

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 don't exist apart from you."

9. THE TOOL

Set a Boundary

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