

Jung Lecture Notes

Collective Unconscious

“The form of the world into which he is born is already inborn in him as a virtual image.”

Archetypes: anima (f), animus(m), shadow, persona, self, wise old man, wise old woman, hero, god, snake, etc.

Personal Unconscious

Complexes – the amount of value in a complex determines its organizing power within the psyche

Ego = Cs ideas which are the center of experience

begins about age 4 –

identity never complete

can repress disruptive ideas and emotions

Fashions Persona – or role for self so as not to have to deal fully with situations

Ego can confuse persona with self which often leads to inflated sense of self worth – compensation for Cs superiority with UCs self doubt

Teleology - we are drawn forth into our future

We cannot understand an acorn without first understanding an oak tree.

The mental world cannot be “deduced from physical laws”

Libido – value - varied instincts – sex, nutrition, power, activity, individuation, creativity, religion(spirituality),

Principles of Equivalence – conservation of energy – limited amount – invested in one place less for other places.

Principle of Opposites (enantiodromia) – “for every action there is an equal but opposite reaction” – “there is no energy unless there is a tension of opposition” - emphasize one thing then energy moves equally into its opposite in another way - ie.Cs-UCs Investment of value creates imbalance which creates tension.

Principle of Entropy: closed systems move towards a level of greatest randomness or balance. Imbalance creates a tendency to move towards balance – biological health.

Transcendent Function – union of opposites

Introversion-Extroversion: basic attitude towards life – where does meaning lie – inside or outside ourselves.

Thinking-Feeling: two mental functions that tend to form a polarity

Sensing-Intuiting: two mental functions that tend to form a polarity – sensing is paying attention to the details of experience while intuition is attending to or emphasizing the wholeness of things.

Second Adolescence – switch from emphasis on sexual & physical to intellectual and spiritual values which initiates the process of individuation.

Individuation: process of resolving polarities with the energy of their tension coming to rest in the self. this process inevitably involves:

1. An examination of the Shadow – an acknowledgement that we have in ourselves all the same motives that we have abhorrent in others.

2. Tearing down of the persona – becoming genuine in each moment of our lives without hiding behind social roles.

3. Emergence of the anima and animus – coming to know that we have both masculine and feminine aspects – it is necessary to resolve the opposition between them so the energy of the opposition is freed.

4. Emergence of archetypes of wisdom such as the sage, wise old man, great mother, crone etc. We come to appreciate the wisdom of our psyche. It is a dangerous time as we might lose the actual wisdom and use the wisdom archetype as a persona as Ronald Reagan did.