

Books Reviewed

Russ Parker and Michael Mitton have produced a follow up to their new book. In moving from theory to practice there is room for **Healing Wounded History, The Workbook** (Darton, Longman and Todd, 2001, 0-232-52252-9, 86pp., £5.99). It's a seven session course 'for Christians who want to bring renewal to their churches and become a resource for the healing of their community's wounded group stories'. See the review in CP XXX. Evangelicals may find this encouragingly practical. There remain the unexamined difficulties of projection, dissociation, and transference. 'Ask not what you can do for your groups, but what the Lord God requires of you this day.'

How to Befriend your Shadow: Welcoming your Unloved Side

by John Monbourquette (DLT, 2001, 0-232-52430-0), 156pp.; £9.95

Reviewed by Neil Broadbent of the Sozein Healing Trust, Council member of CFPSS.

John Monbourquette is a Canadian psychotherapist, best-selling author and Roman Catholic priest. He was for many years a professor in the Pastoral Institute of Saint Paul University, Ottawa, and has his own private practice as a psychologist.

This book consists of eight chapters, Notes and a Bibliography. Each chapter begins with a story to let the reader, get an intuitive grasp of the ideas being developed in it. Wherever possible, examples from real life support theoretical considerations.

Chapter 1 describes the Shadow as an unexplored and untapped treasury. It looks at loving the enemy within oneself.

Chapter 2 introduces the Jungian concept of the Shadow, tells of Carl Jung's dream about his Shadow and begins the move through theory to self-understanding.

The next chapter describes the formation of the Shadow and the resultant persona and false self.

Chapter 4, on welcoming your Shadow, shows practically how to manage your encroaching shadow and three pitfalls to avoid in shadow work.

Exercises in Chapters 5 and 6 invite you to take an active part in your own personal growth. Chapter 5 is on recognizing your Shadow by looking in the right place, denying the existence of your shadow and strategies for recognizing your and someone else's shadow. Chapter 6 shows what it means to project your shadow onto someone else and the influence of shadow projections. There are exercises in owning your projections again and "Reappropriating" shadow projections. Jesus Christ denounces unhealthy projection.

Chapter 7 is on conditions and strategies for reintegrating your Shadow and your conscious self. The final chapter looks at reintegration of the Shadow, morality and spiritual development.

All who care for others or have any interest in spiritual growth would benefit from taking on board these insights. Monbourquette's style is gentle, encouraging and loving. At last here is a book for modern folk to learn how to remove the log from their own eyes before endeavouring to remove the speck from others' eyes. 'It is not by looking into the light that we become

luminous, but by plunging into the darkness. However, this is often unpleasant work, and therefore not very popular,' advised Carl G Jung. This wise and powerfully healing guidebook shows what we need to do to cooperate with our all-loving heavenly Father in his never-ending task of loving the Hell out of us. Befriending your shadow leads to more love and less fear in the world.