Shadow Magicians (MIT): Suggested Reading List

The following is a partial list of books & web resources relevant to the work we do in this course.

Alice Miller - a Jungian psychoanalyst focused on healing childhood trauma
- For Your Own Good - http://www.amazon.com/For-Your-Own-Good-Child-Rearing/dp/0374522693

Joseph Campbell - a pioneer in comparative mythology and comparative religion
- The Hero with a Thousand Faces - https://en.wikipedia.org/wiki/The_Hero_with_a_Thousand_Faces

Robert Moore - Jungian analyst and professor at Chicago Theological Seminary
- King, Warrior, Magician, Lover (he identifies and describes here the 4 archetypes we use, albeit from a masculine perspective) http://www.amazon.com/King-Warrior-Magician-Lover-Rediscovering/dp/0062506064

Brené Brown (shame and vulnerability researcher)
- Two wildly popular TED talks:
  - https://www.ted.com/talks/brene_brown_listening_to_shame
- http://brenebrown.com/

Emotional Intelligence:
Robert Bly - one of the leaders of the men’s mythopoetic movement


Organizations addressing emotional literacy and shadow work:

- [http://www.ShadowWork.com](http://www.ShadowWork.com) - they do work very similar to ours. Some useful material on their site (this is a for-profit company)
  - This short youtube series from a Shadow Work affiliate is EXCELLENT: [https://www.youtube.com/watch?v=nB6qWPMXOPQ&index=2&list=PLvgWYx0ae1cAiI0IRiy9tCWM0BE2RPrz](https://www.youtube.com/watch?v=nB6qWPMXOPQ&index=2&list=PLvgWYx0ae1cAiI0IRiy9tCWM0BE2RPrz)
- The ManKind Project: [http://www.mkp.org](http://www.mkp.org), [http://newwarriortraining.org](http://newwarriortraining.org) (not for profit, men only) -- most our toolkit is adapted from MKP
- Woman Within: [http://womanwithin.org/](http://womanwithin.org/) (not for profit, women only)
- Women in Power: [http://www.womeninpowerprogram.com](http://www.womeninpowerprogram.com) (not for profit, women only)

Miscellaneous:

- Ken Wilber - creator of Integral Theory (an attempt at a “theory of everything” and evolutionary spirituality)
  - [http://www.kenwilber.com/](http://www.kenwilber.com/)
  - [https://integrallife.com/](https://integrallife.com/)
- Richard Rohr (Franciscan friar, does a great job of integrating this stuff and Christianity) - [https://cac.org](https://cac.org)
- Meditation resources: