

The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams

By Debbie Ford

The bestselling, beloved classic on how to go into the dark side of yourself to bring out the light -- now with new material.

Debbie Ford believes that we each hold within us a trace of every human characteristic that exists, the capacity for every human emotion. We are born with the ability to express this entire spectrum of characteristics. But, Ford points out, our families and our society send us strong messages about which ones are good and bad. So when certain impulses arise, we deny them instead of confronting them, giving them a healthy voice, then letting them go.

It is to these feelings that Ford turns our attention, these parts of our selves that don't fit the personae we have created for the rest of the world. She shows us the effects of living in the dark, of keeping all our supposedly unsavory impulses under wraps. We find ourselves disproportionately frustrated and angry at the selfishness of friends, the laziness of colleagues, the arrogance of siblings. When we are unable to reconcile similar impulses in ourselves, Ford explains, we waste our own energy judging others instead of empathizing. But most important, we deny ourselves the power and freedom of living authentically.

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 Summary Details

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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 seemingly undesirable parts of ourselves, Ford offers advice on how to confront our shadows. Only by owning every aspect of yourself can you achieve harmony and "let your own light shine," she explains. "The purpose of doing shadow work, is to become whole. To end our suffering. To stop hiding ourselves from ourselves. Once we do this we can stop hiding ourselves from the rest of the world."

As threatening as shadow work may seem, it is often very effective in creating transformation. Ford's step-by-step guidebook is modeled on a highly successful course she developed about embracing the shadow. Ultimately, she helps readers illuminate the gifts and strengths that lie within the shadows. Although this works sound vague, clouded in dark metaphors, Ford manages to make it clear and specific. She has the writing gifts of a successful seminar leader--inspirational, trustworthy, and able to convey murky material with grace and ease. --*Gail Hudson*

From Publishers Weekly

Everyone possesses the entire range of human traits and emotionsA"the saintly and the cynical, the divine and the diabolical, the courageous and the cowardly"Acontends Ford, a faculty member of California's Chopra Center for Well-Being. The problem, as Ford (and Freud) define it, is that in growing up, people suppress those behaviors, thoughts, feelings and characteristics that are unacceptable within their particular environments. But rather than daily sessions on the couch, Ford advocates re-imagining and reclaiming lost aspects of self, urging readers to "unconceal" and embrace those traits buried in their "shadow," in order to find their "gift." She offers exercises designed to bring such traits to the surface, including directed self-questioning; listing one's characteristics for closer examination of positives and negatives; and "discharging toxic emotions" physically. Her advice is often drawn from anecdotes of experiences with friends and in workshops that she has taught or attended, and from her own struggles with various aspects of her personality. What some will see as disarming simple methodology may seem shallow to those with a more

analytical bent. But even those not looking for the "Resistant Rita," "Lovegirl Laurie," "My-way Marvin" or "Competent Ken" locked inside them may find him or her in spite of themselves.

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Review

In this profound book, Debbie Ford systematically outlines the steps to wholeness and transformation. Deepak Chopra Debbie Ford guides us past the self-punishing patterns that often bind us. Her ideas are exceptionally compelling. Marianne Williamson Debbie Ford teaches us to recognize, embrace, and ultimately love all aspects of ourselves. Highly recommended. Dean Ornish

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