Magic in this setting will be remarkably simple. All magic is simply a supernatural energy transfer.

Four basic types of energy can be transferred or shifted: heat, motion, light, and sound. All transfers require the user to be touching one of the objects or energies involved in the transfer and to be able to see the other. Multiple transfers can increase the effect. It is best summarized by a variation on Newton's third law: for every action, there is an opposite, albeit not necessarily equal, reaction.

For example, a pusher initiates a transfer between a rock and a boulder. Throwing the rock would transfer its motion to the boulder. The boulder, being far heavier, wouldn't budge. However, if multiple transfers were initiated, then the boulder would move.

These are the specific types of magic users or Shifters:

Burner (Heat):

The user draws heat from one object to another. This can cause things to burn or to freeze. Burners usually carry a tinderbox or some form of heat generation.

Pusher (Motion):

The user transfers motion from one object to another. This can cause objects to move or to be unable to move. Throwers usually carry a pouch of rocks.

Glamer (Light):

The user transfers light from one location to another. A skilled glamer can construct simple illusions or even spy on a distant location. Glamers usually carry several torches or some other form of light generation.

Caster (Sound):

The user transfers sound from one location to another. A skilled caster can even manipulate the sounds transferred or use a shift to listen to conversations far away. Casters sometimes carry object that can create or resonate noise, but more often simply use their own voice or hands.