

Shadows

“....the Shadow is a darker repository of the self, parts alienated but not removed. It (the shadow) remains attached but not necessarily in view. I can dog a person like one’s conscience.”

Yamartino adds there is the likelihood of remorse as an experience. “....perhaps it is linked to behaviors which lead to the alienation.”

“Does one mean to the loss of those parts of the self that were once valuable?”

(Yamartino, 1999)