

THE DARK SIDE



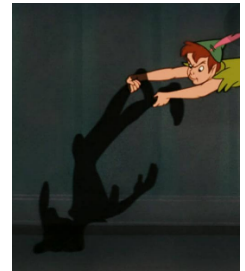
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PART 1: The Dark Side is Rampant in Today's World

- Why do I call it "The Dark Side" and not the shadow?
 - Because it's more than the shadow, it also includes the Anima/Animus, other archetypes, and if you go deep enough, other forces.
- Origin of The Dark Side?
 - The origin of the Dark Side is evolution, survival, and then the formation of civilization, which pushes it into the background.
- What is The Dark Side made of?
 - The Dark Side is made of certain dynamic functions, archetypes, and chiefly, repressed emotion.
 - The Dark Side impacts the Conscious Mind/Subconscious Mind/Unconscious Mind/Collective Unconscious Mind/Spiritual World (if you believe in this)
 - Art shows how artists represent the conscious mind and unconscious mind. You also see this in realism, versus some contemporary art.



- The Danger of Ignoring the Dark Side
 - Ruined and erratic moods, bad relationships, problems with success, dysfunctioning and violent society, war, chaos, anarchy (personal and private), reemergence of bad ideas, scapegoating, witch hunts, etc.
 - You must get a hold of your shadow somehow. *Peter Pan* is a funny example of how the Dark Side acts on its own, of its own volition and can hijack you.
- Benefits of Working the Dark Side
 - Recover faster after emotional trauma, better and more stable moods, increased compassion and love for others because you see yourself in everyone, increase in self-esteem because you'll see the Dark Side is what is active when you are mean/rude/sad - it's not you, an increase in wisdom and discernment (you aren't a rigid and callous rightwinger but you also aren't a soft in the head liberal), increase in political wisdom and a sense of "universal principles", deep insights into reality, and more.
- Does my Dark Side make me a bad person?
 - No, your Dark Side is actually like an earthly guardian angel, it's trying to keep you alive.



- It actually makes you a good person, because it doesn't "possess" you as often, or if it does, you'll be quicker to realize it.
- There are 3 ways to deal with The Dark Side
 - Acknowledge/Accept
 - Incorporation (Surface or Deep Incorporation)
 - Transcend
- In the following, we are going to deeply analyze the Dark Side and just learning more about it, is a way to start to "get a hold of it." Knowing its ways and actions and functions and disguises is powerful.

PART 2. The Three Desires of the Dark Side

Learning these three desires is a major step to getting a hold of the Dark Side. These are like the energetic core that powers the Dark Side. Remember, the origin of the Dark Side is from evolution.

#1: The Desire for Safety

The desire for safety is one of the strongest desires of the Dark Side. That's its main job, actually. It's trying to protect you on two fronts:

- *Physical Safety:* The Dark Side is trying to protect your body, your flesh. But this sense of self expands to tribes or nations. I think there is something true about the feeling of the sense of self incorporating others or geography.
- *Psychological Safety:* The Dark Side is concerned with protecting your self-image, self-esteem, reputation, it wants to avoid banishment (which was death), social chastisement, and so forth.
 - It also is why we ignore our faults... hide them, it makes us safer. Being 'vulnerable' - well, the Dark Side only does that for gain, it is never genuine.

The desire for safety can make you a coward or an asskisser. In movies, it's represented by the sniveling villains that cozy up to "bad guys." Today, it's also seen in the attempt to play the victim. Victimhood as a dark side tactic has been ramped up beyond belief in our world. It's a type of massive addiction. The Dark Side has found victimhood to be very, very profitable to garner safety - not to mention attain the next two desires.

#2: The Desire for Power

The Dark Side wants power, usually for safety. You'll notice that the three desires frequently overlap and intertwine.

- The Dark Side will get power anyway it can: by force, with money, via pressure, via threats.
- Dark Side power is vicious, traitorous, lying, and has no connection to truth unless truth can help it achieve more power.
- The Dark Side isn't "immoral" - it's beyond those categories. It's like saying a Komodo dragon is a moral person - it makes no sense.

- The Dark Side is a pragmatist - this isn't a compliment per say, nor a derision; it's just what the Dark Side is. It has a simple philosophy (many Fascists/Maoists have the same philosophy) - something is considered good *and* true if it is useful to the Dark Side. Lying can be true if lying is useful to the Dark Side.
- Example of a "Power Trip" in literature is *Gilgamesh*. Gilgamesh is king and he does the following things: he blows the war horn, that is, fakes invasions you might say (crying wolf) for giggles; he then actually sends men to real war for no reason; and he sleeps with every man's wife before they can marry them.
- Note that there stupid and genius forms of the Dark Side: You will run into the Dark Side as a genius and as an idiot. A humorous example is Pinky and the Brain.
 - Smart Dark Sides are like the Riddler, or Ted Kānzinsky.
 - Dumb Dark Sides are brutish and dumb. (Cf. Auden's Poem *August 1968*). This is Stalin, Hitler, Mao. But it's you too! Think back to a really bad argument (romantic or otherwise), in which you say something so ridiculous or act so crazy, you stand their panting with "drivel gushing from your lips" afterward.
 - The coupling is the real danger: the hyper intelligence of the prefrontal cortex with the so-called reptilian brain.

#3: The Desire for Pleasure

The Dark Side desires pleasure. Pleasure might have been the first feeling, that or fear, that any being felt. The pleasure of getting what you want. Pleasure usually means power - you need power to attain what you want (or at least you must be close to power to get what you want), and pleasure usually means safety.

- The pleasure of the Dark Side is not wholesome, it enjoys dominance, destroying beauty, chaos, and anarchy. It likes destruction because it levels the playing field. It also loves violence, and the totalitarian. The totalitarian keeps one safe from external threats, and if one can cozy up to the tyrant, it makes the Dark Side feel powerful and safe. The Dark Side is the id, it's the shadow. It wants to dance in the blood (see the opening scene to the movie *Blade*), it wants to "fiddle" as Rome burns, it wants to rule with an Iron Fist and watch people squirm (It's a BDSM entity).
- The Dark Side has an uncanny sense to get pleasure from attacking the good, the true, the beautiful.
 - Why does it destroy beauty and order and goodness for pleasure? It's paranoid about being oppressed, it hates hierarchy and order, for while it can provide safety, it can also feel suffocating and clearly more powerful than the self.
- Classical example: the movie *Pinnocchio*, the Pleasure Island scene. Notice in this scene there is a love of fighting/violence, gluttony, rage. And then you watch as they destroy stained glass (the spiritual), art and architecture and music (beauty), plants (nature), a police officer is a blimp (they hate authority). And look who locks them in at the end - some dark side,

shadowy figures! (Disney used to be geniuses, now they've gotten away from unconscious realities quite a bit)



- As we'll see, the need for pleasure driving can overwhelm safety and power (this stems from boredom).

PART 3: Dark Side Dynamics

Keep in mind, all of the following, elicit the darkside by blocking safety, power, and pleasure, *or* by increasing the feeling of safety, power, and pleasure. We are going to examine how the Dark Side appears and functions:

- The Dark Side wants to move in “Straight Lines”
 - This is how the unconscious works. It wants no delays/obstacles/blocking by others/long waits/your own mind/traffic/money/etc.
- The Dark Side does not have a Concept of Love
 - There is no love, it's eternally sleeping to the Dark Side. Love is dangerous, not safe; too easy to lose power, can be pleasurable though (romantic).
- The Dark Side can be a Know it All
 - It does this for dominance and power. Even if it's wrong it will fight over its wrong idea, it never wishes to show any weakness.
- The Dark Side Nitpicks
 - It's a way to feel power, to constantly go after someone, tear them down little by little, and then say, “What? I only get on you for the small stuff.”
- The Dark Side is Passive Aggressive
 - Passive aggressiveness is perfect for the Dark Side as it is relatively safe (no direct confrontation), it's a way to feel powerful, and derive pleasure from letting out a little aggression.

- The Dark Side is Rigidly Unforgiving
 - It will turn the knife in you; or once on the hook, will leave you there. You can see the Dark Side in the death of forgiveness in society today.
- The Dark Side Tracks Annoyances/Collects Injustice
 - It does this so at a later date it can be used against people. This can be conscious tracking or just an unconscious feeling of being wrong. It's like the blockchain of negative impressions.
- The Dark Side Engages in Reaction Formation
 - It says the opposite of how it feels to avoid confrontation but also to increase guilt in the other party. Examples abound in relationships: You feel the relationship is in trouble so you rebuff contact, act "cool" and unbothered, "I don't care if you leave me or if I ever see you again..." you say. But you feel the opposite actually: you want to hold that person forever, your life is a wreck, and you really do care.
- The Dark Side Inverts Reality
 - It does this to gain power, to disrupt hierarchies. It worships the devil, so to speak. The Dark Side denigrates the good because the good is oppressive. He worships evil because evil overthrows the burden of being good. You see this in the type of counter culture that mocks the fine arts and/or a stable society (There is a healthy form of counter culture but this isn't it).
- The Dark Side tries to Destroy Others
 - It does this via gossip, relativism (so and so is just like a villain), bearing false witness (a major problem today), etc. All of this is super pleasurable to the ego. Further, sometimes this takes the form of merely daydreaming of revenge, fantasies, embellishing your stories/fabricating achievements, making a job sound super fancy, and so on. It's all to "cut down" others.
- The Dark Side acts like a Petty Tyrant
 - The Dark Side makes others walk on eggshells. A key sign here is that the tyrant does wrong but then makes you feel guilty for what they did. This is emotional abuse. Another sign of the Dark Side acting like a tyrant is that 20% of the time life is amazing, 80% of time it is horrific and dreadful. There are bosses and partners like this. They find it pleasurable and powerful to treat you like a prisoner; plus treating you badly keeps them safe, because it keeps you attached.
- The Dark Side will try to Escape:
 - For safety, the Dark Side might run away from problems and be a coward. Karen Horney (a neo-Freudian) talked about this as a defense mechanism. I call it the "going off grid" fantasy.
- The Dark Side has an Attraction to Guilt
 - It wants to play the very "bad" boy or girl who will then rise in the esteem of other people by apologizing - even for things it hasn't done. You see this most in the far left I think.

- The Dark Side has an Attraction to Pride
 - Playing the flawless hero, the perfect citizen, soldier, etc. This happens on the far right.
- The Dark Side has an Attraction to Violence
 - The Dark Side likes riots, war, violence. It wants to see the wreck, the dead bodies (rubbernecking), and it wants to see one less threat, but of course, that also scares the Dark Side because that could be *it* that is beaten up or killed. Attraction to violent games, music, movies, and so on is a sign of a repressed dark side. A lack of interest in it, is a sign of progress.
- The Dark Side uses Stand-ins for Violence
 - Execution for cancellations, de-tonguings are deplatforming, getting someone fired is like cutting off their hands (they can't work), swotting is like a Voodoo doll move, and so on.
- The Dark Side is Medieval
 - The Dark Side uses what are seemingly curses. Calling someone something they are not (racist, white supremacist, Maoist) is a form of spell casting, blacklists are like hexes, etc.. The Dark Side is the source of superstition and black magic.
- The Dark Side has an Attraction to Death and Sickness
 - Freud called this *thanatos*. An interesting way to detect attraction is obsession with medical dramas. It feels safe because maybe you'll find some piece of information that may save you. If your pinky toe hurts one morning, you'll remember that newspaper story ten years ago in which someone's pinky toe hurt and they had cancer. It also shows guilt, that you might want to be sick. Also consider that sympathy is a form of fear.
- The Dark Side has No or an Evil Sense of Humor
 - The Dark Side laughs at people being humiliated, it laughs at material that has bad intentions, such as viciously comparing a race of people to cockroaches or something. Conversely, the Dark Side does not laugh at good intentioned humor. Such good humor actually will make them angry. A study found that sociopaths don't laugh along with others. The Dark Side hates comics and laughter, it undermines its sense of power.
- The Dark Side Engages in Malignant Competition
 - Consider FTX/Theranos, they were empires built with the Dark Side. Such win at any cost orientation gives temporary power, safety, and pleasure. Of course, safety is the weak link, but the Dark Side feels it can ride it out and get away with it.
- The Dark Side has Rage Problems
 - It engages in "ground zero-ing" - just get into overkill, which is related to the desire to return to the womb, return to the mother - totally safe, protected (next to power) and pleasurable in that there is "free food and drink", so to speak. Jung said for people who don't break from this womb like state, the real world vanishes.

- The Dark Side is Contagious
 - The Dark Side spreads, the shadow links with other shadows and kind of becomes this ogre like blob. It can take over societies.
- The Dark Side Impacts the Unconscious
 - A scary book was about the dreams of people living under Nazism. Here is one: “Not long after Hitler came to power, in 1933, a thirty-year-old woman [had a dream in which] her neighborhood had been stripped of its usual signs, which were replaced with posters that listed twenty verboten words; the first was ‘Lord’ and the last was ‘I.’ In another, the woman found herself surrounded by workers, including a milkman, a gasman, a newsagent, and a plumber. She felt calm, until she spied among them a chimney sweep. (In her family, the German word for ‘chimney sweep’ was code for the S.S., a nod to the trade’s blackened clothing.) The men brandished their bills and performed a Nazi salute. Then they chanted, ‘Your guilt cannot be doubted.’”
- The Dark Side Hates What Works
 - The Dark Side will hate what works because while it might provide safety, it also is again seen as a form of oppression or hierarchy. The Dark Side also seeks the perfect state, like the mother’s womb and is therefore always prone to fall for utopian schemes. Utopias are places of perfect safety, power, and pleasure - and impossible (see my book *The Unneeded Redundancy*). The Dark Side ironically, in seeking utopia ends up worshiping failure (a form of inversion).
- The Dark Side Exploits what Works
 - Though it hates what works, hates things that are successful, it will take advantage of those systems (think the socialist with mansions). It will also exploit rights - use freedom of speech to promote hatred.
- The Dark Side Produces Boredom
 - Being bored is also a sign of the Dark Side - it's a form of safety even if not pleasurable. Being lazy and procrastinating are likewise dark side moves to stay safe. But too much boredom means the Dark Side will react because it needs pleasure and it needs power. In my study of political extremists, I found so many that were bored and thus revolution was their solution - usually they’d hallucinate the threats that exist too. I call it Don Quixote syndrome.
- The Dark Side is source of Depression
 - The Dark Side can also cause depression, it’s a form of “giving up” to summon assistance and aid.
- The Dark Side is Prejudiced
 - The Dark Side makes sweeping generalizations. Psychologically, this helps to deal with potential threats, less thinking. Moreover, the Dark Side is the source of genocide. It creates “distance” between itself and others. It’s not merely that I’m human and you are not, it’s “I’m Godly, and you are a demon.” The distance between

the two entities for the Dark Side must be as great as possible. A human killing insects is an extermination, but a God getting rid of insects is a way to create the Garden of Eden. For instance, it's the ubermensch and virus Jews; Japanese Gods and "dead wood" Chinese, white superhuman supremacists and people of color as work animals, etc.)

- The Dark Side is Paranoid, Conspiratorial
 - It will see connections that are not there. It will either think of a secret group of people behind the scenes pulling the strings, or of an invisible miasmatic force at play in the world. Why does it think this? Because if it could, that's what it would do. Concentrate power, and dematerialize then spread its power.
- The Dark Side is Biased and Polarizing
 - The Dark Side, when in the media will lie, omit, exaggerate. Journalists are very, very often possessed by the Dark Side on both sides of the political spectrum.
- The Dark Side Operates by Projection
 - This is a huge danger: the repressed anger of the Dark Side is projected out into the world. Now, remember that you want to feel safe and powerful, but you also know, explicitly acting as the Dark Side wants you to is a bad move. In civilization, the Dark Side must be hidden. So you push all the Dark Side stuff out of your mind and say that's not me, I'm a good person who doesn't have any of the qualities in this life. Well, what happens is, you end up fighting yourself in the world. This is the story of Hitler: he repressed his Jewishness, denied it in himself, and then saw it in the world. Hitler was attacking himself when he attacked the world and tried to burn it down. The movie *Fight Club* shows this dynamic as well. Here is a key point: All that repressed, Dark Side spews out.
- The Dark Side embodies the 7 Deadly Sins
 - Lastly, as you can see, the Dark Side embodies the seven deadly sins: It's wrathful, it's gluttonous, it's avaricious, it's envious, it's slothful, it's lustful, and it's prideful. A good exercise is to go through each deadly sin and think about how they relate to power, safety, and pleasure.

PART 4: What to do with the Shadow.

How do you handle the shadow? Well, there are few ways, depending on your commitment, your resources and your previous work. Let's go through them:

Option 1: Acceptance/Acknowledgement

This is a very good option to take. It's the lowest pressure, but that doesn't mean it's not impactful. You simply learn about and accept the Dark Side, and just by acknowledging that it's there makes a huge difference. Here are some tips on how to do this:

- Read books on it, attend seminars on it, listen to lectures on it.

- See it in others on the news; look for power, safety and pleasure being active - start to pay attention to how it behaves.
- Acknowledge it in your own life, “Say, oh that was my Dark Side!”
- Alarm Setting: Set your alarm every three hours, check if it has acted up, it's sneaky!
- Use humor when it shows up, treat it like a puppy - see how it's funny and looks out for you.
- Counterbalance it with positivity.

-Option 2: Incorporation:

This level is where we start to get more serious. We'll talk about Surface and Deep Incorporation - Surface Incorporation is something you can do on your own, Deep Incorporation is something I highly recommend having a guide.

A) Surface Incorporation:

Here we just skim the surface of the Dark Side to make use of it for our success, and to keep it under control. Some ways for this to happen include:

- Try my Killer Instinct program. In it, for example, you learn to use the paranoia of the Dark Side to your advantage. You find a “core revelation,” or learn to “feel surrounded” to power more achievement.
- You can also sip/channel its impulses. Using a little bit of anger or pride can be very useful to overcome obstacles. Fears of losing, also drive many great achievers.
- Counterbalancing - listen to positive and light things to counteract the Dark Side.

B) Deep Incorporation:

Okay, this is where things get serious. Rule #1 for Deep Incorporation is to get a guide! (Get a Virgil, like Dante did!). Jung almost went mad going deep into the unconscious and the Dark Side (not that the unconscious is only the Dark Side!). Keep in mind, to keep his sanity, he said: “Jung wrote: “I was frequently so wrought up that I had to do certain yoga exercises in order to hold my emotions in check.” Here are some things I recommend on Dark Side work:



- Automatic Writing - I do a monthly seminar on this. Very impactful.
- Dream Work - Very useful, but do not use dream symbolism books or even AI to analyze. Remember, dreams talk to each other, many dreams and visions are really needed to get a grasp of the unconscious.
- Visions - You can use three types of visions: (a) Visions that arise spontaneously, (b) visions that you conjure via relaxed



imagining/ active imagination (Jung's method), or (c) via Automatic Writing (ask for visions - my main method).

- Jungian Therapy
- Counterbalancing - also counterbalance with meditation, beauty, etc.

Other notes about Deep Incorporation:

- Dreams and visions talk to each other, I mentioned this but want to drive the point home
- Narratives form as you do this work, the unconscious has an aim, teleological drive
- Before jumping in, remember Dark Side work takes time
- The unconscious is not always very concerned with your personal life
- Again, the unconscious seems to have a teleological streak - it wants to get you to an end point (Jung called it individuation)
- In my experience there is a termination point, and you start to get hints early on about what it is
- Make sure you have friends to talk to as you do this
- Make sure you have a therapist if you need it
- Make sure you have a guide, someone who has been there before - I will keep saying this
- The unconscious doesn't give you everything at once, it comes slowly over years
- The images and visions and insights you have build and talk to one another- it all starts to connect
- The unconscious will give you sneak peaks of the end, this is glorious

-Option 3: Transcendence

The best way to transcend the Dark Side, in my opinion, is to learn how to release emotion. I recommend the How to Let Go program/seminar (book coming soon too!)

- We learn how to delve into the repressed emotions of your psyche.
- In How to Let Go, we don't analyze your emotions, we don't intellectualize your feelings, we allow them to come up all day long, around the clock.
- This "burns out" the Dark Side
- We allow the Dark Side to keep coming up with its feelings, images, and words - we repress nothing.
- We aren't acting out on it, we are just letting the energy come up. This can also be tough without a guide.

Other Methods for Transcend Include:

- Automatic Writing
- Prayer/Spiritual Work

PART V: Conclusion

Final point: Give thanks for the Dark Side. In my work with the unconscious, I asked the Dark Side what it wanted? It said to be appreciated, that's it. It's your friend, trying to keep you safe, it does not want to be hated or blocked, it just wants a nod of the head and thanks for its effort.

More Stuff

- Feel free to email me anytime at Dillon.D.Freed@gmail.com
- Also check out DillonFreed.com and LettingGoInstitute.org
- If you feel like donating: @DillonFreed on Venmo (Last 4 of phone #: 4755) or Dillon.David.Freed@gmail.com on PayPal