

Dimensions of the Self: Art as a Doorway to the Shadow

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This collection consists of four pieces that represent the concepts I engaged with throughout the course of this project. They derive from Jungian psychology, specifically, the concept of “the Shadow.” The Shadow refers to the self’s “emotional blind spot.” It is a repressed or unacknowledged part of ourselves stored deep in our unconscious mind. Shadow work practice aims to uncover your shadow and can include integration of the Shadow into your conscious self. Through reading books and accessing online resources on the topic, I educated myself on the intricacies of this subject and began my own shadow work practice. My aim with this was to not only understand the topic from an academic perspective but also from a personal perspective, and better understand myself.

I created this collection of work to represent my journey of learning about the Shadow in general and about my own Shadow. All of the pieces share the common motif of indecipherable writing. These are real journal entries of me processing certain shadow work questions on the pieces themselves. The indecipherable writing is for privacy, but it also represents the jumbled and confusing nature of many of these thoughts. Additionally, all of the pieces carry a sense of magic and beauty. This contrasts the painful emotions associated with uncovering repressed parts of the self. I chose to create this aesthetic because despite the painful nature of the emotional processing, the reward of understanding these parts of ourselves is quite beautiful.

Piece 1:



Piece 2:



Piece 3:



Piece 4:

