

DISCOVER YOUR SHADOW

Empowering Healing Through Understanding

The Third Way – Beyond a Rock and a Hard Place

Holding patience whilst experiencing a personal state of terror can be one of the most challenging situations to endure. Yet having faith in an emerging transformation transgressing the experience of painful opposites is often one to be endured without the promise of a resolution in sight.

How then to navigate one's own barren and yet volatile psychological landscape fraught with a minefield of unconscious flashbacks triggering the unsuspecting individual?

Fear, and our relationship with it will determine our ability to survive the re-experiencing of our historical trauma resulting in either the demise of those unable to endure its relentless waves of overwhelm and destruction, or those that choose to grasp a faith in the void of their former self to travel through their pain and choose a self-promise of a new life albeit at the expense of the psychological death of their former self.

Like a game of snakes and ladders it can be soul destroying to reach the penultimate square of the winning line of your personal goal in life, only to realise it contains the head of the snake and that its tail will lead you back to the pains of the beginning. If the individual ego identifies itself with the soul, there is a risk that this event can lead to its destruction both psychological construct and physical. What would lead someone to do this?

In Christian tradition snakes have been associated with lies, evil and temptation all of which can be infused with feelings of shame whether self-inflicted by the individual or by those around us, including family and society. In contrast in other cultures including North America, the snake symbolises fertility, rebirth, renewal and even immortality. Why the difference?

How we hold ourselves and each other when dealing with individual and collective pain will influence this. If we isolate those considered bad or behaving in challenging ways, then the individuals are never fully assimilated nor accepted into society nor our lives. Through them we have the opportunity to face our own

shadows, dissolve the pain with our unconditional acceptance and re-integrate these into our lives.

Furthermore, a change in our cultural perspective can permit a reframing of what it is to win in life. What if the winning line is to be replaced by being replanted at the starting line with a renewed embodied faith in one's own self, our nature and bountiful wisdom?

When life offers the continued experience of a rock and a hard place, remaining curious for the third way may offer a way through it, albeit illusive at times. Having faith in life itself is key to an individual's survival and furthermore can become the foundations of their ability to thrive in their new found emerging way of being in the world.

"I will love the light for it shows me the way; Yet I will love the darkness for it shows me the stars." O G Mandino

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