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## **The one you can't see**

To read about a journey is never the same as going on one. After all, you don't lick the pages of a recipe book.

The concept comes from a Margaret Lynch video. She says that it's not a trick; it's just the way we see things.

Now you are going to write that person a letter in which you tell him/her the characteristics you admire in them.

Please just stop reading at this point and write the letter. You did? Okay, what you do now is substitute the name of the person you admire.

Look at the qualities you've described in the person you admire – that is called your light shadow. It's the part of them that you love.

That which you love about someone else – that is how to find the clue to your brilliance, your beauty, your power.

Conversely, that which irritates you so much in other people . . . sorry, girlfriend, but that's your shadow. It's the part of them that you hate.

Still, Marianne Williamson's famous quote says that it is our light, not our darkness, that most frightens people.

She says that there is only one person in the world you can't see – yourself. The stuff which annoys you is your shadow.

Take a situation that irritates you. "In fact, the worse it is, the better it is to heal ourselves," Debbie Ford says.

“If you're not dealing with your own shadow every day, it will come up and bite you,” Debbie says.

That is precisely why Peter Pan went back to look for his shadow. In Sir James Matthew Barrie's

He was visiting the Darling household to listen to stories when the family dog started barking. Peter

“How exactly like a boy,” Wendy said.

“I shall sew it on for you,” she said and sewed the shadow on to Peter's foot.

This is what Debbie Ford has been doing for people with her Shadow Process. Whether light or dark

Just one thing – it is as Wendy warned Peter: “I daresay it will hurt a little.”