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Authentic Living
Wednesday at 1 PM Pacific
March 11th 2009: Me and My Shadow

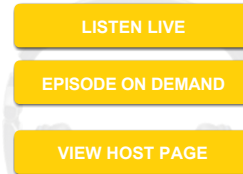
You know we hear the word "shadow" bandied about quite often these days, and because most of us have this idea that the shadow is the "dark side" of us, we don't really understand it very well. But it is the shadow that has us doing all kinds of things that we don't even understand, both things that we consider bad and things we consider good. Why do we fall in love, for example, with Mr./Ms. Wrong over and over again? Why do we spend money we don't have? Why did I say that? What was I thinking? These are some of the questions that result from our resistance to becoming intimately acquai

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