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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. Es lohnt sich das Buch zu kaufen. Es ist das Nr. 1 Buch, welches ich am häufigsten weiterempfehle.

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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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Through the stories and exercises in The Dark Side of the Light Chasers, Debbie Ford shows us not only how to recognize our hidden emotions, but also how to find the gifts they offer us. This is for fans of Marianne Williamson, Neale Donald Walsch, and Deepak Chopra. The very impulses we most fear may be the key to what is lacking in our lives.

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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. 614 likes 3 talking about this. In this profound book, Debbie Ford systematically outlines the steps to wholeness

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By denying our dark side, we reject these aspects of our true natures rather than giving ourselves the freedom to live authentically. Here she shows that it is possible to acknowledge and accept our so-called weaknesses, proving that these qualities may be important, hidden strengths. For example, perhaps some "selfishness" can save us from exhaustion and resentment.

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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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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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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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The Dark Side of the Light Chasers A Book Review What

The Dark Side of the Light Chasers is an amazing insight into shadow work and the missing link to self acceptance, self healing, and acceptance of others.

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Dark Side of the Light Chasers Reclaiming your power

In this enlightening guide, 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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