## MEET MY SHADOW

Alice Stainbrook

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Facing Your Shadow: Healing The Split Between Conscious Self and Other Part of . to shore, the first person you meet says, "Hi, I am part of your shadow self.

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Thereareonlytwonaturalfears--fearoffallingandfearofloudnoises. Please enable JavaScript in your browser to use the site fully. Over the years, I have begun to heal the split between my conscious self and the other parts of me. I knew enough about shadow work to know that I needed to Meet My Shadow this "ugly" part of me, so I said over and over to myself, "I am condescending.

Babiesloveandacceptthemselves; they poopallover themselves and then lau Hanging Out In Love.