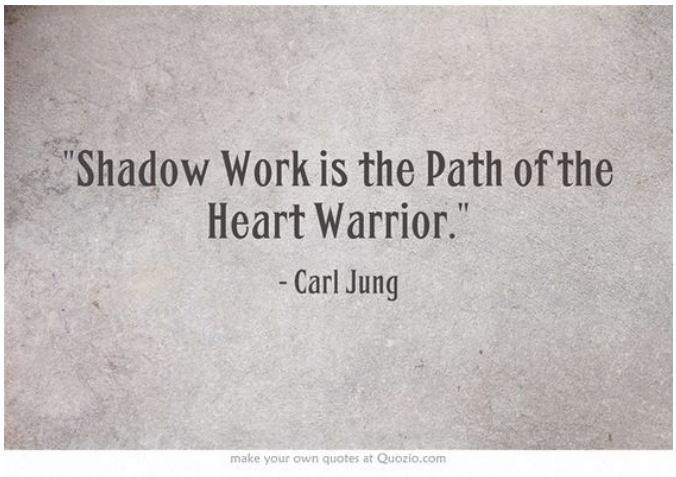
SHADOW AND INNER WORK

The following is a description of this subject through describing the ‘Shadow’ and ‘Shadow and Inner Work’, some sharing of personal experiences, followed by parts from the THI shows, by Thomas Williams: statements about Shadow and Inner Work.



The Shadow

A description of what the Shadow is, from: psychologytoday.com:

“The *shadow*, said C.G. Jung, is the unknown ‘‘dark side’’ of our personality–-dark both because it tends to consist predominantly of the primitive, negative, socially or religiously depreciated human emotions and impulses like sexual lust, power strivings, selfishness, greed, envy, anger or rage, and due to its unenlightened nature, completely obscured from consciousness. Whatever we deem evil, inferior or unacceptable and deny in ourselves becomes part of the shadow, the counterpoint to what Jung called the *persona* or conscious ego personality.

‘‘The shadow,’’ wrote Jung (1963), is ‘‘that hidden, repressed, for the most part inferior and guilt-laden personality….. The pervasive Freudian defense mechanism known as *projection* is how most people deny their shadow, unconsciously casting it onto others so as to avoid confronting it in oneself. Such projection of the shadow is engaged in not only by individuals but groups, cults, religions, and entire countries, and commonly occurs during wars and other contentious conflicts in which the outsider, enemy or adversary is made a scapegoat, dehumanized, and demonized.”

“the shadow contains all those qualities we hide from ourselves and others, but which remain active within the unconscious, forming a sort of ‘‘splinter personality’’ or *complex*, not unlike the relatively autonomous sub-personalities found in multiple personality (dissociative identity disorder) or in so-called demonic possession or demonism. Under stressful circumstances or in states of fatigue or intoxication, this compensatory alter ego or shadow complex can be triggered into temporarily taking total command of the conscious will.”

In my own words: it is the parts of ourselves that are hidden in the unconscious, we are not aware of what is driving us anymore. We have developed behavioural and thought patterns which have been formed through conditioning, in order to cope with our surrounding, we believed (be-lie-ved) and submitted to them.
It can have resulted in developing a negative trait, e.g. learning behaviour which is not in accordance with the inner knowing, or suppressing a positive trait, e.g. following our inner knowing or intuition, but because of being judged about that, suppressing that and not using or valuing our inner strength anymore.

Example:
Many times in my life, I have suddenly made a change in direction, because of a sudden awareness: I was not following myself anymore, I couldn't agree with what I was supposed to do or couldn't participate in the ly anymore. Through that I experienced being judged and rejected. People disappeared from my life. Being more on my own (in comparison with others) was the result, which was painfull and made me wonder, did I do something wrong? I started to doubt myself. I developed a fear of rejection and every time I was part of a group it made me very

sensitive for the reactions I received, fears arose, wanting to fit in, trying to behave in an ‘acceptable’ manner.
Untill I found out the way to deal with this is: to investigate myself, not running away from the ‘trigger’, feeling insecure, feeling tense, worrying etc. anymore.
Shadow and Inner Work introduced itself into my life.

Shadow and Inner Work

It starts with a ‘signal’ being given by ourselves: we are triggered by something. An emotional reaction in ourself caused by something happening on the outside.
An uncomfortable feeling shows up, it can be pain, or feeling uncertain about ourself, becoming emotional, angry or sad or afraid or feeling unhappy, thinking a lot, withdrawing or very outgoing behaviour etc..
The key is to stop there, although it feels uncomfortable.
What I do is to sit down and give it ‘space’, to investigate, feel, look at it, welcome it, acknowledge it, being curious about what is happening inside. Listening to the inner chatter, not pushing it away, see what comes up, it may be memories of similar situations in life, which may have repeated itself a number of times etc..
Expression of emotions can happen.
Example

The message I had gotten a lot, and was now giving to myself was: ‘I am doing it wrong’.
As I sat down to go into that one, a lot of situations passed through my mind, where I had experienced that. I also saw that in those situations I was acting in accordance with my inner knowing, but the message had gotten a strong hold on me. The frustration was big, I cried and screamed in a cushion, to release and also as a way to give all the space for what went on in my mind.
After that I forgave myself and forgave all the people who played a part in it.
I took a shower and while standing under the shower there was clarity, there was a space between me and the illusion, I realised that it was not me en not true and the space it took was filled with my own ‘light’. This happened, I could not have made it happen.

Another great tool I found was, that when memories are seen, to choose one, for instance a situation experienced as a child, then visualize being there with the child, as the grown up you are now, with the knowledge you have now, supporting the child, giving it confidence and showing it love, embracing it. In this way it can be looked at from the strenght within, trusting the self, seeing that it was an illusion. It can be seen that the other was acting from his or her conditioned state and forgiveness is than obvious.

Some time after that I read a few pieces from the transcripts of the shows which gave me more understanding and another way of looking and thinking about it:

Statements by Thomas Williams during THI shows

8 november 2018

"...The most massive undertaking ever seen on a planet, a steady but extraordinarily fast pace of takedown of the old system and replacing it with a new system, and yet too many still think nothing is happening, things are going too slowly, the simple answer to that, is you just have not grasped the enormity of what is taking place, the very fact you are listening to this show here in 2018, is a change in and of itself.

The problem is it is an internal change, like doing shadow or inner work where the only plaudits received is by you, as only you will know whether you have done it or not, but many always seek external gratification from others, this is in essence neglecting the self.

How can you trust in others, if you don't trust the self? the neglecting of the self is why so many have issues, either because they think all issues are outside of them, react in finger pointing mode at the ills or plight of others, or don't like to face the self through guilt, shame or low self esteem, which the latter is the most common plight of humanity.

We all wait for the external war to unfold whereby we get validated (and yet have we not already been validated, many times over, so why do we still seek, what we already have?) the funding, the arrests, the visual changes, all are external, and a share of the spoils of the real war, which is internal of you all.

The war for the minds and hearts of the people, again they are internal aspects not external, they have tried everything to

mess with and interfere with your progress, and yet you are all still here, is that not the greatest change and victory? the odds were heavily stacked against you, and yet despite all the shit thrown at you, you still remain steadfast in yourself and conviction, again I ask is that not the ultimate triumph?
Society ills are a reflection of society itself, which won't please many hearing that, but sadly it is true.
We have a sick and unbalanced society because too many people are sick mentally and physically and unbalanced, what we have tried to do with this show is to heal and rebalance, you will find as more do so, more of life's ill will suddenly start to dissipate, and all that will be left of the sick and unbalanced, will be the psychopaths."

1 november 2018
"...Heart is where people get hurt the most, and too many choose to ignore that pain and lower it into the lower energy centers, and then they use the word spell magic to get you to say go with your gut or what is your gut saying, these are tricking you into the lower centers and ultimately blocking you off, from being the real you.
This is why the **inner and shadow work** is more painful than it should be, even when many years have passed from that trauma, the lowering of the trauma and pain into the lower energy centers is in essence a city of light pill, forget the pain, forget the trauma and parcel it all the way further down, if it goes too far down it ends up in the sex energy center and people will develop sexual issues both physically and mentally.
There is no easy path to operating from the heart, it is not a light

switch moment, or something that can be developed too quickly, but as each onion layer of inner issues are stripped away, processed and released from the body, the closer you get to being and operating from the heart.”

11 oktober 2018

“...How did you love? The one thing you leave behind Is how did you love?

For some people that is very badly and much more shadow and inner work in service to others, not to the self, is required to correct that.”

20 september 2018

“...The other aspect is we trusted them to look after us and they let us down badly is the projection, but in reality is it not more the case we let ourselves down badly, for a. thinking they have an obligation to do so and b. what happened to our own sense of personal responsibility and c. who said we can’t look after ourselves? the system did and we went along with it. so is it not the case that the angst at politicians, is really a projection of the angst of ourselves? Recognizing that fact is one thing, correcting it is another, and we wont correct it projecting at politicians, **when the answers lies within us. Shadow and inner work has more value than any pieces of paper and bits of metal, no matter what society tries to convinces you differently. Co-operative mindset not comparative mindset is the way forward.”**

2 augustus 2018

“...There is no defined timescale for this or that too happen, a lot depends on us all, of how we contribute to matters, but griping when is this or that ending or when is this or that starting, does not help the people at the top doing things.
The focus is what can I do? have I done my **inner and shadow work** to prepare me? have I got myself into a calm and balanced state without the need for drugs or alcohol? Do I have some cash? that’s essential, Do I have some spare food in case of emergencies?
Their reign over us is ending fast and we are on a threshold of a new beginning, that will involve a lot of change, embrace change, change is your new friend going forward, it bring new experiences and new learning’s, which are the essence of life, without that we just stagnate, we have done that for too long, now is the time to grow.”

14 juni 2018
“...For the past 5-6 weeks an increase of source energy has been added to this planet and is spread globally, this explains some of the changes you are seeing, feeling within yourself and those around you. It is designed to be an awakening tool for the masses including the cabal, a reconnection back to source that has been blocked in various manners over a prolonged period of time. For most in the awake community and those not still mired in religious dogma this will have a good effect once it is absorbed, as for the others, it will leave them confused and irritated but will also bring long term beneficial effects as well. I wouldn’t totally describe it as wheat and chaffe separation but it will have that effect, but providing those do their **inner work and integrate their shadow**

aspects, it can be adapted to fairly quickly. Those resonating with a higher frequency will obviously feel greater benefits in the now, the rest it will be filtering through as time goes by, these energies will increase incrementally over time to provided maximum benefit going forward.
So, go outside and absorb it all in, collect it and store it within you and transmute it for the benefit of all. How do you do that and how will I know you will say, well, go out on a sunny day and look at the sky, squint your eyes a bit and just stare at the sky, eventually you will see thousands of very small golden pieces floating down from the sky, darting here and there, that is source energy, learn to collect it and pull it into you, pull it down into the solar plexus and then push it up and through your heart to the crown, with a thought of then transmuting it for maximum effect, over time this exercise will not be required as we will be bathed in it, but this can be a tool for you and others in the now, that can bring better changes."

22 maart 2018
"...This has many aspects to it, doing your **shadow work**, as this in general terms is something only you can do, yes people can help you along the way and we have tried with the documents and also helped people privately with their varying issues, but **the one thing from a psychological aspect that most will overlook is dealing with your own shadows and traumas, is personal responsibility**, too often society has dissolved their own responsibility in life and handed it over to governments, churches, teachers, doctors, lawyers and personal trainers to run their lives, this has not served us well on that I think all who listen to this

show can agree on that. So dealing with your shadow sides is your responsibility and this will help you going forward with regards to your own personal responsibility.
Dealing with this stuff comes with much pain, much angst and is very uncomfortable for all who go through it, people may think ah i'm ok it's all in the past and i'm not bothered about it, but then wonder why they are being triggered on certain things on an all too frequent basis, because you haven't dealt with it is why, sorry to spoil your own lies you are telling to yourself, but this is why it triggers, and what happens then is you over react to a situation with a veracity that doesn't match the situation that has arisen, it is completely out of context, but it has been taken out of context deliberately by the individual, to mask their own illusion of having dealt with it, in observer mode you can see it all play out, but if involved in it and you become mired in it, the situation looks and feels bizarre as it doesn't make sense, the over reaction or the angst that most project to cover it.

...My own lifestyle as a teenager was not great either safe to say, i was the kid who all the parents didnt want their child to play with, as often we got into mischief and a sense of adventure, but I turned it around and all people can do that, including cabal minions, those at the top less so at this stage."

8 maart 2018

"...fear is also part of our own making, fear of not being as good as your siblings or parents, comparative mindset is often caused by the fear of looking or feeling a failure, fear of changing jobs, changing partners who may not resonate anymore, fear of moving house, state, country or continent, fear of speaking because you

fear you may upset someone, fear of heights when most have never gone above a step ladder, fear of going to court even when you are only a witness, fear of cops, fear of having children and fear of losing them, fear of growing up and the fear of growing old, the list is endless and many of you will see, some of those examples in yourselves, the outcome is it renders many unable to be themselves, because **some even fear themselves and their own shadow, the key is to integrate the shadow, face it and be at one with it**, fears are a future event and something that hasn't happened yet, so why would you want to manifest that fear related event? real freedom is letting go of your fears, they were not real to begin with, and only a possible future event, which you have the ability to change it, you have just forgotten YOU have that power within you."

7 december 2017

"...In light of a recent event I feel I need to get people to look at another theory, that could tie into how we finally exit this construct and fake reality. Once an individual reaches a certain level of understanding on a personal evolutionary level and that is aligned with much **shadow and inner work**, this cannot be attained by just throwing your attention at it for a short time, it is a build up of the multi dimensional aspect of you, align with your higher self, aligning your golden light which requires all chakras to be clear, which means you must go beyond the 3 lower chakras currently most people operate from. After a period of time you are presented with an opportunity during your dream time. You will see a curved bridge with something at the end of it, I will not spoil

what it is as it maybe different for each person, but once you see what is at the end you must leap blind, it may explain the term a leap of faith, this is where you have to be in full trust of the self, ignore 3D limitation and think possible, once you take that leap you will be surprised what is on the other side, a choice is then made of whether you go on or go back in to help others, only you can make that choice.
If you don't make the leap you fall and your back where you started, you will not see the fall.
So a leap of faith is required that transcends time and space, so it got me thinking again, twice a year tptb decide to change time, in Feb/March to clocks go forward and the term is leap forward, and Oct/Nov the clocks go back, as in fall back, so is it leap or fall, but what about what happens every 4th year as our planet moves 6 hours further away from the sun each year, which requires a leap year and a day is added.
So here is the theory part, we had major warnings over Y2K, 2012 and 2016 and I suggested in a recent show that 2020 was a key date and will we may get 2020 vision, where we actually see stuff, but those 4 dates all have one thing in common, all fall on a leap year, so is it possible we get a chance to escape every 4 years, hence the 4 year loop cheat inserted into this timeline, another quirk or maybe it is not a coincidence, also with The Olympics being every 4 years, which also fall on every leap year, maybe the athletics event is a hint, long distance running with a leap, perhaps the saying made by Neil Armstrong, **its one small step for man and one giant leap for mankind has a whole new meaning to it. – somehow I will find my way home."**

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