

LIGHT AND SHADOW

Bache, Christopher M., *Dark Night, Early Dawn: Steps to a Deep Ecology of Mind*, c2000, 352 pages.

This book is considered an important contribution to the field of transpersonal psychology. With deep insight and thoughtful clarity, Bache expands upon the fuller nature of the individual human experience, connecting the personal ordeals and realizations of the individual to a larger collective suffering and spiritual transformation of the entire human species.

150.198 BAC DN

Burton, Michael Hedley, *In the Light of a Child: A Journey through the 52 Weeks of the Year in Both Hemispheres for Children and for the Child in Each Human Being*, c1989, 62 pages.

A collection of verses that help us to connect the inner world of our feelings and the outer world of the striving human where there are temporary periods of resistance to be overcome and learned from. The verses express our natural relationship to Nature, its continual interplay at different times of the year, and serve as a parable for the soul's gradual change.

J 394.26 BUR ILC

Collins, Mabel, *Light on the Path: And an Essay on Karma*, c1970, 39 pages.

The original subtitle of this volume explains that it is "written for the use of those who are ignorant of the Eastern wisdom and who desire to enter within its influence". This is considered one of the modern classics of the ancient wisdom tradition, providing a roadmap that can lead us to the depths of our inmost being. It is advice and guidance for students on every level.

MINI T C692 LP 1970

Conger, John P., *Jung & Reich: The Body as Shadow*, c1988, 222 pages.

The author has created a masterful summary of the works and lives of these two pioneers in psychoanalysis. He had a fantasy about Wilhelm Reich and Carl Jung meeting and having a long association. What if they had been in therapy with each other? What could they have learned? That was his inspiration for the creation of this book. It is an analysis and comparison of their similarities and differences and a valuable contribution to analytic theory.

150.19 CON JR

De Quincey, Christian, *Consciousness from Zombies to Angels: The Shadow and the Light of Knowing Who You Are*, c2009, 303 pages.

In a pragmatic way De Quincey shows us how to recognize and acknowledge both our brightest light and our darkest fears. His seven steps for understanding consciousness and expanding awareness encourage us to embrace a more deeply creative and fulfilled life by integrating aspects of both shadow and light.

126 DEQ CZA

Franz, Marie-Luise von, *Shadow and Evil in Fairytales*, c1974, 284 pages.

Fairy tales contain profound lessons for those who would dive into their meaning. Von Franz draws on her vast knowledge of folklore and her experience as a psychoanalyst and collaborator with Carl Jung to illuminate the meaning of fairy tales and the dark side of life and human psychology.

398.21 FRA SEIF

Galland, China, *Longing for Darkness: Tara and the Black Madonna: A Ten-Year Journey*, c1990, 392 pages.

This is the story of a woman's decade long physical and spiritual quest around the world in search of understanding the feminine aspect of divinity. She draws on the best of feminine insight in both Catholicism with the Black Madonna and Tibetan Buddhism with the Black Tara. Here darkness is a metaphor for transformation. Ostensibly a personal search for wisdom and peace, it is also an enquiry into the nature of power and authority.

291.211 GAL LD

Heaven, Ross & Buxton, Simon, *Darkness Visible: Awakening Spiritual Light through Darkness Meditation*, c2005, 168 pages.

The use of ceremonial darkness is a method for exploring hidden aspects of unconscious and super-conscious states, discovering invisible landscapes and embracing the deeper recesses of the self. In *Darkness Visible* Ross Heaven and Simon Buxton share their therapeutic methods and practices of taking retreat in physical darkness for the purpose of accessing inner light.

242 HEA DV

Jampolsky, Gerald G. *Out of Darkness into the Light: A Journey of Inner Healing*, c1989, 266 pages.

This is the compelling story of one man's journey from severe depression, guilt and what he terms ego, to a true healing of mind and spirit whose focus is love. Dr. Jampolsky sheds new light on the path to personal happiness, on letting go of fear and guilt and on escaping the "fifty ego defenses" that keep us in darkness.

B J248 JAM ODL

Johnson, Robert A., *Owning Your Own Shadow: Understanding the Dark Side of the Psyche*, c1991, 118 pages.

A powerful work about owning the shadow side of our nature, defined in Jung's work as the dark, hidden aspect of the ego or persona. Johnson writes that "the ordinary, mundane characteristics are the norm and anything less than this goes into the shadow. But anything better also goes into the shadow! Some of the pure gold of our personality is relegated to

the shadow because it can find no place in that great leveling process that is culture". A book about finding and releasing the energy of our inner shadowed self.

155.2 JOH OYOS

John of the Cross, Saint, *The Dark Night of the Soul*, c1973, 210 pages.

The sixteenth-century Carmelite monk St. John of the Cross stands alongside St. Teresa of Avila as the West's best known and most beloved Christian mystic. *Dark Night of the Soul* follows the soul's journey from a state of abandonment and darkness to a loving union with God. Written as instruction for the members of his Order to help provide for their personal needs and spiritual guidance, this work has been frequently copied, translated and eventually, conveyed from the 16th century to the present. St. John describes the process of moving away from routine religious rituals and embracing a Being who can be known only through love. In essence it describes a perfect union of love with God, in as much as it is possible through life, with acknowledgment of the sacred ways "darkness" can serve this union.

248.22 JOH DNS 1973

Joy, W. Brugh, *Avalanche: Heretical Reflections on the Dark and the Light*, c1990, 352 pages.

In *Avalanche*, Brugh Joy challenges the idealistic vision of spirituality as solely an experience of love, light, and harmony. He dares to appreciate the dark, shadow side of human nature that, if left unintegrated, can wreak havoc in our lives. Forced by circumstances, he went beyond the conventional teachings of Jesus, Buddha, and other major traditions. His once-revered beliefs crumbled beneath an avalanche of new insight and he found himself face-to-face with his naked soul. He began to examine what it really means to be human and how we can reconcile the darkness and the light that are a part of existence.

291.4 JOY AHR

Keller, Helen, *Light in My Darkness*, c2000, 178 pages.

Helen Keller called the writings of Emanuel Swedenborg "the light in my darkness, the voice in my silence." This autobiography is a tribute to him and follows Keller's spiritual development revealing a mystical, ecstatic aspect that inspired her faith. She honored all religions and portrays the value of "witnessing around the world the wonderful awakenings" to spiritual truth, responsibility, and the challenge of self-realization.

B K282 KEL LMD 2000

Krishnamurti, J., *From Darkness to Light: Poems and Parables*, c1980, 164 pages.

Krishnamurti's contemplation of his path through lifetimes and the search from darkness to light in essays and poems is filled with beauty and feeling. His use of the imagery of darkness here is that of blindness, sorrow and suffering. He calls to the master of compassion to rescue him but only through following the winding path of many lives does he come into the presence of pure light.

T K897 FDL

Marlan, Stanton, *The Black Sun: The Alchemy and Art of Darkness*, c2015, 266 pages.

Jung reinvigorated the notion of alchemy. It is through his technique of active imagination that the art of healing the shadow of despair becomes a creative experience. Marlan first describes the archetype of the King and his ultimate fall, which is followed by the dark night of the soul. Then, analysis is a kind of “breaking apart” that allows the depths of the psyche to reveal its darkness. Including imagery and thought from East and West, the book itself illustrates the shining of this darkness, a unique spiritual light, that opens one to a transcendence of opposites, the Self and Not-Self, the One and Not-One, the light in darkness.

150.1954 MAR BS

Nicholson, Shirley J., *The Seven Human Powers: Luminous Shadows of the Self*, c2003, 212 pages.

Shirley Nicholson’s book gives us an excellent account, deep understanding and clear explanation of Theosophical wisdom regarding the levels of human consciousness and the seven powers from the physical to the highest consciousness of the oneness of all things. It is an extremely helpful key to knowing who you are. The powers of the vital body, the prana or life force, the emotions, the concrete mind, the philosophical mind, the intuition, or sense of unity, known as “Buddhi” are all part of the “luminous shadows” of the self or true being. Then the reality behind all is Brahman, pure consciousness. The author has given us a beautiful understanding, explained in everyday terms, of how all that exists comes from a reality of one Source-Consciousness and she includes many anecdotes of wisdom for practical living.

T N526 SHP

O’Hara, Natalia and Lauren, *Hortense and the Shadow*, c2017, 29 pages.

Hortense is a little girl who is very kind but has one problem: she hates her shadow! She runs from it and hides from it but nothing works until finally she manages to shut it out and away from her. Then one night she has a frightening experience with some bandits and her shadow appears in many fearful forms to scare them away. Hortense realizes that she needs her shadow and “if it is sometimes strange, silly, jagged or blue well sometimes Hortense is too.” An understanding written for young children that illuminates the value of our shadow self.

J-E OH1 HS

Olcott, William Tyler, *Sun Lore of all Ages: A Collection of Myths and Legends Concerning the Sun and its Worship*, c1914, 346 pages.

Legends, traditions and superstitions about the sun are present through the ages and around the world. Its mystery and importance in the maintenance and development of life give it a central place in mythology. This illustrated collection covers solar creation myths, ancient ideas about the sun and moon, mythology, folklore, sun worship, sun-catcher myths, solar festivals, omens, burial customs, and emblematic and symbolic forms of the sun.

202.12 OLC SLAA

Russell, Peter, *From Science to God: The Mystery of Consciousness and the Meaning of Light*, c2002, 129 pages.

As Peter Russell entered into studies of both theoretical physics and experimental psychology he saw himself approaching truth through both outer and inner worlds. He identified the bridge between those worlds as light. Light, he says, is in some ways more fundamental than space, time, or matter. Space, time, and light are never directly known but integral to way the mind makes sense of things.

126 RUS FSG

Steiner, Rudolf, *Colour: Three Lectures Given in Dornach 6 to 8 May 1921 with Nine Supplementary Lectures Given on Various Occasions*, c1996, 217 pages.

In these lectures, Rudolf Steiner demonstrates how color has an objectively moral effect on the feeling life, and even the health and well-being of the observer. He goes into depth about the meaning and influence of different colors and when discussing artists he suggests that by copying nature it will not have as much beauty and substance as nature itself. He explains that a real artist uses the object in order to catch the interplay of light and dark and he paints the colored light of the sun. With humans as well, the artist wants to catch the play of light and dark and relate the fleeting moment to the spiritual or inner element.

615.831 STE C

Steiner, Rudolf, *How Can Mankind Find the Christ Again?: The Threefold Shadow-Existence of Our Time and the New Light of Christ*, c1984, 182 pages.

These eight lectures by Rudolf Steiner speak about new aspects of the central theme of human life and evolution. He speaks about the new Christ Light amidst the shadow existence of the age and appeals to the modern soul in search of understanding. These talks were all given over the Christmas season of 1918/1919 which was a dark time for Europe coming out of WWI and recovering from the devastating Spanish flu that swept the world. His lectures were given freely without using notes and most of his audience had studied or were at least familiar with his written works and published lectures on the Gospels. The reader will find themes here spanning the past, present and future of mankind.

T ST35 HM

Vaughan, Frances E., *Shadows of the Sacred: Seeing through Spiritual Illusions*, c1995, 312 pages.

In this remarkable book, pioneering transpersonal psychologist Dr. Frances Vaughan explores the shadow side of spirituality – the psychological detours and roadblocks that may be encountered as one ventures forward on the sacred journey. The author set out to share her reflections on widespread beliefs about the spiritual path and the nature of the soul. She explains that on the way to freedom everyone encounters both the personal shadow, those aspects of self that are feared and despised, and the shadow side of idealized spirituality. Frances Vaughn has given us an invaluable fusion between psychotherapy and spiritual growth and establishes clearer ways of proceeding along the blended path of personal growth and mystical realization.

299.934 VAU SS

Video Recordings

Algeo, John, *The Journey from Darkness to Light*, c2008, 1 videodisc, 22 min.

John Algeo served nine years as president of the Theosophical Society in America and is the author of the Quest book *Reincarnation Explored*. This was the keynote address of the Inter-American Congress of Theosophy held in Wheaton, Illinois, September 17-21 2008. He explores the archetypal meaning and the most basic message of Theosophy, which is a journey from outer darkness to inner light. He also discusses how to apply that meaning to our everyday life in the physical world.

DVD 0238

Ford, Debbie, *The Shadow Effect: A Journey from Your Darkest Thought to Your Greatest Dream*, c2009, 1 videodisc, 70 min.

The Shadow Effect is a visually stunning and cutting-edge documentary that inspires you to step out of the self you've known and break free of the past. Deepak Chopra, Marianne Williamson, Dr. David Simon and other world renowned thinkers join Debbie Ford to reveal the transformative power of your shadow. They discuss how to acknowledge the parts of yourself that you dislike and disown or the past that you might regret and repress, and take back your power to create your next evolution of self.

DVD 0266