

"The Tracker's" Toolkit: The Quick Guide [THE WAR IN THE CLEARING]

CORE IDEA: The war between individual vs. collective is a trap. The real enemy is the **BLIGHT** that perverts both. Heal the sacred spirits within you.

SHADOW CHEAT SHEET

Sacred Spirit	Its Job	Its Shadow	Shadow's Motive
Tiger (Δ)	The Individual , "I" Love: Clean Edge	The Tyrant A Tiger sick with fear	Control "My line is everywhere."
Wolf (~)	The Collective , "We" Love: Center	The Stampede A Wolf sick with panic	Conformity "There is only Us."

DAILY PRACTICE

- **Morning Scan:** Which spirit needs attention today? **Tiger** (boundaries) or **Wolf** (connection)?
- **Conflict Check:** When stressed, ask: "Is this my **Tiger** fearing invasion, or my **Wolf** fearing exclusion?"
- **Evening Review:** Where did I honor *both* my sovereignty and my connections today?

QUICK FIXES

- **Feeling controlled? (Tyrant alert):** Do one thing just for you. Reclaim one small boundary.
- **Feeling lost in the "we"? (Stampede alert):** Practice one respectful "No." State a unique thought.
- **In conflict? (Riverbank moment):** 1. Speak your truth (Tiger). 2. Listen to understand (Wolf).

SANCTUARY BUILDER

- **For Teams/Families:** Define clear roles (Tiger) + Create connection rituals (Wolf).
- **For Yourself:** Protect focus time (Tiger) + Schedule relationship check-ins (Wolf).

THE WATCHER PRACTICE

- When caught between "me" and "we," pause and ask: **"What is aware of this conflict?"**
- Rest as the awareness that holds both.

[Footer]

From the book **THE WAR IN THE CLEARING** by **Sawyer Kent**. Find the full library at [\[https://www.google.com/search?q=YourWebsite.com\]](https://www.google.com/search?q=YourWebsite.com)