

A Two Lecture Series of Carl Jung's *Red Book: Liber Novus*
For the Haden Institute: Spiritual Direction Training
With Jeanne M. Schul, Ph.D.

Lecture 1: *The Red Book*: Jung's Descent into Darkness

In this initial lecture on *The Red Book*, we will address Jung's "Confrontation with the Unconscious" from *Memories, Dreams, Reflections* and his *Black Books* with the intention of making it relevant to anyone who has ever struggled through a major life transition. We will also tap into Thomas Moore's (2005) *Dark Nights of the Soul: A Guide to Finding Your Way Through Life's Ordeals* to bring it into the current Zeitgeist. By imagining Jung as a soul seeker, we can begin to see the value of *The Red Book* as it relates to spiritual direction.

Lecture 2: *The Red Book*: Jung's Magnum Opus

In the second lecture, I will explore how Jung's exploration of his unconscious—through his dreams, fantasies, and active imagination—paved the way for a lifetime of work, including the multitude of concepts and books that illuminated his career. I will also include insights from the Spiritual Directors International Book—*Awakening the Creative Spirit: Bringing the Arts to Spiritual Direction*—as a way of connecting Jung's *Red Book* to ways that spiritual directors can encourage the creative expression of their directees.

- Every lecture will incorporate a multitude of visuals from *The Red Book*.
- Both lectures on *The Red Book* will highlight the way Jung explores Active Imagination with the dynamic characters of his dreams and fantasies.
- Mandalas of Jung's patients will also be included in the slides presented, encouraging each of us to do our own inner work and explore our creativity.