
Shadows and Light

- Understanding Myself

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Shadows and Light

- Understanding Myself

Daily Thoughts by
DOUG HOPPE

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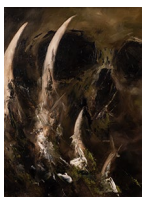
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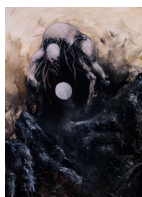
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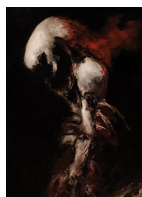
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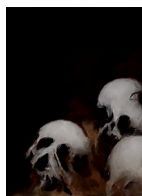
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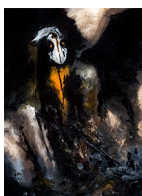
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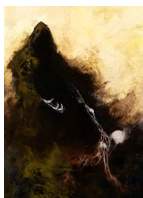


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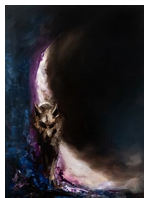
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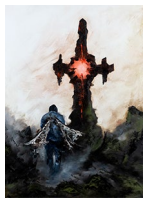
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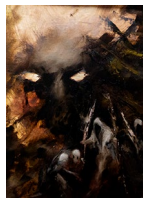
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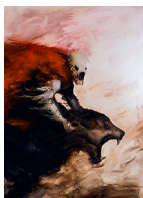


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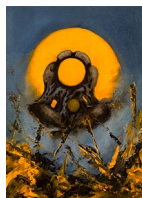
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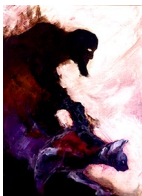
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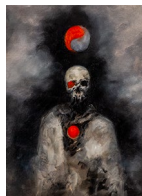
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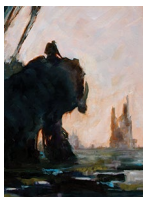
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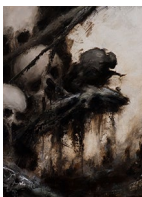
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Shadows and Light

Hi! I'm Jonathan—the owner of the Gallery of Nightmares.

Ever since I inherited the gallery from my mother, I've felt compelled to visit a wing daily to hear the paintings tell me their story. Yes. I'm serious. When I stand in front of the paintings, I can hear a voice in my head telling me the story. Now, these aren't the typical stories about how they were created. These are about what the painting represents and give me a glimpse of what is happening in my life. The stories are the issues that reside in the shadows and the hope brought by the light.

So many times, when I was having a bad day, I would stand outside the gallery wings and listen. I would get drawn to a particular wing, and when I walked into that luring room, a painting would call to me. When I approached the painting, a voice inside my head would tell me its story.

It is scary, weird, and wonderful all at the same time.

Which brings me to this book.

I've tried to read other self-help books, and many of them claim to help you understand who you are. However, they only talk about the positive aspects of your life—things you're happy to embrace that make you feel special. They don't talk about the darkness within you.

But guess what? You're not special. No one is. Life isn't about having everything you want on a silver platter. It's messy. It's dark. It's going to hurt sometimes, and you'll want to give up.

And that's okay.

It should be dark and scary sometimes. During those times, you should dig deep into your soul and understand what you want.

Plus, sometimes, you can't do it alone. You need help from friends, family, and even strangers. Without the help of my mom and my best friend, Lars, I don't think I could have made it in the early days. Just remember not to depend solely on that help. You also have to do your part.

Now, just because the world can be dark and messy, it doesn't mean it will always be that way. More often than not, it's just a passing moment. Granted...that moment may feel like it lasts a thousand years, but it'll pass.

So, what can you do about it? Well, the first step is understanding who you are.

What is this book?

Is this a Zen book? A self-help book? Or an art book with a lot of scary pictures in it?

It's all three and none of them. Like many things in life, it seems too easy to categorize this book into concepts people understand. But that is limiting. By categorizing it, we dismiss other possibilities without considering their benefits.

So, let's review each one.

Is it a Zen book? Well, no. There is nothing in this book that relates to Buddhism. There is no religion or belief attached here. However, like Zen sayings, you can meditate over each idea you read and determine your feelings.

Zen sayings help people better understand life and follow a path to enlightenment. The sayings in this book serve the same purpose. They help you better understand who you are, and if you need to change an aspect of your life, you can meditate on its meaning and how it relates to you.

Is it a self-help book? Again, not really. Self-help books have the premise of giving you ideas on how to overcome situations. I know. I've read a lot of them while searching for answers to my life.

The main issue I have found with self-help books is that the answer doesn't fit everyone. The answers they gave me were okay, but nothing ever stuck. They weren't me. They were for someone else.

This isn't one of those books. This book has no defined answers and I won't say what works for you. I will tell you what works for me. This way, you can see what I did and adjust it for your situation. This book gives you ideas about various topics that may affect you. That way, you can bring yourself to the answer rather than an answer forcing its ideas onto you.

Is it an art book? Yes and no. Isn't that the answer most people hate? I hate it as well. Just tell me the answer and let me go on with my day.

But as with everything else, it's not so clear.

All the paintings in this book were created by Dougie, the unknown artist who left them for me in the attic. I've gathered that they are the visions he sees when contemplating a new piece. Each is an individual oil painting that started as random black-and-white shapes on a digital tablet. As he works those shapes into an image, they tell him a story.

It's kind of like shifting sand. Eventually, he gets the image he wants to paint and the story he wants to tell. Once the digital image is complete, he transfers it onto a canvas.

So, yes... This can also be considered an art book.

How to use this book

This book can be used as a traditional art book, allowing you to enjoy the associated stories.

Or...

You can use this as a daily meditation and thought-provoking exercise that will change how you see the world. And who knows? Maybe your changes will radiate outward, and the universe will smile upon you and your newfound wisdom. You will be the new chosen one, and the universe will bless you with riches and a large following of people who listen to your every word. All your dreams will come true. You may even reverse time and live your entire life again with new ideas.

Just kidding.

Using this book as a meditation book is simple. Just let go. Concentrate on what's bothering you and try to have a sense of calmness. I do this by pushing everything around me out of my mind and relaxing. Once the calmness surrounds my body, I open the book to a particular page.

Remember: The meaning will not tell you how to solve your problem. It will let you know what type of issue you are facing. Once you have decided how to interpret your situation, you have taken your first step toward solving it.

Understanding Myself



Angel of Mercy

We all fear what seems scary and create stories to justify our decisions. We look at people who are different from us and project our thoughts onto them. Most of the time, we're wrong. We've judged them for their looks and categorized them without understanding them or their lives. Most people are alike. Learn to see beyond how they look but focus on how they make us feel.



Anything

Sometimes, we will give anything to achieve a specific goal, but we can't see beyond the moment because of our obsession with it. That desire may be the love of someone not interested in us, past pains, riches, or a sought-after job position. It doesn't matter. There is always a price we're willing to pay. It's usually not time or money that we give up but who we are. Our identity and self-image should not be a price we are willing to pay.



Bone Palace

People are judged by their looks, the way they dress, their friends, and even the houses they live in. If they are perceived as dark and scary, they will be seen in that manner. They will be blamed for anything that goes wrong and avoided. They may be the nicest people on the planet, but perceptions go a long way in how someone is seen. Strength lies in those who are true to themselves and can weather the comments and thoughts of others.



Broken

All we see is someone's outer beauty—how they wear their clothes, the cars they drive, and the house they live in. This is not always the truth. There are parts of ourselves that we keep within us—the embarrassing parts. These parts make us feel like we don't fit in and are not like others, parts we consider broken. Yet those are the parts that make us special and unique. Embrace those parts because they are the things that make you unique.



Cleansing

We must purge the destructive forces in our lives, whether they are habits we have adopted or people who make us feel bad. It's a constant battle to eliminate what can harm us and embrace what is beneficial. The challenging part is that we don't always know which is which. Sometimes, the harmful forces are wrapped in a beautiful or comfortable shell. We need to trust our instincts to ensure that what we are doing will help us grow.



Dangerous

Keeping ourselves locked away may not be the answer. We think we are harmful to others, and it will be better if we are just left alone. That way, we can't hurt anyone, and, more importantly, we can't be hurt. But a meaningful life is about interaction. It's about being hurt and accidentally hurting others. Those we love will forgive us, and help is always there when we need it; we just need the courage to ask for it.



Decay

We are not immune to the chaos that surrounds us. We need it. Every creature on this planet is linked to one another, and the decay of one's flesh becomes the sustenance for another. The important thing to remember is that we are not the same as our bodies. The mind lives in the memories of our friends and families...in our shared history. Sometimes, our minds become stronger as the body decays, and that strength can overcome the trials our bodies can't.



Decisions

We have a choice—to proceed with our plans or stay with the current situation. When we remain in our comfort zone, we feel the safety of the present, but this will most likely cause problems in the future because there is no growth. When we proceed, there is a good chance we will fail, and we are afraid of that. Life isn't easy. It's a balance between where we are comfortable and where we are scared. Small controlled risks can help us grow and put our fears at ease.



Desire

There will always be things you want but cannot have in your life. The new job. That special person who doesn't know that you exist. That talent that seems to elude you no matter what you do. The importance of that desire controls your life and, in the end, defines how happy you are and what you do with your life. It can make you go farther than you have ever dared... or... it can hold you back so that you never grow.



Disillusioned

We're all creatures of habit. We do the same thing day in and day out. Years go by, but we don't tend to remember them. They all blend together. When it is all said and done, can we look back and say we are proud of our lives? That we lived fully and are proud of our accomplishments? Or will we look back and see we have nothing to show for it because we just went through the motions? Ignore grand gestures. Find joy and satisfaction in the little moments.



Earth Elemental

True friendships that don't depend on the past are extremely rare. It may have been years since we've seen them, and we've lived different lives and paths. Sure, we'll catch up and reminisce about the days we spent time together. True friendships go past that, though. They begin a new story. It will be like we just saw them yesterday; the years apart mean nothing. Time cannot dissolve some bonds, and those friendships are worth preserving.



Emergence

In the beginning, we are weak. However, everybody has an internal strength that can help them achieve their goals and improve their lives. This internal belief can help them overcome the hard times and continue moving forward. It isn't easy. It's prone to failure. However, the more we endure and find solutions to life's difficulties, the stronger we become. Nurturing that internal strength brings peace of mind because we can now fully believe in ourselves.



Exile

We like to think we don't need anyone and are an island unto ourselves. But that is not true for most people. We feel lost when we are removed from what we know as our life, and new patterns must replace our old patterns if we are to survive. The tough part is to determine what we need to survive versus what we need to make a good and enjoyable life. Remember that a survived life is not the same as an enjoyable life.



Facing Your Fears

A brave person does not recklessly go out and do dangerous things. A brave person realizes that, even though they are terrified, they still must do what needs to be done. They understand the risk and possible pain that is associated with the action. However, they accept the risk to achieve that goal. Life is a series of risks, and through acceptance of those risks, we become braver than we ever thought we could be.



Fallen Ones

We're getting older. We can't deny it or fight it. Eventually, we, like everything else, will die. So many people try to fight the inevitable. But we can't win. This, however, doesn't mean that our life is meaningless and that we should fade away. While we have the time, we can make the most of it. Love people. Do what brings meaning and joy. The end doesn't define us. The way we treat others and help bring joy to their life does.



False Salvation

We want the magic bullet. The item that will solve all our problems. We want a powerful weapon to rescue that special person and live the rest of our days in paradise. Yet it doesn't exist. We only have ourselves to rely on. Our skills and our abilities. Our friendships and our actions. No matter how we solve our problems, there will always be more issues to confront. Praying at the altar for that special item won't solve our problem.



Fear

Many people define their fears by what others have told them rather than what they have experienced. Our natural reaction to fear is to eliminate the cause and to avoid that situation. However, if we think about the real outcome, we'll find that most of the time, what we believe will happen will not. How many times have we let fear make our decisions?



Feeling Lost

We wonder where it went wrong. What did we do? What could we have done differently? Sure, it could have been our fault. However, it could also be someone else's fault. In the end, it doesn't matter what happened. Will we gather our courage and deal with the situation? Or shall we ignore it and stay stuck? All that matters is how we react because our reactions are the only thing we can control.



Forged

We're forged in fire and tempered in love. How we deal with the issues and triumphs in our lives defines the person we are. Yet, it may not be the person we want to be. If we want to change, we must put ourselves in situations where we may succeed or fail. Failure strengthens us, but if we always fail, we become frustrated. It is a delicate balance. We have to take risks to grow and become stronger, but not too much risk, such that failure destroys us.



For Their Amusement

Sometimes, we feel we aren't wanted. We are just some sideshow attraction our friends hang out with because they want something from us. It could be our appearance, intelligence, or just the fact they need a punching bag. Someone who they use to make themselves feel better. Those aren't our friends. True friends accept your failures and your successes. They make your life better by helping you improve it, not by using you for their own purposes.



Giving Up

We feel locked into place, like we can't move and we can't escape it. Will it always be here? Things seem like they will last forever, a sameness that will destroy us over time. And yet, nothing lasts forever. We can resign from the situation and try to make the best of it, or we may try to change the situation, one that leads to a potential better life. Learn to see beyond what is now and think about how to make small changes for a better path.



Going Home

We're tired. We were ready for it to end. We wanted life to be simple, but it wasn't. We wanted to be at home and relax, not worry about anything, relish in the embrace of our loved ones, and know we were loved. At the end of our lives, did we achieve our goals and help our loved ones live their best lives? Or were we selfish about thinking only of ourselves? Death is the final resting place and our final home.



Harvesting

When we truly believe in our work, we will do it to the best of our ability and be proud of the results. We don't care what others think or how they perceive us. The most important part is the work, not the perception of others. No matter how lowly the work may seem to others, it matters to us. Harvesting small tasks and doing them well is more important than grand and empty gestures only done for appearances.



Healing

Over time, we've all experienced a broken heart. Hopefully, later, we'll also experience a healing heart. This is when someone changes our feelings, or we've learned to love ourselves. Either way, the pain diminishes. Not gone. Just not as strong as before. When we experience a healing heart, we'll find our bodies and minds repair themselves so we can become whole again. It's then easier to find joy in life and others.



Hidden

We all have thoughts that control us and define us. Things that were done to us or things that we've done to others. Some of it, we've regretted. Some of it, we haven't because others truly deserved it. Yet that was all in the past. Would we do the same after we've grown older and supposedly wiser? Would we be comfortable accepting our actions, or would we make excuses and say that those actions were justifiable... even if they weren't?



Hope

Sometimes, hope is all we have. Things aren't quite going our way, and we don't know what to do. We constantly watch for something or someone to help us and save the day. Sometimes, we're lucky, and help does come. Sometimes, we're not, and we must endure. Hope can strengthen our resolve in tough situations and allow us to endure our current trials. Sometimes, hope is all we have.



Insecure

Others see us as strong and confident. We have a great job and love of our lives, and the world seems to be at our beck and call. Everybody seems to listen to us and admire us. Inside, though, are we as strong as they think we are? We all have doubts about whether we deserve the accolades. The doubt never appears when we are busy... only when we have stopped. Learn to rely on your strengths.



Intimate Knowledge

We feel special when we know secrets that others don't, and it doesn't matter what the secret is either! Any type of secret makes us feel like we are better and more important than everybody else. Most secrets should be shared because they would help others. Some, though, should remain hidden. Those secrets protect the innocent and cause more harm than good. For the harmless secrets, imagine what can be done if more ideas are shared rather than hoarded.



Instrospection

We're not very good at seeing our true selves because the picture in our minds is never the same as how others perceive us. For many people, how they view themselves is much worse than how others see them. This is because of their own insecurities and the lies their mind tells them. When we learn to see ourselves by our actions rather than what we say or think, we will see our true selves.



Jealousy

Why we covet things is a personal choice, and what value we place on items is based on our desires. However, what happens when the object of our desire is denied? We try even harder to obtain what we cannot have. What happens if we do gain the item, then? We try even harder to prevent someone from taking it away. How much does this cost us—in time, money, and relationships? Jealousy and envy take us down paths that may not be good for us.



Judgement

We can feel them staring at us from across the way. Their piercing eyes are cold. We know what they are thinking and saying about us, commenting on the way we look, the clothes we wear, and even the people around us. We create stories based on our thoughts that are often not true, projecting our insecurities onto others. And those insecurities control our behavior to the point that we are afraid to try anything new. Comfort and happiness lie in believing in ourselves and not caring about what others think about us.



Life Finds a Way

The darkness surrounds us, and we feel lost. All we see is decay and death. Even the air feels dirty. Life is attacking us, and we don't know what to do. We want to give up. However, consider the large number of tiny flowers—or weeds—that grow everywhere they shouldn't. These plants found a way to grow in the harshest areas, around obstacles, and became stronger. Be like a tiny flower and be strong no matter what life throws at you.



Magic is Everywhere

Look around us. We can feel it—not the electronic devices people have, but the people themselves, the way people help one another even though there is nothing in it for them. These good people bring a power that changes the world. They care about others, not because of their wealth or status but because someone is in need. They don't just do it once in a grand gesture. They do it every day with small, loving gestures. Be one who brings magic to others.



Memories

Time moves on whether we want it to or not. Buildings are created and fall into ruin. People are born, live their lives, and pass on. There are many things we don't want to forget, so we try to preserve them or create monuments to remind us. But those are only temporary solutions. After a while, that memory will also fade or become altered so that it is not the same. Relish in the memories and build new ones to enhance them. Time moves on whether we want it to or not.



Memory Loss

The memory is there. We can feel it, and it tickles our brains. We can only feel parts of it, and others are eluding us. It's like viewing a world through a frosty glass window. We have an idea of the feeling and situation but can't fully remember it. The more we focus on it, the more the memory changes to what we want it to be. Eventually, it becomes our new reality, and returning to the original memory is very, very hard. Relax, and the memories will flow more easily.



Nature

Nature can be cruel and harsh. At its root, it's about survival and taking care of our families. Sometimes, we need to be fierce and dangerous. Sometimes, we need to be caring and understanding. Being too fierce or too caring can both lead to problems—a lonely life or being taken advantage of. It's a balance. The wolf is a perfect example of this: Loving with their cubs but fierce in their protection of the cubs.



Nesting

We think we are the masters of our world and are not dependent on anything or anyone. In reality, we and the environment are one. What happens to one affects what happens to the other. There is no separation. We alter our environment to make our life better, but we also have to respond to it to adapt. It feeds on us as much as we feed on it. Who can tell where one begins and the other ends?



Nightmares

For many of us, our dreams are reminders of our deeper desires. They present pieces of our lives that we wish were different—fractions of the life we wish to have. For some, though, that fraction is easily distorted, and we're terrified of what we see. What is currently happening in our lives affects those desires. What we do or don't do with this information can transform nightmares into dreams or vice-versa.



Obsession

We don't want to do it, but we can't help ourselves. Something about it draws us in, and we hate ourselves every time we take a step toward it. However, the allure is too strong. It makes us happy when we give in, and we beat ourselves up when we don't. We all have what we can't let go of: food, forbidden love, and adventure. Most things, in moderation, are good for us and can make us feel alive. Learn to recognize the signs when it becomes a compulsion.



Our Dark Side

We don't like to admit that we have a bit of darkness inside. Secret thoughts we wish we could act on, but we don't. We bury it and pretend it's not there because we're ashamed of them. Yet we're human, and, as humans, we have our faults. We're not perfect. Search out the good inside, for everyone has some inside of them, and embrace it so the darkness is held at bay.



Out of Time

We're so busy, rushing around and trying to do everything, that we have no time to live our lives. According to so-called experts, there are twenty things to do before breakfast, fifteen things to do before we retire, ten things to do every day, etc. We're so busy being busy that we never accomplish anything. One day, we'll look back and realize we don't remember having fun. It's okay to be busy as long as it is towards something that makes life enjoyable.



Partnership

Some people think pets are just animals, while others think of them as family. For those who understand pets are family, they understand it's a mutual relationship. The pet provides companionship, love, comfort, and protection. We also provide companionship, love, comfort, and protection. Like a spouse or a loved one, that relationship is just as important. It can make our days more enjoyable or break our hearts, and we'll feel pain like never before.



Petition

What would we do to obtain what we truly desire? In the heat of the moment, we would do anything. It doesn't matter what it is or what we want to do; all we can think about is obtaining our goal. However, if we sit back and wait that moment out, a time of clarity may come. The time may be all we need to determine whether what we want is worth what we'd give up. Sometimes, it is too late. Sometimes, it's not.



Rebirth

We're so busy, rushing around and trying to do everything, that we have no time to live our lives. According to so-called experts, there are twenty things to do before breakfast, fifteen things to do before we retire, ten things to do every day, etc. We're so busy being busy that we never accomplish anything. One day, we'll look back and realize we don't remember having fun. It's okay to be busy as long as it is towards something that makes life enjoyable.



Reflection

We are the world around us. We are the product of what was done to us, and we are the product of what we have done to it. The world is a dangerous place, and it will swallow the weak. By focusing on our strengths, we can keep the world at bay and live the life we want. To do that, consider taking only what we need and returning the rest. If possible, that returned part will help someone else.



Religion

We all have our own beliefs. Some are appreciated by others, and some are ridiculed and called heresy. All religions are based on faith and the belief in what cannot be seen or measured—something more powerful than us. Something that can aid us when we are hurting. Something tangible, according to us, that we can hold onto when times get tough. Remember that our beliefs are just as valid as we aren't hurting ourselves or others.



Shadow Walker

Emerging from the shadows, we see shapes that don't feel right; although we can't put our finger on them, we are afraid. Part of it is our environment, and part of it is a survival mechanism. Most of it, however, is based on what we've seen in the media and what we've been taught. Either way, our minds are very good at creating the menacing from the harmless. Most shadows are just shadows... nothing more.



Singularity

We all start from the same place and end up at the same place, which makes what we do with our lives the important part. Money, stature, and the number of friends don't matter. Possessions don't matter. All that matters is that we live the life we want and not what others tell us is a good life. For some, that means helping others. For others, that means that we live a pure life. Only we can judge what we consider a meaningful life.



Smoke Demon

Life is about perceptions, and we bring our own biases with us. We think of all the evil that will happen when we see scary-looking things. However, our perception will be vastly different if we have a similar experience and do not find it scary. Our perceptions help us evaluate threats, but if we feel safe, we go beyond the initial thought—deciding whether our perceptions and biases are wrong. Is this a picture of a bird or a fanged demon?



Spirituality

We all have our beliefs that support us when times are tough. Whether it is the belief in a god (or many gods), nature, or some ethereal concept, that belief is our anchor to help us overcome situations. As time passes, and things go well, that belief can fall by the wayside. This belief is not a benefactor that gives us all our desires and is easily dismissed when unnecessary though. It's a reflection of who we are.



Stolen Crown

No matter how powerful we think we are, someone will always be more powerful than us. This is true for the lowly peasant and for the strongest king. In the end, no one is more powerful than Death. No one can escape its embrace. Death doesn't care about how rich we are, how we treat those around us, or how much we are loved or hated. To be truly powerful is to help those around us, for that is the strength of love and ensure our legacy lives beyond Death.



Summoning

We're always taught to see a situation a certain way. A wizard summons creatures that are forced to do their bidding, and the creatures hate it and want to return home. What if the creatures treated the summoning as a one-way ticket for an adventure and were happy to come to help? Some people will see all situations in a negative light. Some will see all situations in a positive light. Which one are you?



Symbiosis

What may be terrifying or harsh at first eventually becomes the norm. Our minds and bodies are extremely good at adapting to and dealing with situations. Some people need help leading a fruitful and happy life, while others can adapt more quickly. In both cases, most will learn to live with the new norm and come to accept it—whether it is good for them or not. It is important to learn what may harm you over time—just not at this moment.



The Eyes

The phrase “the eyes are the windows to the soul” is fairly accurate. A simplistic beauty exists within someone just by looking into their eyes. Peering into the eyes of another gives a good indication of what they are thinking or feeling, of who they are. That look can often make others more beautiful than they first appear. However, by the same token, it can detract and make them appear uglier than they are. The eyes are a reflection of their thoughts.



The Fisherman

Life is about perspective, and what may be horrible for us may be a saving grace for someone else. Consider Death embracing the fish at the last moments of its life. The fish may be sick and grateful for Death's touch. The fish's death provides food for the family of crabs that are swarming over its body. Judgment happens when we think only about how it appears to us, and empathy happens when we are able to put ourselves in another's place.



The Traveler

For many of us, we want a place to call home—a safe place where many of our loved ones and friends live, where we can be comfortable being ourselves and not have to be someone we're not. Traveling to find that place is not just physically relocating ourselves. It's a matter of knowing where we belong and who we are. When we find that place, remember that things change over time, and it is our responsibility to maintain the feeling of being home.



Tree of Sorrows

When we feel down, we all have a place we go to—some place we feel comfortable and safe. From our point of view, it's comforting and familiar. We can control what happens here. For others, it may be foreboding. They will judge it based on their perceptions and, most of the time, will not understand it. That place is not theirs—it's ours. It's free of judgment and ridicule. It's our safe place and the only place to be ourselves.



Trust

Trust. It's such a small word for an important part of our lives. We trust our loved ones to protect us, to make us feel wanted, and not to hurt us. We trust our friends will bring joy into our lives and make it more interesting. Trust. Yet when that trust is broken, we see those who broke it in a different light, and it's hard to regain it back because we will always wonder if it'll happen again. Relationships can work again as long as both sides learn to trust again.



Value

A voice whispers to us when we are alone with our thoughts. It's the sound of the past that reminds us of our failures. The insidious seed that prevents us from trying something new. The laughter of everybody who has made fun of us. This virus has infected us, keeping us from being true to ourselves. Why do we let it have power over us? It is a disease that needs to be purged from our thoughts.



What Lies Beneath

Within all of us, a shadow form lurks in the dark recesses of our souls and hides from the light. This form knows our darkest secrets and will assert itself when we are not feeling our best. This shadow, though, is not necessarily bad. It can aid us when unsure and prevent us from making mistakes when unprepared. Listening to the darkness and the light for life balances each side.

Gallery of Nightmares



Jonathan knew life would never be the same when he entered the Gallery of Nightmares. Inherited from his mother, the gallery flooded his sense of reality with mysterious shadow people and dark voices from creepy paintings. He thought he could handle it until he stepped into the Shadow Nook. In that room, he was transported to a world of nightmares and realized his problems

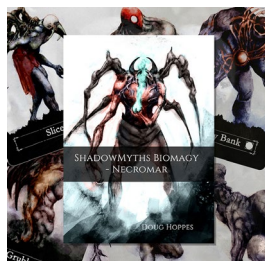
Visit Gallery Gift Shop at shadowmyths.com

Sacramancy Cards



The Shadows and Light paintings present in this book are located in different wings of the Gallery of Nightmares. They are also available as Sacramancy Cards. The cards are used for Tarot/Oracle reading, DnD campaign idea generator, writing prompts, and as therapy tools.

Biomagy Cards



The monsters Jonathan encountered in The Shadow Nook inhabit my fantasy world, Caelith (the world Jonathan enters). The Biomagy deck contains each creature's descriptions, interactions, combat, and attributes. Biomagy is the study of the world's creatures and how other races learn to communicate with one another.