

## Community Circles

### Befriending the Dark, with Asha Lightbearer

Aired 10/25/2020 – [Watch on YouTube](#) (high-speed available)



---

*“There Are Empowering Qualities Hidden in the Shadow. To accept and embrace your Shadow Self is not an indulgence of the darker parts of our natures, but an acceptance and direct experience of them in the light of mindful awareness and deep honesty. In doing so, we become Whole again and thus taste a glimpse of what authentic “holiness” feels like.” ~Mateo Sol*

---

In befriending the dark, we take an earnest look at the parts of us that we deem unacceptable, embrace them and find their gifts. In doing so, we free ourselves from the need to control and suppress misunderstood parts of our personality and instead can enlist them to help us find liberation and the freedom to step into our fullest potential.

- *Have you ever labeled parts of yourself—your traits or innate behaviors—as bad/good, spiritual/not spiritual?*
- *Have you ever hidden or suppressed the “bad” parts because you were embarrassed to let others see them? Do you think that was helpful or damaging to your wellbeing—spiritually, mentally, emotionally?*
- *How do you feel about choosing to see these negatively labeled parts as valid/beneficial? How does that fit with the notion of being “made in the image of God” or the Divine?*

In my experience, negative feelings are direct clues that can lead us to wounded parts of ourselves that needs nurturing.

- *Do you see any trends in yourself—emotional responses, behaviors, traits—that might indicate there is a part that needs some care or attention?*
- *Have you ever had others say things to you about yourself or your behavior that were incredibly hurtful and personal? At some level, do you believe their comments were true? If so, do you still think painful observations are “flaws” in you, or can you believe that they might have super-powers that you could enlist for Good in your life?*

---

Talking about the underworld (the unconscious):

*“It is here that we learn to respond to art and poetry, to be capable of passionate love, and to experience the mystery of a birth or bereavement, as well as the risk or pain.” ~Rae Beth*

---

As a musician, most of my creativity up until my mid-30's was birthed from pain, suffering or despair, as a way to cleanse and heal myself.

- *Do you believe knowing your subconscious is an important part of your spiritual path?*
- *Have you ever used creativity, art or music, to access your emotions and subconscious, or to heal, grieve or transform some difficulty or trauma in your life?*
- *Is it possible that our wounds bring us into a deeper expression of ourselves by requiring us to access our creative self/unconscious for processing or healing, through outward creative expression or internally, through our dreams?*
- *Do you think that processing our emotions and facing our shadow is an intrinsic part of what makes us capable of appreciating beauty and the arts, having compassion and gratitude, and finding empathy and forgiveness for ourselves and others?*

**Your questions:**

- *Are there different emotions in the dark and the light part of myself? ~ Richard MacKay*