



Hello <<First Name>>,

Welcome to our Monthly Shadow Work Solutions Newsletter!



HOW TO STOP HURTING AND START GROWING

Normally, I have trouble sending just one newsletter per month. But I didn't want you to miss the opportunity to potentially heal your past wounds and grow. So, apologies for the second newsletter so close to the first.

Carl Jung, the founder of Analytical psychology, called the process of becoming a whole person, "Individuation". He believed that to achieve this state of wholeness, we have to come to terms with our shadow self. For Jung, this is the goal of life. To achieve it, many of us have to heal past traumas still residing in our unconscious. That is what happened to me.

On the 5th September at the Jung Society in Brisbane, I will be presenting the story of my lived experience. My individuation journey of healing. This is not, however, just my story. It is the story of everyone.

We all have a shadow. Generally rooted in our childhood or adolescent years, repressed thoughts, feelings, memories and behaviours can have a profound effect on our daily life as an adult. Often, we're not aware of them... until we are triggered. Then we find we have to work on the

And much more...

Presentation details: [THE RISE OF JUNG IN ME](#)

AN INDIVIDUATION JOURNEY FOR EVERYONE

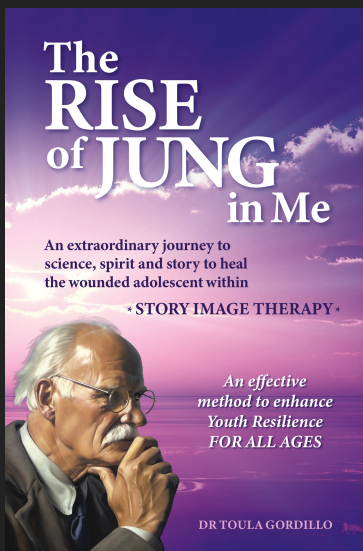
Thursday, September 5, 2024 7.30pm – 9pm

Venue: St Mary's Anglican Church Hall

455 Main St. Kangaroo Point, QLD 4169

Admission: Members & Concession: \$10 • Non-members: \$15

(If you click on this link: <https://jungqld.com>, you will see the Qld Jung Society newsletter. There is a button there you can press, and you can attend the event online through Zoom).



The Rise of Jung in Me unveils my new, holistic teaching and counselling method that integrates the voices of young people and our own inner youth. Divided into three sections, the book details my Jungian action research method, addressing:

- Adolescent shadow work
- The wounded inner child/adolescent
- The power of youth voice
- The value of lived experience for healing

Through compelling storytelling and evocative black-and-white images, I illustrate how I applied Jung's teachings to heal my wounds and those of others. This true hero's/heroine's journey story features the latest research on youth psychology, philosophy, and spirituality. It also includes six transformative case studies of young people who benefited from Story Image Therapy's practical application: SIT Shadow Work™.

If you would like to know more about how to integrate your personal shadow in life, work or business, you are welcome to visit my Shadow Work Solutions website: www.shadowworksolutions.com. If you would like to know more about my upcoming presentation at the Queensland Jung Society, please see: <https://jungqld.com/> for more

Yours in peace and gratitude,
Dr Toula

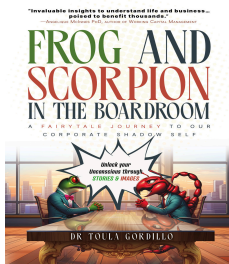
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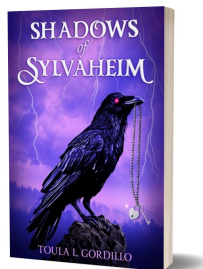
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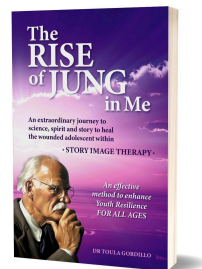
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book

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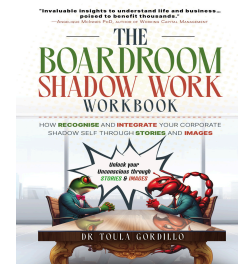
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