**Jung: The Man and His Seminal Ideas: Incarnation—Being More Human**

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“*Every individual psyche needs its own manual.” C. G. Jung*

“(The) aim of individuation is nothing less than to divest the self of the false wrappings of the persona on the one hand, and of the suggestive power of primordial images on the other.” (Jung, CW7, par. 26)

“Only is you first return to the body, to your earth, can individuation take place, and only then does the thing become true.” (Jung)

Re: archetypes: “What is impressed upon the unconscious were exclusively subjective fantasy-ideas aroused by physical forces.” (Jung, CW8, par.109)

“He ought never to forget that the world exists only because opposing forces are held in equilibrium. So, too, the rational is counterbalanced by the irrational, and what is planned and purposed by what is…If the primordial images remain conscious in some form or other, the energy that belongs to them can flow easily into man. .” (Jung, CW9i, pars. 173-4)

“The identification (with the hero) is often extremely stubborn and dangerous to the psychic equilibrium. If it can be broken down and if consciousness can be reduced to human proportions, the figure of the hero can gradually be differentiated into a symbol of the self.” (Jung, CW9i, par. 303)

*The complex is the building block of psyche.*

Complexes are autonomous energy centers that consist of a grouping of psychic contents characterized by a specific feeling tone (affect or emotion with body sensations), something usually hidden from conscious sight. It includes somatic innervations.

Following are basic understandings of the concept of complex.

1. It consists of a core affect or archetype that gathers related experiences.
2. It assimilates what suits it and inhibits everything else.
3. Its independence in psyche stems from its affect.
4. It is a collection of imaginings relatively free of central control of consciousness, may bend or cross one’s intentions.
5. It is the *“Architect of dreams and of symptoms” (*Vol. 8, par. 383)
6. Jung writes, “Only when archetypes come into contact with conscious mind…and they fill with individual content, only then can consciousness apprehend, understand elaborate, and assimilate them.”

Relating to Complexes

Here are some questions to help you relate to the concept of complexes when they make themselves known. Although we talk about complexes as a negative, even the ego is a complex. Complexes have positive and negative manifestations.

Referring to the attached diagram of a complex may be helpful.

1. Affective Core
   1. What is the strong recurring emotion, mood, or affect?
   2. In what interactions does it typically get triggered?
   3. Where do you do things automatically whether you want to or not? What is the primary affect in those moments?
   4. What are the body sensations, physical symptoms, fleeting images that come up?
2. Personal Memories and Interpersonal Events
   1. What memories and past events come up in connection to the affect (or emotion) and interactions?
   2. What are the visceral responses that are out of proportion to the present interaction?
   3. What emotions, including the core affect, are also present?
3. Collective and Cultural Connections
   1. What have other people said to you about these emotional responses? Feelings? Perceptions?
   2. What did you learn in school, church, or from your peers that have a bearing on your experience (including feelings and actions)?
   3. What are the things you’ve learned that reinforce your feelings and behavior?
4. Write down any associations from mythology, TV shows, the media, sacred texts that come up as you circumambulate the energy field. This is a place where you might do amplification to see what you can learn from the cultural storehouse about the energies with which you dance.

You may want to write a focusing statement speaking as the complex. Then, engage in active imagination with the energy system.



**ARCHETYPE AS DISEMBODIED SPIRIT**

**(The Numinous—The Other, The Mystery)**

**COLLECTIVE EXPERIENCES**

**(Described in Media,**

**Myths, Religion, Fairy Tales, Folklore)**

**PERSONAL FELT EXPERIENCES**

**(Relationships)**

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