

Shadow Work Four Quarter Map

Created By Shadow Work Seminars, Inc.

Sovereign

- 1. PURPOSE**
Motivation through esteem
- 2. MASCULINE/FEMININE**
Seeing the Vision/Blessing & Supporting the follow-through
- 3. ELEMENT**
Fire
- 4. FAMILY ROLE**
The Hero, Little Parent, Caretaker
- 5. GATEWAY EMOTION**
Joy opens to Sovereign
- 6. ANIMAL INSTINCT**
Alpha male or female
- 7. SHADOWS**
Shy (too little)
"I can't. It's too hard. I'm tired."
or
Shining (too much)
"I can ace it"
- 8. DEEP WOUND/SHAMING MESSAGE**
"I am not good enough."
- 9. THE TOOL**
Bring support from an Ideal Figure

Magician

- 1. PURPOSE**
Seeing options, guidance, detachment
- 2. MASCULINE/FEMININE**
Cooking by recipe/cooking by taste
- 3. ELEMENT**
Air
- 4. FAMILY ROLE**
The Clown, Mascot, Comedian, Trickster, Coyote
- 5. GATEWAY EMOTION**
Fear opens to Magician
- 6. ANIMAL INSTINCT**
Predator
- 7. SHADOWS**
Dense/Rigid (too little)
"I don't know"
or
Fragmented (too much)
"I'm confused"
- 8. DEEP WOUND/SHAMING MESSAGE**
"I am bad."
- 9. THE TOOL**
Look at the internal voices.

Lover

- 1. PURPOSE**
Connection through feeling
- 2. MASCULINE/FEMININE**
Spirit looking up/Soul looking down
- 3. ELEMENT**
Water
- 4. FAMILY ROLE**
Lost Child, the quiet but deep one
- 5. GATEWAY EMOTION**
Grief opens to lover
- 6. ANIMAL INSTINCT**
Bonding
- 7. SHADOWS**
Dry/Stoic (too little)
"I can't get at it"
or
Overflowing (too much)
"It's getting me"
- 8. DEEP WOUND/SHAMING MESSAGE**
"I don't love right"
- 9. THE TOOL**
Work in the Body, possibly with metaphor

Warrior

- 1. PURPOSE**
Power & service through boundaries
- 2. MASCULINE/FEMININE**
Offense/Defense
- 3. ELEMENT**
Earth
- 4. FAMILY ROLE**
Rebel, Scapegoat
- 5. GATEWAY EMOTION**
Anger opens to Warrior
- 6. ANIMAL INSTINCT**
Territorial
- 7. SHADOWS**
Flakey/Victim (too little)
"Please, no conflict or separation!"
or
Savage/Defensive (too much)
"You can't get me!"
- 8. DEEP WOUND/SHAMING MESSAGE**
"I don't exist apart from you."
- 9. THE TOOL**
Set a Boundary