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INTRODUCTION

This book is for those individuals who have entered the Shadow . You will know when this has happened .Your marriage may have failed , you may have lost your job , you may have a life threatening disease or depression . The whole world will appear to have turned against you . No amount of positive thinking seems to make any difference and your old ways of dealing with life make no difference . You feel that you have no control over anything and the harder you try , the worse your life seems to become . Nothing you do seems to work . You are in the Shadow.

The Shadow can be an extremely frightening and threatening place . All sorts of dark characters and events may intrude into your life and it may appear to be a very negative experience . Actually , the opposite is true . We experience life through a purely material outlook , but from a spiritual perspective these negative events are a hugely positive opportunity to enter into the deepest realms of your psyche and bring the darkest parts of yourself to the surface for healing . The Shadow actually creates the circumstances and brings certain people into your life so you can deal with the various emotions that will arise , because it is in your emotional ' field ' where your true self lives .

The Shadow is the place within you that holds the repressed pieces of your personality .Most of the time you are completely unaware of this part of yourself and will have had only vague glimpses of it , but it is there that not only does your not-very-nice self reside , but also the far larger and immeasurably greater You that you are , believe it or not ! In the following chapters , my aim is to explain its main characteristics and how to deal with it .I hope that you will find the book illuminating and I wish you the very best in your life .

Frank

NB : I write mainly using You or Yourself . I know how irksome this can be as it implies there is something Wrong with you and that the author is some sort of Spiritual master , who has discovered ' Enlightenment' . Firstly , there is absolutely nothing wrong with you at all .Secondly , I have used You and Yourself as the book is written directly to you and lastly , I am nowhere being any type of Spiritual example ,as anybody who knows me will testify , only too willingly .

CHAPTER 1

THE THREE FACES OF EVE

For you to understand the Shadow , you must know who you are and how you came to be and I will endeavour to explain my theory of how the world originated and how we are One , even though all our senses suggest that we are separate and different from each other .

The most distinctive feature of Multiple Personality Order is the formation and emergence of alternate personality states or ‘alters’ .Patients with MPD experience their alters as distinctive personalities possessing different names , histories and personality traits . It is not unusual for MPD patients to have alters of different genders , sexual orientations , ages or nationalities . Some patients have been reported with alters that are not even human : alters have been animals or aliens from outer space . The average MPD has between two or ten alters , but some have been recorded with over one hundred .

The Three Faces of Eve , a major film in the 1950s , is the true story of a young housewife who suffered from Multiple Personality Disorder . The film tells the story of Eve White (a pseudonym) in an unhappy marriage , who was referred to psychiatrists by her doctor , due to headaches and blackouts . During one therapy session , good time girl Eve Black emerged . Eve Black knew all about Eve White and scorned White’s life as a boring waste of time . Her psychiatrists treated both Eves , sometimes using hypnotism . Subsequently , a further personality , Jane emerged .Over many sessions , several traumatic events, such as Eve White being forced to kiss her dead grandmother were disclosed . Over time these three personalities attempted some sort of resolution .The doctors were uncertain that she was fully cured but optimistic that she faced a more stable future .

One of the major beliefs of the New Age movement is that the World is One .This idea, inherited from Buddhism , seems at first glance to be odd as the world we see is full of individual objects . How can the world be one and why does it appear to be divided ? We are One Mind – there is no separation in our mind . In this mind everything is perfect . There are no thoughts of disease or death or pain .There are no negative emotions such as guilt , hate loneliness or anger . There are no thoughts of revenge , punishment or scarcity . It is in this place that we really live and it is through this spiritual sight that we truly see the real world . No separation actually exists between us . We are perfect but we do not realise it.

So how did we get from this stage of perfection to where we are now . For the world we see is far from perfect . Our human world is ruled by death , pain , disease , wars and poverty . However positive you try to be the world does not seem to change . People send out rays of loving light and prayers and yet the same old problems carry on and as soon as one problem is solved , another problem occurs . As soon as one war is finished another starts. What is the force behind all our troubles and why can we not solve them and how does Eve White fit into all this ?

As I said before , I believe that there is only One Mind – a Supersoul if you like – and that all our thoughts and hence our actions come from here. Even though people appear to make individual choices they all emanate from this source , which has a fixed view of the world . Psychiatrists believe that Multiple Personality Disorder is triggered by some form of trauma , which forces the personality to split into different facets , like Eve White . A dominant personality will appear and it is only when some event occurs , normally traumatic , will the

others emerge and the process of attempting to integrate these different characters begins .In our Mind the idea of Death is prominent and this thought was so terrifying that our Mind split into distinct alters and from this separation the emotions of guilt , hate , anger , loneliness etc were born . The world , in effect , has Multiple Personality Disorder ! An individual , with MPD , will only form a relatively few number of personalities , but the Universe has formed an unimagineable number . Luckily , there is a part of us who still knows the truth .This part of us , encourages us to ignore the siren calls of death and destruction and urges us to remember who we are .

The Creation story in the Bible is actually the account of this separation and the conception of the Ego , which believes itself to be disconnected from everything else and sees the world as the same .The Adam and Eve tale is the splintering of our Mind into male and female and the creation of our bodies and it is also the origin of guilt and the concept of a jealous and vengeful God . The account of Moses receiving the Ten Commandments is our construction of a God , who tells us how we should behave .This is the basis of the World we see . However , our world is false – nothing we see is real . There is no physical matter in reality . There is no division into male and female. There is no birth or death. There is no God in the sense we normally understand . There is no ' I AM ' . There was no Creation as everything we see is in our imagination . You are not your Ego or your Body , as they do not exist .You are far greater than you could ever imagine .

In the next chapters I will endeavour to explain how these conceptions affect you emotionally and how the Shadow could free you from your chains .

CHAPTER 2

WHY ME

The Shadow will normally show itself as a form of illness .It can be a physical illness or a form of mental illness such as depression or anxiety but as far as it is concerned there is no difference between the two . Another of its characteristics is that it tends to appear out of the blue , like a lightning bolt from the gods . One day you are fine (or so you think) and then the next you find yourself in a hospital bed with men in white coats peering over you trying to diagnose what has happened . The common consensus is that there is now something wrong with you and that you have to be cured . Once you have been labelled with your illness , you will normally be offered pills or surgery . I must state that this medical intervention is vital , as in this initial stage you will have no idea what is happening to you and will probably be in shock so it is wise to let other people to make decisions for you. There will be concern from your friends and family , if you are lucky , and this can be a great help , but it is a horrible and terrifying place to be ,even with a lot of support. The Shadow does not always show itself as a major illness and if you are lucky you will have heard its knocking before , as in any forms of illness there are prior signs that something is trying to get your attention.

After the first shock has passed , a wave of emotions is normally experienced . These can include despair , anger , fear and guilt and sundry others . I would like to concentrate on fear and guilt as they are at the core of our emotional being and the other emotions such as anger come directly from here.

The first emotion that is normally faced is fear . This can hit you like an express truck and can have many facets : the fear of being alone , the fear of not recovering , the fear of being a burden , the fear of financial problems . You will be surprised at how much one human being can fear . Once one fear has passed , another will materialise and at the same time you may be dealing with physical problems which may make it even harder to deal with . There are actually only two things we fear – Life and Death ! This may seem contradictory but one follows on from the other . When you look at fear closely , you will find that all our fears stem from these two original concepts and through the Shadow you will have to confront them .

When you are young , death is something happens to other people , but as you grow older death looms into view . One day you will be separated from everything you hold dear or so it seems . It seems very unfair – to be born and then to die . The thought of nothingness is terrifying to our ego and can make life pointless if at the end of it , you will be no more . Even religion doesn't really help on this score as every time you go to Church you are greeted with an image of God's only son Jesus being crucified on the cross . If that is what God does to his friends , what the hell is going to happen to the rest of us ? Will I go to hell when I die ? If that is to be my fate then I must have really upset him (God , for some reason is always seen as a man) . These thoughts are running through your mind whether you are aware of them or not and they all point to the same conclusion – God is our enemy . (I personally don't like to use God as a word , as it brings to mind a vindictive , bearded old man hurling thunderbolts at a scared world and will use Life for God from now on .)

That is the bad news , but the good news is that you will not die . For want of a better description , you are spirit not your body . When you leave your body , you will remain whole . It is the belief that we are bodies and that we die is the source of all the problems in the world

and the reason that leads to the second Fear of Life . Life would not and could not create anything that would die . Good parents do not try to harm their children , let alone kill them . Life is exactly the same and never wishes any harm to come to anyone and only wants good things for you , not for you to be in pain.

So why does the fear of death lead to the fear of life ? Firstly it has created great fear of your fellow man at a subconscious level . You do not know who is friend or foe ,in case they turn on you and attack you so you begin to fear life . This has caused great problems in the world as races fear other races , women fear men and vice versa , and antagonisms develop which has led to World Wars and genocides . Secondly , our fear of life blocks the good things , life has to offer us . As hard to believe as it may seem , all prayers are answered but because of our fear we are not prepared to receive them . The answers to our prayers are there but we literally cannot see them because our fear is too great to let them in and at the same time we moan and groan at the inequalities in the world when it is actually us who is causing the problems . This has led to our belief in scarcity and the dog eat dog mentality which has eventually come to rule the world . Nobody would mind giving wealth away if they knew that they could have anything they desired .

Even though life may seem very scary , this is only in your mind . There is nothing to fear . **NOTHING HAS EVER DIED OR COME TO HARM IN ANY WAY** .This includes you . Buddhists speak of this world as Maya – an illusion . They are right . Nothing is real but our belief , makes it so .

In recent years there has been an explosion in 3-D virtual world reality games played on personal computers . I quote from the website of one of the most popular games Second Life :

" Second Life is a 3-D virtual world created by its Residents.Since opening to the public in 2003 , it has grown explosively and today is inhabited by millions of Residents from around the globe. From the moment you enter the worldyou'll discover a vast digital continent , teeming with people , entertainment , experiences and opportunity . Once you've explored a bit , perhaps you'll find a perfect parcel of land to build your house or business.You'll also be surrounded by the Creations of your fellow Residents . Because residents retain intellectual property rights in their digital creations , they can buy ,sell and trade with other Residents. The marketplace currently supports millions of dollars in monthly transactions . This commerce is handled with the inworld unit of trade , the Linden dollar , which can be converted to US dollars at several thriving online dollar exchanges . "

There was a news story about a couple, Amy and David Taylor who had divorced because of Mr Taylor's adultery with another player in the virtual game . This had not actually happened in real life but Mrs Taylor considered it enough grounds for divorce . In effect she believed that Second Life was real . Their story was shown on television and was in the newspapers and everyone had a good laugh at them . The mistake with this attitude is that if they were stupid to believe in the reality of Second Life , then the whole of the World is just as stupid . Because nothing we see in this world is real – it is only imagined . We are at the controls of a game and have convinced ourselves this is actually happening . There is no physical matter . Everything is non – material and it is our addiction to the physical world that

keeps it going and it is only through our Minds do we see what we see . We are not suffering or in pain of any kind unless we think so . There is nothing to fear !

The other emotion that you will experience is Guilt . The first question that everybody asks themselves when hit by some calamity is Why Me . What have I done to deserve this ? What have I done wrong ? The answer is you have done nothing wrong – ever . If you are physically ill the doctors will tell you that there is Something Wrong With You and you need to be fixed . Again, there is nothing wrong with you whatever your external physical appearance may show .You may feel guilty about the burden you are putting on friends and family or you may just feel guilty about past actions you have done . You may review your life style and conclude that your present situation is because of your diet or addictions . Whilst it is undeniable that bad habits do cause physical problems it is the original guilt that causes you to act out in this way .Before I mentioned that there is nothing to fear , which is another way of saying that fear does not exist and in the same way guilt is not real either , but a concept dreamed up by our egoistical Mind .

YOU ARE INNOCENT . This is probably the most important idea to grasp and if properly understood will lift you out of any problems that you think you have . The whole world is innocent and so is every living being . Adolf Hitler , Stalin , serial killers , paedophiles . wife beaters , prostitutes , your worse enemy . They are innocent , but most importantly so are you . There is nothing you can do about this even if you wanted to . Innocence is woven into the fabric of your being in much the same way that an elephant is an elephant . The worse fear your ego has is that you will discover your false guilt and manage to release it as all its power is invested in it . As long as you believe you are guilty it is safe but when you begin to question it , the ego is seriously threatened and it is so important it has invented a method to deter you from investigating it .

So what is this method that keeps the vast majority of people unaware of the guilt within them ? The main defence the ego uses is Projection . Projection is the concept that a character trait which is seen in another person or set of persons and which you are not prepared to accept in yourself shows itself in an object outside of yourself .An example of this could be when someone claims another person is a racist and makes a huge song and dance about it, unable to see the racism within themselves . It is quite common for closet gays to denounce homosexuals and sometimes to attack them physically because they cannot accept it within themselves . All guilt is projected away from itself and it pronounces that the world is guilty . Please realise this is untrue and is just a ruse to continue the guilt and at the same time keeping you from joining with others in guilt free relationships .

It is actually positive when you start feeling your guilt as you are now in a position to control your actions .Before you become aware of your emotions , actions are completely unconscious and you are being controlled by your ego , but once you realise where your thoughts and feelings are coming from you are able to start wresting control from it . The story of Adam and Eve is an attempt to explain the origins of sin and this shows the Body as the guilty party .In fact,guilt is always projected out onto another body and this is the source of Original Sin . It is always the body which is the source of the sin – either your body or someone

elses . This comes from our belief our bodies are real and in our illusory world everything is concentrated on what we do , but we are doing nothing . One of the most threatening concepts in the Bible (of which there are many) is Judgement Day , when you will be found Guilty and cast off into Hell for eternity . This is rubbish as the real Judgement Day will be when you realise your innocence . **YOU ARE INNOCENT** .

Fear and Guilt are illusory emotions in an unreal world. There is nothing to fear and nothing to feel guilty about and yet we still are plagued by them . In a later chapter I will endeavour how to deal with these and other feelings but they are an integral part of the shadow and they cannot be avoided , but as hard as it may seem to believe , there is a space within you which is at peace and knows this to be true .

CHAPTER 3

CONTROL

Another notable characteristic of the Shadow, as you enter it, is that your whole world will seem to be spiralling out of control . If you have a physical illness or mental health problems you will probably be totally dependent on medical people and if you enter it through financial problems , divorce or bereavement you will again find that you have no control over the circumstances you find yourself in . Up to this moment your life may have run smoothly and generally you may have been pretty happy with the way everything was going . You may

have had a good job , a nice house and a loving family but suddenly you are faced with situations that you have never had to deal with before . It is like a hurricane suddenly descending and blowing away all that you hold dear .

Your first response to this unexpected and unwelcome visitor will be to deny it . You will want to continue your life in much the same way as previously but you find that your spouse leaves you , you lose your house or job or that you are unable to physically to do what you used to do without any problems . Life becomes very hard . Up to this point , you may have been a generally controlled and calm person but find that your emotions take on a life of their own and you get into conflicted situations for no apparent reason . You will want to hold on to what you have for dear life and resist what is happening . Everything that you have will become very precious to you and if it disappears , you may feel like a child who has had its favourite toy snatched away from it .

This resistance is actually counter productive and can cause great despair and anguish as you fight to hold on to your previous life . Our feelings of control are directly linked to what we think we need .(Anybody who has had addiction problems will have empathy with this . You know you don't need the substance , whether it be nicotine , alcohol or harder drugs but the little voice inside you keeps saying that you can't live without it , so the addiction continues . I know , personally , how hard this can be as I have been for many years a smoker who would love to quit but is unable to do so. The addiction becomes so much a part of you , that you identify yourself with it . It is common to hear people describe themselves as a smoker or drinker as if that is what they are , rather than what they do .) The best course of action when you find yourself resisting is to accept your current situation . It has happened. The past has gone and the clock cannot be turned back , however much you want to return to the previous position . Feelings of being trapped and being controlled will come to the surface and you may think you are deprived .

These emotions are all directly caused by our belief that our needs are not being met. So what do we need ? The answer is absolutely nothing . The world is being misled by a magician's trick , but the magician is inside us . I would describe our belief in what we need as similar to a stage hypnotist's embedded command , where the orders are accepted by our subconscious and then acted out . The poor member of the audience is brought up to the stage in front of his or her friends and family , hypnotised and instructed to believe that he is a orangutan or whatever . We are similarly mistaken by our belief system and we have been mesmerised into believing what we do . Here is a list of some of the erroneous internal beliefs that lie in our subconscious :

- I need my body
- I need sex
- I need money
- I need a partner

- I need to work
- I need to know
- I need alcohol , cigarettes , food etc

Everyone has a list of items they think they need , either to survive or to enjoy their life . Our beliefs all come from the idea that we are material beings and as we have convinced ourselves that this is true , so we have concocted a strange set of needs . If you need something , you are not free as true freedom must come from being able to let go , rather than being an addict . It is your addictive desires that cause your lack of freedom, rather than the freedom to satisfy them .

One of the twentieth century's most iconic figures was the magician and writer Aleister Crowley . He was a major figure in several esoteric organizations such as the Golden Dawn and Ordo Templi Orientis and is best known for his work *The Book of Law* . during his lifetime , he was infamous for his behaviour and was called " The Great Beast " and the " Wickedest Man in the World " . He was accused of Black Magic and paedophilia . Whilst none of this was proved conclusively , (he lost a libel case when he tried to defend himself against charges of Black Magic) it would appear he was involved in very strange magical practices mainly based on sex .As with all great egotists it is difficult to distinguish between the truth and fact , but he appears to have been an unlikeable man relying on the strength of his character rather than any redeeming features . A witch in a coven in the New Forest in Hampshire described him as " a dirty minded , evilly disposed and vicious monster . "

He died in 1947 in Hastings , broke and addicted to heroin . but his infamy lived on and his story continued to fascinate , especially in popular culture . On the Beatles famous album *Sgt Pepper's Lonely Band* he was included on the album cover and it has been claimed the lyrics " It was twenty years ago when Sgt Pepper taught the band to play " were written on the twentieth anniversary of his death and that Sgt Pepper was a direct reference to Aleister Crowley . Jimmy Page , the lead guitarist of Led Zeppelin was notoriously interested in the occult and once owned a house Boleskine House , on the shores of Loch Ness , which Aleister Crowley had been the owner of some years before . David Bowie , in the song *Quicksand* on the *Hunky Dory* album wrote : " I'm closer to the Golden Dawn immersed in Crowley's uniform of imagery . " Ozzy Osbourne , Iron Maiden and Marilyn Manson have also referenced him in their songs .

But what is the reason for Aleister Crowley's long lasting renown ? It is the phrase ' Do what thou wilt shall be the whole of the Law ' from his famous book *The Book of Law* which has been the main influence on western society and came into full bloom in the 1960s with free love and the let it all hang out mentality and ended with the Charles Manson family bloodbaths . With hindsight it was probably inevitable that the 1960s would end in a rush of acid and blood . The concept of free will is very powerful as we have the subconscious belief that we are trapped and somehow imprisoned . We feel trapped in our relationships and jobs , and being told we can do what we want is a potent belief to an imprisoned soul .The problem

with Crowley's view is that he did not question where his desires were coming from .Your subconscious tells us that you are deprived so you pursue a mainly material life filling your homes with more and more , even though you are never fully satisfied . Your survival instinct commands you to take jobs you dislike and your sex drive compels you to seek out partners , who you may not even like. This is not freedom , but slavery and the more needs you think you have the more you are enslaved . You need nothing .

Previously , I referred to the inner hypnotist who manipulates our desires and beliefs but I also believe that there is another force which attempts to do this on a world wide scale.As we have personal egos , there is also a world ego which I refer to as a super Ego which tries to tell you what you need and how to behave, and like our personal ego is obsessed with control.

This Super - Ego has four main planks for its control of the world .Firstly through the various governments it has power over the legal and financial organizations .Through the legal system it dictates what we can and cannot do and through the financial system it ensures that the vast majority of individuals in the world have meagre financial resources , whilst retaining the vast majority of wealth in its own favoured positions such as Banks and Corporations .Secondly , it uses the various religions of the world to instruct us how to behave . the Ten Commandments are a very good example of this – if the Prime Minister of Great Britain or the President of the USA went up a mountain and returned with tablets from God telling us how to behave , I hope the world would be mature enough to tell them where to go ! The Spanish Inquisition is a perfect illustration of this religious zeal to dictate how individuals behave . ‘ No sex before marriage ‘ is an example of the religious need for control . God , Life or the Universe , or whatever your terminology for the spiritual is , **never** tells us how to live our lives .

The third string to the bow of the Super Ego is Education . Tony Blair's famous desire for ' Education , Education , Education ' , though probably coming from a genuine desire for our children to receive decent schooling , shows the Super Egos need to instruct children how to live in this world . I have heard how important education is , as it shows children how to live in this world . This is not true – it shows children how society wants children to live in this world . When we are young we are impressionable and trust authority figures to guide us . The problem is that these various authority figures are caught in the trap and so the same ideas are passed down from one generation to another . Schools and universities are used as propaganda tools to mold and smooth the personalities of the young .

The final system and probably now the most important is the Media . Via television , the movies , popular music the Super Ego can subliminally put ideas into our minds . Our subconscious is very open to suggestion and it is our conscious mind that filters the visions we see. However , by continual media messages thorough the News , films and entertainment programmes our conscious mind will eventually believe what we are meant to . It is such a powerful tool because ,when viewing television or films or listening to music , we are put into a light hypnotic trance that makes us more suggestible than we would normally be and prolonged viewing will eventually slow down our conscious mind and reduce our cognitive ability to think

for ourselves. In our more secular age , the media has replaced religion as the main instrument of the Super Ego to manipulate and control the world .

The individuals who work for these organisations have no idea how they are being manipulated and probably feel they are doing humanity a great service . I used to be employed by a major UK bank and , with hindsight , it is amazing how easy it is to be sucked into a certain mind-set and from my own observations , the higher up the hierarchy you go , the more you get locked into the belief system .It is almost a form of possession , where the mind is given up to the wishes and interests of the organisation and is bribed with financial rewards to keep you in line . At the very top of government , banks , religions , education and the media the individuals are almost totally connected into the Super Ego's way of thinking and are only there to serve its interests . This system is not concerned with you in the slightest and its only concern is its own survival .

By your own personal experiences and through the Super Ego , your needs are dictated to you . One of the Shadow's main aims is to challenge your belief system to show you how erroneous your needs are . I previously said you need nothing and this is true , but I do not advise stopping eating or living in a forest as a hermit . It is the awareness that your needs are untrue that the Shadow is attempting to point out and with this knowledge , it is then up to you how you wish to live your life . All addictive desires come from your ego – your true self has no needs or need to control anything .

CHAPTER 4

THE MEANING OF LIFE

An additional problem that will arise is the Death Wish . Sigmund Freud , the famous psychiatrist , theorized that buried deep within the human psyche was a desire to die and that our actions are directed by this impulse . From my own observations , I would agree with this but this urge is very well hidden within the subconscious and only comes to the surface when

the ego is threatened . Mostly , it is directed outwards onto to other people and even though the vast majority of human beings do not murder , feelings of hate and anger are signs of this emotion . It can be felt as self hatred , a hatred of life or at its most basic suicidal tendencies . It is most obvious in depression when the impulse for suicide can be overwhelming but it is also seen in physical illnesses when the patient feels life is no longer worth living because the physical restraints imposed on the body have become so bad . You will confront this to a greater or lesser extent . You may have days of despair when you feel you cannot go on or cope with life and death becomes a very comforting prospect . When someone dies after a long illness , you may here people say ' They are at peace now ' or ' it is a release ' and is meant very genuinely but it is an indication of the subconscious belief that death is somehow good and life is suffering and a struggle . Be aware the death wish is another false belief inside of you trying to keep the awareness of your true self away from you .

Everything you see in this physical world is symbolic of death . Nothing you see will last for ever – bodies will die , empires will fall and galaxies will disintegrate . The whole of the physical universe will at some point come to an end and at some point your body will cease to be but this is just an illusion . Life is all there is and death does not exist . An indication of the death wish is our addiction to the physical . Our sexual desire is an ideal example of this . We may see the most beautiful man or woman and desire to have sex with them but it is not them we are trying to join with but their body . The body is representative of death and when you say you wish ' to have them ' , you are really wanting to die . This goes for anything in the world – when you must have the new car , the new house or the latest technological gadget these urges come from your longing for death .

In fact the idea of death has been invented to prevent us from seeing the real world . Our belief in death is an attempt to keep out the truth of who we are and is an attack on Life . What is Life , then , and what is its Meaning . The real ' Meaning of Life ' is **LIFE** – nothing more , nothing less . There has never been a time when you have not been alive and there will never be . I said previously the physical world is symbolic of death , but when seen through spiritual vision it seems completely different . The main function of Life is to be and wherever you look in the Universe you will find life , from the coldest planets and darkest reaches of space to a planet like ours . Even when you see a dead animal or person , it is alive but to our eyes it seems very different as when you look at any object be they alive or dead , they are really full of gases , molecules , particles and atoms at the quantum level . In truth , dead objects are still alive but changing form and even when you die your atoms will help form another living object . Life is Life is Life and there is nothing else .

When you observe the physical world closely , you will notice that everything seems to have a purpose , except for one important component – the human race . The Earth goes round the Sun , seasons come and go , night follows day and vice versa . Even everyday household objects have a purpose . Your television , your bed , your oven , your lighting . They all have purpose . If you examine animals they seem to know exactly what they are doing from the lowliest amoeba up to the most intelligent ' higher ' animals , such as whales or members of the ape family . Even clouds , as they scuttle to and fro , seem to know where to go and what to do .

I doubt there has ever been a human being who has never thought ' Why am I here ' . Some people convince themselves that their employment or family are the cause for their lives . Others are brilliant writers , artists or politicians and reason that is their raison d'etre . In the previous chapter I said everything seems to have a purpose . That purpose is **LIFE** . We think our purpose is do but it is not . In fact , there is no purpose or meaning to life , apart from life itself and 'doing ' is just a product of life . Life does not need a reason , as this is all there is . Deepak Chopra , the famous Indian philosopher and writer , has been lampooned for his famous saying " You are not a human doing , but a human being " and yet it is probably the most important insight into yourself if you can fully understand it . People love to analyse and there is a huge industry in therapy and self help programmes , where patients try and understand the inner workings of their psyche . Why did I do this or that ? Why do I feel angry or sad ? I do not want to make fun of the therapy and mental health industry as I have seen very many positive outcomes for individuals who enter into some form of self examination , but the more you understand the less you seem to know . There is no answer to ' why ' as life has no reason . The famous song " We're here because we're here " , sung to the tune of Auld Lang Syne by British soldiers in the First World War and still occasionally chanted at football matches , sums it up . There is nowhere else to go .

The Death Wish is really our addictive attachment to the world . We do not want to give up our dependence on the physical world and its false glitter . The mirages of wealth , fame and other material success are similar to a Venus flytrap , where an unwitting insect is drawn to the plant by its nectar and then the jaws of the trap shut tight , leaving the poor insect to be digested . We believe we are bodies and are unwilling to let go of this idea . There is nothing wrong with enjoying the world but when we can't let go , we are ensnared just like the insects in the Venus flytrap .

The mythological figure of Satan is the epitome of the death wish . In Genesis it is he who tempts Adam and Eve to eat the forbidden fruit , which was the original addiction . Up until this point Adam and Eve were not aware of their bodies and had no concept of fear or guilt . He is seen as a rebellious angel against God (Life) and sought to rule heaven instead of God . To me , Life is synonymous with God and Satan is our attempt to explain the reason for Death . Satan is not real but a projection so we do not realize we are the cause of own actions and can pin the blame on someone else . In court you sometimes hear the plea that ' it was the Devil's fault ' as if the accused had absolutely no control over their actions . I don't think anybody has been found innocent using this plea . This rebel is a part of us , which is in direct confrontation with life and hates living . In a sense we are all Satanists.

The Death Wish is another hurdle to overcome and is an indication of your fear of life . It is another false emotion within your subconscious , pretending to be real , and attempts to stop you from fulfilling your true potential . Life is your real desire .

CHAPTER 5

TIME

The next trait of the Shadow I would like to explain is one of its least obvious aspects and its most mysterious –Time . You may find you are obsessed with the past or the future . Your mind will flit from future events to the past and you may find it difficult to concentrate on

the here and now . You may worry about your future and what will happen to you and find you are plagued by unpleasant memories . A longing to return to a time before your illness may be experienced as well as nostalgic reminiscences . The one place you don't want to be is where you are . You may find you have emotional reactions to these memories such as sadness or anger at injustices done to you and recollections of your childhood , and want to retreat to childhood to a time when you felt safe . The future is uncertain and the past , even though it may sometimes have been unpleasant , seems a far better place than the one you are now .

Time is another conjuring trick . It does not exist . Past and future are only figments of our imagination and as many self help programmes will tell you , there is only Now . No other time has ever existed apart from the present . I remember as a child being told ' Tomorrow never comes ' and being unable to understand it . Of course there is a tomorrow , I would think to myself . Today is Monday and tomorrow it will be Tuesday and after that Wednesday . But I didn't realise that when Tuesday came it would be Now and not tomorrow anymore . Our mind treats the past and future as real and yet they are not real . The past is already over and the future yet to come and yet our present is moulded by these two imaginary imposters . Our present actions are dictated to us by our past and our future is normally seen as a continuation of the past . There is only Now and as mind boggling as this may seem , everything is taking place at the same time . At this very moment you are reading this , you are being born , England are winning the 1966 World Cup final and the universe is being created . I do not fully understand this myself and I doubt whether anybody really does but it is true , as there is only the present moment .

Nostalgia is a good example of how our ' Time Mind ' works . There has been a plethora of Rock and Pop bands who have reformed in recent years . A few names that come to mind are Led Zeppelin , the Spice Girls , Prince , Take That , The Police , the Sex Pistols and The Eagles . All their gigs were sold out almost immediately and they charged large sums of money for their audiences to see them . The audiences were not just confined to the age groups who grew up with these artists but included many younger fans who were not even born in the group's heydays . Why do so many people want to see middle aged men , mainly, with grey hair (if they have any) , pot bellies and dodgy hips and knees prancing around a stage to songs that in some cases are over forty years old ? The television clips of the Spice Girls reminded me of a school reunion when all the mums get drunk on their one night out in the year and give everybody their rendition of Its Raining Men badly out of tune . Probably in ten years time , the young bands of today will be coming out of retirement to showcase their revival tours . The reason is the fans are trying to relive the past , which they imagine to be better than their present and are attempting to escape from their current lives and retreat to a time when they were younger .

Our Mind does not want to live in the present and uses time as a tool to keep us away from the Now . Everything we experience through our bodies is second hand . When you observe yourself or any other object , it takes just an instant for the light waves to be received by your brain . Even though the difference in time is miniscule , it means you are never seeing the present and always seeing the past . This goes for your thoughts and feelings too , but this instant is the difference between the real world and the world we see . For everything you sense

in your body is in the past and does not exist anymore, but even more importantly it means everything you have ever seen has never happened , as you always see the past . I believe the feeling of deja-vu is when a person briefly slips into the present and feel they have experienced the event before . They have left their mind for an instant and sense the world as it really is .

The world of our egoic mind is dead . It is over and only lives on in our minds . Our bodies , mind and feelings are no more – we are ghosts haunting an imaginary world and yet our mind holds onto the past for dear life and replays these pretend events through our memories . Abusive memories from childhood are probably the most difficult and entrenched parts for our mind to deal with . Adults are able to rationalise past experiences and understand why something happened to them , however painful it may be , but children expect the world to be friendly and cannot comprehend the reasons that led to their abuse . This child lives on and the memories are retained until an event occurs which brings them to the surface . But why does our mind hold onto the painful past ? What purpose does it serve ? The reason is to keep us away from the Now . It can be extremely painful to relive hurtful events but it is vital for these memories to be released so you can live in the present . Your negative ego will fight tooth and nail to retain these memories as so much of its power is retained there and the hardest part of releasing your history is not so much the painful memories but letting go of them . The power of memories is not only seen in individuals but also on a global scale . The whole of the Middle East problem is caused by the collective memories of the different countries and ' who did what to who first ' and the Northern Ireland troubles were linked to century old problems .

'Screen memories' are a favourite of science fiction and thriller writers . Hypnotists or mad scientists will impose unreal memories into unwitting subjects to give them a false past so they do not remember the true facts of what really happened . The *Matrix* films and *Total Recall* with Arnold Schwarzenegger are good examples of these type of movies . But are our memories entirely different from these screen memories ? As I have explained the past is imaginary as it only exists in our minds and can only survive with our co-operation . It can be a useful tool to learn but when we hold on , it becomes a problem . We have no way of knowing whether our memories are real or made up . It is common for siblings to have completely different views of their childhoods . One may say their parents were loving and kind and the other saw them as controlling and abusive . In court cases , witnesses may have different recollections from one another and it has been proposed by some that the importance of witness statements should be downgraded . When children are very young , they have no real concept of time and live almost entirely in the Now . I remember asking my daughter what she had done at school and she used to have only vague memories of what she had done . It was over and she had let go, but as we grow older our Time Mind becomes more prominent and it becomes difficult not to live in the future or the past . Most people have hazy memories of their childhood before the age of eight as their Time Mind only starts to develop at this age and the happiness of children is largely related to their ability to live in the present .

The future is also imaginary . When you find yourself drifting off into the future realise you are imagining a time that is not real . It has not yet happened and again is make-believe . Your fantasies maybe pleasant or threatening but they both serve the same purpose – to keep you away from the present and when the future does come , it is not the future any more . There

is nothing wrong in planning ahead for an event you know will happen . Going on holiday , for example , requires organization for travel , accomodation and your pursuits when you are there , but if you are consistently looking forward to being on holiday at the expense of everything else , then your Time Mind is in charge . As I said previously , everything we experience through our bodies is second hand and this means when you eventually come to the future , you will still be seeing living in the past ! Time is really weird ! You believe when this future unfolds , you will be happy . When you get the girl , win your promotion or win the lottery all your problems will be solved . You may have a short period of ' happiness ' but it never lasts and your mind will start creating problems over again , all time related . Happiness can only truly ' be ' in the present .

Your fearful , threatening fantasies serve the same purpose as your pleasant ones . You may fear losing your job or your spouse leaving you . You may fear illness , old age or death . They only exist in your mind , as your future and are there to keep you fearful of the world . Many self help teachers say the future can be created by imagining it . I am not convinced of this , but in general if your mind is full of fearful thoughts it will be difficult to experience a happy life , as it will stop you from expressing your true potential . How many times have you stopped yourself from doing something because of ' what will happen if I do ' . A lot , if you are like the rest of the human race and many reach their death beds with regrets , not for what they have done but what they didn't do . Don't be fooled by a mirage .

Time is a barrier for you to dismantle , but when you appreciate its illusionary nature it can be experienced as a far different creature to the one your mind creates . Your **SELF** resides only in the present and the Time Mind is a defence against Now . The Past and Future are hallucinations and delusionary , however real they may seem to be . It is a tool designed to obstruct you from realising your true nature and when you understand its impotence you will be able to live fully in the present.

CHAPTER 6

THE VICTIM

Everybody believes they are a victim . You believe that , at some time or other , you have been hurt in some way . It may be childhood memories , relationships , or an illness . It may be a myriad of other misfortunes that have befallen you . When you are in the Shadow you will confront the Victim in a big way . Everything will be somebody elses fault . At times it may seem that the world is conspiring against you and you may even talk about yourself as a victim . You may describe yourself as a survivor and expect sympathy because how hard life

has been for you . Some people undergo horrific and awful experiences and I do not wish to belittle their ' suffering ' but there is no such thing as a victim .

The Victim sits quietly in the subconscious waiting to be triggered . A good illustration of this can be seen in marriage breakdowns . Both parties tend to throw accusations at each other like boxers throwing punches and accuse the other of harming them . They will gather allies , who will reinforce their victimhood by sympathising with them and saying how brave they were to have to put up with such an awful person . Especially , when he/she seemed so nice at the beginning . Unscrupulous lawyers lick their lips , knowing exactly how to play each part against the other and try and spin out the legalities as long as possible for the largest possible fees . Both parties attempt to maximise their victimhood and malign their opponent , especially when large sums of money are involved . Friends and family are affected as they feel that have to take sides and it is difficult for a normal , civilised relationship to be conducted . Children can be exploited to the full and maybe used as pawns in the battle . Everyone comes out of it feeling like a victim – both adults and any children who are involved .

Another example is illness . Patients may describe themselves as sufferers . Obituaries declare that the deceased has suffered from their illness for a long time and many individuals do go through testing and painful experiences . Sickness is not the person but a symptom and yet many come to identify themselves as the illness and others come to see them in the same light . It is not the symptom which causes the feeling of victimhood but the underlying belief in victimhood . It is a universal part of the personality of the human race that is incorrect . Our belief that we can be wronged in some way is the reason we believe it . It is the belief , rather than the actual circumstances that makes us think we have been hurt . Our ego says life has to be a certain way and when something happens we do not like , the victim is triggered .

Life does not always go the way you want it to . From an early age , your likes and dislikes are developed and your preferences largely come from your childhood . You are influenced by parents , schools , religion and the media and by the age of thirty , your mind set is established and what is important to you at this age rarely changes . The cult of the victim is ingrained in society and the legal system even promotes it , through the compensation mentality . ' Hate crimes ' have been enacted which institutionalise certain communities as almost permanent victims . Whatever happens to you , it is imperative to be aware you have not been harmed or hurt and this thought only comes from your belief that you are a victim .

The victim comes from the idea that ' Life is Unfair ' . Life is not unfair – it has no favourites or believes some people are more deserving than others . The world thinks because there are disparities in wealth and personal possessions , there are injustices . Life does not recognise the physical world as real and our obsession with ' things ' is the root cause of the Victim . There is no physical matter and therefore you cannot lose anything . If you lose your house , your job or even die it does not matter , because there is no matter . Nothing can be taken from you as it never existed in the first place . The Victim believes that possessions and bodies are real and that by giving something up , it is losing something of value . Yesterday , a big lot of snow decided to dump itself on England and my daughter made a snowman . In a day

or two that snowman will have melted away and will be no more .Our world is like the snowman , insubstantial and destined to melt away into nothingness . There is nothing to lose.

Acceptance is the key to dealing with the victim . I will discuss Acceptance later in the book in greater detail as it is the solution to the Shadow , but when you become aware of the false nature of the Victim, you are half way home . Acceptance means allowing the Victim into your consciousness by feeling your emotions of suffering . Let your feelings of loss and hurt come up . If you are unwell , feel the pain of losing your health –if you are divorced feel all your emotions of separation flow through you . If you think you have been hurt in any way , let these feelings come up to the surface however painful they are to deal with . You may want to blame someone else for your misfortune but this is just a ploy to stop you from understanding the truth about the Victim . Nobody is to blame for the circumstances you find yourself in and vengeance will get you nowhere by hurting someone else in return for your pain . Your emotions are your own and you are responsible for them . Vengeance may give you a quick rush of satisfaction but is then normally replaced by a sense of guilt and you may find you feel worse than you did before , apart from any further problems it may cause . It may be necessary to have some form of counselling to deal with these feelings , either professional or just a good friend who is prepared to listen to you .

There are no winners or losers in Life unless we believe there are . The Victim is another ruse , which keeps the human race locked into continual conflict with each other . ' I have been hurt , so I must have my revenge ' is the mentality which governs the world . Even though your egoic mind will claim that you are suffering , this is not the case but a belief of your own making . The Victim says you are a ' poor me ' who is attacked by a cruel and dangerous world , but in reality you are perfectly safe . You cannot be hurt !

CHAPTER 7

SEEING YOURSELF

In a previous chapter I explained the theory of projection . This is when a personality trait , which either you are unwilling to accept or even unaware of , is seen in someone else . I referred to mainly negative projections of guilt and fear , but there is also projection of positive traits which you can't see in yourself . It is normal , in the Shadow , for feelings of self loathing to come to the surface . You may think you are ugly , lazy or disgusting . Other emotions you may feel are :

- I am not good enough

- I am too fat
- I am weak
- I am unloved
- I am unlovable
- I am undeserving

These are just a few of the self – hating feelings which may appear and you may even begin to really despise yourself . But along with these emotions , you may notice the opposite in other people . You may find you notice all sorts of positive attributes in others and wish you had them . Everybody you see is a reflection of yourself – when you see beauty , intelligence , patience or any other positive virtue in someone else , it also exists in you . I am not alluding to physical beauty but to personality qualities which you cannot see in yourself . In fact ' beautiful people ' can have the most stunted personalities as they have relied on their physical attractions and as time has taken its toil , they find it difficult to cope as their inner qualities have never been able to develop .

Everything in the world is perfect , even though through our guilty vision we view the world as flawed , and you are perfect as well . There is nothing wrong with you at all . There are no parts of you which have to be improved or changed . Nothing that has to be worked on or altered . Sometimes this can be seen when you fall in love and you can find no fault in your partner . This is just projection and it is your own perfection you are seeing . There are many well meaning self improvement courses which claim to solve all your problems and improve your life . Some are helpful when they change destructive life-style ' choices ' or addictions but even after you have conquered one mountain , you will search for another . The little voice inside of you will whisper there is still something wrong with you and there are more improvements to be made . You are perfect and you cannot improve perfection . It doesn't matter how much you weigh , what job you do or how much money you have in the bank .

You cannot be improved . However much the little voice nags you to change remember there is nothing to change. The search for the Holy Grail is one of the most enduring spiritual legends in Christianity . The Holy Grail is the cup used by Jesus Christ at the Last Supper and legend says it has miraculous powers . A large part of the legend of King Arthur and the Knights of the Round Table is taken up with their search for this amazing object and it has become a symbol for the spiritual seeker . Many knights left Camelot to cross Britain in search of the Holy Grail . Along the route they have many adventures and meet strange people who either help them with their quest or attempt to scupper them . Many fail to reach the Grail , due to failings in their character . Sir Gawain will not admit to any failing in himself and Sir Lancelot refuses to give up his love for Guenevere and so they both fail in their mission. However the pure Sir Galahad is able to pass all the tests and obstacles in his path and manages to find the Holy Grail and promptly ascends into heaven , never to be seen again .

Some researchers believe the Holy Grail to be a real object but the search for it is a metaphor for the inner journey to find our Self . There is something inside which pushes us to search for the intangible part of ourself that we feel is missing . We feel if we could just find it , we would then be complete . The outside world glitters with material wonders and we look to this to fill the hole . Money , relationships and addictions are some of the ' false idols ' we use , but even when these fail we still search out other ways to satisfy our yearning . There is a mistaken idea behind all this searching – there is nothing to search for . Life is the Holy Grail . The world is fine and so is everything in it . Nothing needs changing or adding to and no part of Life is better than the other . You are what you have been searching for and so is everyone else . You are the Holy Grail .

I am normally loathe to use quotes from others , but the following lines from an author called Marianne Williamson sums this up perfectly :

"Our deepest fear is not that we are inadequate . Our deepest fear is that we are powerful beyond measure . It is our light , not our darkness that frightens us . We ask ourselves , Who am I to be brilliant , gorgeous , talented , fabulous . You are a child of God . Your playing small does not serve the world . There is nothing enlightened about shrinking so that other people won't feel insecure around you . We are all meant to shine , as children do . We were born to make manifest the glory of God that is within us . It's not just in some of us , it's in everyone . And as we let our light shine , we unconsciously give other people permission to do the same . As we are liberated from our own fear , our presence automatically others ."

Your feelings of inadequacy are not true . They are there to stop you from recognizing your real worth . Underneath your mask , there is pure gold and this gold can only shine once all the rubbish has been washed away . In the Shadow you are being given a shower to clean the muck that has clung to you and realise your perfection.

A favourite trick of politicians is to promise **Change** . All of them use this ploy to a greater or lesser extent , knowing this is a deep seated emotion within the electorate . When they come into power , they are greeted with hope and acclaim and are normally very popular in this honeymoon period . After a time this popularity begins to wane and everyone complains ' Nothings changed ' and people begin to feel disappointment . This is really a projection of our perception that we need to change ourselves . No politician can answer your dreams and you will always feel let down by them . Ultimately , they are ' false idols ' . they prey on our belief that there is something wrong with the world and with a tweak here or there everything will be fine . They are just reflecting our mistaken desire to alter ourselves – a new haircut , a new job or a new relationship ; then we will find happiness . It never works . For a brief moment , we may have feelings of satisfaction but they never last . The only lasting feelings of happiness are within you , not outside of yourself . You do not need to change a thing – you are perfect and so is everyone else.

CHAPTER 8

FORGIVENESS

TO FORGIVE : Cease to resent , pardon .

FORGIVENESS : Act of forgiving , state of being forgiven .

All religions , therapists and philosophers say it is necessary to find forgiveness to leave the past behind and be able to live your life free of any bitterness or anger you may still hold . Many people spend years in therapy searching for this elusive act that will free them from their pain . You've got to forgive , you will be advised – just forgive and move on . But it doesn't seem to matter how many times you pardon the perpetrators of your injustice , the pain still

festers . You try and forgive yourself and others , but you cannot clear it form your psyche and your anger still occasionally breaks out , hurting you and sometimes the people you love the most in your life . You may know it is counterproductive to have these feelings but you just cannot rid yourself of them.

It appears cruel that a victim has to find forgiveness , while the perpetrator continues their lives showing absolutely no remorse and the victim is eaten up with bitterness and anger. This is often true in violent and abusive cases , such as rape or murder and these scars can be carried to the grave . Actually , these painful events can be seen as a huge opportunity to enter into your subconscious and discover the pain that already exists there . Any failure , loss, or abandonment is a chance to deal with the underlying causes of frustration , anger , resentment , guilt and the rest that we all deal with because these emotions are not caused by the event but already exist within us and are only triggered by painful events . On the other hand , positive emotions arise when something happens which diminishes the negative emotions . For example , if you get a pay rise you may think you are happier because you have more money , but it is really because your fear of poverty and feelings of inadequacy are reduced . You may feel you are better than your co-workers and a superior human being because you earn more money than them or have a fancier job title . But these ' better ' feelings only last for a short time and you will soon return to your fear and guilt . You were born with your negative emotions and it is your belief system that allows them to surface .

The Shadow is normally triggered by some traumatic event . It may be redundancy , bereavement or divorce but in all these events there is a need to find forgiveness . Forgiveness is the key which will unlock the door but first it is necessary to understand the true nature of forgiveness . It is normally seen as an act of pardon . However , pardon assumes you have been harmed in some manner and that the person who has hurt you is guilty . This view of pardon reinforces the belief in the Victim and creates a feeling of martyrhood .It is just another attempt to relieve yourself of your inner guilt and put it onto someone else . Some people have an inborn talent to do this – I can think of two or three individuals who just by walking in the room can bring up my guilty feelings and I try to avoid police vehicles , even though I have no reason to feel guilt.

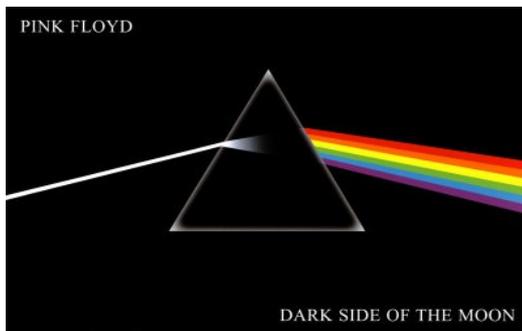
Forgiveness is your true nature . It is an integral piece of yourself and is the part of you that knows everything is fine . It does not recognize pain or hurt and does not feel any need to hold onto past injustices as it does not even see them . It is not something you have to try to discover but is an innate part of you . It does not feel threatened and knows you are safe and because it feels safe , it views the world as the same . Your belief system really does create the world you see and if you believe the world to be a dangerous and threatening place, then your world will be fearful. From an early age , everybody says ' Take care ' or ' Be Careful ' and this is reinforced by the media and its obsession with scary stories . Bullies use fear for control and power , but it is only your ego which believes you can be harmed . Deep inside , you know you are secure but this is covered by a cloud of terror .

The second strand to forgiveness is giving . It is not called forgiveness for nothing – the true idea of forgiveness is to ' for give ' . Our world's concept of giving is Give and Take when

we expect something in return for our giving . How many times have you been angry because someone did not return a favour or appreciate your help you have given them . This anger implies that , deep down , you expected the favour to be reciprocated . In effect you are taking , not giving . It is a conditional form of giving and is a selfish , egotistical way of looking at life . Giving is an expression of love and if you expect something in return for your love it is not a true expression of love . Our true nature is to give unconditionally without thought for ourselves and our Give and Take belief is a second rate version of the real thing .

Give and Take comes from your belief that you do not have enough and are deprived . If you give , you expect an equal repayment and if you don't get it you feel a loss . Your real Self is a giving machine and does not suffer feelings of deprivation because it knows it has it all . It may be difficult to believe but you are not deprived of anything . Deprivation is always related to your body's needs and as I hope I have explained your body is not real . Your ego will tell you that the trinkets of the physical world are valuable and important and are vital for your existence and if you don't possess them you are missing out . Your little ' I am ' believes it can keep possessions for itself , while your larger ' I am ' knows that everything is itself and has no need to hold onto things .

You are everything and everyone . I know this idea is mind blowing but it is true . At one level you are aware of yourself as an individual and separate being but at the core , you are all things . In the first chapter I described the world as suffering from a Multiple Personality Disorder but a more understandable example of your universality is a prism . A prism is a transparent optical element that refracts light and it is possible to pass a white light through a prism which will then create the spectrum of different colours . The colours are the visible effect of lights wavelength.



Pink Floyd-Dark Side of the Moon-Album cover

As you can see from the image , the white light passes through the prism and all the other colours are created . I am not a scientist but I am assured all the new colours are still the white light but the refractive effect of the prism creates the illusion that the new colours are different from one another . We believe we are all the different , individual colours but in fact we are all the white light .

You are the whole of it . Whatever you do to others you are doing to yourself and whatever happens to you , it is still you doing it . If you withhold from giving in any way , you are depriving yourself . If you think someone is disgusting or unworthy , this is your thought

about yourself . Your views about others mirror your own self opinion . You are the murderer , rapist or paedophile you most fear and at the same time you are the person you most admire . There is no difference between Adolf Hitler and Jesus . Forgiveness is being able to see through the false image of guilt to your own innocence . When you recognize the innocence of others , you will find your own and when you see your own innocence , you will see it in others .

Forgiveness is the solvent , which dissolves the glue of guilt . Unconditional giving is always a powerful act , but is easy to those you love . To give to people who you resent or have harmed you lessens the hold guilt has over you and reduces your sense of victimhood . Nelson Mandela understood this when he created the South African Truth and Reconciliation Commission after Apartheid had been dismantled . The country may have descended into chaos with acts of revenge and retribution ruining all the effort to recreate South Africa but this willingness to forget the past has allowed the country to continue as a relatively prosperous state.

From a selfish point of view (I mean this in a positive sense) forgiving is probably the most important part of your healing . This means realising your own importance as well as others . Many caring people focus on others as an excuse to hide from themselves but when you are in the Shadow you will have to concentrate on your own well being . Healing becomes your main aim and for a time your other responsibilities will have to take a secondary role . It is not selfish (in a negative way) to put all your energies into your healing but , ideally , you still want to have other interests outside of you . When you find giving to yourself and others comes naturally , there will be an improvement in how smoothly your life runs as well as your physical health. You are Forgiveness – it is just a matter of finding it .

CHAPTER 9

ORIGINAL SIN

One of the more difficult aspects of the Shadow to deal with is Sex . Your sex drive will vary wildly . You may go for long periods without the need for sex and then you are hit with the exact opposite and it becomes an obsession . If you are a man you may suffer impotence problems and with women it is common to completely lose interest in sex . Others may find their sex drive increases dramatically , but a balance is rare . If you take medication it may interfere with your libido and it can affect your intimate relationships in a detrimental way . Any recreational drugs you take to blot out your emotions will also effect you . Alcohol especially seems to have the ability to turn frogs into princes and at the same time virtually negates any ability to perform.

The world is obsessed with sex . The media is saturated with stories of who is dating who but this is only a manifestation of our own addiction . You have to be sexy to succeed in films and pop music and even politicians are now under immense pressure to cultivate a sexy image . An ugly politician has got no hope of reaching the highest levels these days even if they could solve all the world's problems . Young girls are targeted by advertisers to buy completely unsuitable products and I am not surprised by women's confusion over their bodies as they are pressured into attaining a level of bodily perfection which is impossible . The pornography industry thrives and television has become more brazen in its programming hoping to draw viewers in with even more titillating stories and images .

Why are we so fascinated with sex ? The reason is that Sex is the biggest ' energy ' in the universe . Without it there would be no physical life and yet there exists a huge amount of guilt over it , which is surprising as if it did not exist none of us would be here . Sex is Life and is our most basic subconscious urge . The largest religions Islam , Christianity and Hinduism have mixed attitudes towards sex . The Roman Catholic church does not allow its priests to have sex and they have to live a completely celibate life , once taking their vows . Strict Moslems insist that women cover themselves , in case men are inflamed by desire and all religions believe sex should be only within a marriage and there should definitely be no sex with anybody else apart from your marriage partner . In effect religions believe sex is a ' bad thing ' but necessary for humanity's survival and anybody who doesn't conform to their strict views is deemed to be a sinner and has to seek God's forgiveness . Gay sex is completely beyond the pale and is treated by the world's religions as probably the worse sin anybody could carry out . Crusades and Jihads , where millions are killed , are allowed but if you have gay sex , you are going to hell for eternity .

This is madness but where did this insanity originate . The story of Adam and Eve in the Garden of Eden is the best description of our fall from innocence to guilt . Their innocence is described as follows : " And they were both naked , the man and his wife , and they were not ashamed " and yet after eating from the Tree (i.e. having sex) suddenly they are aware of their guilt . " and the eyes of them both were opened , and they knew that they were naked , and they knew that they were naked ; and they sewed fig leaves together , and made themselves aprons . " This made God very angry : " And unto Adam he said , Because thou hast hearkened unto the voice of thy wife and hast eaten of the tree , of which I commanded thee saying , thou shalt not eat of it : cursed is the ground for thy sake ; in sorrow shalt thou eat of it all the days of thy life . "

The idea that God is angry with us is at the heart of our fear . There is nothing wrong with sex unless we think so and yet we are scared and embarrassed by it . Pornography is seen as disgusting in polite circles and yet the huge demand for it shows the desire within the human race for sex . Yet it is always the people who most decry pornography who have the most trouble with sex and are unable to deal with their repressed longing but they have no problem with sending young men and women off to wars to be killed in their name . Sexual displays of affection are frowned upon unless carried out in private and yet give people a few glasses of alcohol their real desires can come to the surface and their inhibitions are swept to one side for the moment . I do not think alcohol or any drug does any good but it is interesting to see

people's behaviour when intoxicated as it gives us a glimpse into their subconscious desires .
The world's view of sex is confused , contradictory and guilt driven .

What are the motives for sex ? Firstly , there is the desire to create life . This life force is so powerful it created the physical universe and this same power exists through everyone. You have the same force within you that existed at the Big Bang . This desire to reproduce is within the cells of every living organism . If we did not have a mechanism to reproduce there would be no physical world and you would not exist as you do at the moment so the sex drive is vital for us to survive as a species and continue this existence . Yet we still treat this urge with suspicion and guilt . It is a code written into the DNA of life as much as breathing or eating but because we do not have conscious control of it we fear it more than any other desire .

The second motive for sex is the urge to join with someone else . We are not designed to be solitary creatures and we have a longing to be with others . To a certain extent the sexual desire is an attempt to connect on a deeper level and reunite with each other . The Adam and Eve story shows the origin of our separation from each other and our longing to re-connect is an attempt to return to a time before this separation . But it is the very guilt we feel that stops us reconnecting fully and at the same time we have the ' urge to merge ' there is another part that does not want us to , as we feel it is somehow wrong . Many relationships fail because both partners are unwilling to enter into a deeper connection with each other because they are too afraid . The longest and truest relationships are normally confronted with many hurdles to overcome before they are able to have an equal and loving partnership . This longing to connect is not just restricted to sex , but is also seen in our desire to join all types of organisations from schools , work and different clubs . There is nothing wrong with it and is a completely natural desire .

There is a flip side to our desire to join . Our natural desire has been corrupted and it is this corruption that causes the problems with our relationships . Sex is used as a means of control and power and can be a form of aggression to gain what we want from others . In all relationships each partner is seeking something from the other , even if they are unaware of it . There may be a mutual attraction and genuine fondness but underneath they are both attempting to gain from the relationship . It is very rare that there is a completely loving partnership where neither is trying to benefit in some way and giving totally unconditionally to each other . Men and women seem to have different needs in this respect and while I am sure there are exceptions to the rule there does seem to be a gender confusion in relationships . Men want sex and someone to look after the home and women look for a good provider to keep them and their offspring safe . In recent years this has altered with more women able to provide for themselves in the workplace and men have become more proficient in looking after themselves . But even with this change , all relationships are based on need and taking and when one partner fails to keep their side of the bargain the relationship will normally break down or a new partner will be sought , who can fulfill their needs.

The true desire for sex is to give and anything else is counterfeit . It is not really about sex through the body but is our natural desire to give to each other but we feel guilty about it .

By denying our sexual desire we are blocking our true desire , which is not based on taking but a genuine and real concern for each other . In many ways sex is a rather clumsy attempt to act out this desire but if it comes from a true urge to connect it can be a marvellous experience . However if it comes from an entirely selfish place then it can be ugly and destructive and is normally accompanied by power struggles within the relationship which normally end in tears .

The other need we are trying to fulfill through sex is completion . We are looking to join with our opposite gender so the masculine and feminine can connect but because each sex is so removed from its inner opposite we look outward to the other sex to complete ourselves . Each person , at their core , is neither male or female but in our world of opposites it appears so and we strive to connect with this other side through sex . Repressed gay and lesbians are really trying to deny this and it could be said that a bi-sexual has the most natural sexuality but it really does not matter what your sexual preferences are , it is the part of you that has been suppressed which is the most important as this will keep on knocking on the door until you have accepted it . Our religious institutions seek to control the worlds sexual desire , laying down laws as to what is and isn't acceptable and yet it has nothing to do with them . Each individual is only answerable to themselves and it is hugely arrogant for religions to assume they have the right to tell others how to live their lives , especially when the individuals inside these religions appear to have more sexual problems than the rest of society . Once you are in the Shadow , it is futile to fight your repressed sexuality as this a part of you and will continually surface until it is acknowledged .

Consexual sex is ok . Heterosexual sex , gay and lesbian sex, inter-racial sex – they are all ok . There is nothing wrong with it . It is only our ingrained guilt and repression of our sexual desire that cause the problems we have with sex . We are scared of this energy within us , but it is a natural part of us . There is nothing to be ashamed or embarrassed about it . As William Shakespeare says in Hamlet : " For there is nothing either good or bad , but thinking makes it so " and this is especially true about sex . Do not fight yourself . You are what you are and you are perfect .

CHAPTER 10

PROTECTION

At the very heart of your being is the belief that Life is dangerous and hostile . You believe the world is out to get you and wants to hurt you so you have built elaborate defences to defend yourself . It is not you alone as everyone holds this belief . You are permanently on guard against this threatening world and it is only when you can escape into your comfort zone , where you feel you are not threatened , can you relax . Life is not fearful but because of this belief that the world is hostile , it can appear so . Life is what we really fear and the people of the world hide behind their artifical barricades in the hope that they will be able to defend them against this unseen enemy . At a deep level you feel you are under permanent attack and you must protect yourself against an unforgiving and aggressive world .

You tell yourself you need protection but this belief is actually a barrier that is stopping your true self rising to the surface as not only are you afraid of the outside world but also of this part of you that you have denied . You are trying to protect yourself from a world which is , in reality , loving and friendly and only wants to help you . In fact we are so afraid of Life , we have turned our world into a fortress to protect us against it . We believe we need all sorts of things for life – money , sex , work , chemical addictions etc – and we could not live without them . These addictions are , in truth , a defence against Life and even though , in themselves , they are neutral we use them to shield ourselves from this imaginary foe , who we think is determined to hurt us . We think that money or our job will protect us and make us safe . We use our homes as barriers to keep the world away and our friends and families to block anything unwanted entering our lives . Our physical addictions are also attempts to safeguard us . The massive consumption of drugs is a demonstration of humanity's fear of itself . On a radio show I heard earlier today there was a discussion as to whether people could enjoy their weekend without drinking alcohol . Alcohol is just another attempt to numb our feelings of fear against a ' cruel ' world and all recreational drugs are used in the same way .

When you are in the Shadow , you will encounter far stronger defences than just physical addictions , even though they may play a large part in your defence strategy . You will probably face illness , either physical or mental . You have somehow made contact with your spiritual side and your subconscious , not understanding the nature of what is happening , erects a defence believing it is under threat and creates an illness to defend itself . Your subconscious believes it is under attack and like any threatened creature will fight to protect itself . It tries to hide in illness and uses the physical symptoms of sickness to stop the underlying emotions coming to the surface . This concentration on the body is a barrier to you connecting with your Self but it is only a misunderstanding . You fear your Self and it is logical for you to attempt to protect yourself , but there is nothing to fear . It is only Life and is not to be feared . Illness cannot hurt you , as you are not a physical body even though it can be an unpleasant and painful experience . The body may seem to grow old , become ill and die but it is only a fantasy and is the greatest protection against the truth . We try to hide behind our bodies to keep Life out and use them as armour to shield ourselves .

Your emotional being is also used as a defence . Your ego will use guilt and fear to stop you from progressing and when it is seriously threatened , it can be a vicious and snarling beast . These emotions come to the fore to stop you reaching acceptance and when it feels in danger it will slam you with these powerful feelings . It does not want you to realise you are safe and are innocent and will intensify your feelings of guilt and fear to keep you away from this understanding . It will try and keep you in a never ending circle of negative emotions so that you are completely absorbed by them to distract you from realising your true nature . You see Victimhood , Time and the need for control and survival as your protectors from Life and are unwilling to let them go but they are only illusions and do not protect you in any way and in fact keep you away from your real emotions.

The most powerful and effective protector is the belief in Death . The world both fears and welcomes Death . Our natural state is non physical and this is what we really fear . We are convinced that the physical world is real and protects us from being Nothing . It is really the

other way round – there is no matter in reality and it is the physical world which is unreal . We are really Nothing and the loss of our bodies is not important in the great scheme of things but we believe at Death , we cease to exist and are completely destroyed . However , perversely , the world believes this state of non existence is preferable to Life . In the last few days , a TV celebrity in the UK called Jade Goody has died at the very young age of 27 and I saw a newspaper headline : ' Jade at Peace ' . We believe there is comfort to be found in death and it will protect us from Life . I would even go so far as to say that at an unconcious level people choose death rather than accept Life and their true selves . We believe Life to be a struggle and full of pain and yet this is only our ego's false beliefs and causes the struggle and pain . Even though I have no proof , I believe that at death we are still locked into this belief system , if we still think our bodies and the physical world are real and that there is no peace in death as long as we hold onto this view .

Death will not save you and there is nothing in the physical world which will save you either . The gods of money and possessions will not protect you . Your body is unable to offer any defence – there is no escape from Life . Life does not want to hurt or destroy you or see you in pain and if you are able to lower your barriers to it , you will receive your true desires . There is nothing to be protected from and there is nothing to fear . There are no saviours , as there is nothing to be saved from . You are **SAFE** .

CHAPTER 11

RESISTANCE

In the previous chapters I have hopefully explained some of the defences that your subconscious has erected to keep you unaware of your true nature. These defences are generally described as 'resistance' by psychologists and are treated as an enemy to overcome. They are viewed as a barrier to healing and this is true to a certain extent but the intent of this resistance is not normally realised. Your subconscious only wants what is best for you and is only interested in your welfare. It is your friend and is trying to help you as best it can. The problem is that it reacts according to its belief system and your actions are mainly guided by the belief system of your subconscious.

As I said in the previous chapter, your subconscious views the world as a dangerous place and feels you need protection from it. After you have been in the Shadow for a while you will find yourself questioning your beliefs and those of other people. You will start to see the world in a different light. For example, you may have been a very materialistic person but you

are now beginning to doubt your obsession with possessions and may find this way of life becoming dreary and soul destroying . But , while you may have accepted this at a conscious level , your subconscious will only act due its ingrained beliefs and you may find yourself being in conflict with your conscious mind wanting to go one way and your subconscious mind wanting to stay where it is . This subconscious reaction is the ' Resistance ' I referred to before but it is only trying to stop you coming from harm . I will now give some examples of this resistance and the thinking behind your subconscious thoughts .

You may have had a well paid job with a nice house and are married with children but you have become increasingly unsatisfied with your work . The long hours and pressure may have begun to take their toll on you and the more successful you have become , you have found that you have become detached from those you most love . You feel it is time to pack it in and find something more rewarding which satisfies the soul . You may desperately want to do this but your subconscious mind will fight against this idea . It will oppose you with contrary views such as the fear of a reduced salary and lowered status in the community . If you have decided to become self employed , it will raise doubts about not receiving a regular wage and even your survival . From one point of view , this may be seen as a negative way of thinking , but from the outlook of your subconscious it makes perfect sense . It is concerned with your safety and as it equates money with survival , it will view any downward change to your income as a threat to yourself and will oppose it . This resistance to change is only a misguided attempt to keep you safe from harm and only there to protect you .

If you have ever attempted to give up any addiction , you will understand the nature of resistance . You want to stop drinking or smoking or whatever your vice , but there is something inside you that resists this and fights tooth and nail to continue the addiction . You know there is no reason to continue with your addiction but still you persist and even when you think you have it licked , you find yourself smoking a cigarette or drinking a glass of wine and you have no real idea how this has happened . All addictions are an attempt to protect yourself against the world . For example , cigarettes can be seen symbolically as a smokescreen and alcohol is an attempt to completely numb yourself from your own feelings and life in general . Even non physical addictions such as work or exercise can be used to cut you off from yourself . Once your subconscious has found a suitable way of shutting yourself it will hold onto your addiction like a limpet . An addiction could be compared to a parasite but this is unfair as it is only your subconscious holding onto it as it thinks the drug gives it protection against the ' cruel world ' . Some addictions kill people and even though this behaviour seems illogical , to your subconscious death is preferable to accepting life . In fact I would suggest that death is the ultimate protector and ultimate addiction and when the belief system is seriously threatened , suicidal thoughts may arise or a major illness created to protect you .

Relationships are another means of resistance used by your subconscious to defend you . We believe that by ganging up together , this will increase our strength by sheer weight of numbers , and deter attack . On your own you feel vulnerable and when you are in a relationship , you double the amount of your ability to defend yourself . The Family has been created to do just this – it is used as a means of protection to keep the world out . There is nothing wrong with the family unit but because of our fear , it has been turned into a barrier to

the world and we use our homes as places of escape . Children are used as shields by their parents and many parents find it difficult to readjust once their kids have left home as they are left without their protection . Sometimes parents will sabotage their children's education in the hope that they will not leave the unit and thereby reduce the strength of their defence . In relationships , we look for what we can get from the other and one trait we look for is whether our partner can increase our power in our fight against the world . Once a relationship is found that fulfill these wishes , our subconscious will resist any attempts to finish the relationship , as it feels you will be in danger if it ends . You may know it is the correct decision to make but your subconscious will take a lot of persuading if it feels that you will be under threat . True relationships come not from fear –that is just a form of taking but from a calm and peaceful attitude to life .

Another form of protection are our emotions . Guilt , fear , hate and all the rest are used as barriers to Life and as you progress through the Shadow you will question the validity of these emotions . You may begin to ask why you feel the way you do . You will begin to realise that your feelings have little to do with your conscious mind but emanate from a deeper level . Just like your addictions they are defences you use and in a similar way to chemical drugs , your subconscious will resist the release of these emotions as it sees them as a source of safety . You may find yourself in situations where you feel guilty , scared or angry but cannot understand why you feel like that . It is at this point you will feel your resistance because your ego is threatened as your emotions are one of its major barriers . It wants you to hold on to them and will oppose any release of them as it wants to protect you . The best way to deal with your emotions is to let them be, as best you can . They cannot hurt you even though letting go can be painful but pain as well is just another emotion to be released .

' Resistance ' is there to help you . At a deep level you believe you are under threat and the resistance you feel is only to protect you . It uses addictions , emotions , illness and even death as defences against something it sees as hugely dangerous and frightening . That something is Life . It will cling to these defences as long as it feels under threat but when it realises that you are safe , it will let them go without a fuss . Resistance comes from a misguided belief the world is dangerous . In the Shadow there will be a lot of resistance but do not see it as the enemy but rather as a misguided attempt to keep you from danger . One of the Shadows' aims is to bring to your awareness the realisation that you are perfectly safe and when the last bit of doubt is erased from you , you will no longer need your resistance .

CHAPTER 12

ACCEPTANCE

Previously , I have explained the various facets and experiences you are likely to face when you are going through the Shadow . In this final chapter , I will describe the way to deal with it and the way through to the other side . Acceptance is the answer and the key to your escape . For your protection , your subconscious believes you have to fight the world to survive but this the exact opposite of what you need to do . If you fight the world , it will seem the world is fighting you back but if you are accepting , the world will become a friendly place . Your inner Rebel feels trapped and threatened and wants to do everything its own way - My Way or the Highway – but this is a misguided conception . You are always free and safe and it is only your belief you are in danger that causes this conflict within you .

Acceptance has a negative press in the western world , where proactivity and forcing the world to how you want it are seen as positive virtues but in the East where acceptance is more commonly accepted , it can turn into passiveness . You have the power within you to

control your life but if you are in a constant battle with the world you will find life an enormous struggle . You are always free to do whatever you want but if this freedom comes from a position of acceptance you will find your life flowing much easier . The true meaning of acceptance is not passively accepting whatever happens in your life and taking no action but something else .

My dictionary's description of ' accept ' is " Consent to receive " . Life wants to give to you but because it seems so frightening , you have blocked these gifts and have refused to receive them . Acceptance means letting the world in and not blocking it . It is a change of mind from fighting to non resistance . You are still allowed to take action , but because your point of view of life will have changed , so your interests will alter and do not be surprised if you leave a lot of your previous life behind you . It means accepting yourself and the world as they truly are , rather than through the eyes of fear and guilt .

When you are in the Shadow you will face both physical and mental challenges . They are both defences against Life . When you are physically impaired in some way it can make life very difficult but once it has happened there are two ways of dealing with the situation . You can either rage against the world or accept what has happened . If you fight your physical problems , you are fighting yourself because your body is your own . You are saying ' I hate my body and I hate myself ' . This belief has always been there , but it is only now that you are beginning to realise your underlying feelings you have about yourself and you project these feelings onto your body . Your body is just flesh and bone – it is not who you are . The best method of dealing with any physical problems is to accept them . You have them and you cannot turn back the clock . This is the way you are at the present and no amount of wishful thinking can change the past . This does not mean that you should take no action . Even though there are people who are mistrustful of the medical industry , my experiences have been positive and I would advise you to listen and take the advice of your doctors . Accept what has to be done until you feel you are in a position to start making decisions for yourself . This may mean pursuing a healthier lifestyle and having to take medication . So be it . Accept all the symptoms as best you can and accept any restrictions on your life . Beware of the trap of ' if only ' where you feel your life would be better ' if only something hadn't happened ' as Life can still be rich and rewarding even with physical problems .

The second challenge you will face will be mental and emotional . If you have previously been someone whose emotions have largely been kept under control , it can be a real shock to be confronted with this emotional barrage and it may take time to adjust to the new , emotional you . Fear , guilt , anger and despair will arise . Let them be . We are told it is wrong to have these ' negative ' emotions and yet when you examine these feelings , you will see there is nothing wrong with them . They are just emotions flowing through you , just like your positive ones . Let them come up to the surface . If you fight or deny them , they do not go away and will just come back stronger . You may have angry thoughts about people or situations , where in the past you would have shrugged them off with ease . Again , this is OK- let them rise up . No thought or emotion lasts for ever and you will find that after a time they will subside and you will regain your composure .

Your thoughts and emotions are your own . They are a part of you and if you deny them , you are denying yourself . If you think you shouldn't feel fear , guilt , anger etc and they are wrong , you are saying you are wrong and that is not true . There is nothing wrong with you at all . All these emotions are an expression of Love , but come from the world's misguided belief system . This love is who you are but is distorted . Fear comes from the belief that you can be harmed , while guilt is an expression of your belief you can hurt someone else. Anger is a defence to protect yourself and despair is the idea that there is no hope and you are fatally wounded . They all come from either love for yourself or love for another but all come from the premise that you are vulnerable . The truth is you are safe and immune to harm . By denying these negative emotions , you are not accepting the love you have for yourself and for others , however contradictory this may seem . I do not advise taking out your anger on others as this just causes further problems and I would suggest you take some form of counselling , if it is causing difficulties in your life . Accept your anger , fear and guilt as your own and you will find acceptance will transform you out of the darkness into the light .

There is nothing wrong with you . You are perfect . There are only two ideas you have to change – firstly , that you are guilty and secondly , that you are under attack and can be hurt or killed . Neither of these beliefs are true and are the reason for the problems we see in the world . The Shadow is a journey to your Self and acceptance is the way through . Accept everything . Accept your emotions , accept your body , accept what you have done and accept what others have done . Just keep on accepting , and eventually you will accept your Self .