

Persona and Shadow Insights Part 2

“with extra light work, shadow work and insurance information”

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Here are some frequently asked questions I'll answer about the persona, shadow, light work, shadow work, counseling, therapy and health insurance: (1-14)

1). Does everyone have a shadow?

Answer: Yes and many people don't know and understand the shadow's symbolic representation.

2). Is the shadow always unknown to people?

Answer: This is a popular misconception about the shadow I would like to debunk. While it's true that some unconscious aspects of the shadow are unknown to people, they do consciously hide and suppress certain things from others.

3). What are the shadow's negative traits?

Answer: Denial, projection, hate, rage, anger, guilt, shame, selfishness, etc. However, I would argue that one's persona could also be very harmful and counterproductive due to their lies and deceptions among other things.

4). What are the shadow's positive traits?

Answer: Individuality, authenticity, happiness, intuition, appropriate actions, creativity, potential, etc.

5). Are some people more attuned with their shadows than others?

Answer: Yes and it makes them more authentic than most. In fact, I would argue that most people are well aware of their shadows and hide and suppress things from others when it comes to their secretive thoughts, feelings and behaviors.

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6). Is the dark always a bad thing?

Answer: No. Like I said before, the shadow does possess several positive traits and there can be light in the dark. On the other hand, the light may contain deceptions, negativities and falsehoods. For example, a wolf in sheep's clothing or when you're in denial of the truth.

7). What's shadow work?

Answer: Basically, it's Depth Psychology in which you're working with your shadow in various ways. And contrary to popular belief, shadow work is a part of light work not to mention that light and dark are inseparable. In fact, many lightworkers who neglected the dark still suffer from depression and have truth, reality and ego issues despite their uses of lightwork, the law of attraction, spiritual bypassing, cognitive behavioral therapy, etc.

8). Why should you do shadow work?

Answer: Besides the fact that shadow work can improve your life in so many different ways including your happiness and potential, shadow work can improve your awareness, balance, wholeness, solves problems, gets answers, makes the unconscious conscious and helps the conscious and subconscious minds work together.

9). Can I use both light work and shadow work?

Answer: Yes.

10). What happens if you don't acknowledge and deal with your shadow accordingly?

Answer: It will control your life and you can experience negative, harmful and even deadly consequences as a result. Like I said before, everyone has a shadow.

11). What are some shadow work techniques or approaches I could use?

Answer: Self introspection and reflection for starters. Even journaling, blogging, writing music, painting, drawing, role playing, etc can be helpful due to their personal, expressive nature. Other than that, shadow work can be very intense and may require professional help. That said, one of my specialties is shadow work or Depth Psychology not to mention Life Mastery and Personal Potential and Empowerment for those of you who are interested.

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12). Why does shadow work fail people?

Answer: For a number of reasons such as, but not limited to the follow down below: (A-H)

- A). They didn't use the right shadow work approaches to benefit them and/or their situations.
- B). They used incompetent life coaches, spiritual counselors, teachers, healers, etc.
- C). They needed professional help for their particular situation(s) and didn't get it.
- D). They have ego issues, possible personality disorders or other mental health problems which kept them from getting better.
- E). They had issues with denial, psychological reactance, the Dunning-Kruger Effect, other cognitive biases and so on.
- F). Their lifestyles, environments or the people they're around are keeping them down and hurting their chances to better themselves and/or their situations.
- G). They lacked motivation, proper mindset, determination, etc to better themselves or their situations.
- H). They had inadequate finances and/or limited resources to improve themselves.

13). Can I go to a licensed counselor or therapist for shadow work (Depth Psychology)?

Answer: In most cases, they'll use Cognitive Behavioral Therapy for insurance purposes. That said, you're wasting your time and money in my opinion because Cognitive Behavioral Therapy tends to only focus on the present, doesn't properly address various underlining issues, lacks positive outcomes and results longevity, etc. Other than that, some licensed mental health providers do offer Psychodynamic Therapy (a Depth Psychology subset).

14). Is shadow work (Depth Psychology) covered by health insurance?

Answer: For the most part, no other than possibly getting reimbursed financially for Psychodynamic Therapy. However, I do offer a membership-based, health insurance alternative called "Simms Care" that you could take advantage of in which shadow work, life coaching and other things not typically covered by insurance is covered through Simms Care.

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