

Into the Shadow  
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1. Basic Map:

- a. Higher Self
- b. Ego Self
- c. Ego Mind
- d. Archetypal Self, Structure Unconscious

1. Virtue

- a. No expressed anger, no Four C's,
- b. no Bad JEDDI,
- c. no persuading resistant people,
- d. mastering "asks",
- e. processing, etc.

2. Rationality – Wisdom

- a. Basic Wisdom Mills and Interventions
  - i. Glasser – working through NEED'S
  - ii. Ellis – ABCD - Activating events, unconscious Beliefs and Should's (theories), C. Emotional Consequences, D. inner Discussion

3. Wisdom as Insight into the Ego-Self

- a. Ego States
- b. Basic Disruptions
- c. Hidden Motivations
- d. Complexes – Neurosis
- e. Interventions

4. Depth

- a. The Soul – Lies in the Unconscious, is unconscious until we bring it into consciousness (higher self)

- i. Not the “eternal soul” (necessarily), the mute aspect of the inner life where meaning and purpose form.
  - ii. Natural language of the soul: the arts – music, poetry, literature and Scripture, cinema, rituals, religion, etc.
  - iii. Symbolizing, Archetypes
  - iv. Typical Chambers of the Soul (inherently not precise or exhaustive):
    - 1. Love
    - 2. Justice and other values
    - 3. Truth (philosophy)
    - 4. Beauty
    - 5. Dreams
    - 6. Wounds
    - 7. Trauma
    - 8. Big Secret and Big Lie
    - 9. Forgotten Prayers
    - 10. God, the Divine
- b. Access through dreams, contemplative practice, archetypal psychology
- c. Shadow – Disowned Self, pushed out of starting-place Ego Mind – Persona
- i. “50 Shades of the Shadow”
  - ii. Lighter shade – Ego Self
  - iii. More obscure shade – Destructive Self – malice, wickedness, evil, etc.