

Embracing the Shadow

Emotions in Form



Elizabeth York



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*to my father, John York,
my mother, Kitty*



*and my little sister,
Nancy*



introduction

The art work in this book is the continuation of the unwinding and healing of early childhood trauma. Most images embody shadow emotions that were denied, hidden, unacceptable. For the past year, as the images have come into form, I have referred to them as the "Pearl Girls".

The Pearl, in the Diamond Heart work, refers to personal essence - beingness in a personal form. The pearlescent paint reflects the pearl even when obscured by the shadow elements.

The Pearl Girls have red hair and red bases, representing the fear underlying and embedded in all aspects of my shadow. The red throughout also represents energy, tension and anger blocking essential strength. Black represents hatred, blocking essential power, silence and peace.

The movement of these aspects from unconscious to conscious, as well as embracing the shadow with compassion, curiosity and love, have brought many gifts. I remain grateful for and in awe of the journey.

fear

2 1/2 years old

mother and father

came home from the hospital - new sister

I

feel

scared

confused

not perfect

wrong and bad

not good enough

run and hide under the dining room desk





scream

daddy
came home from the hospital
for the last time
to die
I
came home from kindergarten

0

silence
horror
fear
dead within days





sad
so sad
no daddy
daddy is gone
my heart is broken
he feels so ephemeral
I
miss
him
so
he loved me so





depression

no one to take care of me
take care of your mommy and little sister
take care of others
sucked in by and grasping for others
defense strategies
to avoid
depression
and
depression
to avoid...





grief

unbearable

no daddy

all alone

but

stiff upper lip

we don't do grief

big girls don't cry

stuff it down

depression





four
enneagram
defense point
stress point
internalized
no one understands
such suffering
emotional
martyr
flawed
deep
sad
alone
unique





seven
enneagram
externalized
heart point
soul child
be okay
it's all good
glass half full
skim the surface
shiny objects beckon
only the upbeat allowed
put on a happy face





four - seven

contract - expand

emotional - mental

interiorized - exteriorized

half empty - half full

stop - go

quiet - bold

sad - happy

drawn to my cave - bite of every cookie

stress point - heart point

creates tension





anger

daddy died

no

no

no

outrage about the pain

but we don't do anger

anger is not okay

stuff it down

cover it up

instead...

blocks essential strength





hatred

ice them out
annihilate it
wall it out
which
walls me in
contraction
don't let it show

*blocks essential power
silence and peace*



self-hatred

super ego
imperfect
wrong and bad
unlovable
not enough
self flagellation
piercing
wounding





guilt
hurts
selfish
ashamed
hole
in my heart
in my belly
wrong and bad
superego playground
sad





shame

wrong
judged
rejected
humiliated
thoughtless
embarrassed
keep it hidden
don't let them see

internal sabotage





envy

hole in my heart
my sister has my mom
not good enough
I am alone
unloved
sad
left out
inferior
different
belly of fear





resistance

futile

push against

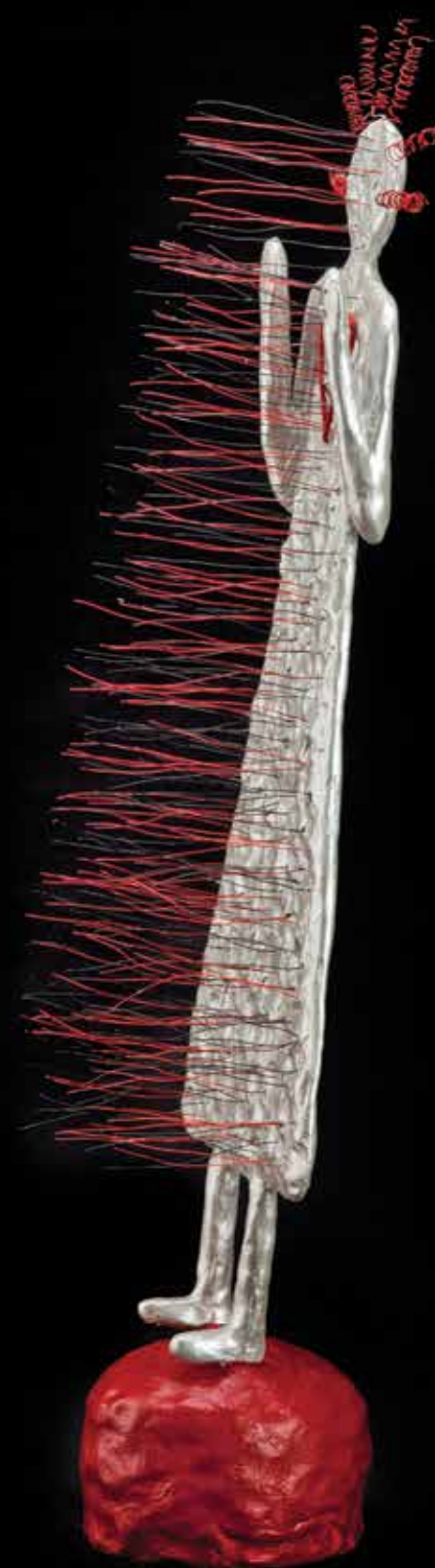
swim upstream

what we resist persists

something is wrong

against the flow

lack of trust





scolded
kindergarten
time out from teacher
under her desk
so wounding
in so many ways



beast

identification with separateness

hatred of the good

hate god

annihilate

destroy all good

that reminds me

how

scared

alone

vulnerable

sad

I am

glass is empty

bad things will happen

separateness opposes divine love

hatred is the outcome



limitations

p
o
i
n
t
s
o
f
v
i
e
w

b
e
l
i
e
f
s
c
o
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c
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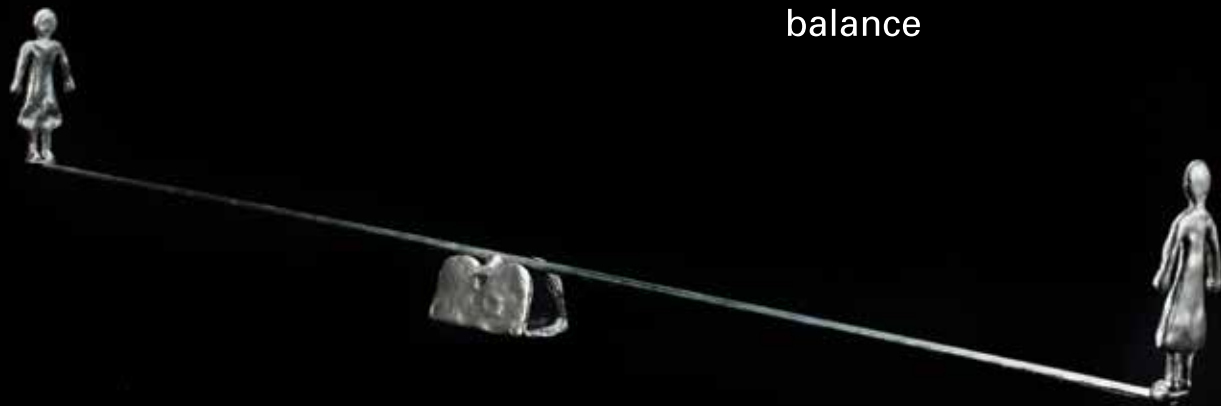
e
x
p
e
c
t
a
t
i
o
n
s

escape, distract, entertain
obscure and distort awareness
miss what's really here



duality

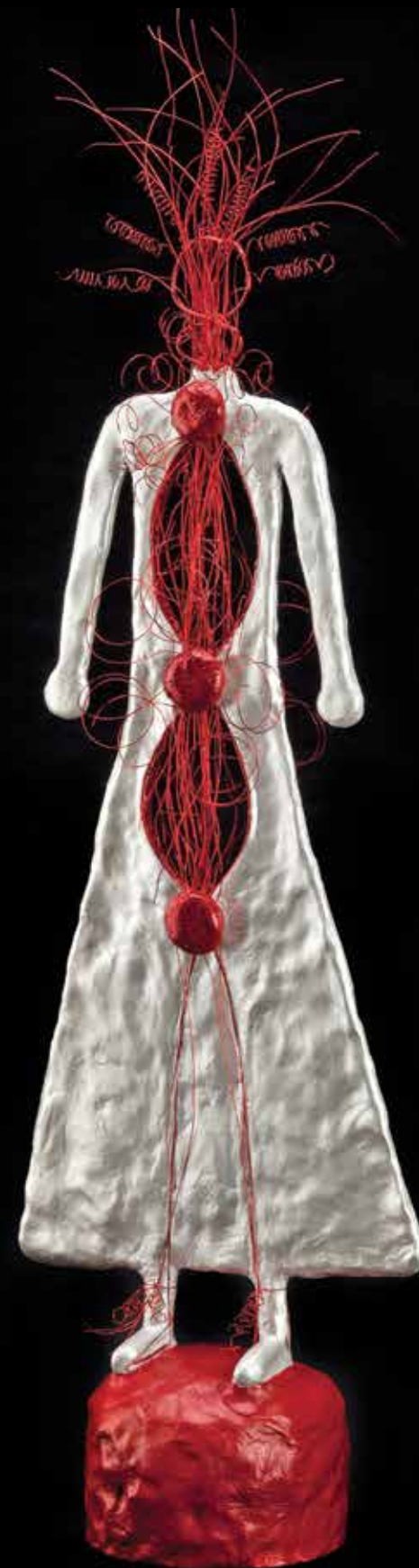
for every front, there is a back
the bigger the front, the bigger the back
at its extreme it turns into its opposite
contract, expand
ultimately
balance





red wires

intense
singeing
releasing
foot to head
energy moving
narrow channel
shooting out neck
bursting blocks





unwinding

rising
healing
calming
releasing
unfolding
organizing
straightening
transforming
endless





subtle body

red: masculine, sun, doer

true strength

yellow: feminine, moon, knower

true joy

silver: solar plexus, support for essence

true will

green: compassion

loving kindness

black: peace, absolute stillness

true power



trust
relaxed
aligned
benevolent
ground of being
basic trust
could not be any other way
everything is unfolding perfectly
knowing anything creates veils
confidence in essence





pearl with grief

personal essence

supporting

allowing

holding

hearing

seeing

feeling

caring

being

loving

present





will

let go

let it be

inner support

understanding

surrender to life

to the truth of now

openness to what is happening

we can't help but live the life that lives us

thy will be done

trust





joy
open
happy
playful
delight
curious
relaxed
flowing
grateful





love
and gratitude
for those who made
this book possible
Susan Rouzie: designer/artist
book production
Rob Jaffe: photographer
Mary Pat Wallen: artist
introduction to resins
Jackie Huxel: artist
where the art journey began

family, ancestors, friends, teachers

Grace



reify

connect the dots

follow the thread

continuously reconstitute

create stories

structure

reinforce

confirm

the ego

idea of

me

making the imaginary seem real

