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### **Meeting The Shadow The Hidden**

Connie Zweig, Ph.D., is a Jungian-oriented counselor and non-denominational minister in Los Angeles. She is the coauthor of

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the bestselling Meeting the Shadow and Romancing the Shadow. She has taught nationwide about human spirituality, religious abuse and disillusionment, and shadow-work. Jeremiah Abrams has worked for the past twenty years as a Jungian therapist, dream analyst, writer, counselor, and consultant.

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These forbidden feelings and behaviours arise from the dark, denied part of ourselves - the personal shadow. In a collection of 65 wide-ranging articles, Meeting the Shadow presents an overview of the dark side of human nature as it appears in families, intimate relationships, sexuality, work, spirituality, the New Age, politics, psychotherapy, and creativity.

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(Connie Zweig, Meeting the Shadow) While Jung is known for bringing the concept of the shadow to public awareness in the modern day, this aspect of ourselves has long been recognized as a ubiquitous feature of human beings. In 1886, before Jung made his mark, Robert Louis Stevenson created the now famous story of Dr. Jekyll and Mr. Hyde.

### **Carl Jung and the Shadow: The Hidden Power of Our Dark Side**

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In Jungian psychology, the " shadow ", " id ", or " shadow aspect/archetype " may refer to (1) an unconscious aspect of the personality which the conscious ego does not identify in itself, or (2) the entirety of the unconscious, i.e., everything of which a person is not fully conscious. In short, the shadow is the unknown side.

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