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The Dark Side of the Light Chasers: Reclaiming Your Power, Brilliance, Creativity and Dreams You must go into the dark in order to bring forth your light. When we suppress any feeling or impulse, we are also suppressing its polar opposite.

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'Schattenarbeit' / 'The Dark Side of the Light Chasers' bildet die Grundlage vieler Workshops, Trainings und Coaching Ausbildungen des 'The Ford Institute for Transformational Training' in Kalifornien. Für weitere Informationen über die Arbeit in Deutschland können Sie sich gerne bei mir melden.

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The Dark Side of the Light Chasers Reclaiming Your Power

We know the shadow by many names: alter ego, lower self, the dark twin, repressed self, id. Carl Jung once said that the shadow "is the person you would rather not be." But even if you choose to hide your dark side, it will still cast a shadow, according to author Debbie Ford. Rather than reject the

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The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams (1998) by Debbie Ford is a #1 New York Times best-seller in which the author examines the fascinating process of projection whereby we transfer our own unwanted qualities onto others and demonstrates how our darkest tendencies, when embraced, can be used to fuel our dreams.

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The Dark Side of The Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams. by Debbie Ford, Neale Donald Walsch. Debbie Ford believes that we each hold within us a trace of every human characteristic that exists, the capacity for every human emotion.

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AuthenticGrowth.com The Dark Side Of The Light Chasers

Projection: Recognizing And Conquering Your Shadow. This topic is a heavy-hitting one for me, and a concept that I only really grasped in recent months after discovering Debbie Ford's classic The Dark Side of The Light-Chasers.

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PNTV Dark Side of the Light Chasers by Debbie Ford

Debbie Ford's "Dark Side of the Light Chasers" is a classic on integrating our shadow and rockin' it. In this PN TV episode we'll look at a few of my favorite Big Ideas and hope you dig it!

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Debbie Ford Wikipedia

Debbie Ford (October 1, 1955 February 17, 2013) was an American self-help author, coach, lecturer and teacher, most known for New York Times best-selling book, The Dark Side of the Light Chasers (1998), which aimed to help readers overcome their shadow side with the help of modern psychology and spiritual practices.

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Debbie Ford explains that the dark side of our personality should not be hidden. By denying our dark side, we reject these aspects of our true natures rather than giving ourselves the freedom to live authentically.

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