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What am I running away from?

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In not acknowledging my shadow, it may continue to harass me

I was invited by a friend to a presentation on 'Working with the unconscious'.

As I was listening to what was being shared, I realised that for much of my life I was unwilling to face who I was. Asking myself difficult questions, I imagined, would make me anxious and depress me.



Yet as time went by, I also realised that in not wanting to face my own truth I was allowing my 'shadow', that part of me I was uncomfortable with, to take control of my life and dictate every single move and act of mine.

Only in recent months have I come to recognise that in actually being willing to confront myself, I have felt less stressed, not lived a 'lie' as the famous author Scott Peck says, and in fact begun to respect and appreciate my uniqueness.

My friend, as he concluded his presentation, quoted the eminent philosopher George Santayana who apparently said 'Those who do not remember their past are condemned to repeat it'.

Modified, the quote tells me: In not acknowledging my shadow, it may continue to harass me..

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