

Coming Into Our Power: Self-Love and the Shadow Personality

The Universe responds to us in direct proportion to where we stand with our own self-love. The more you love yourself, the more powerful you will become. Because we ARE the universe, reflected back to itself. The basis of all our abilities, our power, and our potential is sourced from this self-love.

I used to think I loved myself fully. But because I continually have healing experiences that release more and more self-criticism, shame, and self-doubt, I realize I may never love myself FULLY, but am certainly able to always love myself MORE.

These aspects that interfered with my self-love invariably dwell beyond the mask of the mirror. We don't see what is blocking us. We don't see our shadow's true nature. Indeed, it takes many of us a long time to see our shadow at all. Once we do, acceptance of its existence is the next step, and then, integration.

Ironically, our shadow is quite visible to others. It is usually the qualities in ourselves that others find issue with. The "faults" in our personality, if you will...

It takes real courage to inquire about one's own shadow, because invariably the reaction to hearing about its characteristics will be defensive. Likewise, it takes true courage to speak the truth when one is asked to reflect back to another those elusive parts of the personality. Running the risk of offending the inquirer is quite high.

I believe one quality of enlightenment is being able to see the shadow in others, and embrace it with compassion and non-judgment. We all have a unique journey to wholeness, and our shadow provides the darkness through which we travel on our path illuminated by faith, trust, and love.

When we have evolved enough on our own journey to understand this, we no longer experience other people's flaws as personal attacks against us, but rather as opportunities to shed new light into darkened areas of consciousness.

Here is one example:

Somewhere along the line we were conditioned that expressing joy and admitting we are having fun is "uncool." And so we parry down our enthusiasm by focusing on negatives in a mocking sort of way through the lense of cynicism. I was very cynical at one time. This was one of my shadow traits I was unaware of. But I learned that cynicism is a well-masked defense mechanism that blocks your ability to express joy.

Once I shed the cynical perspective, I was able to bring more joy into my life, which improved my life experience, increased the amount of love and light I was conducting, and ultimately increased my power as a healer, and lightworker.

Cynicism, much like any undiscovered shadow aspect, envelopes the aura like a dark cloak, weighing down the radiant light of your true soul. When the time is right, you will remove that cloak, and you will come more fully into your power. This is the essence of that journey of self-discovery known as "life." Celebrate the process in yourself and others, and harmony will prevail throughout the Universe.