

I'm Not Looking for a Friend, I'm Looking for a Jedi Master

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**I'm Not Looking for a Friend, I'm Looking for a Jedi Master**

**By Susan Dunn**

**I'm Not Looking for a Friend, I'm Looking for a Jedi Master by Susan Dunn, M.A., The EQ**

**Coach**

Coaching's been around for about 10 years but there are still lots of people who haven't tried it yet, and don't know what it's about.

Two major confusions in people's minds are:

- What's the difference between coaching and therapy, and;
- What's the difference between coaching and a good friend

Coaching's similar to therapy, except that therapy focuses on your emotions, particularly unresolved ones from the past and defective patterns of thinking and reacting that have developed.

In coaching, we're concerned about feelings – my specialty is emotional intelligence after all – but the focus is on managing them and moving forward. Taking action is what coaching's all about.

Now what's the difference between a coach and a good friend? A lot!

I have friends and I'm also coach, and I help friends, but not at all in the way I work with clients. With friends, it's give and take. There are also set patterns to most relationships. If you go to a friend for advice, first, they aren't trained, so they're likely to tell you what they would do, not explore with you your options and best solutions. Secondly, friends have their own issues and agendas which cloud things.

Coaches are trained to be 100% on your side, and to remain involved but subjective.

You're not looking for a friend, you already have friends. You're looking for a Jedi master – someone with wisdom and experience who can point the way. In fact, someone who will say "Try? There is no try. Do or not do." Coaches motivate!

The best way to find out how coaching is different from either therapy or friendship is to try it! All coaches offer a FREE complimentary sample session. Look up some on the Internet and give it a try.

Susan Dunn, The EQ Coach, offers coaching and Internet courses for your personal and professional development. Visit her on the web at [www.susandunn.cc](http://www.susandunn.cc) and <mailto:sdunn@susandunn.cc> for FREE ezine.

## **Star Wars And Psychology: Embracing The Dark Side**

**By Kyle Varner**

A few evenings ago, some friends and I decided to watch the latest Star Wars film, Return of the Sith. This film got me thinking about a concept that is key to much of the hypnotherapy that I do, and is an excellent example of how not to lead one's life.

Much of what makes the Star Wars story so alluring is the puzzling change that occurs in Anakin Skywalker. How is it that a man can turn from supremely good to the embodiment of evil? We're led to love Anakin the Jedi and hate the same man, only a few days later. It is both puzzling and troubling. What is even more puzzling (and perhaps troubling) is that, on the surface, it seems that Anakin's love for Padmé is what leads him, ultimately, to the dark side.

This is an excellent example of the way the Jung claims that the human shadow works. The shadow, according to Jung, is a huge portion of our personality that we disown. We disavow it, and lock it away. Once it is locked away, it becomes destructive. We can see this in many ways: a person who denies something about themselves turns to self-destructive behaviors such as excessive drinking, or even worse, becomes violent. It is commonly accepted that many anti-social behaviors have their roots in a person's inner conflict.

Anakin's inner conflict is severe. He lives like a Jedi—which is, more or less, a monastic life. So many of the other Jedi do this very well—and Anakin fails. He fails the moment he starts to let his shadow express itself. What has been locked up for so long has grown vicious, and now consumes and destroys him. The image of Anakin locked into the hood of Darth Vader shows that he has really become consumed; his shadow has gotten loose; all that is good about him has been destroyed.

There is a lesson to be learned from this; and it's a lesson that goes back thousands of years. There are parts of us that we, or society, don't like. We have instincts, desires and urges that are, in some ways, unacceptable. It is only natural that we should try to repress them—by doing so we can be accepted by those around us. Unfortunately, when we oppress what we don't like about ourselves, it causes problems. It is the root of many neuroses and other problems in our lives.

The solution to this problem seems simple and is a monumental task: we must strive to make ourselves whole. That means, when we feel an urge to do something unacceptable, we must step back and examine that urge. We have to figure out what is at the root of that urge, and we have to integrate it into our lives in a positive way. We must understand that we are good—and that applies to everything about us. Something that has been shoved aside and allowed to become bitter and vicious is simply a

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natural part of us gone bad, and it is incumbent upon us to address that. In order to live good, healthy and happy lives, we have to embrace our dark side.

If Anakin Skywalker (and the Jedi) were to embrace the Dark Side in a healthy way, they would be more powerful than ever. They would feel emotions—love, anger, fear, and hate—and all of those emotions would be in proper perspective. Additionally, they would have access to the power that all of these emotions affords their adversaries, the Sith. Keeping the ill effects of some human emotions at bay does not help the Jedi at all; it just leads to dramatic outbursts of those same emotions. The lesson here is simple and very important: embrace your dark side in a healthy way, and you will be happier and more powerful.

Kyle B. Varner, CHt is a Clinical Hypnotherapist practicing in Annapolis, Maryland. He maintains a blog,

that contains free advice, scripts and hypnotic

recordings, as well as a great deal of general information on hypnosis and self-improvement. He also offers online Self-Hypnosis Coaching.



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