

LIMITLESS LIVING

attracting what you want

LL HANGOUTS (WEEK-4)

April 13, 2022 - Questions & Answers

1. What is the Shadow Effect as mentioned by Debbie Ford? How do we do the process?

Shadow work was originally developed by Carl Jung and it is a process of inner exploration to enable total acceptance of self. The work uncovers the parts of ourselves that have not been accepted and creates a space to allow and accept them.

This work is ideal for you if you:

- Have someone in your life whose behaviours irritate or trigger you.
- Are on a spiritual path and seek the formula to self-acceptance and inner peace.

Shadow work is about accepting both our light and our darkness.

The process of shadow work is as follows:

- a. Start by asking yourself,
“Who is it that I hate or have judged? Or what are the qualities of someone that I hate or have judged?”
- b. Next, ask,
“What do I not like about that person or quality?”

LIMITLESS LIVING

attracting what you want

Continue exploring within yourself:

- c. *“What kind of a person behaves in such a way?”*
- d. *“What is really going on for them?”*
- e. *“What do I feel causes them to behave in such a way?”*
- f. *“How do they really feel on the inside when they behave in such a way?”*
- g. *“What are they feeling inside?”*
- h. *“How is it related to my life?”*
- i. *“What is the benefit of the shadow?”*
- j. *“What is the benefit of the shadow to me?”*
- k. *“What is the opposite of it?”*
- l. Test, by being able to claim ‘The Shadow Side’.
- m. Accept the shadow part and its opposite.
- n. Do the integration and wholeness.

2. What are the 6 human needs as mentioned by Tony Robbins?

The 6 human needs are:

- a. Certainty: Assurance you can avoid pain and gain pleasure.
 - How to tell if certainty is one of your core needs: you’re trustworthy and reliable, you thrive on a schedule, and are very organized. You’re hesitant to take risks or try new things.

LIMITLESS LIVING

attracting what you want

- b. Uncertainty/Variety: the need for the unknown, change, new stimuli.
- How to tell if variety is one of your core needs: you're outgoing and like meeting new people. You have many interests and are always looking for something new to do.
- c. Significance: feeling unique, important, special, or needed.
- How to tell if significance is one of your core needs: you love achieving goals. You're committed to a cause – or several causes. You're often described as very competitive or a perfectionist.
- d. Connection/Love: a strong feeling of closeness or union with someone or something.
- How to tell if connection is one of your core needs: the values you hold dearest are loyalty and generosity to those you love. You give freely and have strong social ties but sometimes find it hard to say no.
- e. Growth: an expansion of capacity, capability, or understanding
- How to tell if growth is one of your core needs: you're always pushing the boundaries set by others and by society. You are independent and lack attachment to materialistic things.
- f. Contribution: a sense of service and focus on helping, giving to, and supporting others

LIMITLESS LIVING

attracting what you want

- How to tell if contribution is one of your core needs: you enjoy giving back and helping others. You're empathetic and compassionate.

3. What is the other way of getting to the shadow?

The first way of getting to the shadow is through the judgments you make about other people. The second is when someone accuses you of something and you feel the need to defend yourself.

The second way involves the following steps:

- a. Step 1: Ask yourself,
"What has someone ever said to me that felt like an accusation?"
- b. Step 2: Next, ask,
"How did it make me feel when they made the accusation?"
- c. Step 3: Welcome that feeling.
- d. Step 4: Imagine someone who has the behaviour or quality you were accused of. Ask yourself,
"How do they really feel about themselves on the inside?"
- e. Step 5: Then ask,
"Have I ever had any of these feelings/behaviours myself?"
- f. Step 6: Then, ask,
"What is the benefit of the surface accusation?"
- g. Step 7: Ask,
"What is the opposite of the behaviour?"
- h. Step 8: Ask yourself,

LIMITLESS LIVING

attracting what you want

“When I do the opposite behaviour, can I ever feel accused?”

i. Step 9: Ask,

“What is the benefit of the opposite of the behaviour, for example, secure, honest, etc.?”

j. Step 10: Ask yourself,

“Bringing together the benefits of both the surface accusation and the opposite, what is here now?”

4. When someone accuses you of something, how does that show up?

They may call you selfish, a liar, inattentive, indecisive, a bulldozer, and so on. Someone who makes this accusation at you may feel insecure and disrespected on the inside. Ask yourself whether you have felt any of these emotions. Understand the opposite of these emotions. Understand the benefit of being valued, selfish, and stable. You could be more self-confident. You may be successful and have nobody manipulate you. There could be more acceptance.

5. How can we tell that the integration is complete?

There are four ways through which we can tell that the integration is complete:

- a. Can I say it out loud? In claiming the behaviour, I no longer need to judge. According to psychologist Gabo Mate, “Anything I’m judging on the outside of myself is an unaccepted part of myself.” If I’m judging laziness in somebody else, I’m sitting in judgment.

LIMITLESS LIVING

attracting what you want

- b. How do I feel about that person and their behaviour? Do I feel compassion and understanding for them? Can I accept them? For example, a client was judging someone for doing the same thing he had in the past. He couldn't accept that person, they made him angry. He wanted them to behave a certain way. If a 'should' comes up, a shadow exists.
- c. Can I accept the opposite of the shadow? If the deeper level is unworthy, and the opposite is I'm worthy. Can I accept that I'm worthy too?
- d. It is the combination of the benefits of both behaviours, a combination of surface shadows. For example, the benefits of laziness are no work, rest, and less responsibility. The opposite of laziness is activity and action. The benefit of action is getting things done. But this way, I can go into burnout and over-action. What we want to know is how we can get the benefits of laziness while feeling good and getting work done.

6. The accusation was that I do too many things and courses and it's starting to bother the people around me, including my daughters, who want more time with me. Courses make me feel fulfilled. They want me to be available at the push of a button. I don't feel good about it. How do I deal with it?

I understand that your daughters need more time from your side and you feel fulfilled when you do these courses. As for others demanding your time, ask yourself,

"Who are they not to have you in fulfilment?"

LIMITLESS LIVING

attracting what you want

Knowing that you feel fulfilled while working on your courses, understand that it's their problem and that's okay. Because *who are you to deny yourself fulfilment* and *who are they to deny you your fulfilment?*

But, the biggest thing to ask is,

"How can you still feel fulfilled in yourself and create experiences of fulfilment for you and your daughters?"

Understand that the accusation made by your daughters that you don't have enough time for them or the request to have you available at the push of a button is born out of love and a desire to have magical experiences with you, their mother. But you also want to have magical moments for yourself too. So, another question to ask yourself is,

"How can you set yourself free from the emotion that comes up within yourself?"

The answer to this is by feeling safe and accepting that you love them and they love you.

Talk to them and tell your daughters,

"I hear you and your requests. I also understand where they're coming from and I realize you want me to spend more time with you. But understand that by me spending time with myself by doing these courses, I'm able to create even more magic for us."