LECTURE 4: SHADOW, PROJECTION, AND NAMING

Self = Persona + Shadow_denied

Definition

Carl Jung defined the shadow as the parts of ourselves we refuse to see—traits, desires, and capacities that violate our self-image.



The Rule of Conservation

The shadow does not disappear when denied. It operates from behind the scenes.

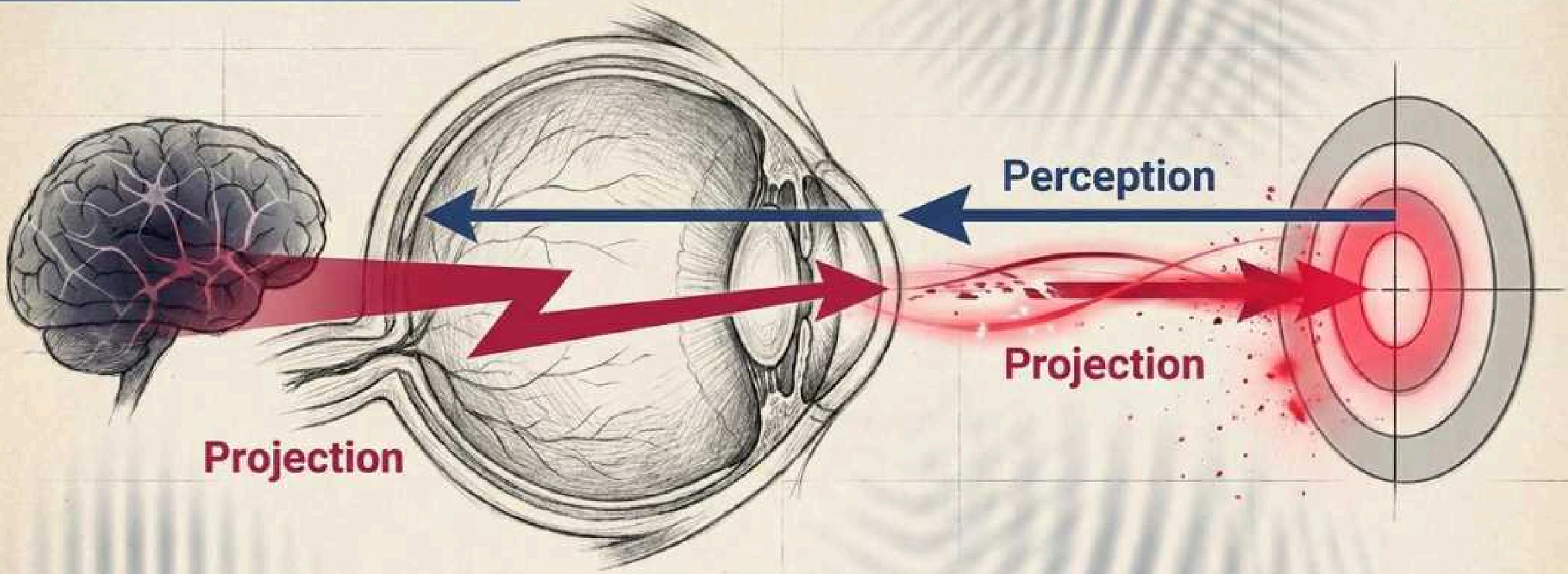
Diagnostic Sign

The denied shadow reliably manifests as our intense disdain for specific other people.

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The Physics of Projection

¶ 4.2



The Mechanism

Projection is the shadow's main operational mode. We take what we cannot accept in ourselves, exile it, and perceive it in someone else. We then fight our own exiled traits out there.

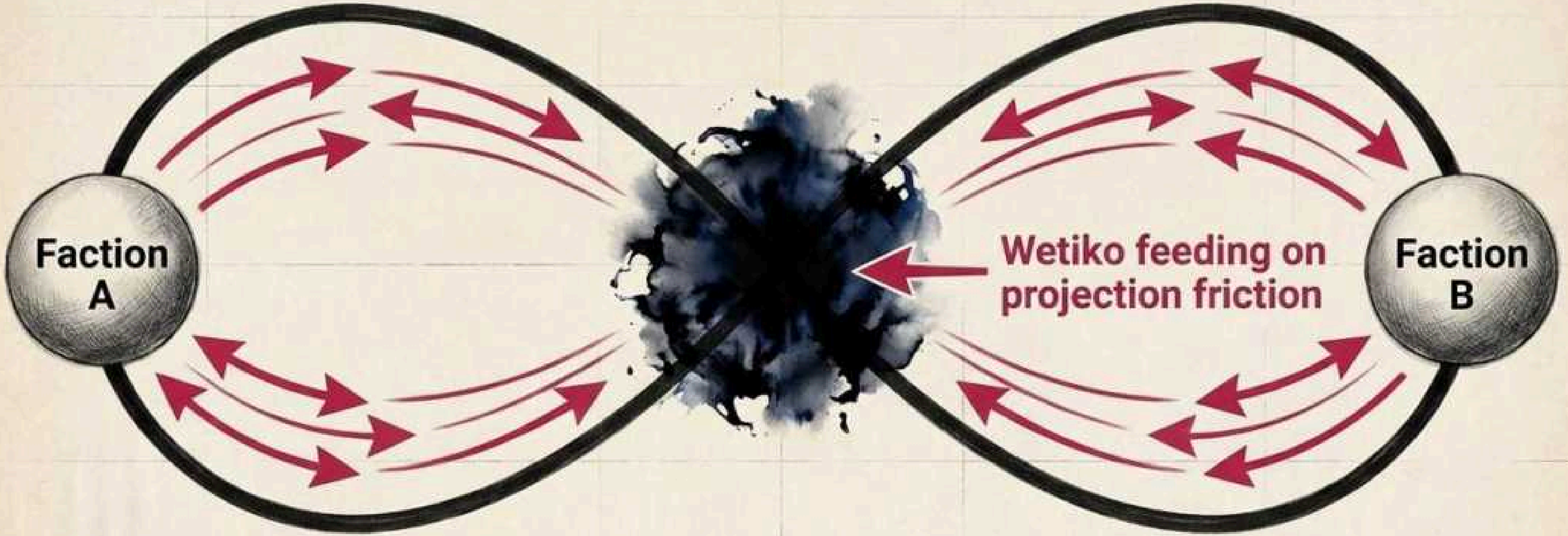
The Illusion

Projection is entirely involuntary. It feels identical to simple perception. We remain absolutely certain the other person possesses the exact malevolence we are seeing.

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Wetiko's Hiding Place: The Conflict Engine

¶ 4.3



The Blind Spot

Projection is wetiko's favorite hiding place. Because we see evil entirely externalized, we never look within.

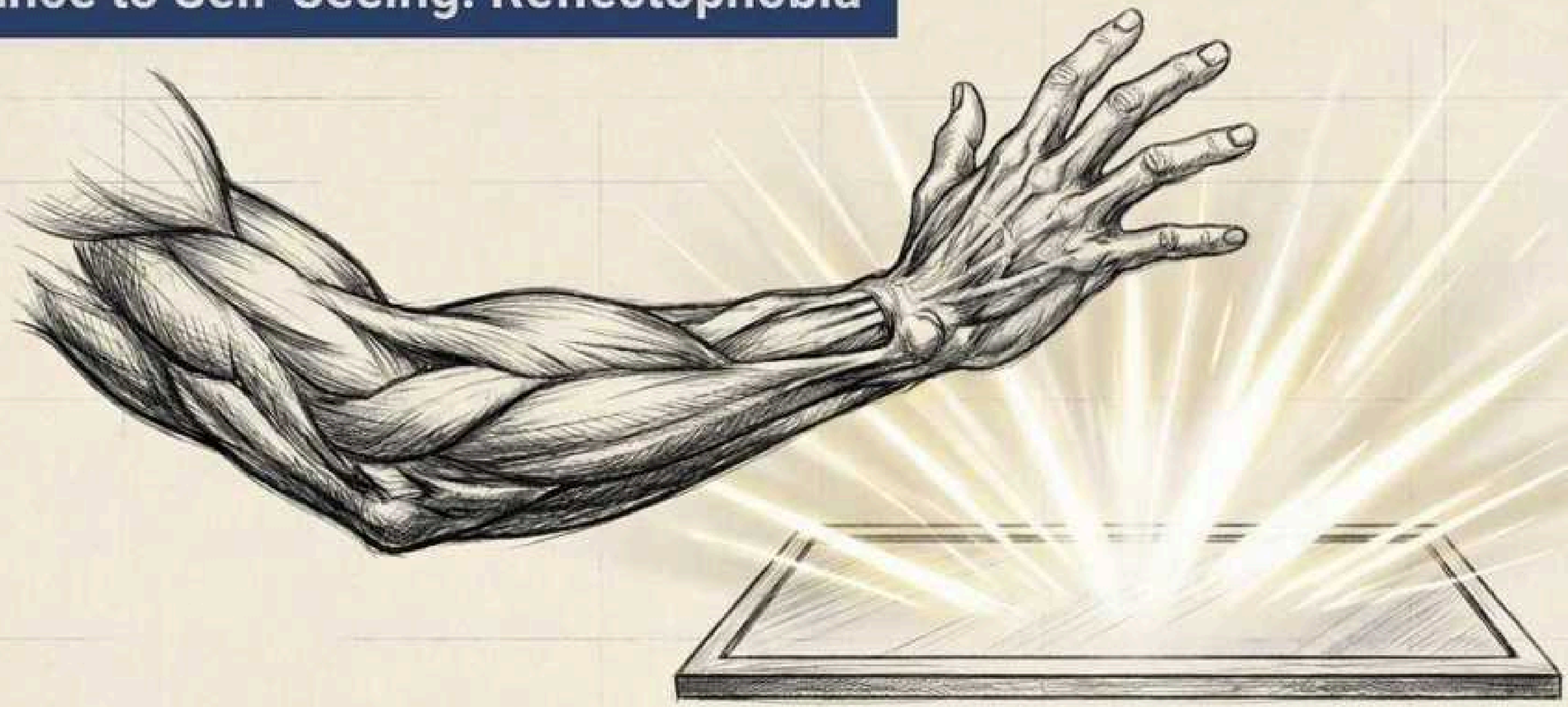
The Feedback Loop

Each side projects onto the other, creating a self-sustaining engine. Both sides agree evil is at work, yet each side sees that evil entirely within the other.

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Resistance to Self-Seeing: Reflectophobia

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Stimulus:
Reflection of Unhealed Wound / Shadow

→

Biological Reflex:
The Dread of Seeing Ourselves

→

Action:
Reflectophobia (Instant Recoil)

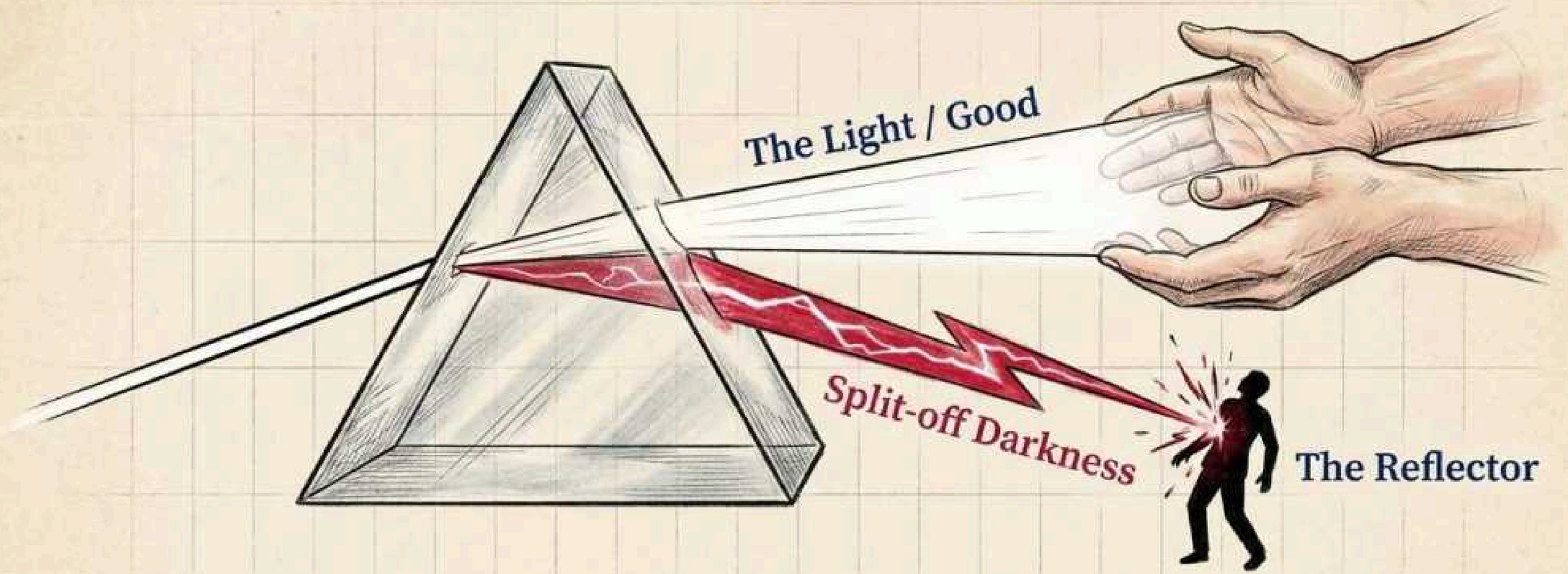
→

Result:
Wetiko Protected

Levy identifies that reflectophobia feels like a natural, protective biological instinct, yet its actual function is to insulate wetiko from the light of awareness.

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Duped by the Light



The Trap

Identifying too strongly with the light forces us to split off our own darkness.

The Reversal

When someone reflects this split-off darkness back to us, we attack them in the name of the good.

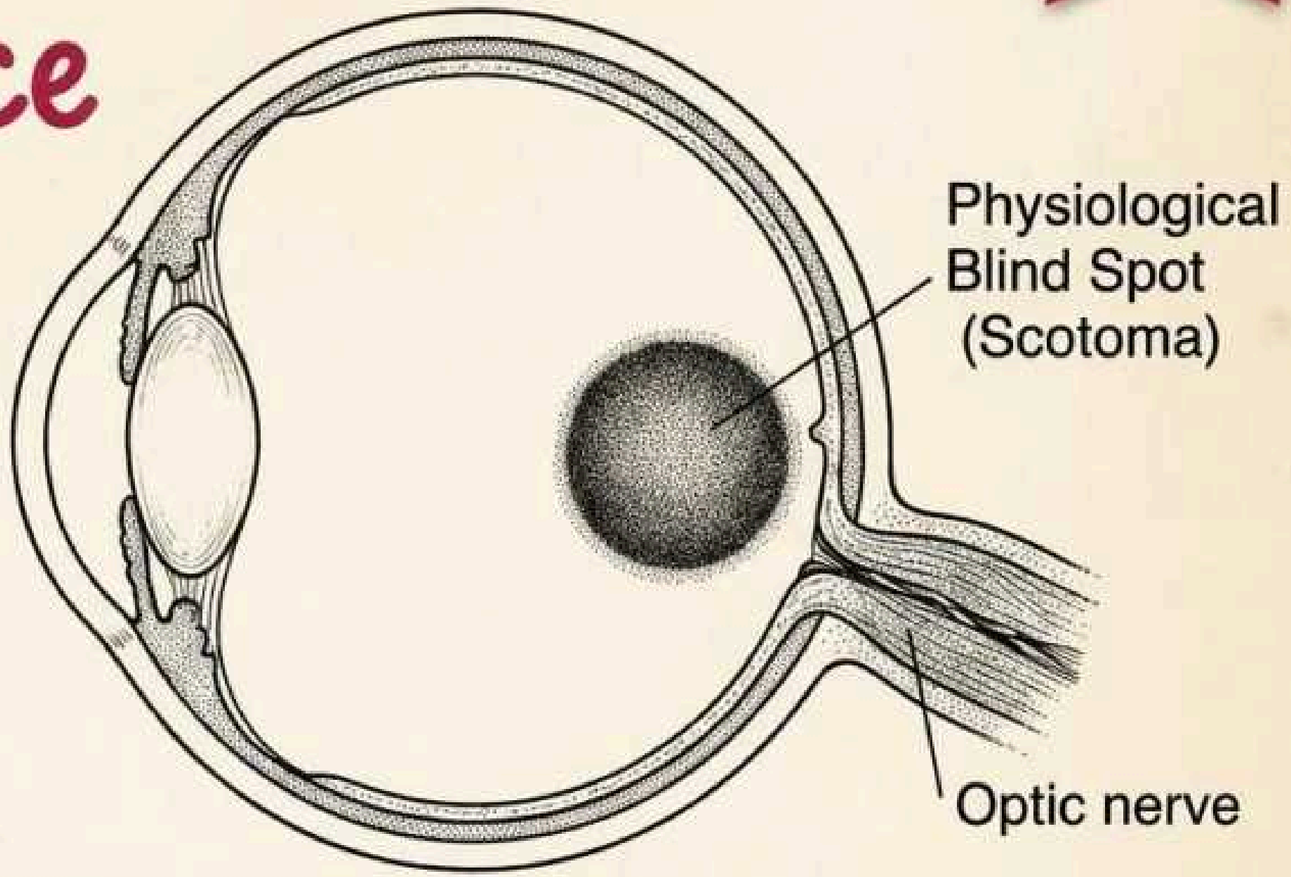
The Consequence

We are duped into unwittingly acting out and supporting the exact opposite of our conscious intentions.

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Blindness ≠ Absence

1	**Definition:** A pathological blindness to evil, whether internal or in the broader world.
2	**The Danger:** Turning a blind eye does not erase evil; it leaves us unequipped to deal with it, transforming us into unknowing instruments of the very forces we ignore.

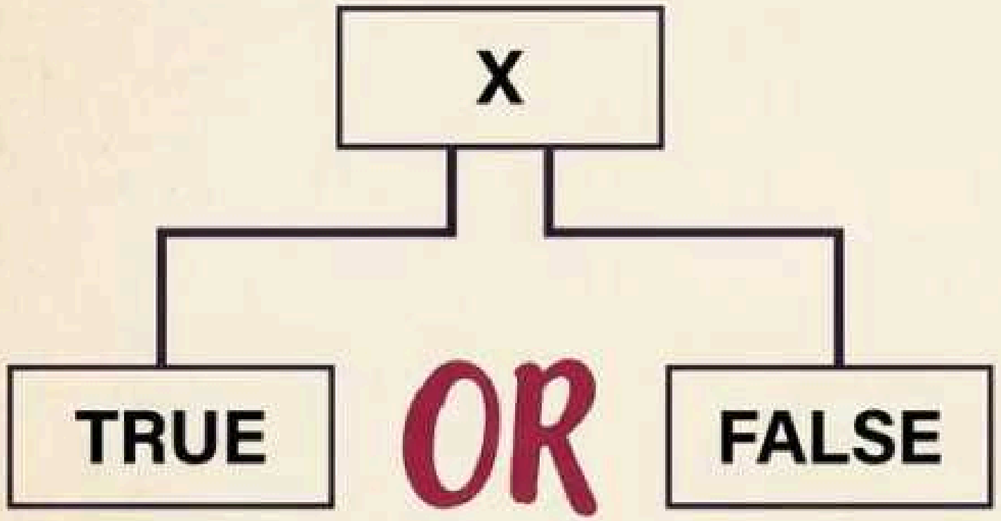


The Central Task: To see evil with absolute clarity without being taken over by it.

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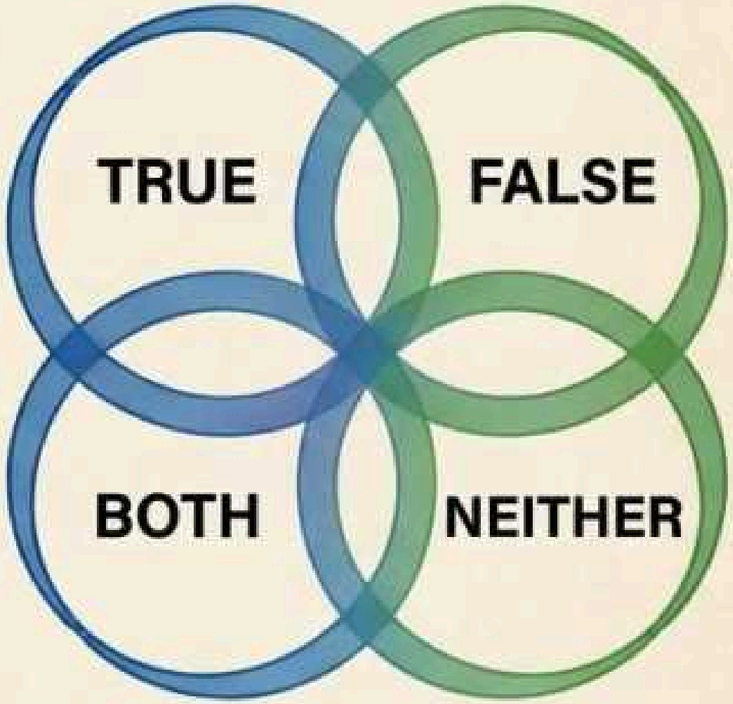
The Two-Valued Virus vs. Four-Valued Logic

Ordinary Logic
(The Two-Valued Virus)



Levy argues that ordinary two-valued logic acts as a virus, locking human minds into intractable either-or conflict.

Buddhist Logic
(The Antidote)

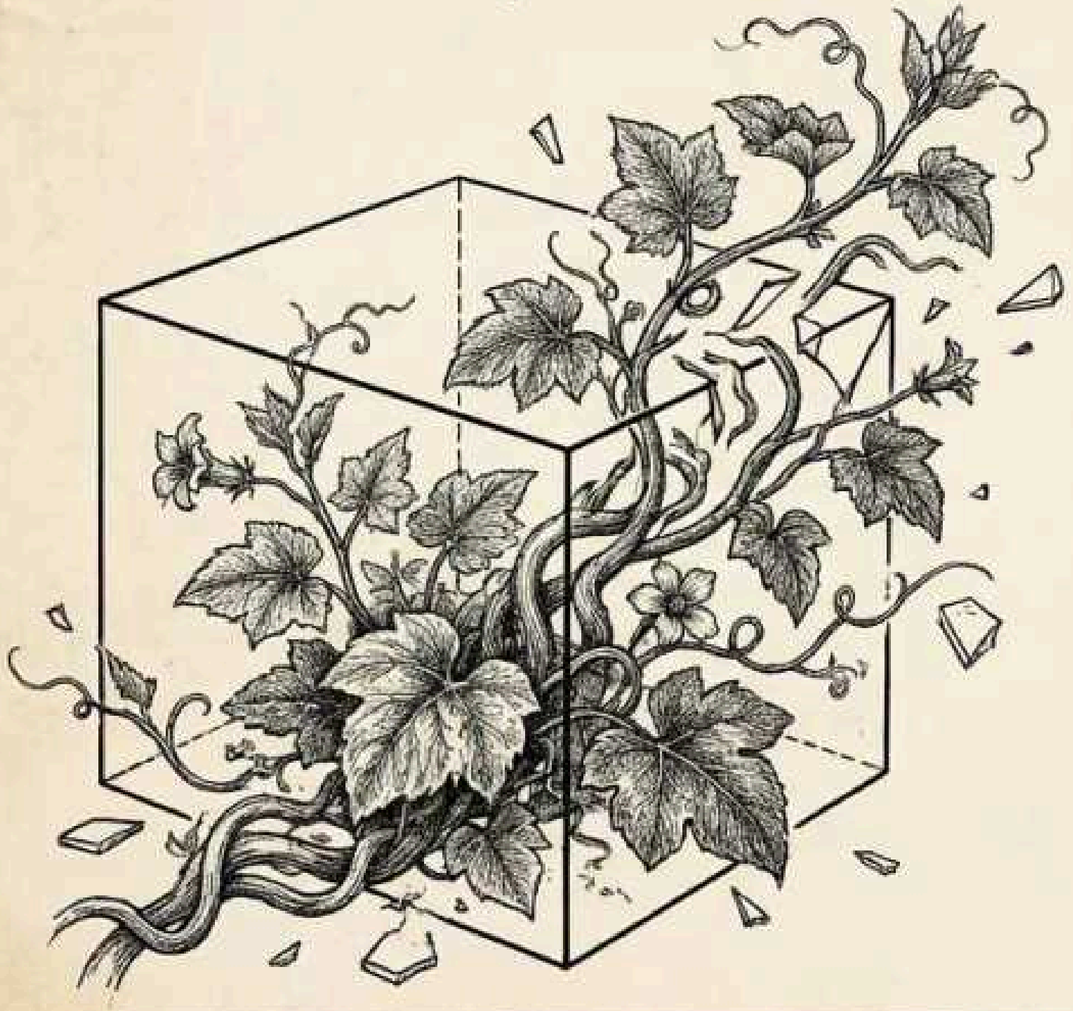


Four-valued logic shatters the binary, offering the expansive cognitive flexibility required to dismantle wetiko's hold.

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The Power of Play and Naming

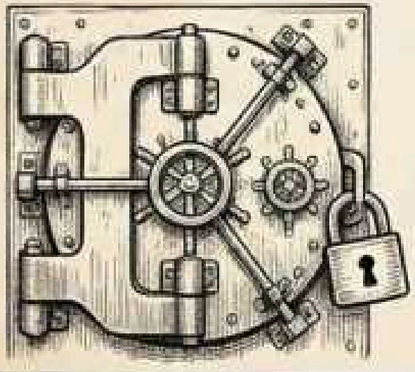
Naming + Humor = Pattern Illumination



- **Wetiko's Weakness:** The pathogen despises humor and cannot survive genuine creativity.
- **Acronym Mania Syndrome:** Levy playfully names his own habit of creating acronyms. Forging new names is an act of creative rebellion.
- **The Function of Naming:** Applying names—especially with humor—allows us to finally illuminate and track behavioral patterns we instinctively recognize but previously lacked the vocabulary to articulate.

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Taxonomy of the Closed Mind

	**Dismissing content due to source**	Refusing to evaluate or consider an idea solely based on its origin or messenger.
	**Massively uninformed smug certainty syndrome**	Projecting total, impenetrable conviction while having conducted virtually no underlying research.
	**Premature comprehension delusion**	The false assumption that one has mastered a profoundly deep idea after a superficial, quick first glance.

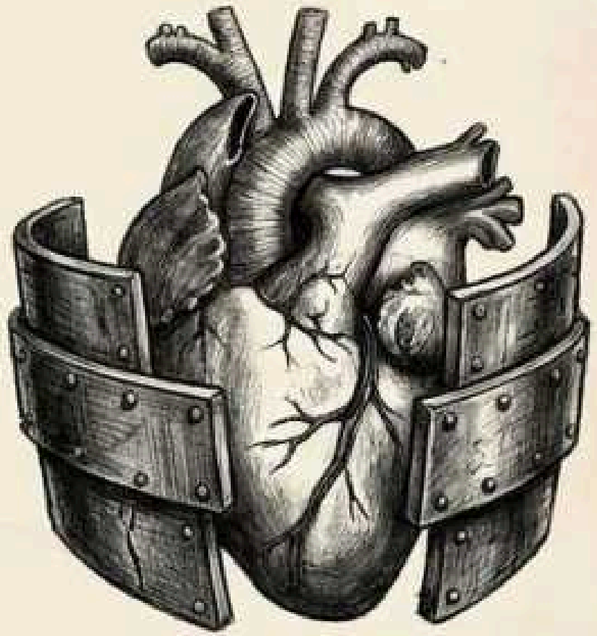
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Interpersonal Pathology Matrix

External Action



Internal Reality



Presuming knowledge of another's experience: The arrogant assumption that we understand someone else's lived reality better than they do.

Fake ownership syndrome: Orally agreeing with a criticism and saying all the right words, while privately and entirely deflecting the feedback.

Candor suppression: Fostering a toxic group environment where speaking honestly is implicitly punished or feels fundamentally unsafe.

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Calibrating the Response

Swallow Whole



Reject Outright/ Dismiss Triggered Person

The Error

Disregarding a triggered reflection because the messenger is upset. Even a deeply triggered person may be pointing to an objective reality.

The Calibration

When someone reflects our shadow, the wiser course is measured consideration—holding the reflection without blindly accepting it or defensively destroying it.

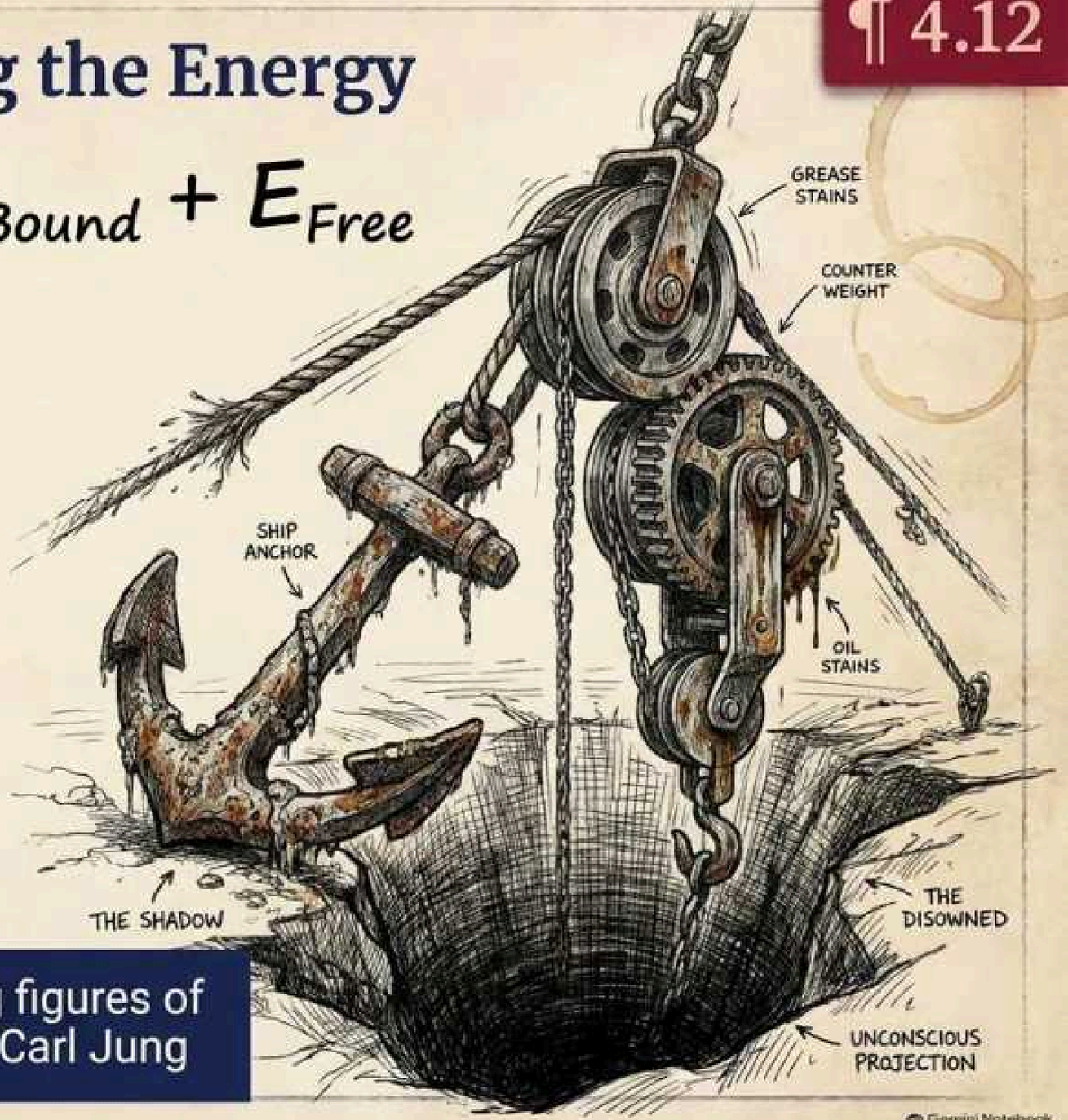
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Reclaiming the Energy

$$E_{Total} = E_{Bound} + E_{Free}$$

1. **The Friction**
   Withdrawing a projection is profoundly uncomfortable. It forces us to take ownership of traits we desperately wish to disown.

2. **The Payoff**
   Doing this grueling work retrieves massive amounts of bound energy that was previously exhausted fighting an externalized enemy.



> One does not become enlightened by imagining figures of light, but by making the darkness conscious. — Carl Jung

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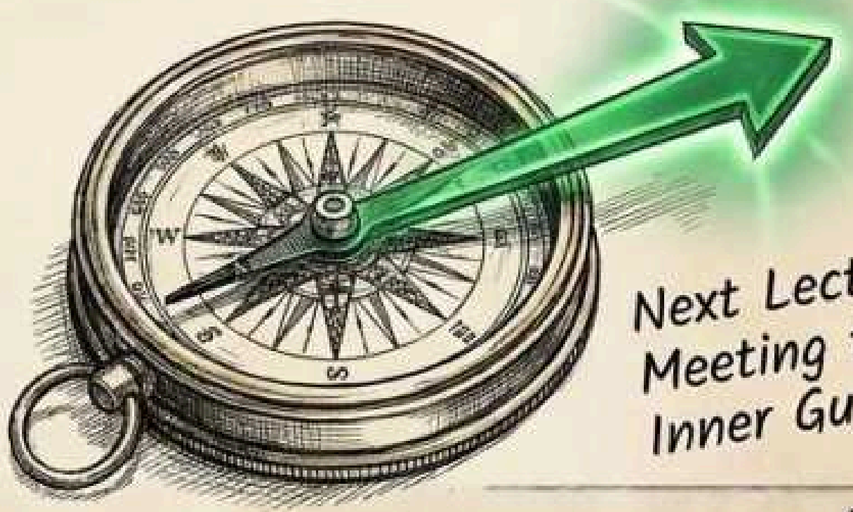
The Wetiko Equation & The Path Forward

$$[\text{Shadow} + \text{Projection} + \text{Binary Logic}] \times \text{Dismissal} = \text{Wetiko}$$

$$\text{Naming} + \text{Humor} + \text{Consciousness} = \text{Clarity}$$

Summary: Wetiko thrives in the unseen shadow, weaponizes projection, rigidifies our logic into either-or binaries, and breeds in the small ways we close our minds to one another.

The Antidote: Naming these patterns strips them of their invisibility.



Next Lecture: Meeting the Inner Guide.

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