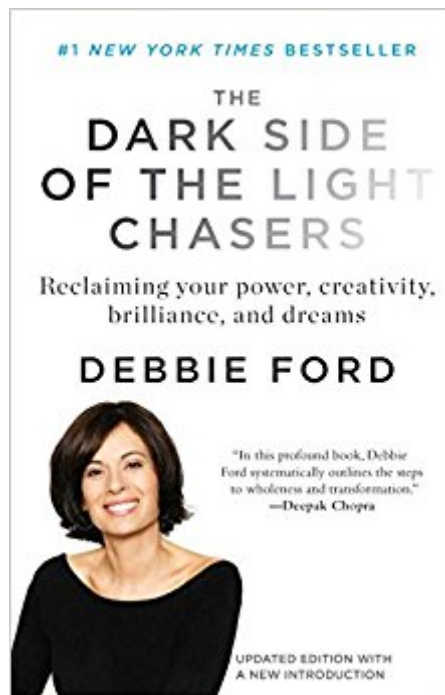




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# The Dark Side Of The Light Chasers: Reclaiming Your Power, Creativity, Brilliance, And Dreams



## Synopsis

The bestselling, beloved classic on how to go into the dark side of yourself to bring out the light -- now with new material. Debbie Ford believes that we each hold within us a trace of every human characteristic that exists, the capacity for every human emotion. We are born with the ability to express this entire spectrum of characteristics. But, Ford points out, our families and our society send us strong messages about which ones are good and bad. So when certain impulses arise, we deny them instead of confronting them, giving them a healthy voice, then letting them go. It is to these feelings that Ford turns our attention, these parts of our selves that don't fit the personae we have created for the rest of the world. She shows us the effects of living in the dark, of keeping all our supposedly unsavory impulses under wraps. We find ourselves disproportionately frustrated and angry at the selfishness of friends, the laziness of colleagues, the arrogance of siblings. When we are unable to reconcile similar impulses in ourselves, Ford explains, we waste our own energy judging others instead of empathizing. But most important, we deny ourselves the power and freedom of living authentically. Through the stories and exercises in *The Dark Side of the Light Chasers*, Debbie Ford shows us not only how to recognize our hidden emotions, but also how to find the gifts they offer us. This is for fans of Marianne Williamson, Neale Donald Walsch, and Deepak Chopra. The very impulses we most fear may be the key to what is lacking in our lives.

## Book Information

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## Customer Reviews

We know the shadow by many names: alter ego, lower self, the dark twin, repressed self, id. Carl

Jung once said that the shadow "is the person you would rather not be." But even if you choose to hide your dark side, it will still cast a shadow, according to author Debbie Ford. Rather than reject the seemingly undesirable parts of ourselves, Ford offers advice on how to confront our shadows. Only by owning every aspect of yourself can you achieve harmony and "let your own light shine," she explains. "The purpose of doing shadow work, is to become whole. To end our suffering. To stop hiding ourselves from ourselves. Once we do this we can stop hiding ourselves from the rest of the world." As threatening as shadow work may seem, it is often very effective in creating transformation. Ford's step-by-step guidebook is modeled on a highly successful course she developed about embracing the shadow. Ultimately, she helps readers illuminate the gifts and strengths that lie within the shadows. Although this work sounds vague, clouded in dark metaphors, Ford manages to make it clear and specific. She has the writing gifts of a successful seminar leader--inspirational, trustworthy, and able to convey murky material with grace and ease. --Gail Hudson --This text refers to an out of print or unavailable edition of this title.

Everyone possesses the entire range of human traits and emotionsA"the saintly and the cynical, the divine and the diabolical, the courageous and the cowardly"Acontends Ford, a faculty member of California's Chopra Center for Well-Being. The problem, as Ford (and Freud) define it, is that in growing up, people suppress those behaviors, thoughts, feelings and characteristics that are unacceptable within their particular environments. But rather than daily sessions on the couch, Ford advocates re-imagining and reclaiming lost aspects of self, urging readers to "unconceal" and embrace those traits buried in their "shadow," in order to find their "gift." She offers exercises designed to bring such traits to the surface, including directed self-questioning; listing one's characteristics for closer examination of positives and negatives; and "discharging toxic emotions" physically. Her advice is often drawn from anecdotes of experiences with friends and in workshops that she has taught or attended, and from her own struggles with various aspects of her personality. What some will see as disarming simple methodology may seem shallow to those with a more analytical bent. But even those not looking for the "Resistant Rita," "Lovegirl Laurie," "My-way Marvin" or "Competent Ken" locked inside them may find him or her in spite of themselves. Copyright 1998 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I really enjoyed the book and the powerful, life-changing message Debbie Ford left for us. I had a bit of a hard time reading the book for the main message is reinforced over and over again.

Nonetheless, I highly recommend this book: Great insights, invaluable exercises to practice (some quite difficult to face, I'll admit) and inspiring life stories shared from her conferences and gatherings. Thank you!

Debbie Ford has the credentials to talk about the Dark Side since she's been to hers and lived to tell about it. In our subconscious lies our secrets, the things we'd rather not show, but also, it holds our power. Ford shows that it's okay to be angry at the right person, at the right time in the right amount, in fact it shows emotional maturity. Anger doesn't go away if we don't express it, instead it stays with us manifesting as dis-ease of some sort. And yes, we all have anger, we all have a dark side. I might venture to say that women have a harder time showing their anger because society teaches us to be nice and long-suffering. While being compassionate is good, it's also okay to fight for what you believe and to fight hard. Reclaiming the hurt, angry, suffering parts of ourselves can be the key to peace in our lives. Ford lays it out clearly. She's not the first to write about our Shadow Side, but she's one of the best. I highly recommend this book in fact I gave mine to a friend, she read it and then passed it on to someone else who was going through their 'dark night of the soul'. When I Dream

Just a few levels above the self help section sits this book. If you are headed down the spiritual journey path, but find yourself being blocked in various areas, this book can really help. Interesting is all the experiences we tuck away for survival in this 3D world. Highly recommend this book!

It's easy to throw around the terms like "life changing" and "paradigm shift" when talking about books and concepts. When speaking in such terms, often it's just hyperbole, but other times it's true. "The Dark Side of the Light Chasers" is one of those truly life changing books for me. Over ten years ago, when I first heard Ms Ford in a workshop expounding on the idea of loving all parts of myself, it was indeed a paradigm shift. Up until that time, I just assumed that some qualities and characteristics I possessed were just bad and needed to be hidden or disposed of. And I had unsuccessfully tried to do just that for years, causing myself much frustration and concern! Now I'm free to just be all of me. This book clearly explains the rationale and benefit of "being whole rather than good" to paraphrase Carl Jung. It's a great introduction to the concepts of the shadow and projection. In addition, it contains useful exercises and processes that ensure the reader can have an experience of the heart as well as the head.

After a few rattling dreams, I realized my subconscious was pushing me to "deal" with my shadow side. Without any idea how to do so, I found this book and it has been powerful. The book has opened my eyes to several things about my life that is changing my attitudes, behaviors and most importantly my perspective on life. I think often times, you're told by others, "it's all perspective - that is the key to change." But it's hard to know what that means. I've followed several exercises in the book - and it changed my perspective - allowing me to let go (another one of those things people say you should do, but hard to know how.) The exercise where you own words you have judged others on by saying "I am \_\_\_\_" was particularly powerful for me. As I said them, I can feel these words just pushing at me at parts of my energy body. It's like something there needed to be released. The more I said it, the more it released. At times, it hurt. There was a tremendous amount of pain to release. But it was the most painful ones that was the most rewarding. As she said in her book - you felt lighter. This feeling of burying a secret inside yourself no longer needed to be veiled. It's changed the way I view people in a way I never thought possible. I now see people I dislike as my teachers - people who are brought to me to show me parts of myself I need to accept. And that has had a profound and completely amazing effect on my relationship with those people. All of a sudden, the tension lifted... and we got along better. I was also going through a period where I needed to reconcile the "old" me who was egotistical and ambitious and the "new" me who strived to be compassionate and humble. I beat myself up for having been that person, and was working so hard to suppress those old parts of myself and it was causing me to be depressed about who I am. The book made me realize that I didn't need to suppress that person - instead, it needed acceptance and there's no reason to completely put that part of myself away. It wasn't until after I finished the book that I found out Debbie Ford is no longer with us and had such a long struggle with cancer. Indeed, some may wonder about her teachings if she was sick - then could we really listen to this way of healing through shadow work? But I think it makes her human. The whole idea of the shadow is that it's always there. We will always struggle with the shadow - even the teacher.

I would recommend this book, without hesitation, to anyone searching for spiritual enlightenment and for a better understanding of themselves. Debbie's passing is a great loss but fortunately she will live on in her books. I read *The Dark Side of the Light Chasers* back in 1999 or 2000 and was so impressed with what I learned about myself that I passed the book on to a dear friend, who did not return it because she passed it on to someone special as well; and, that says it all. Debbie's honesty in her self revelations took great courage and I admire that so much. Obviously, her books mean as much to others as they do to me because she has sold a lot of them. What inspired me

most was the exercises, which I enjoyed doing so much that I want to do them again. I remember exploring a whole new and exciting acceptance and understanding of myself. That helped me to have a whole new approach to life, to myself and to my relationships with others. Learning to embrace all that I am, to recognize and own both the dark and light sides of myself has helped me to love and trust myself - and therefore, others.

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