

Book Summary

“The Dark Side of the Light Chasers”
by Debbie Ford

Instead of striving to be “**perfect**,” denying shortcomings to yourself and others, learn to become “**whole**”.

Author, Debbie Ford reveals secrets to reclaiming your power, creativity, brilliance, and dreams by embracing both your dark side as well as your light.

Ms. Ford begins the Introduction chapter by defining, “Shadow work.” This concept has existing since the beginning of recorded history. It is the very essence of religious impulse, where traditionally, humankind has sought a balance between, light and dark. Remember Lucifer, in theology, was at one time the brightest of all the angels. His “fall” is theoretically the temptation we all meet. We are continually called upon to be morally aware lest we come under the influence of our own dark side.

We know our shadow by many names: dark side, alter ego, lower self, the other, the double, the dark twin, repressed self, and so on.

“Would you rather be whole or good?” asked the renowned psychologist, Carl Jung. Jung’s work is famously known for integrating the “shadow” and its essential role in self-realization.

The practice in Buddhism is called the “Middle Way,” allowing us to recognize, own, embrace and balance the destructive potentials of our shadow and release trapped life energies that free us to use the full spectrum of our personal powers, both light and dark for benefit to ourselves and to others.

Once the darkness is embraced, it can be healed. That dark earthy, essential place within us is our shadow. It is a field that needs acceptance, love and cultivation before the flowers of “us” can bloom.

This book is a guide for your journey. It gives you knowledge and tools to face what lies inside you. It will open up your heart to yourself and others, and alter your relationship with the world forever.

It is only when we have the courage to face things exactly as they are, without any self-deception or illusion that a light will develop out of events by which the path to success may be recognized.

Jeremiah Abrams

The forces that comprise matter throughout the cosmos are found in each atom of your body. Every strand of your DNA carries the entire evolutionary history of human life. Your mind contains the potential of every thought that ever was or will be expressed. Understand this reality is the key to the door of life—the entranceway to unbounded freedom. Experiencing this reality is the basis of real wisdom.

The elements you dislike in people around you are the elements you dislike about yourself. It is the “disowned” aspect of you. Every part of you has some message to give you, even the parts of you that you most despise in others. Remember the old saying, “It takes one to know one?”

Start with making a list of negative traits such as greedy, liar, phony, jealous, vindictive, controlling, nasty, bitchy, fat, stupid, fearful, sloppy, late, lazy, gossip, and so on. Say out loud, “I am _____.” Identify the words that have an emotional charge for you.

Remember that each of the negative traits has a positive gift for you, more valuable than you ever imagined. Here is an example; a cheap, greedy, penny-pincher is thrifty and responsible with money.

“Owning” is an essential step in the healing process and creating a life you love. You can’t embrace that which you don’t own. In order to be completely free, you need to be able to own and embrace all the qualities that upset you in other people. When you do, you mysteriously no longer need to project your distains on others and carry around toxic emotions stored up inside yourself. Carrying emotional judgments for others is burdensome and injures your health and wellbeing.

Pain can be our greatest teacher; it leads us to places where we’d never go on our own. Both positive and negative experiences take us to where we are today. Strive to take full responsibility for every incident in your past to learn what was necessary to get you where you needed to go. Say to yourself, “I am the source of my own reality.” This is the place of power from which you can alter your life. According to the psychologist, Rollo May, the definition of insanity is, “doing the same thing over and over again expecting different results.” A shift in perception is all you need.

Checking your balance, how is your self-love? The world mirrors itself back to you. Try the same exercise above using a list of positive traits such as inspiring, sensual, cheerful, forgiving, flexible, talented, worthy, gentle, patient, humorous, and so on. Say out loud, “I am _____.” Identify the words that have an emotional charge for you.

No longer be on a mission to be perfect, be on a mission to be whole!