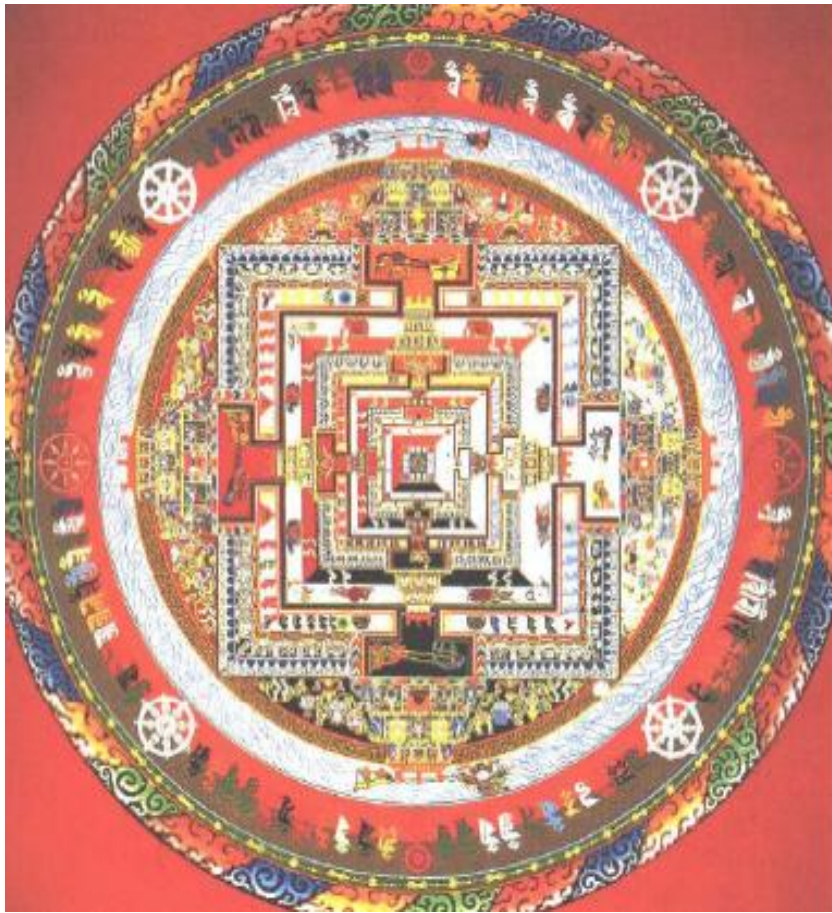


# C.G. Jung in a hurry

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- For me C.G. Jung's concepts of universal archetypes and functions were useful to navigate cultural differences of low- and high-context cultures – i.e. how much you have to know before you can communicate effectively in a multicultural work environment. His positive approach to Christianity or other belief systems and his process of individuation, striving for self-knowledge and psychic wholeness deeply influenced my understanding of my "inner space" and my external environment: You can take away a man's gods, but only to give him others in return. [Collected Works, Volume 10]
- C.G. Jung appeared deeply prophetic of how individual has been diminished in the face of large-scale sociological and economic changes and fundamental intolerance of homogenous ideology, as this quote illustrates: The individual is increasingly deprived of the decision as to how he should live his own life, and instead is ruled, fed, clothed, and educated as a social unit, accommodated in the appropriate housing unit, and amused in accordance with the standards that give pleasure and satisfaction to the masses. [Collected Works, Volume 10]
- C.G. Jung itself is mystic and high context so being low context from profession and culture I tried to sum it up in a few slides relying heavily on the works of an associate of C. G. Jung for many years, Jolande Jacobi which wrote the best introductions you can find.
- A practical adaptation, for example to the men's movement can be found in "Rediscovering the Archetypes King, Warrior, Magician, Lover" of Robert Moore and Douglas Gillette.

# Carl Jung



## 3 Levels of Consciousness:

- **Ego:** conscious level; carries out daily activities; like Freud's **Conscious**
- **Personal Unconscious:** individual's thoughts, memories, wishes, impulses; like Freud's **Preconscious + Unconscious**
- **Collective Unconscious:** storehouse of memories inherited from the common ancestors of the whole human race; no counterpart in Freud's theory

# Autonomous Complexes

A **complex** is a 'node' or pattern in the personal unconscious indicated by an incorrect response contain emotions, memories, perceptions, and wishes organized around a core.

Jung saw **complexes** as "the living units of the psyche" as distinctive part personalities each carrying a splinter consciousness of its own, a degree of intentionality, and the capability of pursuing a goal.

The complexes have capacity of becoming **autonomous** and the differences in the degree of their autonomy and their relationships to the ego and other complexes determine the variety of their manifestations



# KOMPLEX, ARCHETYPUS, SYMBOL IN DER PSYCHOLOGIE C. C. JUNG'S. By Dr. Jolande Jacobi. 1957

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For Jung **the complex** consists primarily of a “nuclear-element” belonging to the collective unconscious and secondarily of a number of associations belonging to the personal unconscious.

“**The Archetypes** are” says Jung “by definition, factors and motives which arrange psychic elements into certain images” that succinctly express collective human behavior and experiences and repeatedly appear in myths, fairy tales, religious ideas and visions throughout the ages in every part of the world.

**The universal Archetypes** are present in the psychic structure of the individual as “**latent potentialities** and as such are called the “**archetypes per se**” (abstract). Differentiated from these are the “**archetypal images**” that turned into actual ones called “**symbols**” (instances).

The 3 concepts relate to each other the following way: the individual complex has a **nuclear element** which is a an **Archetype per se and part of the collective unconscious**. Some of these Archetypes per se **manifest** themselves in consciousness as **symbols or archetypal images**.

# The Collective Unconscious

It contains **archetypes**, emotionally charged images and thought forms that have universal meaning.

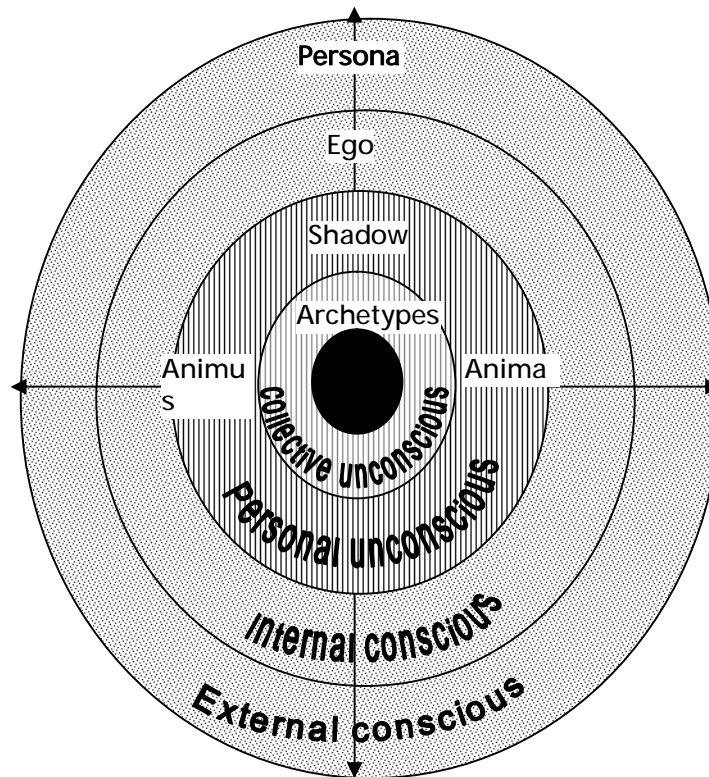
Archetypes cause us to respond in certain ways to common human experiences.

Key archetype: **Mandala** (“magic circle”), an image symbolizing the unity of life. Others **archetypes** are...



# The self is the fully developed personality attained integrating all parts of the personality

**Thinking:** naming and interpreting experience



**Sensing:** experiencing the world through the senses without interpreting or evaluating

**Intuiting:** relating directly to the world without physical sensation, reasoning, or interpretation

**Feeling:** evaluating an experience for its emotional worth to us

- **The Self:** the regulating center of the psyche and facilitator of individuation.
- **Persona:** your public personality, aspects of yourself that you reveal to others.
- **Shadow:** repressed weaknesses, shortcomings, and instincts, irrational, is prone to projection.
- **Anima:** feminine archetype in men.
- **Animus:** masculine archetype in women.
- **Others Archetypes:** God, King, Hero, Magician, Wise Old Man, Witch, Demons, Devil, Father, Mother, Child.

# Persona, Ego and to The Self

**The Ego** is the focal point of consciousness, 'I' or 'me'. The ego carries our conscious awareness of existing and is also the bearer of personality. People differ for extraverts the outer, objective world has greater significance, while introverts are orientated primarily inner, subjective experience.

**The Persona** represents your public image. The word is, obviously, related to the word person and personality, and comes from a Latin word for mask.

So the persona is the mask you put on before you show yourself to the outside world. Although it begins as an archetype, by the time we are finished realizing it, it is the part of us most distant from the collective unconscious

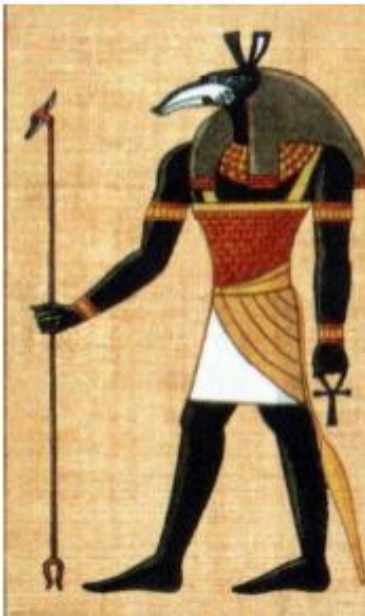


For Jung, **The Self** is not just 'me' but God. It is the spirit that connects and is part of the universe. It is the coherent whole that unifies both consciousness and unconsciousness. It may be found elsewhere in such principles as nirvana and ecstatic harmony.



Jung described creation of the self as a process of individuation, where all aspects are brought together as one. Thus 're-birth' is returning to the wholeness of birth, before we start to split our selves into many parts.

# The Shadow inferior part of the personality



“Everyone carries a shadow, and the less it is embodied in the individual’s conscious life, the blacker and denser it is.”

Jung, C.G. (1938). “Psychology and Religion. The subject is prone to projecting their “shadow” onto other persons, so as to dissociate their dark part from themselves. The shadow may appear in dreams, often as a dark figure of the same gender as the dreamer.

Jung, C.G. (1958-1967). Confrontation with the shadow is important in the process of individuation, but for this to be fruitful, the result must be that the conscious integrate the shadow into itself. Therefore the core goal of Jungian analysis (or other means) is to become aware of one’s unconscious, and integrate parts of it into the self while maintaining control over it. This process is called Individuation.



# Animus and Anima

The **anima** is the female aspect present in the collective unconscious of men, and the **animus** is the male aspect present in the collective unconscious of women. The anima may be personified as a young girl, very spontaneous and intuitive, or as a witch, or as the earth mother. It is likely to be associated with deep emotionality and the force of life itself. The animus may be personified as a wise old man, a father, or often a number of males, and tends to be logical, often rationalistic, even argumentative.



The anima/animus may appear as someone exotic or unusual in some way, perhaps with amazing skills and powers. In fiction, heroes, super-heroes and gods may represent these powerful beings and awaken in us the sense of omnipotence



# Basic Personality Orientations

- **Introversion:**  
focused inward; the person is cautious, shy, timid, reflective.
- **Extroversion:**  
focused outward; the person is outgoing, sociable, assertive, energetic.



# C.G. Jung described 16 preference types

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**Sensing** means what it says: getting information by means of the senses. A sensing person is good at looking and listening and generally getting to know the world. Jung called this one of the **irrational** functions, meaning that it involved **perception** rather than judging

**Thinking** means evaluating information or ideas rationally, logically. Jung called this a **rational** function, meaning that it involves decision making or judging, rather than simple intake of information.

**Intuiting** is a kind of perception that works outside of the usual conscious processes. It is **irrational** or **perceptual**, like sensing, but comes from the complex integration of large amounts of information, rather than simple seeing it is like seeing around corners.

**Feeling**. Feeling, like thinking, is a matter of **evaluating** information, this time by weighing one's overall, emotional response. Jung calls it **rational**, not in the usual sense of the word.

We all have these functions in different proportions Each of us has a **superior** function, which we prefer and which is best developed in us, a **auxiliary** function, which we are aware of and use, a **tertiary** function, which is only slightly less developed but not terribly conscious, and an **inferior** function, which is poorly developed and so unconscious that we might deny its existence in ourselves.

Most of us develop only one or two of the functions, but our goal should be to develop all four. By defining superior and auxiliary functions sixteen combination arise which may be even enlarged by the extrovert / introvert type as another dimension.