

RE / AL
REBIRTH & ALCHEMY

THE ARCHETYPE SERIES • NO. I

THE MAGICIAN

*Reclaiming the power to transform your reality
— by changing the consciousness that perceives it.*



A COMPANION GUIDE
TO THE FILM "THE MAGICIAN"

DEPTH PSYCHOLOGY • HERMETICISM
SHADOW WORK • REBIRTHANDALCHEMY

00 / INVITATION

Before *you* begin

You commented *magician*, and so here it is — not a set of spells, and not a personality test, but a working map of one of the most powerful and least discussed patterns in your psyche. Read it slowly. It is meant to be lived with, not skimmed.

I should tell you why this archetype matters so much to me. For most of my life I lived inside its first shadow — the one that shrinks. I grew up moving constantly, without a father, learning early that it was safer to be small than to be seen. I became fluent at reading everyone around me while staying carefully blind to myself. It was only in my late thirties, when everything I had built came apart, that the fire finally moved through me and I understood: the power I had been hiding from was never dangerous. It was mine.

That is the magician's real work. Not controlling the world — *transforming your relationship to it*. Everything in this guide comes from walking that path myself, and from years spent inside the traditions that mapped it long before us: Jung's depth psychology, Hermetic philosophy, and the alchemists who hid the whole secret in a single image.

Take what resonates. Leave what doesn't. And when something in these pages makes you uncomfortable — pay attention. That discomfort is usually the door.

*The magician does not change reality by force.
It changes the consciousness that perceives it.*

01 / THE ARCHETYPE

What the *Magician* is

Carl Jung identified dozens of archetypes — inherited patterns that shape human behavior from below awareness. The Magician is among the most powerful, and almost never discussed. Not the stage performer. The archetype of *transformation itself*: the capacity to turn one thing into another by changing consciousness.

In Hermeticism, the original magician is Hermes Trismegistus — part god, part human, standing at the threshold between the divine and the material. That threshold is the point. The Magician governs your relationship with power. Not external power over others, but *internal* power: the ability to shift your perception, to choose how you interpret what happens, to transform suffering into meaning.

When the Magician is integrated, you become someone who can alchemize experience. When it lives in shadow, you either fear your power or misuse it.

This is why claiming it can feel dangerous. To own the Magician is to accept that you are not merely something reality happens to — you are a participant in how reality is made. Most people flinch from that responsibility. The work of this guide is to help you stop flinching.

02 / THE SHADOW

The two *shadows*

The Magician's shadow moves in two opposite directions. Most of us favour one, but under pressure we can flip to the other. Read both honestly — the one you resist naming is usually the one running you.

SHADOW I • THE DISEMPOWERED MAGICIAN

The one who fears their own power

They shrink. They self-sabotage. They make themselves small because claiming power feels unsafe — usually because, somewhere in the past, someone made their power dangerous to express. Their gifts go unlivd. They call it humility; it is often fear wearing humility's clothes.

SHADOW II • THE DARK MAGICIAN

The one who uses power to control

They don't transform — they manipulate. They use knowledge of psychology, of people, of systems to influence others without consent. Jung warned of this: when the Magician operates unconsciously, it degrades into the Trickster in its most destructive form. Power without integration curdles into control.

Integration is not choosing a side. It is holding the tension between them: *power without arrogance, and humility without self-erasure.*

03 / DIAGNOSIS

Three signs your *Magician* is in shadow

I You dismiss your knowing as “just a feeling.”

You have a deep, immediate sense about people or situations — and then you talk yourself out of it. That knowing is the Magician speaking. Refusing to listen is how you keep it asleep.

Where did I recently know something, and override it?

2 You read everyone but yourself.

You see the patterns in other people's lives with crystal clarity, yet stay blind to your own. The Magician who can diagnose everyone except himself is in shadow — insight turned outward as a way of avoiding the mirror.

What do I see clearly in others that I refuse to see in me?

3 You swing between powerless and superior.

One hour you feel small and defeated; the next, secretly above everyone around you. That oscillation is the split itself — the disempowered magician and the inflated one, trading places because neither has been integrated.

Which pole do I visit more — and what triggers the flip?

04 / THE PRACTICE

The one *practice*

To awaken the Magician you do not need rituals or crystals. You need one discipline: *intentional perception*. Jung called this active imagination — engaging the unconscious deliberately, rather than being unconsciously run by it. The Magician's core ability is to choose what you attend to, and how you interpret what you see.

It comes down to a single question — the one you ask when life becomes difficult. The sleeping magician and the awakened one meet the same event and ask two entirely different things.

THE SLEEPING MAGICIAN ASKS

“Why is this happening to me?”

THE AWAKENED MAGICIAN ASKS

“What is this transforming in me?”

That single shift — from passive victim of circumstance to active transformer of experience — *is* the Magician archetype coming online. Jung wrote that his greatest insights came not from avoiding his psychological crises but from engaging them as transformative material. That is the whole of the work, repeated for a lifetime.

05 / INTEGRATION

A seven-day *awakening*

One small act of intentional perception a day. Keep a page nearby — the point is not to perform the practice but to *notice yourself noticing*.

DAY 1 **Catch the knowing**

Once today, name a “just a feeling” the moment it arrives — and write it down before your mind explains it away. You are learning that the signal is real.

DAY 2 **Turn the mirror inward**

Notice a pattern you can see clearly in someone else. Ask, honestly: where does this same pattern live in me?

DAY 3 **Track the flip**

Watch for the swing between feeling small and feeling superior. When it happens, don't judge it — just note the trigger.

DAY 4 **Ask the better question**

The next difficult moment, replace “why is this happening to me?” with “what is this transforming in me?” Feel the difference in your body.

DAY 5 **Reclaim one hidden gift**

Name one strength you keep small because it once felt unsafe to express. Let yourself use it once, on purpose, today.

DAY 6 **Sit with the material**

Take a current crisis and, instead of solving it, engage it as active imagination: what is it asking you to become?

DAY 7 **Hold the tension**

Practice power without arrogance and humility without self-erasure in a single interaction. This is integration in miniature.

Prompts for the *descent*

Shadow work is how the disowned power comes home. Answer these slowly, in writing, without deciding in advance what you're allowed to feel. The gold is hidden in the part you'd rather not look at.

01 *Who, in my early life, made my power feel unsafe to express – and what did I decide about myself as a result?*

02 *What am I most afraid people would see if I stopped making myself small?*

03 *Where in my life am I using understanding to control an outcome rather than to transform myself?*

04 *What suffering am I still asking “why me?” about – and what might it be trying to make of me?*

05 *What gift have I been calling a burden?*

06 *If I fully trusted my own knowing, what would I do differently this week?*

07 / THE HERMETIC KEY

The all is *mind*

The first principle of the Kybalion is Mentalism: *The All is Mind*. The Magician embodies this principle psychologically — your reality is shaped by your perception. Change the consciousness, and what it perceives changes with it.

“The alchemists were never trying
to turn lead into gold.”

THE GREAT WORK

They were trying to transform the *lead in the personality* — the heavy, unconscious, unlived material — into the *golden Self*. Every difficulty you refuse to run from is raw ore. The Magician is the inner faculty that knows how to work it.

This is the quiet secret beneath all of it: you are both the alchemist and the substance being transmuted. The lead is not your enemy. It is your gold, waiting.

The prima materia — the raw stuff of transformation — is always the exact thing you least want to face.

* THE THRESHOLD

The Magician *coming online*

You began as something reality happened to. You are leaving as someone learning to transform it from the inside. That is not a metaphor — it is a discipline, practised one perception at a time.

May you stop reading everyone but yourself.

May you hold your power without apology.

And may you turn every difficulty into the exact material of your becoming.

The lead is your gold, waiting. Go and work it.

CONTINUE THE WORK

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