

# **Light, Dark and The Shadow Misconceptions Debunked**

**By Dr. John Simms, PhD**

## **1<sup>st</sup> Light and Dark Debunked Misconception: You can avoid the dark and only focus on the light**

Light and dark are inseparable, you can't have one without the other not to mention that shadow work is a part of light work and vice versa.

## **2<sup>nd</sup> Light and Dark Debunked Misconception: Focus only on the light for happiness and a better life**

Not true. In fact, many lightworkers, spiritual practitioners and self help people still suffer from depression and haven't improve their lives or their situations despite their light work, spiritual bypassing, law of attraction, positive psychology and cognitive behavioral therapy use. Besides, there's light in the dark and vice versa. And on top of that, you can find happiness, authenticity, answers, remedies, wholeness and potential in the dark or one's shadow.

## **And the Shadow's Debunked Misconception: The shadow only represents things that are unknown to the individual in question.**

This a popular misconception that's partially true. The shadow represents attributes that are both known and unknown to an individual. And on top of that, most people hide or suppress their true thoughts, feelings and behaviors from others. Needless to say, they're consciously aware of things within their shadows.

### **Important Notes:**

Parts 1-3 Addressing The Shadow reports are available now to purchase at Dr. John Simms' store. Go to <https://payhip.com/JohnSimms>

Other available reports are that may interest you includes:

Self Help Exposed “Save Money and Improve Your Life Now and Forever”

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## **About John Simms**

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