**Foundations of Dream Interpretation**

**Haden Institute Dream Intensive, August 2021**

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**JUNG’S STRUCTURAL MODEL OF PSYCHE**

* Collective Consciousness—
  + Family, Clan, Institutions, Society, Media, News, Culture, World Events
* Personal Consciousness—
  + Persona (roles or masks):
    - Mediates between collective consciousness and ego
  + Ego:
    - Sense of self in one’s body, “I”
    - Mediates between collective consciousness and personal unconscious
* Personal Unconscious or Shadow—
  + Body with automatic processes of respiration, digestion, heartbeat, disease, etc.
  + Complexes, Internal Objects, Imagoes, Psychological Functions (Typology)
* Collective Unconscious
  + Archetypes/Instincts
  + Self: “Center of circle that’s everywhere and circumference that’s nowhere.”
  + Cellular heritage--DNA
* Self: “The totality of psyche, the organizing principle of the psyche.”



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**JUNG’S PREMISES ABOUT DREAMS/PRINCIPLES FOR DREAM INTERPREATION**

“For me the dream is….a subliminal picture of the actual psychological situation of the individual in his waking state.”

(CW 4, p.240, 1913)

“…the dream is a spontaneous self-portrayal, in symbolic form, of the actual situation in the unconscious.” (CW 8, p. 263, 1916)

“The dream is specifically the utterance of the unconscious.”

(CW16, p. 139, 1934)

“The dream comes in as the expression of an involuntary, unconscious psychic process beyond the control of the conscious mind. It shows the inner truth and reality of the patient as it really is; not as I conjecture it to be, and not as he would like it to be, but as it is.” (CW16, p. 142, 1916)

**“The dream is its own, best interpretation.”** (CW17, p. 92)

**“Dreams are natural phenomena which are nothing other than what they pretend to be. They do not deceive, they do not lie, they do not distort or disguise.”** (CW17, par. 188)

*IDEAS OF FINALITY AND COMPENSATION*

“What conscious attitude does it (the dream) compensate?” (CW16, p. 153, 1934)

“The dream…would then have the value of a positive, guiding idea or of an aim whose vital meaning would be greatly superior to that of the momentarily constellated conscious content.”

(CW8, p. 255, 1916)

“Assimilation is never a question of ‘this or that’, but always of ‘this and that’...Through the assimilation of unconscious contents, the momentary life of consciousness can once more be brought into harmony with the law of nature from which it all too easily departs, and the patient can be led back to the natural law of his own being.”

“The dream…would then have the value of a positive, guiding idea or of an aim whose vital meaning would be greatly superior to that of the momentarily constellated conscious content.”

(CW8, 1916, p. 255)

*SYMBOLIC CONTENT*

Dreams usually communicate “in the language of parable or simile.” (CW8, p. 248, 1916)

Unconscious communicates in language of image. “Stick to the image.”

“By a symbol I do not mean an allegory or a sign, but an image that describes in the best possible way the dimly discerned nature of the spirit. A symbol does not define or explain; it points beyond itself to a meaning that is darkly divined yet still beyond our grasp and cannot be adequately expressed in the familiar words of our language.” (CW8, p. 336, 1926)

***Foundational Approach to Your Dreams:***

Write your dream recording as many details as you can remember. Then, for each person, place, or thing, list your associations. Go back, and “star” the association that “clicks”, feels right in your gut. Rewrite the dream, plugging in the starred associations in place of the person, place, or thing. Read this and see what it constellates.

What feeling-toned complexes are present? What is the movement between various aspects of the self and Self represented in the dream?