

# Light and Shadow Work Insights

**By Dr. John Simms, Ph.D.**

**(Questions received from pre and existing clients, followers and inquiries.)**

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## **1). Why is shadow work so important?**

**Answer:** In addition to getting answers and solving problems, you'll learn and become who you truly are, feel free and improve your life in many different ways.

## **2). In your opinion, what is the number one misconception about light work?**

**Answer:** You can separate light and dark, not true because light and dark are inseparable and you can't have one without the other. That being said, shadow work is part of light work and vice versa.

## **3). For happiness, why focus on the dark?**

**Answer:** Many spiritual people still suffer from depression and other mental health and related issues because they only focused on the light and utilized the law of attraction, positive psychology and cognitive behavioral therapy. In other words, they didn't properly address the shadow in order to solve their problems and improve their happiness among other things. Trust me, there's light and happiness in the dark regardless if it's inside and outside of oneself.

## **4). Your opinion on spiritual bypassing?**

**Answer:** I'm not a fan of spiral bypassing because you avoid truth and reality. To me, it's nothing more than a coping mechanism that's counterproductive.

## **5). Do you have any shadow work suggestions?**

**Answer:** Shadow work can be very intense. That being said, depending on the person and/or situation, it may be wise to seek help from a competent psychologist, counselor, therapist, spiritual advisor, etc. As for shadow work tools, approaches and techniques are concerned, start off with self introspection and reflection and then go from there.

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**6). For fast positive results with shadow work, what would you suggest?**

**Answer:** Get help from a competent psychologist, counselor, therapist or spiritual advisor who deals with depth, psychodynamic or eclectic psychologies not to mention those who specialize in shadow work.

**7). Is shadow work an ongoing process?**

**Answer:** Yes.

**8). Are you a light worker or shadow worker?**

**Answer:** I'm a middle path practitioner who's all about balance, harmony and moderation. I also like to avoid the extremes, opposites, polarities and absolutes of things. Even Buddha, Socrates, Aristotle, Confucius, Lao Tzu, Rumi, Robert Ellis, John and Lillie Allee and others have promoted and utilized the middle way, path and similar concepts and teachings of moderation.

**9). Do you specialize in shadow work?**

**Answer:** Yes including eclectic psychology and other advanced psychological techniques and unorthodox approaches that tend to be more effective than traditional counseling and psychotherapy. As for my other specialties that may interest you, they consist of life mastery, personal potential and empowerment, holistic medicine and so on.

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