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 physical 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