

The Hidden Self



Did you know that as we grow and develop, **we hide parts of ourselves**? Ensuring mastery of the hidden sides of the self is not only a good idea, for sustained success, it is a requirement. All high functioning people have arrived at a level of perfection because we are able to focus on certain gifts and talents to the exclusion of others. These others, the hidden parts of ourselves, we bury for safe keeping. Usually in our forties or fifties we find that the time has come to unearth and integrate them whether we like it or not. Unfortunately, for many of us, when these hidden sides of the self emerge, without conscious intention, it is often problematic.

On some level, we all know that we do this. If you don't have examples in your own life, look at the media or at some of your friends and you will see what I am talking about.



Some of the symptoms of the hidden emerging are that: we drink even when we don't want to. We overeat. We have relationships which ultimately become destructive. Someone in our careers become unmanageable and even detrimental to our wellbeing. Our personal lives cycle through problems with diminishing insight as to why and what to do about it.

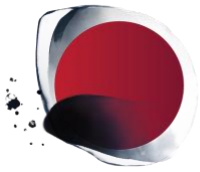
Why we do this is not easily explained. Many of us simply had to put certain parts of ourselves on hold for very good reasons. And we did so incrementally. Hidden parts of the self — **do not originate and develop due to one decision**. Rather there are countless, small decisions which determine what lives in the light of day and what waits in the shadow for future consideration.

These parts of the self will seek us if we do not directly seek them. Without a well-defined process we most likely will seek, what we have yet to realize, as though it is problematic and external to us. If we don't realize that these challenges are better addressed within ourselves, *through a process of our choosing*, we will imagine that these challenges are external and be forced to deal with them in a much more problematic context.

So, what does it mean in your life to open to something buried or left behind? How would you pursue a conscious unearthing of yourself? Therapy is useful for so many of us. Others exercise or find relief and insight through meditation. Some of us just walk and we do so regularly. Other times dreams will speak to us of the hidden self.

Where and how do you greet what is seeking to emerge in your life?

Image courtesy of: TBD



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The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, your family, organizations, culture, society, and the Earth itself.