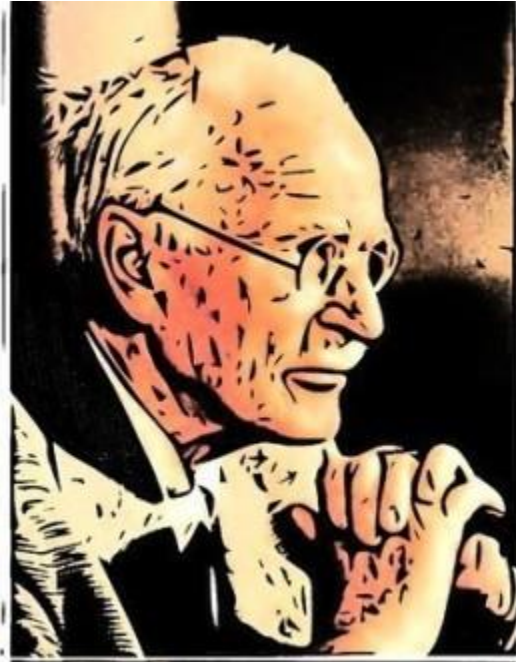


Thoughts and Smiles – April 25, 2022

Owning the "Shadow"

One of the blocks to emotional development is the fear of what lies buried in our unconscious. Carl Jung called this area, which we are unwilling to look at and to own, the "shadow." He said that the self could not



become healed and whole unless we look at and acknowledge the shadow. This means that buried within us all, in what Jung called the "collective unconscious," is everything that we most dislike admitting about ourselves.

The average human, he said, would much rather project his shadow onto the world and condemn it and see it as evil, thinking that his problem is to battle with evil in the world.

In actuality, the problem is merely to acknowledge the presence of such thoughts and impulses in ourselves. By acknowledging them, they become quiet. Once they are quiet, they no longer unconsciously run us.

In looking at our fears of the unknown, which are really fears of what is in the depths of the unconscious, it is useful to have a sense of humor.

Once looked at and acknowledged, the shadow no longer has any power. In fact, it is only our fear of these thoughts and impulses that give them any power. Once we become acquainted with our shadow, we no longer have to project our fears upon the world, and they begin to evaporate rapidly.

- Hawkins, David. *Letting Go: The Pathway of Surrender*.



Breathe in and attend to the soul. Ask for the grace to participate in your soul's growth. (And remember, find a quiet private place and read this prayer out loud.)

Dear God,

I pray to you to bestow your all-empowering grace upon me to attend to the work of growing my soul. Give me the grace to sit with the discomfort of facing my negative patterns, shadows, and unenlightened behaviours with the understanding that I am the one creating the experiences, though on an unconscious level.

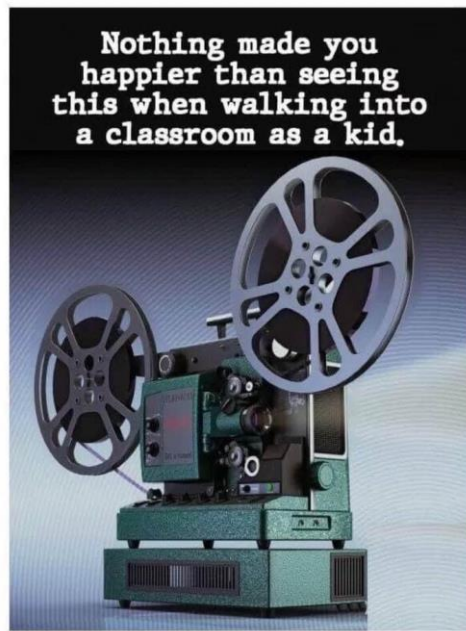
Grace me with the courage to become aware of my self-sabotaging and limiting behaviours quickly so that I may pause before I mindlessly carry on and, with full breath and awareness, choose a more self-loving, conscious course that respects both my Spirit and that of others.



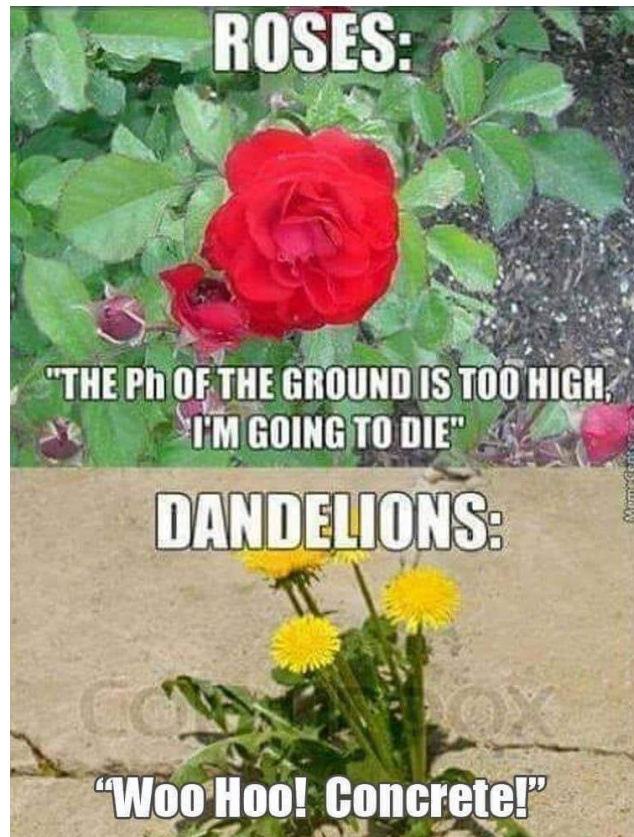
Grace me with the clarity to recognize what serves my Spirit and is in integrity with my authentic self and what is not. Allow me the grace to stand in the face of the pain and disappointments that inevitably come with this week and not run from my emotional learning experiences through mindless addictions or distractions that keep me from being fully present to my opportunities to grow.

Grace my mind with silence so that I may stop trying to control life and, instead, begin to feel your presence and plan unfolding and guiding me toward the full realization of my holy self. I ask for your grace to help me listen to my Spirit over the negative and controlling grumblings of severely limiting ego patterns. To follow its wisdom toward higher and more creative, effective, fulfilling, and authentic ways of expressing my Spirit this week. Please give me the grace to stay with the pain and learn from it rather than deny or mask it with false pretense. Grace me to be present to my transformational process this day. Remind me to pray for your help when I feel overwhelmed and despairing. And I thank you always for our time together. Amen.

And now, a little silliness...



MOST OF YOU THINK
IT'S APRIL, BUT IT'S
ACTUALLY THE 97TH
OF JANUARY





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<https://saubleunitedchurch.ca/category/davids-blog/>

And if you want the online experience of the church worship services, follow the link here below...
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