

'Everyone carries a shadow... and the less it is embodied
in the individual's conscious life, the blacker and denser it is.'

Jung, C.G., 1938. *Psychology and Religion*. New Haven: Yale University Press.

Plastikman-Ask yourself
I hear everything.
Those aren't voices in your head.
They're just the echoes of your
indecision.
Don't ask me.
Ask Yourself.

I know everything.
Those thoughts going around in your
head.
Trying to figure out what's correct,
and what's wrong.
Don't ask me.
Ask yourself.

I feel everything.
Was it me, us, or them?
Or was it you?
Don't ask me.
Ask yourself.

I am... everything.
Why listen to me?
I'm just a voice inside your head.
I can't help you.
Help yourself.

...if you don't learn how to be alone, you'll always be lonely - Turkle.

Mos Def - I against I
I-ya
I against I
Flesh of my flesh.
And mind of my mind
Two of a kind but one won't survive

Chemical Brothers ft. Klaxons
It never stops, and no one is stopping.

Theodore Roethke -In a Dark Time
In a dark time, the eye begins to see,
I meet my shadow in the deepening shade;
I hear my echo in the echoing wood-
A lord of nature weeping to a tree,
I live between the heron and the wren,
Beasts of the hill and serpents of the den

Tiga, Brothers
Well it's true you're a bit like me
But you're a lot like you
And I'm not like you
And you're not like me
But I'm the same as you
And you're the same as me
And you're a lot like you
But you're a bit like me
a bit like me
a lot like you
it like you.