



Shadows of Development

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[00:00:00] **Keith:** So off to the races. All right, so here we are once again. My name is Keith Martin Smith, and it's great to be on Integral Life once more. The last time I was here, we spoke to Terri O'Fallon, who I guess, co-founded... Did she found STAGES, Kim or co-founded with you?

[00:00:23] **Kim:** We co-founded STAGES International together. Terri developed the original framework of the STAGES model, but then, we put it into like my 40 years of working with people in the field. We did a lot of work on filling it out and altering kind of like the third column so that it was more process-oriented. And so it's Terri's model in general, it's edited or co-developed to some degree with me, but.

[00:00:51] **Keith:** Got it.

[00:00:52] **Kim:** Yeah.

[00:00:53] **Keith:** Got it. Well, anyway, as I mentioned, sort of, you know, before we went live here, it's been well received with Integral Life and people are really curious about it. And of the things that I find really interesting about you and Terri is the emphasis that you and STAGES place on shadow and shadow resolution. And I would love if you could just, you know, introduce yourself, let everyone know who you are, and you can sort of step into the topic in any way that feels good for you.

[00:01:20] **Kim:** Well, thank you, Keith. Yeah. well, I'm just Kim Barta, co-founder of STAGES International. Terri and I, tour the world teaching the STAGES model and how it can be used to help us understand our psychological development. I have over 30 years working in the field with shadow, developed a lot of novel new approaches to working with shadow that kind of came about because I was working on Native American Indian reservation and there was so much need, and almost nobody... well, frankly, virtually nobody there but me.... and so I just go,

I can't use the old psychological methodologies cuz they just take too long. There's too much need. So I started studying, you know, multiple different modalities for converging different ideas together, from shamanism to modern psychotherapy, to neurobiology, and came up with a novel approach to working with shadow. It's also work with filling out the STAGES model is the depth of work that I had and how we can dive into the parameters in the STAGES model, into sub parameters. Like there's all these sub parameters that, because of my work with people in the field, that we could really bring a lot of nuanced detail and add that into the STAGES model, and make it very practical and very, useful for life growth, processes, both shadow work and development. simultaneously.

[00:02:46] **Keith:** So, I mean, it seems to me as a non therapist that, you know, sort of shadow and trauma and attachment are really sort of having a moment culturally, that there's really an increasing awareness, that these things exist and that we all have them to some extent. It does seem like it's sort of moving more and more into the mainstream and. I would love if you could just sort of speak your understanding of shadow, how you view it, sort of what it is and how you tend to work with it.

[00:03:16] **Kim:** Yeah, thank you. So shadow, you know, clearly was defined by Carl Jung, you know, over a hundred years ago. It was actually basically by Freud. The unconscious actually has been explored for long time, thousands of years. But Freud was the first one to actually choose to study it scientifically, and he called it the unconscious. And then his student, Carl Jung, came in and he renamed it the shadow, which made it very popular. Some people tried to say the shadow and the unconscious are two different things, but frankly, Jung himself said that shadow is the unconscious that Freud was talking about, just another way of using it.

But in the modern vernacular, it's often used more as, the unconscious is kind of like all unconscious processes such as your heart rate, you know, blood pressure, all of these things. Whereas the shadow is often used more in the modern vernacular as just psychological shadow dynamics. And so sometimes you'll get people kind of arguing over it, it's just semantic arguments, so it doesn't really matter.

[00:04:20] **Keith:** Right.

[00:04:21] **Kim:** Now, in terms of shadow, I did a lot of research on the literature as well as just working with people, cuz often we get trained in a particular modality, but any modality does not work very well with all forms of shadow. And what I started realizing is if you really study the literature on shadow, there's three classes of shadow. There's introjects. this is false information that comes into us. Like as little kids we're just sponges and we just absorb stuff, and a lot of what we absorb is just inaccurate. some of it's inaccurate and some of it we just interpret inaccurately cuz we just don't have the resources to interpret it accurately. And so those are introjects, that's distorted material that we've absorbed in.

And then we have split ego states. Whenever we have development or trauma, we divide ourselves into two. So we might divide ourselves healthily, developmentally, such as from first person perspective to second person perspective. This gives us the ability to see things from our point of view, but also from another person's point of view. So there's kinda like two parts of us operating, but this can also happen through trauma. So I can get traumatized and I can bury a particular part of the trauma in a calcified unconscious ego state, and then carry on with my conscious ego state. But this unconscious ego state is in the background, creating all kinds of problems in my life. So those are split ego states. That's the second form of shadow.

And the third class of shadow is projections. And this is when we take our own distorted material and we put it on somebody else. I might be, you know, kind of controlling, but I'll see everybody else's how they're controlling. "Oh, you're so controlling. I can't believe how controlling you are." But I'm the one that's really controlling, and I'm just seeing the world in a controlling way. Or I might be very fearful. So I see the world in a dangerous way. Everything's falling apart, the whole world's falling apart. You know, tragedy after tragedy. And there's plenty of tragedy to pick up on, but that doesn't mean that's the picture of the universe.

[00:06:24] **Keith:** Right. So, you know, Terri and I spent a little bit of time talking about how projection in particular evolves through the different stages, you know, as the ego evolves. And my understanding is that, projection can be seen onto us when we're in the 3.0 and the 3.5 stage. I guess that would be sort of like formal operational in Piaget's terms. It's only when we get to 4.0 or green that we can begin to see that we also project. And could you just speak a little bit about I guess the evolution of our capacity to be able to see shadow and projection?

[00:07:01] **Kim:** Yeah. I think, you have a dirty car. You know, you don't keep your car washed. You have a dirty car. And then we go back and we go, "oh, my car's dirty too. You know, here I was judging them, but actually my car's dirty too." So on a concrete level, we get the projections, but we don't get 'em on a subtle level yet.

[00:07:18] **Keith:** Got it. So by concrete you really mean the actual like physical world.

[00:07:21] **Kim:** Yeah,

[00:07:21] **Keith:** Things that are in my sensory data.

[00:07:23] **Kim:** Yeah. "Your house needs to be painted. Oh, wow. My house needs to be painted too." You know.

[00:07:28] **Keith:** Okay.

[00:07:29] **Kim:** My kitchen is dirty. "Your kitchen is dirty. I can't believe what a pig you are. Oh, wait a minute. My kitchen's dirty too."

[00:07:33] **Keith:** Right, right.

[00:07:34] **Kim:** So we start seeing those concrete projections at around 2.5, and that's concrete systems comes in at 2.5. We kind of get reciprocal systems at 2.0. Okay? So 1.0 is our receptive orientation. 1.5 is our active orientation. 2.0 is reciprocal, active plus passive in interaction. And then 2.5 is our systems, we're being able to look in at the system, not just be in the system and know that there's a system, but we can look in address systems. And it's usually when we get that observational view into the system that we start really getting projection. So we can look into the system, and we can see ourselves in the system. If we're in the system, we're a little bit lost in it yet, so we don't necessarily see our own projection at 2.0 too well, we see it a lot more at 2.5 when we look into the system and see ourself in the system.

And now if we upgrade that to 3.0, 3.5, 4.0 and 4.5, we do it on the subtle level now. 3.0, we can start receiving subtle information, 3.5 acting on it, so I can receive new ideas and new ideologies at 3.0. And so you'll see people getting really obsessed with ideologies at 3.0, all kinds of new ideologies. And this is the right ideology and mine's right? That's the expert stage. Yeah. Yeah. And then at 3.5 we get, I can think about my thinking, so now I can start moderating those ideologies a little bit.

4.0, it's like I want to drop into reciprocity. I wanna understand who I am authentically in the moment. This is where we want to have a lot of deep, authentic, interactive communication, but we're still a little bit inside the system. At 4.5, we can step outside and see ourselves in that system, and that's when we often see the subtle projections. "Oh, you're a real controlling son of a bitch." You know, , sorry, I'm not supposed to say that, but you know...

[00:09:40] **Keith:** I think it's all right.

[00:09:41] **Kim:** You know, shadow doesn't come out clean all the time, right. So that, that's why it's shadow. So we might have those thoughts, you know, "wow, you're so controlling. Oh wow, I'm controlling. Or "you're such a narcissist. Oh, that's my narcissism." Or, "oh, you're such an abusive person. Oh, wait a minute, I'm being abusive too." You know, on a subtle level, not a concrete physical level.

[00:10:00] **Keith:** And the difference, Kim, is that, you know, there's one thing if I might observe that, " Oh, you seem, you know, controlling." But the difference between noticing it and it being a shadow is of, if I have a hook in it. You know, is it the judgment? Is that the difference?

[00:10:13] **Kim:** So we know that it's shadow when we have an arousal around it. You know? And the arousal might be a real clinging, which might be a golden shadow, like "oh my gosh, you're my guru. Oh my God, I just have to be close to you." Right? I'm projecting my golden shadow onto them. Or if it's repulsive, "oh, you're so disgusting. Oh, ew, that controlling, I just want to get away from it." You know, that would probably have projection going on anytime we have some kind of a arousal around it. But if we're just observing, you go, oh, there's a controlling part of the system. There's a non-controlling part of the system, there's a narcissistic part of the system, there's a humble part of the system. Oh, just look how these are operating, you know? And now I can intervene in different ways to help shape it so that it works a little bit

better for everybody. Then it's not necessarily shadow, because it's just noticing the events and the element.

[00:11:05] **Keith:** Right. Well, mean, so I'd be really curious to hear your take on the sort of culture wars that we're in, because it seems like everybody... and not everybody, but everyone that's speaking loudly... is really charged about things. You know, the people on the left are really charged, people on the right and vice versa. Could you just sort of speak about what you see in, in this sort of social dynamic that's happening right now as far as the shadow goes?

[00:11:29] **Kim:** Yeah, that's real intense. So what I see happening here is a real interesting thing. You know, what we're seeing is what happens when our Green, level 4.0 Green, raises children. And what we did was we raised children to be very caring, to diverse, to rescue the victim, to always take care of the victim. You know, make sure that nobody abuses anybody. But what happens is when you raise children with those high level green values, which are very beautiful values, you know, green or teal, you know, what happens is the children still have to come up through the developmental levels. So they're raised with these beautiful global values, but now they become fundamentalist about it.

[00:12:18] **Keith:** Right. So they interpret it in an absolutistic way.

[00:12:22] **Kim:** They get absolute, and they get Blue [Amber], you know? And then they go to 3.0 and they get ideological absolute about it, you know? And so you get I mean these really abusive, controlling, guilt, tripping, shaming, blaming culture, you know, canceling orientations, which are all 2.5, 3.0, Blue, and... what's just before Orange? I forgot.

[00:12:46] **Keith:** well, it goes Blue/Amber.

[00:12:48] **Kim:** Amber. Yeah, Blue/Amber. Yeah. Right in that range there. That's on the STAGES model 2.5 and 3.0. And so that's where you get these culture wars is the people being raised both conservatively and liberally are growing up and they're hooked at this fundamentalist stage, this 2.5, 3.0, just slightly post-fundamentalist, but still ideologically driven, and it's just opposing. And at this stage, like at 2.5, it's like, "this is my belief, this is what it is, it doesn't matter what the facts say." At 3.0, that kind of blue/amber, data does matter, but only if it

matches my belief.

[00:13:27] **Keith:** So basically like a cognitive bias.

[00:13:28] **Kim:** Yeah, I'll cherry pick the data to meet my belief. And you can see this on both the left and the right doing this. You know, I'm not going to look at the... that's your facts versus my facts. That's one of the, you can really see it because "those are your facts. Those aren't my facts." Well, facts are facts. There's no "your facts" or "my facts" about it, you know? But you can tell that it's at 3.0 because that's the ideas. The facts do matter, but only if they support my ideology. And at 3.5 at Amber, we start going, oh, wait a minute. No, my, the, my ideology needs to meet the facts. So you get this real flip change there that starts occurring at 3.5, full Amber, you know, where I can think about my thinking, and now the data matters and I need to shift my beliefs to meet the data.

So what we're seeing is this 3.0 culture war, but it sounds like it's higher level, because they're using higher level content, global tolerance. But look how intolerant the tolerance is, right? This is not your 4.0 tolerance, your green tolerance where you're really being tolerant of everybody and loving and supporting. It's a "tolerant ideology", which is intolerant because it's coming from a 2.5 Blue/Amber space. And so they just haven't grown up yet fully.

[00:14:45] **Keith:** It's interesting, because it's, I find some confusion as I look out into the world, because I've also encountered people who seem to be sort of authentically at a 4.0 or a Green stage, that nevertheless do have, you know, you'd say they hold really strong performative contradictions. So they actually do have a hard time seeing that they're being intolerant. It seems to me like it, that can be baked into that a little bit, but maybe it's just not as reactive. It's more, you know, in my experience, they're open to seeing the performative contradiction. But you, I have to hold the structure for them.

[00:15:17] **Kim:** Yeah.

[00:15:19] **Keith:** Would it be true that a 2.5 person, they would not be able to see the performative contradiction at all?

[00:15:26] **Kim:** No, they're not gonna see that. At 4.0 you might see it if it's taught to you, and you're like, you know, above 4.0 looking in at it, so you'll be able to share it, and then they're able to see it. Because of that. on a concrete level you could do that with 2.5, but not on the subtle level. That would be too much.

But what we have is that difference between content and process. So the content sounds 4.0, but the process is clearly fundamentalist. And that's how you notice... if you let go of what's being said and you notice the process, you can get the developmental level much more accurate, because you're getting this crossover of being raised 4.0 people, which gives them the content, but can't live the process yet. They're not there.

[00:16:07] **Keith:** Can you give an example of the process, how that would play out? Say with, you know...

[00:16:10] **Kim:** Yeah. So Let's, let's go back to the 4.0, cuz I wanna answer your previous question. 4.0, green tolerance, we love everybody, we're gonna rescue the victims, we're gonna tone down the perpetrators because we want everyone to have an equal space to be held and loved and cared about. But keep in mind that we're not one developmental level. We range developmental levels. So we might have a range, kind of a bell curve, so to speak, of developmental levels. And so you might be getting people at the leading edge at 4.0, but they bell curve into 3.5, 3.0, 2.5. So it's very easy to be sucked into the ideological arguments even though the leading edge is at 4.0. Right? And so that's how come you can get people like that, and it's very common.

The other thing about Green 4.0 is this open-hearted desire to rescue. And so when you hear somebody come from a 3.0 place of, oh my gosh, I'm the most abused person, or we're the most abused group in the world, 4.0 just sucks in and wants to support them and rescue them without doing the Teal work, they're not at Teal yet, of going "wait a minute, is this person actually, or this group, really being abusive? They're claiming to be victim, but am I being hacked?" Because a lot of people, and a lot of groups have learned how to hack 4.0 compassion. Just like, I came aware of this at the concrete level working with children and families. And 1.5 children learn how to hack 2.0 compassion. And they'll just go, "you're not being fair." And it's like, "oh my gosh, I wanna be fair. So I'll be fair to you." You know? "Well, you didn't give me this. You're not being fair." "Oh my gosh, I don't wanna be... I'm gonna be fair, so I'll give it to you." So 2.0

keeps giving and giving, but 1.5 doesn't give back. They don't hold themselves accountable to fairness.

Right? And the same thing is happening on the upshift. Here we get 4.0 just beautiful deep compassion for any individual or group who claims to be a victim. But some of these groups and individuals that are claiming to be victims are actually hacking the compassion of 4.0 and actually not holding themselves accountable to fairness. And so they don't reciprocate the fairness, they just demand all the energy come to them and they don't give a lot back. And you can just notice that process difference.

[00:18:38] **Keith:** Right. Certainly organizations that I've been involved with, I've noticed that seems to play out by, if there is an unhealthy, you know, say dominator hierarchy in an organization, what happens is you just put another group of people in the dominant position so that you don't actually transform what you might say is actually the problem, which is the system, you're just putting someone else in charge that can then then bully other people.

[00:19:02] **Kim:** Yeah. . Yeah.

[00:19:05] **Keith:** And I think it's a real problem, because I think you're right, it's good intentions, you know, trying to address something that is real and that does exist. But would you say not having the developmental capacity to be able to see the bigger picture and make those discernments?

[00:19:19] **Kim:** Yeah, cuz 4.0 is still in the system. They see that there's complex adaptive systems, and that they're living in the complex adaptive system. But at Teal we rise above the complex adaptive system and can look in at it, and that's when we start going, "wait a minute, just because somebody claims to be a victim doesn't mean they are, they might be hacking the victim role to exert control over the system. And a group might not really be a victim, or they might be a victim, but they might be accentuating the victimhood to gain control over the system. And so at Teal we can look in and go, "oh wait a minute, this is somebody hacking the compassion, versus truly reciprocating with compassion."

[00:19:59] **Keith:** That's interesting. that's a very compelling framework. So I want to take a step back here too, and just into shadow and sort of trauma and attachment. And I would love if you could just explain the egoic developmental process, and how that unfolds with shadow. Like, you know, we all, as I said, we all have shadows. Some of us have, you know, big traumas, small traumas, but, as the ego develops, how does the trauma shadow develop with us? And then ultimately, what do we do when we wanna begin to resolve the trauma that we have?.

[00:20:32] **Kim:** Yeah, it's a great question. So let's say... I mean, that's a big question, but I'll just riff on this for a while and you redirect me anyway you want.

[00:20:41] **Keith:** Great.

[00:20:42] **Kim:** Let's say we have trauma at an early childhood developmental level, like 1.0. This is our infants, and this is where we have attachment. You know, this is where we're developing bonding and attachment. Maybe we someone who creates a very insecure attachment style, a parent that can't hold consistent attachment. So we developed some kind of an insecure attachment style.

Now, what can happen is, in my experience, we have two different ways that this shadow work occurs. One is that we create a split ego state that we calcify over, and it stays at that developmental level. Now, the other part of us grows up, but the trauma is held in this calcified ego state that does not grow up. It just stays at the developmental level where the trauma occurred.

[00:21:30] **Keith:** and that's like the inner wounded child or something like that, right?

[00:21:33] **Kim:** Yeah, that's the inter wounded child type of work, right. But then there's another aspect where the distortion goes into an ego state, but that ego state grows up with the distortion through the developmental levels with us. Okay? So now this ego state has all the developmental capacities of a later developmental level, 2.5, 3.0, but it's all filtered through the distortion of the shadow.

And so when I go through, 2.5, maybe I have a fundamentalist worldview, but maybe a healthy fundamentalist worldview is, you know, love your neighbor as yourself, right? But there tends to be in-group and out-group with that. I'll love my neighbor in my in-group, but not my neighbor in my out-group. And if I have a shadow around that, that might get really augmented so that if you're in my in-group, you're loved. But if you're in my outgroup, you are actually hated and I will try to destroy you. I'll cut off your head if I need to.

[00:22:33] **Keith:** Interesting.

[00:22:34] **Kim:** Right? So the shadow level grows up through the developmental levels. and so this part where I was abused and I wanna retaliate with violence to stop the abuse becomes symbolized through the developmental level that I'm at, and it gets projected then out onto the out-group. So interject the distortion, it gets split off into a distorted ego state that grows up through the developmental levels, and then it gets projected out symbolically onto groups, because, the projection is safer than going back to my abuser and saying, "Hey, you abused me." And that doesn't mean you have to do that directly with the abuser to do the healing, but symbolically in the symbolic mind, that's what's happening. If I were to confront the abuser, I might die.

[00:23:25] **Keith:** Right, that's a that's a deeply held unconscious belief.

[00:23:27] **Kim:** Yeah, from an infant level, that's what's going on. But now I can symbolically project it out onto an out-group and say, "you guys are evil, and my ingroup is good, and the outgroup is evil." Which we're seeing in our culture wars, right? On both sides. I can project whatever historical trauma I had on the out-group, and I get in-group support for that, and I get in-group status for that.

[00:23:51] **Keith:** Fascinating. So do you have any sense of why sometimes, you know, I might freeze my development and wall it off at, you know, 1.0 or 1.5, and otherwise not have that part of my development as I grow up, and for other people, that process might be sort of fused with the development process? Any sense of what causes that, what the differentiating factor is for that?

[00:24:13] **Kim:** yeah, I think one of the differentiating factors is that if the ego state gets traumatized and then it tries to, act out that trauma in the system of the child, and it gets violently squashed or intensely squashed. Then it doesn't get to act out, so it calcifies over for self-protection.

But if it can act out a little bit in more intelligent or more skillful ways in a variety of ways, then it learns that it can shape the world a little bit through manipulation, not through direct necessarily, but through manipulations of different sorts. And then it can grow up to the developmental levels, which is both a blessing and a curse because, you know, you are able to shape your world better instead of collapsing into the calcified ego state. But on the other hand, you have shadow growing up, being able to create more and more sophisticated damage.

[00:25:11] **Keith:** Fascinating. so before we get to the resolution, I would love if you would just take that example you used and maybe just walk us up a few more developmental rungs. I'd be fascinated to hear how that'd manifest at 3.5 or 4.5.

[00:25:22] **Kim:** Okay. Yeah. So let's say, so I was abused and I'm interpreting the world as a hostile place, and the only way to deal with that hostility is to squash the other, you know, but I can't do it directly with my parents so I have to symbolically act it out on another person, like a spouse or another group, like, the ideology wars that are occurring, for example. Or the religious wars, you know, the crusades versus the Moors kind of thing, you know, in the Middle Ages.

So what happens is, as we move up then, at 3.5 supposedly I'm thinking about my thinking, but because of this distortion, my thoughts are filtered through... my ability to think about my thinking is filtered through the unconscious shadow that has grown up through that developmental level. So now I'm thinking about my thinking, but it's all oriented towards creating absolute proof that my right to see you as an out-group and punish you is justified scientifically.

So let's go back to Hitler for example. All the psychological work that was done there, and there was some sophisticated stuff being done around scientifically saying, "we are the Aryan race. We are superior. We have the right to control and abuse or destroy as we see fit the rest of the world, for the sake of creating the best human race possible." That's a 3.5 concept about a very

elementary shadow.

[00:26:53] **Keith:** Interesting. Yeah. And I remember I was being fascinated when I read that Hitler was sort of tortured over the war with the British, cuz he considered the British to be almost equals to the Aryans. They were like proto-Aryans, so he, he really didn't wanna hurt the British, because he considered them part of his in-group. It's fascinating,

[00:27:10] **Kim:** Isn't that fascinating?

[00:27:11] **Keith:** I guess by that particular deductive reasoning of this sort of corrupted 3.5, corrupted with

[00:27:19] **Kim:** Yeah. Yeah. And in fact, if you look at Hitler, you know, I found writings from Hitler and I gave them to Terri. I said, "I don't know if I'm scoring this right, but what are you scoring this at?" And we both came to the same score, 4.5 Teal. He had writings all the way up at 4.5 teal. But his shadow interpreted everything through that Teal system. That's why he was so successful. That's why he could completely convince an entire culture. And he absolutely had that culture in his hand. It's like, I mean people honored him. He was Times Man of the Year. Right? He had the whole world saying that he was the greatest person in the world.

Well, he was 4.5. He was so much above everybody else developmentally. But he had this horrible shadow that grew all the way up to 4.5. And so his 4.5 capacities were all being interpreted through this deeply abusive shadow filter and this what led to the incredible, horrific chaos, and in his ability to carry it off on such a massive scale.

[00:28:18] **Keith:** Fascinating. That's really fascinating. Huh, I've never heard that before, that's... I mean, it makes sense because his, you know, the, I have some, quite a few German friends, you know, and they, and they said when you listen to him speak he's also quite magnetic, you know?

[00:28:32] **Kim:** So magnetic. Yeah.

[00:28:34] **Keith:** Alright, let's take a pause here. Is Kim really suggesting that Adolf Hitler, one of the greatest monsters in history, had integral consciousness? And the answer to that is no, that is not what he's saying. First of all, the sentence completion test that he and Terri use only measures the cognitive line of development. And integral theory is really clear, and there's a lot of research that's clear in the field now, that there are multiple lines of intelligence. So we have a, an emotional line of intelligence, a moral line of intelligence, a somatic or kinesthetic line of intelligence, and many other kinds of intelligence that can be measured, and that would lead to someone being truly integral.

To state the obvious, Adolf Hitler had a very low moral development line.

On top of that, Terri and Kim, in looking at his writings, all they really were able to ascertain, and what Kim means by " Hitler was 4.5", was that in his writings, he seemed to be able to see systems as objects in his awareness, rather than be embedded in them. So in other words, he was really aware of geopolitical power, industry, cultural, political, and many other kinds of systems, and saw how they interacted. And it was that capacity, that cognitive capacity, combined with his very low moral development, that allowed his acts of barbarism to be so brutally effective.

And as an expert in shadow, what Kim is offering is the possibility that it is Hitler's extreme strong and unresolved shadows, introjects, split off selves, and projections that really fed his low moral development, and which is really what caused his barbarism.

So there's, you know, in the integral circles, in the 4.5 Teal range, which I've spent a lot of time in those communities, there does seem to be a particular shadow that I've noticed around the previous developmental level, which is green or 4.0. And there can be almost an obsession with that level. Now, you see that as something that might be around repudiating the previous level, or something that's shadow, or some combination of that?

[00:31:08] **Kim:** Yeah. I think it can go both ways. So for example, just developmentally what I've noticed is that every developmental level tends to push away the previous developmental level as they try to get their grounding in the new developmental level. So 1.5 children call infants "babies", you know, and 2.0 children....

[00:31:27] **Keith:** Dismissively, like, "oh, that's just a baby."

[00:31:29] **Kim:** "That's a baby thing," yeah. "I'm not a baby anymore." And then 2.0 called 1.5 spoiled little brats, you know? And 2.5 called 2.0 immature. Remember the teenage years where you're going, "oh, you're so immature." Right? 2.5, looking at it, 2.0 going, "oh, you're so immature." Right? You know, and 3.0 pushes away 2.5 cuz they're all belief based. They can't handle any data, even though 3.0 is only using data to support their beliefs in the first place. You know?

[00:31:57] **Keith:** Right.

the hardcore atheist, right? That's like, "ah, you know, you believe in God, that's ridiculous. There's no God."

[00:32:03] **Kim:** Right? Yeah. Yeah, I know. And then 3.5, does the same thing at 3.0, 4.0 can't stand 3.5 because they're so data driven and cognitive like, and it's like no authentic depth. "I can't stand you guys," you know? You're the... and 4.5 does it with 4.0, and it just goes on up, right? So every developmental level tends to push away the previous developmental level, and I see that as just, this is my way to try to push myself out of that developmental level so I can have solid footing at my own developmental level.

[00:32:37] **Keith:** Got it.

[00:32:37] **Kim:** But I think there's a second piece too, and that is we can have shadow, shadow that grows up, or shadow that gets developed at those developmental levels, and then instead of actually healing the shadow, then we can push it away and we see it more evil, rather than just kind of, "Ew, disgusting. I don't want to be around that," you know, we see it almost like evil. Like it's the, you know, when you get that kind of orientation more, you're probably getting a lot more into shadow work, you know, like 4.0 is why the world is falling apart. No, it's not! 4.0 is... Green is the first people that really look at the global system and go, "we need to protect it!" Right? We need to, you know, I mean, look at what the damage 3.5 has done to the globe. Look at the damage 3.0... look at the damage that the crusades does, you know, at 2.5.

So you can see every developmental level has done incredible damage to the world, and in many ways, incredible good to the world. So it's when you see them as kind of like the reason why the world's falling apart, then you, you, it's really time to look at the shadow with that developmental level.

[00:33:40] **Keith:** Interesting. So, someone like, you know, say Jung, from what altitude was he looking at shadow? You know, was he at a 4.5?

[00:33:48] **Kim:** I think that he was at Teal. Yeah. I think he had a lot of 4.0, a lot of 4.5. Some people say he was up in fifth person perspective, in Turquoise, but I don't think so because he still relies on a lot of templates. And what happens with templates, like, the symbolic in the dream work, for example, he has templates.

This symbol means this, and this symbol means that. And at turquoise level, we just see that as illusion. You know, all these templates are just, they're just storylines, they start dissolving. So we can see that when people use a lot of templates, , that they're probably at Teal yet, probably not yet at Turquoise.

[00:34:30] **Keith:** Got it.

[00:34:30] **Kim:** But I wanna say I wanna hold a condition to that, I haven't read all of Jung's work, I really don't know. Right? I'm just saying as a general, picking out different information. But we haven't scored Jung. I know a lot of times people speak at the developmental levels that to the people that they're talking to. So a lot of Jung's writing could have been adjusted to that. I know I do that, I do a lot of my writings at certain developmental levels because that's the developmental level I'm teaching to. So Jung could have been much later, and just teaching to these developmental level using templates to help people along the way.

[00:35:07] **Keith:** That's a great discernment. Yeah. And, and I think that is always a danger, you know, armchair guessing someone's development...

[00:35:12] **Kim:** Yeah, yeah,

[00:35:13] **Keith:** But I think there can be wisdom and use in trying to figure out maybe where the writings or the teachings, you know, to what capacity are they speaking?

[00:35:22] **Kim:** Mm-hmm. . Yeah.

[00:35:23] **Keith:** Now I'd like to talk a little bit about the idea of how you personally help your clients with shadow resolution.

[00:35:33] **Kim:** Yeah. So I've studied, obviously I've been working in the field for decades, and I started looking at all the different techniques and realizing that the different techniques do different things, and people getting these cultural ideological wars around the right technique. Well, you have to do it this way. No, you have to do it this way. No, you have to do it this way. But really it depends upon the class of shadow. And this is what a lot of them are missing, is that there's three classes of shadow, and you have to use different techniques for the different classes of shadow.

[00:36:02] **Keith:** So introject, the splitting, and then the projection.

[00:36:04] **Kim:** Yeah. So with int you can look at all of our techniques and they're, they also fall into three classes. They're either release techniques, expressive techniques, release techniques, they're integration techniques, or they're re-owning techniques. I gotta take ownership. Right? And so what we need to do with our introjects is, we need to release them. We absorb false information, and we need to release information on that. We need to do release type of techniques.

And with split ego states, those are two parts of ourselves that are divided. So we have to do integration techniques with those.

And with projections, that's material that's ours that we put out onto the world, we have to really take ownership of those and re-own those. And if we mix up, if we get the diagnosis wrong, if we get the assessment wrong, we can really cause damage with really good psychological techniques. So, for example, if I have an introject, and this happens in the field all the time, I have an introject, this is distorted information that came into me, but I go to a psychotherapist or

a healer that really focuses on integration work, parts work, they will take that introject and they'll try to integrate it. And now what I'm doing is I'm actually deepening the shadow issue, because I'm integrating it into the whole personality as part of the actual human being, when it actually needs to be released.

[00:37:27] **Keith:** Right.

[00:37:28] **Kim:** I'm actually causing weird damage to my person because I've seen everything through my ideological lens of integration.

[00:37:36] **Keith:** And, and the introject, Kim, is something like, "I don't have a right to exist."

[00:37:39] **Kim:** Right.

[00:37:40] **Keith:** "I'm not worthy of love."

[00:37:41] **Kim:** Right.

[00:37:42] **Keith:** I don't deserve... whatever. Right? It's like a story that we're telling ourselves, consciously or unconsciously.

[00:37:46] **Kim:** Right. Exactly. Yeah. And so the storyline needs to be released out, and then what's left of that ego state, you know, just the pure ego state itself, then we can integrate. So there's sequences to be done. We need to release the introject first, and then whatever is there, whatever ego state was holding that introject, we released the introject from that ego state, and then we have the ego state left over, and this is the genuine part of the personality that got split off that was holding the false story. That's why it got split. Because it was holding the false story. So the false story gets released. Now we have the pure experience of the split personality, the split persona part of the person. And now we can integrate those. That's why it wasn't integrated. It was holding a lie.

And so if I come from a psychological perspective and say, no, let's integrate those, well that you actually had a healthy thing going. You calcified off this infection, this psychological infection. Just like in a, you get an infection in a finger and your biology walls it off so it doesn't go through your entire system, give you gangrene and kill you, right? It walls off the inner infection. So our psychologist actually doing something wise, it's walling off the infection in a calcified ego state, and then the psychologist comes in and says, no, let's integrate that.

And it releases that gangrene through the entire psychological system. So we're causing severe damage when we do that. We need to get this assessment accurate, so we're releasing the introject and then we're bringing the healthy ego states back together into whole oneness.

[00:39:18] **Keith:** So are there any models that you're aware of that are aware this nuance?

[00:39:22] **Kim:** I don't know. I do it, I teach in my courses, like, Illuminating Shadow and Healing Shadow goes through all of this stuff.

[00:39:30] **Keith:** Okay. So, you resolve it by, you know, making an accurate diagnosis, and then working with the client to, you know, do whatever's necessary in one of those three buckets. . . Mm-hmm. how do you work with, you know, cause I've noticed sort of in the field out there, there seems to be some confusion and questions around how does one work with trauma or shadow material that happened before you had language.

[00:39:56] **Kim:** Yeah. No, this is really a common question and that is, is that, we often think that because it's before language that we don't have memory. But not all memory is linguistic, it can be held somatically or sensorially, I actually prefer to say. So you get a lot of somatic workers that do this work, but it's actually sensorial work. Any sensorial system can give you the memory of the shadow and it's pre-linguistic.

So when I'm working with shadow at the early developmental levels, I go into sensorial work. I have a whole course on the seven modalities of psychotherapy. So you have like cognitive modalities, which are like cognitive restructuring. This is all about thoughts and things like that. You have affective modalities, which really focus on the emotional world. You have behavioral modalities that focus on changing the behavior, and then you have relationship modalities, client

centered, where it's just all about building deep relationship, and by creating a safe, loving environment, people will tend to share more and more, and insight will be more open, because you're creating the right environment. But you also have things like symbolic modalities, like dreamwork, different things like that. You have sensorial modalities, which is how memory stored in the biological system through vision, through audio sounds, through smells, through taste, through sensations in the body, different organs holding pain, different parts of the body holding pain, and things like that. Or what some people call the pain body. But we get specific to where it's being held in the body. Like it might be in the liver, it might be right in the solar plexus, or wherever that pain is being held. So these are the sensorial modalities, and those really work for the pre-linguistic memories.

And then we have systems modalities, and so those work too. So you can bring... you can mix and combine all of these modalities, but you'll probably lead a lot more systemic sensorial and symbolic modalities. if you're working with pre linguistic trauma.

[00:42:00] **Keith:** Okay. had someone chatted in a question here. Nick said, what would make a therapist see an introject as a part? Does the introject speak or show up as a person?

[00:42:10] **Kim:** Sure it does. You know? It's held inside of an ego state. So the ego state holds that false, construct, that false introject. So, I am a victim. So now we have victim and perpetrator split, or a victim and a controller, you know, split. And what a lot of people do is they go, okay, let's take the victim self and the the dominant controlling self. and let's work on how they can integrate and balance out, so that we're not swinging, you know, from being aggressive to being passive and things like that. But if I do that integration work with the introject, that the world is hostile and I'm a chronic victim, then what I'm going to do is I'm going to integrate into my psychology that the world is hostile and I'm a victim, and I'm not gonna have other clear ego states that are being able to see the world accurately. I'm introjecting that, into the rest of the entire system.

[00:43:10] **Keith:** we've spent a lot of time talking about sort of, stages and shadow and, I would love to also talk about states and shadows. So the idea, you know, that we tend to progress to sort of deeper and deeper capacities in a spiritual realm where we see the ego more and more as an object in a larger field of awareness. Ken Wilber and others have written a lot about this. But there's certainly ample evidence that many, you know, I would argue highly realized teachers

with deep insight, tremendous capacity to rest in awareness deeper than their consciousness, or their ego, afflicted with all kinds of shadow states. And could we switch over here to sort of the state side of the street?

[00:43:55] **Kim:** Yeah, absolutely. So, well let's just get the picture. Come back to Ken Wilber's, you know, Waking Up, Growing Up, Cleaning Up and Showing Up, right? So Waking Up is the states, Growing Up is the stages, cleaning up is the shadow, and showing up is being engaged collectively, communally. And so if you're looking at state work, what I would say health is, is keeping these in balance. Now what might happen is, let's say I have trauma, but I don't have the skills to do my shadow work, my trauma work. So what do I do? I tend to lean on one of the other three legs. Okay? So in this case, I might lean on the state leg, altered states of consciousness, and I might push altered states of consciousness. I might do that by doing drugs, for example, and I might get really addicted. That's just state work, but it's shadow form of state work, right? I'm getting addicted, right? And that's a concrete state because I'm using a concrete drug to create a state difference, right? So I'm using a concrete drug to do that. So that's concrete state work in the form of an addiction, which is a shadow if it's used as an addiction. Okay?

And then, let's say we grow up and we're starting to do our, like our zen practice where we go into emptiness. Well, if I'm having shadow and I'm getting disturbed, it's like, no, push that away. I'm just gonna breathe, go into emptiness. Om I'm so enlightened. Right? And I go into this deep state work of emptiness, but as soon as I get out of emptiness and come back to fullness, the shadow's still there. And now I'm acting out. So you get these great gurus that have come in and taught incredible state work, you know, and then they're sleeping with their students, they're financially abusing them, they're, you know, intellectually abusing them, they're sexually abusing them. They're buying 40 Mercedes Benzes and doing all this. So this is, just another example of the spiritual bypass kind of thing. The shadow side of state work is the spiritual bypass. I'm using states to, try get out of this.

So if you really look at when we have trauma, what happens is we can use shadow work to deal with the trauma, which is the appropriate tool for the appropriate job. We can use state work, which is the incorrect tool for the job, and now I'm in spiritual bypass. I can use stage work to deal with the trauma, but I'm actually just growing the trauma up to a later developmental level. And so what we wanna do is use the appropriate tool for the appropriate job. So if I'm doing shadow work, if I'm having trauma, I wanna bump up my shadow skills and do my trauma work. So I'm cleaning up. And then that allows the state work to be clean. I'm actually working with

altered states of consciousness rather than using it as an addiction. And I'm actually naturally growing to higher developmental levels, because as I work with each developmental level and make it whole and healthy, the very natural evolutionary flow is to flow into the next developmental level.

But we get people that are going, "oh my God, I gotta get to that next developmental level. What's the developmental, let me understand it. Let me read about it. Let me research it. Let me practice the methods to get there. I'm gonna get there no matter what!" You know? And so it becomes this obsessive drive to get to the later developmental levels, and actually that's just an outgrowth of not doing our shadow work.

[00:47:16] **Keith:** Oh interesting.

[00:47:17] **Kim:** This is why I talk about the natural evolutionary flow of consciousness. If we just follow the natural evolutionary flow of consciousness. If we get disturbed, then we lean into the disturbance and we heal that, but we don't wallow in it, we heal it, because we can lean into the shadow too much. We can lean into the shadow and not go into resolution. Just wallow in the suffering.

[00:47:38] **Keith:** Wallow in the shadow.

[00:47:38] **Kim:** And I wallow in it. Look at me. I'm so deep because I'm wallowing in the shadow, you know,

[00:47:43] **Keith:** Or I'm so broken, I can never be fixed.

[00:47:45] **Kim:** I'm so broken, so you need to help me. Yeah, right. So we can bias on any of these, right? But if we follow the natural evolutionary flow of consciousness when disturbance arises, instead of running away to state or stages, we just lean into it and we heal it. And when we heal it, a natural new state arises, and then we flow into that state. And as that state, becomes more habitual, it evolves into a stage structure. And then our stage structure gives us new insights, which allows us to see more shadow, which evolves into doing more more shadow

work, which allows for more state work to arrive.

So this whole flow just flows in such a beautiful way, you know, if you just follow the flow. But if you feel like you're driven to state work, or you're driven to stage work, or you're driven to shadow work, you know, be careful, because the ideology that's driving you is often a shadow in and of itself. So if we're feeling disturbed, flow into that, heal, if we're being excited about states, fine. But if we're seeing obsessiveness around it, if we're seeing that we run to it because we feel a little bit of disturbance, and then when we get out of the state the disturbance is still there, we're just running.

[00:48:56] **Keith:** Right. And you know, I would say too, I tend to notice with some spiritual teachers that I've worked with personally, they do seem to have a capacity... their state is so deep and so profound, that they can really dissolve ego structures as they're arising. Which my story about that is that it makes it much harder for them to see shadows, because they can basically sort of dismantle them as they're arising.

So they're not experienced by that person as problematic, because they're not problematic for that person. They're problematic for the people that they might be unconsciously abusing with power or sex or whatever, but internally, they're not feeling that sense of rub. Is that accurate in your understanding?

[00:49:39] **Kim:** Yeah, I kind of describe this as the shadow tree. So we have a shadow tree. We have a shadow seed that grew a shadow tree, and we grew up with it. And so now we have this shadow tree that has all these shadow leaves. The shadow leaves are the things that we see. And so at these later states and stages, we can dissolve the leaves, you know, but the tree is still there. Because the leaves and the flowers are all the shiny stuff that we see. But the tree is still there producing more leaves. So we're plucking off all the leaves and dissolving them as they arrive, but the tree is still producing them. And so, you know, that's just running on a treadmill forever and getting nowhere. So what we wanna do is follow all the way down the trunk to the seed, to the core root, and pull out the core root. And then it doesn't produce any more shadow leaves, you know?

So it's like symptom substitution. So for example, it sometimes helps to go down to the concrete tier to really understand this. So like I might go, "okay, I'm gonna stop my alcoholism." So I stop

my alcoholism, but then I take up, chain smoking, right?

So then I give up chain smoking, and now I'm addicted to sex stuff, you know? So what we're doing is, yeah, we're dissolving each leaf, but then another leaf just grows outta there, because I didn't resolve the core issue. And then I see that, and I dissolve that, but then another one grows up, and it's like the groundhog thing, you know, at the fair where you're them down and you keep popping up, you're doing whack-a-mole with your shadow. And it never gets anywhere.

[00:51:06] **Keith:** Right, interesting. Okay. And I think it's that idea, you know, for those of us that go in and out of spiritual communities, I think too, what I'm realizing is, you know, there is a responsibility as a student to hold the teacher accountable, especially if that teacher can't see their shadow. And to be very mindful of if you're projecting as well, which is always a real problem. But it seems to me one of the best ways to notice if there's trouble is if there's problematic behavior. Because that's the wake that shadow leaves, right, is behavior.

[00:51:35] **Kim:** Mm-hmm.

[00:51:36] **Keith:** you know, there are mens and teachers, you know, there were sort of famous alcoholics, you know, that drank themselves to death. It's not uncommon. That doesn't mean they don't have deep spiritual insight, but there's some traumatic something that's unresolved.

[00:51:49] **Kim:** Mm-hmm. That comes back to that Waking Up, Growing Up, Showing Up, Cleaning Up thing, you know? So where is it happening, and following the natural flow of consciousness. And to kind of give the structure, you know, when we go deeper, we're discovering new shadows. And there might be golden shadows, there might be dark shadows. But when we go deep, we're doing that. Our state work is almost always breadth. Some, we also get state work in a little bit of height at the next developmental level. But state work is a lot of times kind of a breadth thing. And you kind of see this in the Wilber-Combs Matrix. And Terri has a I think better version of it, which you can see in the mind's eye. So I encourage you to take the mind's eye to try to kind of get that a little more sophisticated. But you can see how even in the structure of the Wilber-Combs matrix how you have stages and you have states at each stage level. So those are in a sense, moving breadth. It's deeper, but it's a breadth move, deeper is more nuanced, and a lot of times it's kind of shadow. It's not a perfect crossover, but it's, it's just a little bit of a model to kind of get a picture of what's going on, to create the whole balloon, the whole

three-dimensional balloon of consciousness.

[00:52:59] **Keith:** So this almost sounds like a, like a not serious question, but I'm completely sincere when I ask this. Is shadow work ever done? done

[00:53:08] **Kim:** That's a good question. I'm, I'm a functionalist, not a purist. I think that if we get into purist, we get into perfectionism, and then that in itself is its own shadow. And then people start thinking, oh, there's this enlightened being way and I have to strive to get there. And once I get there, then I'll be okay. And so you live your whole life striving and striving and striving, and you never get to being okay, because the only way I can be okay is to be perfect. You know? And that's the purist version. That's the purist viewpoint. I'm a functionalist, and it's like, how can I help you function to live a beautiful life here and now?

And so, yeah, you can have shadow work that takes up 80% of your consciousness, okay? And if I can get that down to 5%, you know, and release the rest for state and stage work, that last 5%, you might have to work, you know, a lot to get that, those last little nuances. Right? But they might have almost no effect on your life. They might only come up once a year and they only bother you for like three minutes, and then they're gone.

It's like, how many hours do you want to put in to do that? If you're spending more hours resolving that then it actually takes up in your life, then maybe it's not functional to do that particular shadow work. Maybe you're better off using that time and energy for state and stage work and community work.

So for me it's like, you, where does the natural energy flow to create the most beauty in the world? And a lot of times it's shadow work, and you need to do that shadow work. But it's kinda like that 80/20 rule, you know, the first 80% of your shadow takes 20% of your work, and the last 20% of your shadow takes 80% of the work.

[00:54:52] **Keith:** Mm-hmm.

[00:54:54] **Kim:** And so at some point there's a diminishing return. And this is where you can fall off on the shadow side too, is just as soon as you resolve one shadow, I'm diving into the next

one. I'm diving into the next one. Now I'm constantly on a treadmill of shadow work. It's good to do that for a while, but at some point hits a point of minimal returns for amount of time and energy that you're putting into it.

[00:55:15] **Keith:** Yeah. I mean, I think you could make a good argument that it's, you know, sort of traumas all the way down, you know, through the birthing process, you could even talk about karma and past lives.

[00:55:24] **Kim:** that's right.

[00:55:25] **Keith:** You could take it as far as you want and you could really become obsessed with it. As you said, of these four pillars, you could really get obsessed with shadow work, as if resolving all your shadow will lead you to grow in those other three places.

[00:55:39] **Kim:** Yeah, that's the purist viewpoint. I can't let go of doing shadow work until I've resolved all of it. That's the purist point of view. The functional says, resolve all the shadow that's affecting almost all of your life, and maybe the last few, you're gonna get a lot more pleasure and a lot more good in the world if you work with natural flowing states, stage development, community interaction.

And this is the other thing, people fall off on the side of community. "Oh, I gotta get my communication down perfectly. I have to do non-verbal communication perfectly, puristly, otherwise it's not gonna be okay." And you get to this point where, you know, it's the law of diminishing returns. And the same with state work, you know, I can go into all this state stuff, but now I come out of it and the shadow is just racking havoc. Or I can be like Hitler and move all the way up to teal, and create unbelievable devastation upon the world as a result.

[00:56:29] **Keith:** Right. My zen teacher. what struck me about him was he said, you know, he spent six years in the monastery, became a dharma heir, a full-blown zen lineage holder. And within two months of leaving, he was doing really intensive psychotherapy. And I why did you do that? And he said, "because I was a complete fraud." You know, " I realized that I could get around my shadows and my trauma, but the depth of my insight had no impact whatsoever on

what was making me an asshole."

[00:57:00] **Kim:** Mm-hmm. . Mm-hmm.

[00:57:02] **Keith:** And he just sort of figured that out, sort of cowboy style, you just in, in his own way. But that was, gosh, that was, you know, 40 years ago. So I think it's wonderful that the conversations like this I think can really be helpful to people in sort of getting a sense of, yes we all need to do shadow work, we all need to be working on Growing Up as well, you know, trying to develop our capacity to see perspectives, to be in good relationship with one another, conscious relationship with one another, and be doing our shadow work. It just makes a lot of sense.

[00:57:34] **Kim:** Yeah, it does, doesn't it?

[00:57:37] **Keith:** So we have another question here from Varum. can we self deceive into believing shadow isn't shadow? Does everything happen just so consciousness can know the most of itself overall, even the negative aspects when we are going away from source?

[00:57:51] **Kim:** Mm-hmm. . Yeah. No, very clearly we can, I mean that's all every defense mechanism that has ever been uncovered through the history of psychology, you know, has been how we deceive ourselves into not believing that we have shadow when we have it. You know? And I think there's been probably 20 different defense mechanisms that have been identified and uncovered that are all different ways that we trick our mind into thinking that we don't have anything wrong with us.

But what I encourage people to do is just notice when they feel disturbed. Am I disturbed with something outside of them? You know, like them, those guys, something out there is disturbing me. Okay? That's a shadow. If I'm feeling something disturbed inside of me, like I have competing voices, I feel confusion, I start a project and I sabotage it. That's shadow. Right? If I'm believing really negative things about myself, like I'm uniquely evil, uniquely bad, uniquely broken, you know, that's shadow.

And I just gave three examples of how you can use your symptoms to identify the classic shadow. If the shadow disturbance is between me and somebody else, if I'm feeling disturbed by the outside world, that's a projection shadow. If it was perception, I wouldn't be disturbed by it, it's just an event. How do I turn that event into a trigger? That's my shadow.

[00:59:20] **Keith:** Right.

[00:59:21] **Kim:** I'm not saying that you condone everything externally. I'm saying are you triggered and disturbed by it?

[00:59:29] **Keith:** Does it have a hook in you?

[00:59:31] **Kim:** Does it have a hook? And internally we have the split ego states, you know, confusion, self-sabotage, all of this stuff. And then the introjects, you know, the low self-esteem, the particularly broken or the particularly narcissistic. I'm more amazing than anybody, or I'm worse than anybody. Right? two forms of that kind of introject work.

[00:59:52] **Keith:** Yeah. Yeah. And I, and I intentionally did skip sort of personality disorders, because I think that's a different, more complicated subject. I wanted to keep it more in the, the realm of, run of the mill shadow. Okay, we have another question here from, I'm not quite sure how to say it, but, are there indicative markers of a problem being due to the shadow? Well, I think you just sort of spoke to that, as opposed to limitations due to our stage, for example.

[01:00:18] **Kim:** Mm-hmm. . Yeah, so what we're looking at is the disturbance that we're experiencing. And often when we try to work with a disturbance, we might use, like I said, shadow work. We might try to lean into state work. We might lean to stage work. We might lean into community work. But the marker is how disturbed I am. And if I'm feeling a lot of disturbances, you know, then it's a shadow work marker.

[01:00:47] **Keith:** Beautiful. So Kim, if people wanna learn more about your work and what you're doing in the world, I'm always sort of blown away by the beautiful complexity that you view all these topics with. So where could people sort of learn more about what it is you do? And

you train psychotherapists and coaches as well, is that correct?

[01:01:05] **Kim:** I have, um, we're working at reestablishing that course, but we had to shut it down for a little while because we had different health issues, Terri, I think this is common knowledge, Terri had cancer for a little bit, and so we needed to kind of shut everything down to carry Terri, make sure everything was okay. Now we're opening back up a little bit more at STAGES International. But my work, at kimbarta.org, you can find me at STAGES International or at kimbarta.org. [Kimbarta.org](http://kimbarta.org) is the actual shadow work site and we were advised to separate out stages from shadow work, because then when people are just wanting to understand stages, they could go to STAGES international if they just want to really work with stage work. And that way the site is clean, if you're going to a place, you know what you're getting there. If you go to kimbarta.org, you'll get more of my shadow work.

[01:01:57] **Keith:** Well, it's been great talking to you. Anything that I missed or anything that feels like a loose end that you would want to address?

[01:02:04] **Kim:** No, no. we didn't get to play with attachment disorders or anything like that, so maybe some time we can do that.

[01:02:11] **Keith:** Well, I think like with Terri, this is a great intro, and yeah, maybe we could speak again and really have it dedicated to attachment disorders, and maybe a little bit more to the, getting a little bit more into how you resolve these things sort of specifically. Because you have a beautiful program around the evolution of shadow resolution, which, I mean if people are listening to this and they're finding it interesting, they would definitely find a deeper cut into your methodology.

[01:02:36] **Kim:** Thank you. The Evolution of Shadow Resolution is my metamodel on what all shadow resolution methodologies fit into this metamodel of shadow resolution. I call it the evolution of shadow resolution. And it's a metamodel that just, you can use any therapy program or any shadow resolution dynamic and it fits right in.

And it also helps you know that if you're a therapeutic modality is getting stuck at a particular stage, because at each stage it's easy to think, "oh, if I go deep into that stage, I'm resolving

shadow." But you're actually spinning at a certain stage along the evolution of shadow resolution, and it makes you think that you're going deep and healing when you're actually just spinning at a certain stage.

So the Evolution of Shadow Resolution helps you know whether your shadow work, whatever program you're using is actually progressing or did it get stuck and start spinning at a certain stage?

[01:03:31] **Keith:** Got it. Got it. And we have one more question here from Nick again, but he says, will introject work always need to lead to integration work. Once the introject is clear.

[01:03:41] **Kim:** Not always. So, I need to buffer that because it's kind of a yes/no question. If the introject is a pure introject and I release it, there's not an integration work that needs to be done particularly. If an ego state is holding introjects and a lot of healthy genuine personal material, then the introject releases, and then you have two split ego states to integrate.

But let's say we have a walled off introject, and it's pretty much pure introject. We release that introject, and what's left is empty space, and this is pure potential energy. And so there's, in a sense, there's nothing to integrate, other than to allow the pure potential energy to arise and follow its next natural evolutionary course. Which in a sense is a type of integration, but it's not classic ego state integration material. It's actually new vivacious or rising capacities. And often it arises new states and new stages, in and of itself that is not necessarily an ego state type of dynamic.

[01:04:47] **Keith:** Because you're literally freeing up stuck energy. Like there's literally a psychic dam...

[01:04:50] **Kim:** You're just freeing up pure, pure energy that has no content in it.

[01:04:55] **Keith:** Yeah. Amazing. Beautiful.

[01:04:58] **Kim:** That actually leads to really beautiful, beautiful state-stage work, when that happens.

[01:05:03] **Keith:** Hmm. Beautiful. Well Kim, it was great to see you. It was great to talk to you. just a really fascinating discussion. I love shadow, and I love development, and the intersection of these two things to me is just infinitely rich. So I thank you for all the work that you're doing and, you know, helping so many of us to be able to do this kind of work in a way that I think sort of honors the complexity of the way these things actually get laid down inside of us.

[01:05:27] **Kim:** Thank you. It's been an honor working with you too, and I just love connecting with you, just personally, you're just a great person, Keith.

[01:05:34] **Keith:** Kim.

[01:05:34] **Kim:** It's always rich just being with you. So thank you very much for this opportunity.

[01:05:38] **Keith:** And thank you everybody for being on the call and, see you in a month.