

Rnowing that at all times it takes two to make a relationship and that no one can do the work alone.

- 1. Do I genuinely like this person that I am "in-love" with?
- 2. Are we friends? Would I still be their friend even if they decided they didn't want to be my partner?
- 3. Am I genuinely interested in this person for who he or she is? Do I accept and appreciate where we are different?
- 4. Am I free to be myself? Do I allow the other person the freedom to be who they came here to be?
- 5. Is this person willing to communicate with me? Even when it's hard to do so?
- 6. Does this person take care of themselves? Can they stand on their own financially?*
- 7. Can we compromise on important issues?
- 8. Are my needs being met? Do I ask them what their needs are also, so that I can meet their needs? Are they willing to take turns giving and receiving?
- 9. If we both recognize that we are polarizing in character traits, do we make the effort to meet each other halfway?
- 10. Have we established trust over time? Can we count on each other to keep our word, do what we say we will do, etc.?
- 11. Are we committed for the long haul?
- 12. Is our sexual relationship healthy? Do we both give and receive pleasure?
- 13. Is our love felt and expressed freely without reservation?
- 14. Do they demonstrate the capacity to forgive and forget?
- 15. Are we both willing to grow and change?

* Exceptions are when someone stays home to care for children, handicapped or elderly parents.

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SHADOW

Hidden or unconscious aspects of oneself, both good and bad, which the ego has either repressed or never realized. Rejected aspects of ourselves and also undeveloped potential.

The psychological rule says that when an inner situation is not made conscious, it happens outside as fate. That is to say, when the individual remains undivided and does not become conscious of his inner opposite, the world must perforce act out the conflict and be torn into opposing halves.

— Dr. Carl G. Jung, AION, pg 126, pg 71



Pattern of our psyche from the inside/out 75% of our being is unconscious

The Shadow is a moral problem that challenges the whole ego-personality, for no one can become conscious of the shadow without considerable moral effort. To become conscious of it involves recognizing the dark aspects of the personality as present and real. This act is the essential condition for any kind of self-knowledge, and it therefore, as a rule, meets with considerable resistance. Indeed, self-knowledge as a psychotherapuetic measure frequently requires much painstaking work extending over a long period of time.

- Dr. Carl Jung, Psychology & Religion, pg 83

I looked and looked and this I came to see — that what I thought was you and you was really me and me.

— Unknown

Like Beauty embracing the Beast, our beauty is deepened as our beastliness is honored. The poet Rainer Maria Rilke realized this when he said he feared that if his devil's left him, his angels would take flight as well.

- excerpt from Meeting the Shadow edited by Connie Zwieg Ph.D. and Jeremiah Abrahms

Denial is pushing something out of your awareness. Anything you hide in the basement has a way of burrowing under the house and showing up on the front lawn.

Howard Sasportas

Not moral perfection but the promotion of the rejected complementary attitude is the basis of a religiously stable personality.

— Liliane Frey-Rohn, Ph.D.

To live without the creative potential of our own destructiveness is to be a cardboard angel.

— Sheldon B. Kopp

All in one and one in all.

Budhist proverb

The most common form of despair is not being who you are.

— Kierkegaard

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