

EMOTIONAL HEALTH & PHYSICAL PAIN HEALING YOUR SHADOW SELF

By KG Stiles, LMT, RBT, CBP

Your Body is Your Shadow. What do I mean by that, exactly? I mean that your physical body perfectly reflects or mirrors the feeling states of your "Hidden" or Nonconscious Self, those constant undercurrents of energy, that reverberate throughout your nervous system. For most of us our feeling states continually fluctuate and are easily affected by both external and internal influences.

Your Emotions are the language of your Shadow. Previously we talked about how your Amygdala (an organ in your limbic nervous system or the emotional part of your brain) is the storehouse for all your past memories and emotions.

Through a simple "awareness" exercise you discovered how observing your emotionally reactive state had a neutralizing effect on your emotional trigger.

Why does your observation have this magically neutralizing effect? Scientific studies show that your Amygdala drives your prefrontal Cortex, the area of your brain that brings CALM. The prefrontal Cortex is the seat of your Higher States Consciousness and functions as your intuitive guidance system.

Through your regular practice of observation, a simple "awareness" exercise, research also shows that your neuro circuits to bring CALM are strengthened. Developing your self control imbues your life with CALM and enhances your ability to become more mindful in your daily life. You'll gain access to seeing what's going on behind the "scenes" of your life and recognize how you are attracting and playing out repetitive scenarios.

If you have a daily practice of being with life as it is, observing your intimate connection with what you're experiencing in your life, a NEW ATTITUDE will evolve. You'll be conscious of watching you having an experience, instead of an experience having control over you.

Through developing your silent inner witness and training your attention through concentration in the present moment, insights about your self and your life situation will continually bubble to the surface.

Through this process your mind becomes stable and your bubbles of insight will bring the light of understanding, truth and wisdom to operate in your daily life. Your mind becomes tranquil, your muddy waters of perception clear, and inner peace blossoms.

The more tranquil and at rest you are the more gifts of insight will bubble to the surface of your consciousness. You will have greater access to wisdom and develop a precise awareness about things in your self as they are reflected in your daily life.

You will be freed from your preconceptions about "how things are," and feel more light hearted and playful, creative and upbeat. Deep peace will suffuse your being as you become more fluid and flexible.

Until you clear, transform the muddy waters of your Shadow, your emotional life will continue to operate automatically as habit patterns that filter your distorted experiences.

YOUR "FALSE" EMOTIONAL NATURE

By KG Stiles, LMT, RBT, CBP

How do you think and feel about yourself and others? For most of us emotional experiences are based on "false" perceptions. In other words you have a mental model or map for how to feel about others and your predisposed mental and emotional habits are locked away, stored in an invisible compartment somewhere inside of you that you long ago lost the key to unlock.

Every image or thought you have is anchored by an emotional feeling state. Certain feeling states will automatically trigger certain images and vice versa. Your thoughts and emotions are wired together. Thoughts and emotions that are wired together, fire together!

Have you ever had a recurring dream of losing your house keys, or you're driving your (or someone else's) car to close to the edge, or perhaps your brakes aren't working, or maybe in your dream you're standing at the edge of a cliff.

These types of dreams are all signals from your subconscious mind about your inner state of "stuckness" coming unglued. These dreams about your inner "stuckness" usually surface when you're in a crisis, or crying out desperately to get out of, or away from a situation, or person in your life that's "making" you feel miserable.

In actuality the person or situation is a mirror for you to see something about yourself in need of acceptance, love and reassurance which will help to bring you more into balance and wholeness with the True Nature of Your Emotions.

Having this type of dream is a good sign you are being SET-UP to have a major breakthrough, an AH-HA experience at the cellular level of your being. PAY ATTENTION, LISTEN AND OBSERVE WITHOUT JUDGMENT!

You are receiving a blessed opportunity. Your momentum for an automatic habit of mind and emotion that you've been repeating, over and over, is being disrupted. Now your distorted perceptions that come with your repetitive thoughts and emotions can potentially make a radical shift.

The spell of your repetitive emotions like a sticky net that's been cast over you, dooming you to repeat the exact same experiences over and over, now has a tiny tear in it. Something is occurring that doesn't fit your belief system. This is problematic for you and "make" you feel very uncomfortable. You feel the imperative need to get away, and fast! The trigger is blowing your illusion of control about how things work in the universe.

A few recurring themes and the "false" emotional nature of each are: Abandonment (ANXIETY & PANIC), Deprivation (DEPRESSION/GRIEF), Slave

(ANGER/RESENTMENT), Mistrust (RAGE), Unlovable (IMPATIENT/CARELESS), Social Misfit (RAGE/DEPRESSION). There are an infinite array of Shadow Voices that may develop, each with its own signature "false" emotional nature.

EMOTIONAL HEALTH
DOWN THE RABBIT HOLE AND BACK AGAIN
By KG Stiles, LMT, RBT, CBP

The primary attribute of your Shadow is Resistance. This shows up as body tension and armoring in our physical body. It also manifests as repetitive feeling states, emotions and thoughts. Body armoring is immediately recognizable to everyone of us on an unconscious level, but since we're basically playing by the same, polite game rules we never allow ourselves to "see" the cloudy state of unconsciousness most of us walk around in.

Remember cartoonist Charles Schultz' lovable Pig Pen character. We loved Pig Pen BECAUSE he always walked around in a cloud of dust particles. Well, believe it or not, most of us walk around with auric fields just as ridden with dust particles as Pig Pen and we are no less lovable. Why does the "flawed" character appeal to us on the "Big Screen yet not within ourselves?"

In my article, *Your "False" Emotional Nature*, I named several of the emotional states of consciousness so prevalent in modern society. Recurring themes include:

- Abandonment who is predisposed to attacks of anxiety and panic
- Deprivation or Lack which results in chronic depression and jealousy
- The Slave who is dependent upon others' good graces resulting in persistent feelings of anger and resentment.
- Mistrust which gives rise to chronic feelings of rage and fear of loss of control
- Unlovable Child who has an impatience and a careless attitude
- Social Misfit who feels chronic rage and depression

There are of course an endless array of Shadow Voices and Complex Underworld Characters that may develop and lay in wait only to surface at the most opportune moment often sabotaging our best "conscious" intentions. Each of our Shadow Voices always has its own signature "false" emotional nature.

As I said the primary attribute of your Shadow Voice is Resistance, not accepting what is. Always wanting things to be other than they are. WHERE does resistance come from and WHY is it the Shadow's primary attribute.

Here is the Simple, yet profound Truth that can set you free "IF" integrated fully into your conscious awareness. First let me say I don't know anyone who would say that Resistance engenders a Resourceful state of awareness. Far from it!

Resistance is futile! It will get you absolutely nowhere. Period. Someone once said, "The best argument for a north wind is to put on an overcoat." The same can be said for Resistance.

Resistance bluntly put is plain old Ignorance in sheep's clothing and definitely not a mark of the wise soul or even of a mature personality to be sure.

Another word for Resistance is Judgment. That's right, Judgment. So now we come to WHY all the Resistance from your Shadow. Your Shadow is Simply Mirroring your Resistance to IT. As soon as you ACCEPT your Shadow and stop sending it emotional signals of:

- **Abandonment** who is predisposed to attacks of anxiety and panic
- **Deprivation or Lack** which results in chronic depression and jealousy
- **The Slave** who is dependent upon others' good graces resulting in persistent feelings of anger and resentment.
- **Mistrust** which gives rise to chronic feelings of rage and fear of loss of control
- **Unlovable Child** who has impatience and a careless attitude
- **Social Misfit** who feels chronic rage and depression

You will experience a sense of wholeness and well-being. As you accept and awaken to the "necessity" of your shadow and the great service it performs in its polar role your perceptual system will undergo a profound shift. This shift in perception stimulates the reorganization of your nervous system to a more balanced, relaxed state which consequently give rise to your experiencing an inner feeling states of peace. You are FREE to live a more joyful and rewarding life or whatever it is you choose to imagine for yourself.

Bowenwork® perfectly addresses the release of resistance and tension in the nervous system. Please read my article on, [Your Nervous System ~ Foundation ofr Healing](#), for more information about how Bowen works to clear resistance.

I hope these articles on Transforming Your Shadow have been helpful to you and will inspire you to new acts of Self empowerment! Wholeness, our natural state of being, is really quite simple and so easy. Really it is as easy as falling off of a rock. You just relax and let go, the rest comes naturally. It's your mind tells you otherwise.

Your nervous system is the physical counterpart of your mind,so once your nervous system has reorganized to a more balanced state your mind will calm down and be more peaceful and easy for you (Your Essential or Natural Self, also known as your REAL or TRUE Nature) to direct.