Shadow Magicians (MIT): Clearings

**Purpose:** To see how a “charge” / “trigger” (negative or positive) that I have with another person is really about my shadow.

**Process**

1. **Context (Safety!)**
   - The Mirror:
     - This is not about you. You are here to serve the other person
     - Shield up (expecting an attack): let in as much or as little as you see fit
   - Intention:
     - Whose work is this? “It’s my work”
     - What is your intention? “To clear my charge with ________”

2. **Data**
   - Just the facts -- no projections / judgments allowed at this stage
   - What would a camera have seen / tape recorder have heard?

3. **Judgments and Imprecise Recollections**
   - Factual Judgments - what is my analysis of the events / person?
   - Value Judgments - what do I value?
   - Moral Judgments - what kind of person steps all over / exemplifies these values?

4. **Feelings**
   - What am I feeling? Mad, Sad, Glad, Scared, Ashamed
   - What are these emotions TELLING me?

5. **Mirror:**
   - **Answer the question: how is this about me?**
     - What does this situation remind me of?
     - Who is standing behind this person?
   - I must own each of my judgments / projections as they relate to my life (critical safety piece for the mirror, otherwise the process devolves into a “dumping and wounding”)

6. **Wants**
   - What do I want this person to have / not have (never do / not do) that I ALSO want for myself? (A blessing round - also a critical safety piece)

7. **Conclusion**
   - “How would you like to end this?”
   - De-rolling (if applicable)