Talks for different archetypes and other Shadow related topics

Sovereign:

Celebrities speak out on fame and materialism

<https://www.youtube.com/channel/UCq1RJv-Q63e-xDlPoCVu0_g>

Warrior:

Brene Brown - Boundaries, empathy and compassion

<https://www.youtube.com/watch?v=mLTLH3ZK56M>

The Sanity of Madness

<https://www.youtube.com/watch?v=tYfQSyDuriA>

Extremism explained - John Cleese

<https://www.youtube.com/watch?v=HLNhPMQnWu4>

Former CIA agent - everyone thinks they’re the good guy

The need for listening to others. War and peace

<https://www.youtube.com/watch?v=7WEd34oW9BI>

Negative emotions are key to well-being - SCIENTIFIC AMERICAN ARTICLE

<http://www.scientificamerican.com/article/negative-emotions-key-well-being/?wt.mc=SA_Facebook-Share>

NVC talk Marshall Rosenberg

<http://www.filmsforaction.org/watch/nonviolent-communication-basics-2000/>

In the sacred middle - a wonderful short peace describing shadow work principles

<http://www.mattlicataphd.com/blog/rest-in-the-sacred-middle>

<https://acestoohigh.com/2016/08/10/childhood-trauma-leads-to-lifelong-chronic-illness-so-why-isnt-the-medical-community-helping-patients/>

About social isolation - George Monbiot. Includes link to research showing people will choose physical pain above social isolation

<https://www.theguardian.com/commentisfree/2016/oct/12/neoliberalism-creating-loneliness-wrenching-society-apart?CMP=Share_iOSApp_Other>

<https://vimeo.com/171423360>

What men fear most - a poem about men swallowing down their emotions

Article about ‘Grief Walls’

[https://medium.com/@shareablelife/grief-walls-8b76dfd49f12#.qpo8cbq5q](https://medium.com/%40shareablelife/grief-walls-8b76dfd49f12%23.qpo8cbq5q)

The Dark Mother

<http://www.womboflight.com/bringing-the-dark-mother-into-the-light/>

Boarding school film with Nick Duffell

<https://www.youtube.com/watch?time_continue=95&v=7VwPZph4pGM>

Sesame street - When families grieve (For children bereaved by parents in the armed forces

<https://www.youtube.com/watch?v=a2VpflpbOmk>

Why Tribal Societies work [workhttp://www.filmsforaction.org/news/huntergatherers-and-the-mythology-of-the-market/](http://www.filmsforaction.org/news/huntergatherers-and-the-mythology-of-the-market/)

<http://www.ted.com/talks/elizabeth_lesser_say_your_truths_and_seek_them_in_others?utm_source=facebook.com&utm_medium=social&utm_campaign=tedspread>

Lovely talk on being with pain. Uncovering your soul. Staying with pain.

The importance of telling the truth, to stop the spread of poison. Michael Mead

<http://mosaicvoices.org/acts-of-truth.html>

MP speaking about her rape age 14. Freezing, not telling anyone, blame and shame and the impact it has had on her. Very good.

<http://www.bbc.co.uk/news/uk-33269366>

gabor mate - trump

<http://drgabormate.com/trump-clinton-trauma/>

Relationship as path to transformation - buddhist version

<http://www.lionsroar.com/intimate-relationship-as-a-spiritual-crucible/>

A description of the shadow projection and how it leads to war and undeveloped leaders Based strongly in Jung

<http://www.awakeninthedream.com/shadow-projection-the-fuel-of-war/>

A rape victim and the man who raped her. Ted talk

<http://www.cosmopolitan.com/sex-love/a8686972/rape-sexual-assault-survivor-perpetrator-ted-talk/>

Boarding school article in the Daily Mail by a man who is now a marriage guidance experthttp://www.dailymail.co.uk/femail/article-4229256/The-toll-sent-boarding-school-7.html

Loneliess

<http://returntonow.net/2016/10/13/loneliness-1-public-health-epidemic-doctors-arent-talking/>

Living Brave with Brene Brown and Oprah Winfrey

<https://www.youtube.com/watch?v=4u4J58YUB1Q>

Buddhist article about the wisdom of anger

<https://www.lionsroar.com/the-wisdom-of-anger/>

Brene Brown talk “Creating Safe Cultures’ “The biggest barrier to a safe container is shame”

<http://www.theworkofthepeople.com/creating-safe-cutures>

Monkey’s fairness experiment

<https://www.youtube.com/watch?v=lKhAd0Tyny0>

Grief as a threshold emotion. Addiction and ‘secondary satisfactions’. Also healthy anger as a form of connection/self revelation

<https://www.youtube.com/watch?v=EaI-4c92Mqo>

Warrior

How good boundaries can free you

<http://upliftconnect.com/how-good-boundaries-can-free-you/>

Jordan Peterson. Say What You Think. Passionate Warrior interview - speak the truth no matter what the consequences.

<https://www.youtube.com/watch?v=3_I1p0JMicc>

How to be sad

<https://www.youtube.com/watch?v=s5tjjHoXoEI>

Leadership - Wolves

<https://www.facebook.com/HarvardMilleronline/photos/a.230676144084218.1073741828.230669650751534/240930219725477/?type=3&theater>

Addiction talk by Gabor Mate

<https://www.youtube.com/watch?v=iKFJ3y0TdYI>

Magician? Guardian article on thoughts and ‘overthinking’

<https://www.theguardian.com/commentisfree/2017/jan/16/escape-overthinking-trap-stop-juding-yourself>

Zen Master on why Positive thinking is terrible advice

<http://thepowerofideas.ideapod.com/zen-master-explains-positive-thinking-terrible-advice/>

Scapegoating and the shadow

 <https://www.psychologytoday.com/blog/transcending-the-past/201703/how-facing-our-shadow-can-release-us-scapegoating>

Caroline Myss spiritual path of the shadow

<http://enews.soundstrue.com/t/l?ssid=17613&subscriber_id=botyffbvgzfmewrkpgzjnnkyubrzbdi&delivery_id=acqcvaroywbxfsllvpvnsvoeuhvmbdg&td=kpmXB_lZFCmLqX83kDmvSgOjrry4bkVaRA6RrbPJvqm3BmU8aVeoi5RmD1mXvuoLzydE0C8aZTmsnEp-w562KwQ1EFdA355XGRjQxt5WSneHeCOcVHAN1lF9pPNX8Lpzeed-tOpkq5O1sAxN2McU7bstatzUWgrpNUuminG-AfjPYVCqa5gn0qUjP_3ENNj5C9h89UOgxMO9G2GokpaSj9WuYUxOMMNX3bEhIs5lTNUbKghuRW5cOMndiIDFF7f_As59Oth7DF3Jo>

Film - The Work

<https://www.bbc.co.uk/iplayer/episode/b09c1rch/storyville-the-work-four-days-to-redemption>

A feminist woman meets men’s rights activists

<https://www.youtube.com/watch?v=3WMuzhQXJoY&feature=youtu.be>

Clean Talk youtube video (by the conscious leadership group)

<https://www.youtube.com/watch?v=7qtJ87WTPNY&feature=youtu.be>

Schizophrenia - bringing their voices to live - channel 4 interview

**Schizophrenia sufferers design avatars as new form of treatment**

This new treatment could change how people with schizophrenia tackle hearing voices.

<https://www.facebook.com/Channel4News/videos/10155442712111939/>

Brene Brown small clip about self worth - good

<https://www.facebook.com/brenebrown/videos/1824087924272975/>