

# Shadow Magicians (MIT): Core Concepts

**THE CONTAINER** -- the shared psychological space in which we work. In group, we make certain agreements and do certain exercises to make our container safe and strong so that we can be vulnerable and look at deep personal issues in that space.

**THE UNCONSCIOUS** -- A Jungian psychology concept - it includes the memories, emotions and beliefs that are present in my psyche, but which I am not aware of. The work we do helps us to unearth some of this buried information for the purpose of healing and growth.

**ARCHETYPES** -- Another Jungian psychology concept -- these are core "roles" that are built into the mental software of all human beings. We see them appear as common elements across various social structures and mythology. There are many archetypes - the 4 "core" ones we work with in circle are:

- The Lover establishes connection through feeling
- The Warrior uses power to defend boundaries and accomplish objectives
- The Magician provides understanding and guidance through detached observation
- The Sovereign casts vision, creates order, and motivates others through blessing and esteem

**GOLD** -- my good, vital, authentic self. It's how I came into this world as an infant and is the true person that I have always remained, underneath any "masks" I may wear.

**SHADOW** -- the self-sabotaging behaviors and beliefs I took on in response to childhood wounds. Importantly: shadow is not bad - it is a necessary "coping mechanism" I developed to stay safe and get the love I needed as a child. However, as an adult it prevents me from living out my GOLD in the world and through awareness I can learn to heal and begin living more from a place of GOLD.