

# The Hidden Self-

## Applying Jungian Psychology & Astrology to your everyday life

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

### Why is it important that we know and understand our “Shadow or Hidden Self”?

Clients often seek Coaching and Counselling because they know what they want from life but don't know how to overcome their fears, encounter blocks or can't seem to step beyond their often self imposed limitations when trying to achieve their goals.

Others are drifting along not really knowing what they want. Ask yourself what's stopping you getting to where you want to be?

Lurking in the shadows are often hidden parts of ourselves that hold us back from living our true potential.

Whether we like it or not, whether we acknowledge it or not, we all have a shadow side. The Shadow as identified by Swiss Psychologist, Carl Jung holds the key to unlocking our hidden selves. It is often the part of ourselves that we don't want others to see. And like the quote above says whatever we are denying and hiding in the basement has an uncanny way of showing up on our front lawn. It is important to understand and acknowledge the hidden parts of ourselves as the unconscious, rejected, repressed or never realized aspects of ourselves are often playing out in our lives in destructive ways. It takes a great deal of energy to keep a part of ourselves suppressed. Often what we disown in ourselves we project onto others and this impacts our relationships.

Anger is good example of our shadow. We don't want to be seen as angry, but if we continually suppress our anger it can lead to depression, which is on the rise in our society. Depression is recognised as anger turned inwards yet most of us don't know what to do with our anger. Understanding your angry self and consciously channelling anger in a healthy, constructive way can actually open doors to creativity you did not know you possessed. According to Jung the shadow is where ninety percent of our gold lies!

Often, the places within ourselves where we feel our deepest dread, or conceal our biggest fears, can become the gateways to our greatest strengths and achievements. Once we accept the responsibility to undergo our life lessons in the spirit of consciousness, and accept who we are without judgement or favour, we begin an incredible life journey. There is great irony here, in that the areas we experience the greatest difficulty and pain can also become the doorways to unlock our greatest gifts and talents.

### Astrology as a Tool for Transformation

Through Astrology we embark on a fascinating voyage of self discovery that benefits not only ourselves, but everyone else in our lives. As Marianne Williamson said “As we let our own light shine we unconsciously give other people permission to do the same.”

Astrology is an amazing tool to help you achieve “*Transformation*” in your life. Understanding your birth chart and the transits of the planets at various times in your life can provide you with a much deeper understanding of yourself. The planets show us our primary urges, our primary needs. They reveal a lot about what motivates us, and why.

For me personally, Astrology and understanding the various effects Saturn has had on me has been one of the most powerful tools in transforming my life. Before I understood Astrology I wasted a lot of time taking action when Astrologically it simply wasn't the right time. Now as my knowledge of Astrology has expanded and knowing the true gifts of Saturn transits I've learnt to be kinder to myself and when I take action these days I'm less frustrated and far more effective.

# The Power of Saturn

The shadow in Astrology is connected with Saturn, "The Dweller on the Threshold". Saturn the slow moving planet of Karma is an ambivalent character with both light and dark aspects to his nature. He is known not only for his darkness but his mischievous, mysterious side as well. Saturn governs the nuts and bolts of our lives and helps us to understand our fears and limitations. Understanding how Saturn is placed in your birth chart or knowing what particular Saturnian transits are influencing you can help you to overcome your fears and go beyond your limitations. Understanding your Saturn cycles can help you to know when to sit back and when to take action. Saturn's gift is the pressure that keeps us focused on our own path. It is the path to unshakable self-esteem. Saturn asks for commitment, discipline and a sense of purpose to work its magic of making dreams real. Saturn rules wisdom, but it is wisdom gained from hard work and experience. Saturn also inspires confidence. As its role as a teacher, Saturn also bestows inner strength -- a strength of spirit, a deepening sense of compassion and understanding of self, others or a particular situation.

## Nature of this Workshop

This one day workshop will introduce you to your hidden self through Astrology and Carl Jung's teachings of "The Shadow". It is a practical workshop designed to give you a greater understanding of yourself and provide you with simple tools and techniques using Astrology that you can apply to your daily life. Discover the amazing power of Astrology & how to use Saturn in all his mysterious forms as a transformative tool to achieving your goals and dreams. This workshop is dedicated to helping you work through your blocks and unlock your creativity.

## Facilitators

**Jackie Nugara** is a Holistic Counsellor (Diploma Holistic Counselling), Transformational Life & Business Coach and is currently completing an Advanced Diploma in Gestalt Psychotherapy. She holds a Bachelor of Arts in Journalism & Political Science. She has been in private practice since 1999 and has worked both in Australia and the UK. Jackie has a strong business background in marketing (Advanced Diploma Marketing Management) and has worked for large to medium sized corporations and has run her own retail business for five years which then led her into the personal development field. She has a personal love of Astrology and uses it in her daily life.

**Damian Rocks** is a professional astrologer with many years experience in the healing arts. His approach is unique, educated and informed. He has trained with some of the world's foremost astrological experts, and brings a wealth of realistic experience to his practice. He believes in assisting each individual to make the most of their full potential, and can help you to explore what it is that really motivates you, where you are going to, and why. Damian is one of only a handful of people to be awarded a Masters of Arts degree from Bath Spa University, England, specializing in the study of Cultural Astronomy and Astrology. He holds a Diploma of Parapsychology, a Diploma of Fine Arts, and is currently completing the FAA Diploma of Astrology.

## Details

**When:** Saturday 20<sup>th</sup> June

**Where:** Awareness Institute, Suite 1/20 Clarke St, Crows Nest, NSW 2065

**Time:** 9am - 5pm

**Cost:** \$120

**Bookings:** contact Jackie: 0414916183 email [jackie@selfdirections.com.au](mailto:jackie@selfdirections.com.au) or Damian 0406401396

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