



# JUNG CENTRE

**C.G.JUNG CENTRE**

UK: +44 7503894142  
ROI: +353 831093701  
cgjungcentre@gmail.com  
[www.jungcentre.com](http://www.jungcentre.com)

## **Detailed Synopsis**

### **Preamble**

The classes are held online in a relaxed atmosphere where the informal format ensures that all angles of a topic are covered with plenty of time for clarification. Please note that throughout the course there will be an emphasis on dreams and dream symbolism.

## **SUMMARY OF COURSE CONTENTS**

### **Basic Principles of Jungian Psychology**

Jung graduated as a doctor and practised as a psychiatrist for the first ten years of his career. His personal experience of psychiatry was integrated into his studies of European and Vedic philosophy, of Indian, Egyptian and Greek mythology as well as Christianity and other world religions. He found there the basic threads of human belief and behaviour and the lasting principles on which to base his work. We will look at the principles of opposites, transcendence and the evolution of consciousness.

### **Structure of the psyche**

It is important at this early stage of the course to get an outline map of the psyche. The psyche is divided into two parts: consciousness (which is centred on the ego), and the unconscious. Consciousness is that part of the psyche which we are aware of all the time and is protected by the persona. The unconscious is a much larger part of the psyche and is divided into the personal unconscious and the collective unconscious. The personal unconscious contains all the forgotten and repressed experiences of childhood, parental complexes and cultural inhibitions. The collective unconscious contains mythological, religious, and ethical patterns which cluster around the major archetypes of the shadow, animus/anima, and self. The self straddles the whole of the unconscious as well as consciousness, and is the guiding hand of the ego while at the same time being the transpersonal guardian of wholeness.

### **Personality Types and a Types Test**

Are you an extravert or an introvert and could you be a feeling, sensate, intuitive or thinking type? Jung organised typology in terms of a traditional quaternity and developed a test to find out how you orientated your ego

consciousness. Each function - thinking, feeling, sensation and intuition - has different strengths and characteristics which we will investigate. A types test will identify your typology and help to confirm your superior function and your most comfortable mode of ego orientation.

### **The Inferior Function**

The inferior function is the opposite of the superior function and the one function that you have difficulty with as it is largely unconscious. This means that it is the doorway to the unconscious and the very fact that it remains an open door allows it to carry everything that is whole in the psyche and act as the key to transformation. The inferior function is also called the transcendent function on account of its role of bringing material up from the unconscious.

### **Dreams**

Like Freud, Jung considered dreams to be the 'royal road to the unconscious' and therefore the interpretation and understanding of dreams lies at the centre of the course. Jung said 'The dream is a little, hidden door in the innermost and most secret recesses of the soul, opening into the, cosmic night'. He realised that dreams spoke the truth since the objective truth of any situation is available to the unconscious. The first stage in the process of interpretation is to understand the symbolic language of dreams therefore a recurring theme in the course is the language of symbolism and the development of a symbolic attitude to the psyche. Dreams guide, inspire, and correct our headstrong egos and help us to achieve a balanced attitude in the psyche and to live our lives in accordance with our destiny.

### **Archetypes**

Jung developed the concept and coined the term archetype. It describes areas of the unconscious which have a gravitational pull to particular characteristics of the personal as well as collective psyche. The main archetypes are the Shadow, Anima (feminine) for the man, Animus (masculine) for the woman and the centre of the psyche the Self. Archetypes are embedded in the collective unconscious and yet are part of every individual psyche.

### **The Shadow**

The shadow is that part of the unconscious which Jung described as 'the thing a person has no wish to be'. The shadow appears negative as it contains repressed contents of consciousness - feelings, thoughts, and behaviour which have been rejected by the ego. The more they are repressed the darker it will appear when seen in dreams. However, when contents of the shadow are brought to the light of consciousness it will transpire that they are much more positive. As Jung said 'The shadow is 90% pure gold'. The shadow is the saurian tail of the psyche going back to the prehistoric reptilian beginnings of the psyche. It also contains our

infantile rage, frustrations, and panic at our thwarted instincts in childhood and throughout our life.

The shadow is easily identified through projections. In an attempt to defend the ego the psyche projects shadow behaviour onto other people so that what we hate about other's behaviour actually belongs to us. The same is true on a larger scale between social classes, races, political enemies, and especially animals. Awareness of the shadow, so that we can retract projections will improve relationships on a personal and on an international level. Jung described the shadow as 'The greatest moral challenge of our times'.

### **Shadow–Projections**

One of the easiest ways to see your shadow is through projections. It is an unconscious process by which we may reject things we don't like about ourselves and project them on to other people. It is a way of defending our ego and off-loading unpleasant characteristics which we refuse to believe are part of our personality. So what you can't stand about the person you hate the most is a perfect description of the unconscious side of your character. However, you may also project unrecognised, positive elements of your psyche on to others. Love at first sight is a perfect example of an anima or animus projection. Projections also work on a larger scale between sections of society or between nations.

### **The Mother and the Unconscious**

Prior to birth and for a long time afterwards the mother is everything to the infant. In the early stages of life the infant's psyche is unconscious and the infant sees the mother as part of themselves. Gradually the infant develops consciousness, though the unconscious remains synonymous with the mother. This is reflected in the symbolism of the unconscious and the archetype of the Great Mother.

### **Complexes**

'Complexes have us' not 'we have a complex' is how Jung put the issue of complexes. He laid great emphasis on the autonomous nature of complexes, seeing them as parasites living and thriving in our psyches. They control our lives from the way we think and behave to what we eat and wear. Complexes will be studied in detail in order to see them in dreams and deal with them in everyday life.

### **Anima**

The anima is the archetype of the feminine in the psyche of the man and leads him to the inner world. We will see what the anima means for a man and why it is called the soul archetype. We can observe the anima through projections and dream symbols to reveal the state of development of our

anima. This allows us to take practical steps to find a balanced relationship to the anima which in turn will lead the individual to the self. There are a number of excellent examples of the anima in literature and art.

## **Animus**

The animus is the archetype of the masculine in the psyche of woman and can help or hinder her relations with the external world. The father is the first carrier of the animus and later celebrities in the media and sport can take up that role. In dreams masculine symbols reveal the accurate state of the animus and any necessary adjustments. The animus is not only an essential element in forming relationships with men, but also as Logos. A strong, developed animus is vital in the fields of business, law and finance, and also in the academic and spiritual domain.

## **Alchemy**

Jung studied alchemical texts from ancient Egypt to the end of the 17<sup>th</sup> century and discovered that alchemy was the symbolic process of extracting spirit from matter. The first stage in the alchemical process, the nigredo equates with tackling the shadow; the second stage, the albedo, equates with the relationship to the anima; while the rubedo, or coniunctio, is the marriage of an unconscious content from the self with ego consciousness. We will look at the alchemical process and find that alchemical symbols still occur in dreams and are an important element in our understanding of the transformative process.

## **Cupid and Psyche**

The Greek myth of the maiden Psyche in her journey to maturity centres round her three seemingly impossible tasks. Not helped by the immature and lazy Cupid, the myth shows the development of her animus which enables her to deal with symbolically masculine problems. As such, psyche is a model for the intrepid modern woman.

## **The Self**

The self is the unifying principle of the psyche and the guiding hand and authority within the psyche. Jung said 'The self is not only the centre but also the whole circumference which embraces both conscious and unconscious; it is the centre of this totality, just as the ego is the centre of the conscious mind'. The self is recognised by its symbolism. Symbols of the self carry a numinosity and authority that are greater than any other symbols that emerge from the unconscious, yet all dream symbols ultimately come from the self. Dreams that have such numinosity are called big dreams and are indelibly memorable, frequently having symbols of wholeness with accompanying voices making authoritative statements. Perhaps the most radiant symbol of the self is that of the Divine Child which is at the heart of Christianity.

## **Individuation**

The self demands to be heard and obeyed yet the process of integrating the self with the ego is a never-ending process. The struggle to become who we really are can be seen as the true meaning of life. This is largely achieved to the self-regulating efforts of the unconscious expressing itself in dreams. Jung called this process individuation or self-realisation. It is available to everyone as the starting point is tackling a complex which, when investigated, draws out buried contents of the unconscious. Slowly, through a process of retracting projections, and 'divesting the self of the false wrappings of the persona', the journey of individuation can be commenced and eventually the true personality of the individual can be realised.

## **Recommended texts for the year are:**

C.G.Jung: Memories, Dreams, Reflections

Ed. C.G.Jung: Man and His Symbols

C.G.Jung: Tavistock Lectures

Sir Laurens van der Post: Jung and The Story of Our Time

Anthony Stevens: On Jung

Anthony Stevens: Private Myths

Jolande Jacobi: The Psychology of C.G. Jung