

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)