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THE
DARK SIDE
OF THE LIGHT
CHASERS

Reclaiming your power, creativity,
brilliance, and dreams

DEBBIE FORD



"In this profound book, Debbie Ford systematically outlines the steps to wholeness and transformation."

—Deepak Chopra

UPDATED EDITION WITH
A NEW INTRODUCTION

Debbie Ford

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



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When we are unable to reconcile equivalent impulses in ourselves, Ford explains, we waste our very own energy judging others instead of empathizing. The impulses we most fear may be the key from what is without our lives. We are born with the ability to express this entire spectrum of characteristics. But, Ford points out, our family members and our culture send us strong messages about which ones are bad and the good. So when particular 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 match the personae we have created for all of those other world. We find ourselves disproportionately disappointed and angry at the selfishness of friends, the laziness of colleagues, the arrogance of siblings. She displays us the effects of living in the dark, of keeping all our supposedly unsavory impulses under wraps. The bestselling, beloved classic on how to go in to the dark side of yourself to draw out the light -- now with new materials. But most significant, we deny ourselves the power and independence of living authentically. Through the stories and exercises in *The Dark Side of the Light Chasers*, Debbie Ford shows us not merely how to recognize our hidden emotions, but also where to find the gifts they offer us. This is for followers of Marianne Williamson, Neale Donald Walsch, and Deepak Chopra. Debbie Ford believes that we each keep within us a trace of each human characteristic that exists, the capacity for every human emotion.



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Unleash your shadow personal. We all have one. don't allow this one pass. I have found her to be, undoubtedly, one of the best mentors. I struggled initially finding the negative aspects of myself, but as I read on and DID THE EXERCISES, things started to get easier and I started linking with the reserve. It's written very well and an easy read. Debbie (R.I. I had a tiny hard period reading the book for the main message is reinforced again and again.) really breaks stuff right down to help you to get to your shadow self and find those aspects of yourself that you make an effort to hide from the world, but mainly hide from yourself. After that she's you integrate those aspects into your life, which may be complicated, but she gives you the various tools and exercises needed to perform it. I utilized my mobile phone to record the exercises which need either a quiet mind you start with deep breaths and your creativity or a quiet mind and usage of your subconscious. Let your light shine Debbie Ford was a guest loudspeaker within my health coaching school and her natural emotional, honest tale was revolutionary and type in the work I am performing today nearly a decade later." But it's hard to learn what that means. It might sound cheesy, and you may want to wait until no one is house for privacy's sake if you're unable to sneak off for some alone time, but I assure it's worthwhile. The exercises really help and the reserve itself is incredibly helpful in finding that balance between your shadow self and your conscious self and integrating them. Debbie Ford actually gives simplistic guidance and direction in this small amazing book! It's simpler to listen to what in the exercise, after that turn around and immediately start writing what your encounter was. This book provides an insightful perspective on our inner scenery - the shadows and self worthy of we suppress, the tale and belief program we subconsciously generate, and the aspects of self that people project onto others. At times, it hurt. There's great independence in digging to the core of all this, fully loving yourself and letting your light shine to steer other's home. Embrace your shadow, free yourself I really enjoyed the book and the powerful, life-changing message Debbie Ford left for all of us. P. Nevertheless, I highly recommend this reserve: Great insights, invaluable exercises to practice (some quite difficult to face, I'll admit) and inspiring existence tales shared from her conferences and gatherings. Many thanks! After a couple of rattling dreams, I realized my subconscious was pushing me to "deal" with my shadow side. Profoundly mind-altering book! The reserve made me realize that I didn't have to suppress see your face - instead, it needed acceptance and there is no reason to completely put that section of myself away. You need to be mindful of the content of a reserve and her drug addiction brought her to some dark places. I believe often times, you're informed by others, "it's all perspective - that is the key to improve. I recommend recording your voice for the exercises. I've followed many exercises in the book - and it changed my perspective - permitting me to release (another one of these points people say you should do, but very difficult to learn how. I bet a person who is more in the mood for a deep browse with points to create, instead of just encouragement, may possibly enjoy it. As I stated them, I can feel these words just pushing at me at parts of my energy body. It's like something there needed to be released. The even more I said it, the more it released. When we want to hide a part of ourselves, it leads us to all types of unhealthy behaviors, then we try to diet, end up being sober or regimented to become "perfect" enough for other people to accept us. There was a tremendous amount of pain to release. But it was probably the most painful types that was the most satisfying. As she stated in her publication - you experienced lighter. This feeling of burying a secret inside yourself no more needed to be veiled. Great! Suddenly, the tension lifted. And that has acquired a profound and totally amazing effect on my relationship with those individuals. I now discover people I dislike as my teachers - people who are brought to me showing me elements of myself I need to accept... and we got along better. I was also

going right through an interval where I had a need to reconcile the "old" me who was egotistical and ambitious and the "new" me who strived to end up being compassionate and humble. I beat myself up for having been that person, and was operating so hard to suppress those aged elements of myself and it had been causing me to become depressed about who I am. Without the idea how to do so, I found this book and it has been effective. It wasn't until when I finished the review that I found out Debbie Ford is not any longer around and had such a long struggle with cancer. Certainly, some may question about her teachings if she was unwell - then could we actually listen to this way of curing through shadow work? But I think it makes her human. The complete idea of the shadow is usually that it is always there. A MUST FOR YOUR COLLECTION MUST READ. Great! This book offers an insightful perspective on our . Amazing book! Great read A very good book The Dark Side of the Light Chasers: Reclaiming. It's changed just how I look at people in a way I never thought possible. It isn't about "getting rid" of our flaws, it really is about embracing, accepting and loving all of who we are. The publication also provides valuable equipment to bust through the story to assuage our judgements of self and others and unearth self-worth and contentment with what IS. Amazing Book! Prepare yourself :) Just a couple levels above the self help section sits this book. In case you are headed down the spiritual journey path, but end up being blocked in various areas, this publication can really help. From the start I couldn't deposit. Recommend this book! Guide to emotional balance Debbie Ford includes a nice types of speaking, and is pleasant to hear. She brings to light many of the common fears and conditions that we all deal with, and breaks down tools to help work at night mental blocks inside our lives. I'm about 3/4 of just how through the publication and things are actually needs to click with me. We will always have a problem with the shadow - even the teacher. An excellent, easy find out about merging your shadow self together with your conscious self I bought this copy for my mom. As well dark to be helpful This is actually the most depressing self help book that I've ever read. It really is more like her dark journey, I'll pass on that one. The publication has opened my eyes to several things about my entire life that's changing my attitudes, behaviors & most significantly my perspective on lifestyle. Ok Ok, a pal recommended I understand this, but under no circumstances finished as I got bored. Not for me, but I'm sure someone else would love it This book made me feel down as I was reading it, which isn't just a bad thing in a book. That is definitely thought provoking, but I disagree with a few of its key principles and general contact to embrace the universe and everyone in it, instead of judge things we do not like in others. Personally, I find it helps me to process unpleasant experiences to separate myself from other people's actions, and I believe it is important to allow yourself experience "detrimental" emotions like anger sometimes. I was also looking for a motivational, uplifting read, and this really didn't fit the bill.) The exercise where you own words you possess judged others on by saying "I am ____" was particularly powerful for me. Great book!. This review is for everybody because we all have got a shadow self and it's a blessing to shine the light on it and allow it be part of your accurate self. Interesting is usually all the experiences we tuck aside for survival in this 3D world.... Well written regarding our dark and light sides--welcoming both to become whole. Five Stars exactly as described



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