

DISCOVERING
YOUR
SACRED LOVERS
WITHIN

THE HEALTHY & SHADOW MOTHER/FATHER

HEALTHY MOTHER	SHADOW MOTHER
Provides child with healthy food	Deprives child of nurturing
Takes care of child's hygiene	Neglects child's basic needs
Makes sure child has sufficient restful sleep	Interferes with child's natural rhythms
Creates a nurturing, clean, environment	Creates a chaotic, unstable environment
Maintains a warm, safe, and stable home	Loses emotional control, making child feel unsafe
Listens and pays attention to child	Refocuses the child's attention back on herself
"Mirrors" and makes child feel understood	Withdraws and makes child feel ignored
Tries to understand child's emotional needs	Manipulates child into satisfying her own needs
Educates and nurtures to bring out best qualities	Enmeshes with child and stymies individuation
Redirects negative qualities into positive behavior	Undermines positive impulses in the child
Imparts wisdom	Challenges child's own sense of self-guidance

HEALTHY FATHER	SHADOW FATHER
Validates child's success without inflating ego	Inflates child's ego through harsh competition
Teaches child self-protection without vengeance	Teaches child vengeance, violence, and/or cruelty
Helps child create healthy boundaries and say no	Crushes child's efforts to set healthy boundaries
Teaches child to discriminate right from wrong	Encourages child to act out shadow patterns
Helps child develop skills to express true nature	Redirects child in own image, crushes his/her will
Mentors child to overcome weakness	Criticizes child, increases child's insecurities
Fosters child's ability to succeed in the world	Only allows child to succeed if it benefits himself
Restrains negative impulses, not emotions	Treats expression of emotion as a weakness
Models discipline, persistence in pursuit of goals	Models control, domination in pursuit of goals
Introduces child to new horizons	Overpowers, restricts child's experience of world
Takes risks cautiously, w/out succumbing to fear	Takes risks recklessly and over-inflates self
Imparts structure, routine, and discipline	Controls others through domination, fear, abuse
Models loving respect for the Mother, feminine	Models violence, exploitation, abuse of feminine