  
 Taking for granted  
 Vengefulness

**UNOWNED**

*Then you have but may not be using your own:*

Choice  
 Shrewdness  
 Cooperation, docility  
 Frank candidness  
 Accepting  
 Justice

Using the preceding listings, here is a way of working with the negative shadow:

I am strongly upset when others are **controlling**.

I acknowledge that I am **controlling**, though I may not see it right now.

I have **efficiency and leadership skills** that I have not fully used.

I choose to *act as if* I had a high level of **leadership ability** without being **controlling**.

An automatic shift will then occur with three results:

1. Controlling behavior by others will become simply an object of observation. You will be informed, but not affected by it. You will be a witness, not an antagonist.
2. Your own subtly controlling ways will vanish.
3. Your coordinating and leadership skills will emerge automatically and with ease.

*Only that which is really ourselves has the power to heal.*

—Jung