

Embracing the Enemy Within



Embracing the Enemy Within is a simple practice to help you practice self-forgiveness. Whenever you identify an “enemy” outside yourself—someone who annoys you or arouses your anger—remember that this external “enemy” is a reflection of your own inner Shadow.

1. Take a deep breath and contemplate any person or event that has caused you distress in the recent past.
2. Review the details of that event and write about it in your journal.
3. Picture the person you view as your enemy. As you inhale say: “You are not my enemy;” and as you exhale: “You are me.”
4. Repeat this exercise in your mind by visualizing the other person and repeating the mantras.
5. Imagine yourself gradually moving toward the other person until you can embrace them with both arms.
6. Recognize that you are embracing a wounded part of yourself. Write about forgiving this “enemy” within in you in your journal. What have you rejected about yourself? How can you love yourself more?