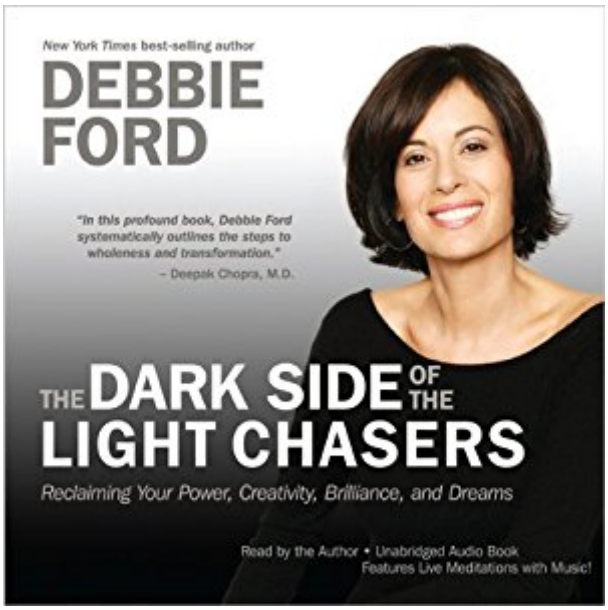
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The Dark Side Of The Light Chasers



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Synopsis

Debbie Ford explains that the dark side of our personality should not be hidden. By denying our dark side, we reject these aspects of our true natures rather than giving ourselves the freedom to live authentically. Here she shows that it is possible to acknowledge and accept our so-called weaknesses, proving that these qualities may be important, hidden strengths. For example, perhaps some "selfishness" can save us from exhaustion and resentment. Full of illuminating stories and practical exercises, Debbie Ford shows us how to reconcile our darker impulses and find the gifts they offer. Your life will be transformed when you unconceal, own, and embrace your shadow.

Book Information

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Customer Reviews

I really enjoyed the book and the powerful, life-changing message Debbie Ford left for us. I had a bit of a hard time reading the book for the main message is reinforced over and over again. Nonetheless, I highly recommend this book: Great insights, invaluable exercises to practice (some quite difficult to face, I'll admit) and inspiring life stories shared from her conferences and gatherings. Thank you!

Debbie Ford has the credentials to talk about the Dark Side since she's been to hers and lived to tell about it. In our subconscious lies our secrets, the things we'd rather not show, but also, it holds our power. Ford shows that it's okay to be angry at the right person, at the right time in the right amount, in fact it shows emotional maturity. Anger doesn't go away if we don't express it, instead it stays with

us manifesting as dis-ease of some sort. And yes, we all have anger, we all have a dark side.I might venture to say that women have a harder time showing their anger because society teaches us to be nice and long-suffering. While being compassionate is good, it’s also okay to fight for what you believe and to fight hard.Reclaiming the hurt, angry, suffering parts of ourselves can be the key to peace in our lives. Ford lays it out clearly. She’s not the first to write about our Shadow Side, but she’s one of the best. I highly recommend this book in fact I gave mine to a friend, she read it and then passed it on to someone else who was going through their ’dark night of the soul’.When I Dream

Just a few levels above the self help section sits this book. If you are headed down the spiritual journey path, but find yourself being blocked in various areas, this book can really help. Interesting is all the experiences we tuck away for survival in this 3D world. Highly recommend this book!

It’s easy to throw around the terms like "life changing" and "paradigm shift" when talking about books and concepts. When speaking in such terms, often it’s just hyperbole, but other times it’s true. "The Dark Side of the Light Chasers" is one of those truly life changing books for me. Over ten years ago, when I first heard Ms Ford in a workshop expounding on the idea of loving all parts of myself, it was indeed a paradigm shift. Up until that time, I just assumed that some qualities and characteristics I possessed were just bad and needed to be hidden or disposed of. And I had unsuccessfully tried to do just that for years, causing myself much frustration and concern! Now I’m free to just be all of me.This book clearly explains the rationale and benefit of "being whole rather than good" to paraphrase Carl Jung. It’s a great introduction to the concepts of the shadow and projection. In addition, it contains useful exercises and processes that ensure the reader can have an experience of the heart as well as the head.

After a few rattling dreams, I realized my subconscious was pushing me to "deal" with my shadow side. Without any idea how to do so, I found this book and it has been powerful. The book has opened my eyes to several things about my life that is changing my attitudes, behaviors and most importantly my perspective on life. I think often times, you’re told by others, "it’s all perspective - that is the key to change." But it’s hard to know what that means. I’ve followed several exercises in the book - and it changed my perspective - allowing me to let go (another one of those things people say you should do, but hard to know how.)The exercise where you own words you have judged others on by saying "I am _____" was particularly powerful for me. As I said 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 more I said it, the more it released. At times, it hurt. There was a tremendous amount of pain to release. But it was the most painful ones that was the most rewarding. As she said in her book - you felt lighter. This feeling of burying a secret inside yourself no longer needed to be veiled.It's changed the way I view people in a way I never thought possible. I now see people I dislike as my teachers - people who are brought to me to show me parts of myself I need to accept. And that has had a profound and completely amazing effect on my relationship with those people. All of a sudden, the tension lifted... and we got along better.I was also going through a period where I needed to reconcile the "old" me who was egotistical and ambitious and the "new" me who strived to be compassionate and humble. I beat myself up for having been that person, and was working so hard to suppress those old parts of myself and it was causing me to be depressed about who I am. The book made me realize that I didn't need to suppress that person - instead, it needed acceptance and there's no reason to completely put that part of myself away.It wasn't until after I finished the book that I found out Debbie Ford is no longer with us and had such a long struggle with cancer. Indeed, some may wonder about her teachings if she was sick - then could we really listen to this way of healing through shadow work? But I think it makes her human. The whole idea of the shadow is that it's always there. We will always struggle with the shadow - even the teacher.

I would recommend this book, without hesitation, to anyone searching for spiritual enlightenment and for a better understanding of themselves. Debbie's passing is a great loss but fortunately she will live on in her books. I read The Dark Side of the Light Chasers back in 1999 or 2000 and was so impressed with what I learned about myself that I passed the book on to a dear friend, who did not return it because she passed it on to someone special as well; and, that says it all. Debbie's honestly in her self revelations took great courage and I admire that so much. Obviously, her books mean as much to others as they do to me because she has sold a lot of them. What inspired me most was the exercises, which I enjoyed doing so much that I want to do them again. I remember exploring a whole new and exciting acceptance and understanding of myself. That helped me to have a whole new approach to life, to myself and to my relationships with others. Learning to embrace all that I am, to recognize and own both the dark and light sides of myself has helped me to love and trust myself - and therefore, others.

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