

Shadow Magicians - Agreements

Purpose: To create an environment of trust and acceptance where it's safe for me to be my authentic self and explore the parts of myself that I hide, repress and deny.

Agreements:

- **Safety (including the right to pass)**
 - Psychological and hysical safety is paramount. I will participate in Shadow Magicians exercises only to the degree I judge is safe and helpful for my own wellbeing.
 - I can call "safety" at any time if I am concerned that something is unsafe for anyone in the group. This will impose an immediate stop to what is happening so that the situation can be addressed.
 - I have the right to pass on participating in any part of Shadow Magicians.
- **Confidentiality**
 - I will be very careful NOT to share ANYTHING that is of a personal nature about other participants without their express permission.
- **No Advice**
 - Advice is always the projection of the person giving it.
 - Good advice can rob the person of discovering his or her own truth emotionally (the purpose of this work!).
 - Bad advice can lead someone astray.
- **No Rescuing**
 - I won't interfere with somebody connecting with their emotional truth by comforting, smiling back, reassuring, etc.
- **Ask Permission**
 - I will ask for someone's permission before facilitating them in a process or attempting to guide them deeper into their feelings.
- **No Shaming or Moralizing**
 - I will avoid making statements that attach moral value to the actions of another.
 - I will avoid explicitly or implicitly labeling any people, actions, thoughts or emotions as shameful.
 - Examples:
 - Why did you _____ ?
 - You should / could have _____.
 - I am appalled by _____ / You disgust me / etc