

The Shadow Effect Illuminating Hidden Power Of Your True Self Deepak Chopra

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If we fail to take responsibility and extract the wisdom that has been hidden beneath the surface of our conscious minds, the shadow will take charge, and instead of us being able to have control over it, the shadow winds up having control over us, triggering the shadow effect.

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wisdom that has been hidden beneath the surface of our conscious minds, the shadow will take charge, and instead of us being able to have control over it, the shadow winds up having control over us, triggering the shadow effect. Our dark side then starts making our decisions for us, stripping us of our right to make

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The Shadow Effect : Illuminating the Hidden Power of Your ...

The Shadow Effect is the result of living with a divided self. A self or image we show to the world and one which we keep hidden away due to shame, guilt, or fear. Yet it is from these fears and darkness we have the most to learn.

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