

Untitled Document

We're entering the ultimate season of gift-giving and I've been wondering what the greatest gift is anyone

The origin of this gift is rather surprising, though. It comes from your shadow. Your dark twin, alter

When we receive the gifts of our dark side, the parts of us we once believed to be our deepest flaw

Debbie checked in and out of drug treatment centres throughout her 20s and into her 30s, before b

In 'The dark side of the light chasers' Debbie explains where the shadow comes from. In growing u

Come on, girlfriend, I bet you'd be upset if you had to get up on a stage and say: I'm a bitch. How c

Those are the insults we use to describe other people. We project these qualities onto others and

We spend huge amounts of energy trying to get rid of unwanted aspects of ourselves because we'

You must go into the dark to bring forth your light, writes Debbie. Your greatest gifts are hidden in

For example, if you look for the gift of your weakness, you may find that it has allowed you to be su

Transformation needs nothing more than a shift in perception. It is making the choice to look at you

Your 'bitchiness' might be your assertiveness in overdrive. Your miserliness is probably your good

You can only do it if you face things exactly as they are, without any delusion or self-deception.

Debbie writes that embracing your shadow allows you to reclaim the power you once gave away.

"When we are at peace within ourselves, our self-esteem no longer depends on the approval of others.

Your self-worth will no longer be at the mercy of how other people feel about you.

No more pretending to be someone you're not. No more proving that you are good enough. Jung c

Girlfriend, you don't even have to answer this question. If you want to know how you truly feel about