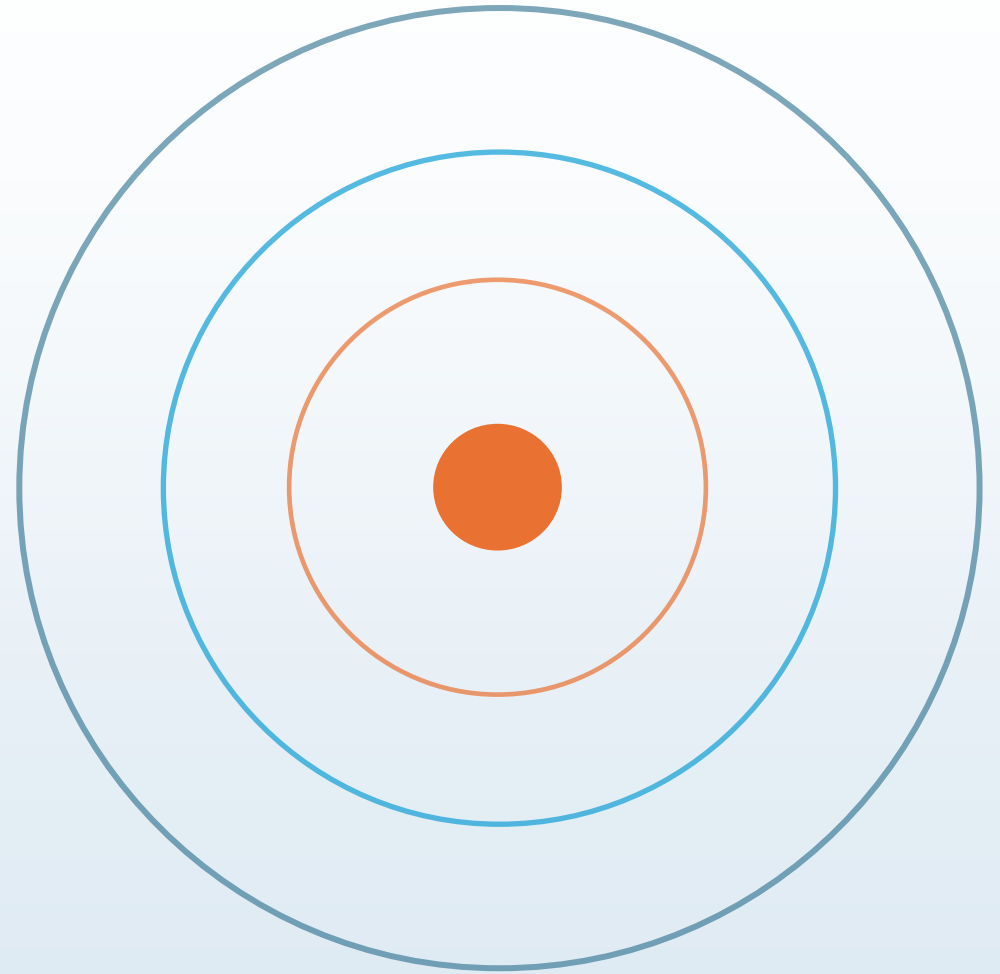


Jung 101

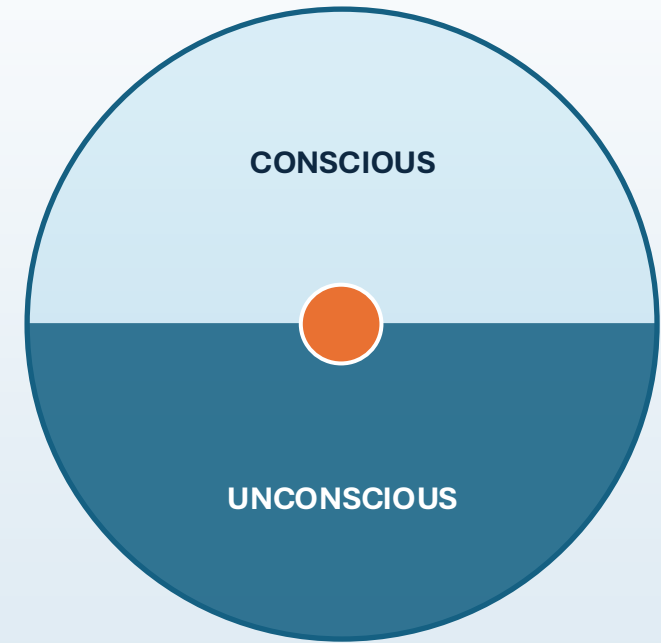
An Experiential Map of Inner Terrain & Wholeness



Jung's Model of the Psyche

What is the Psyche?

- The totality of all conscious and unconscious processes (CW para 797).
- From Greek *psyche* (soul); a self-regulating system seeking balance between opposites.
- The Body-Mind: Physical and psychological healing share the same instinctual drive toward wholeness.

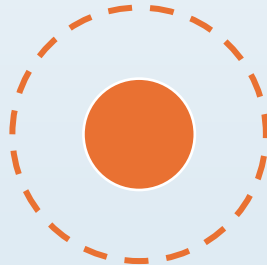


Self-regulating toward wholeness

Persona & Ego

Persona (The Social Mask):

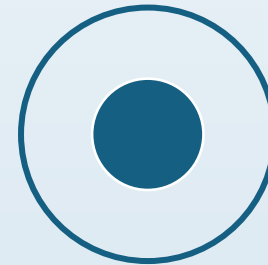
- Developed in early life to adapt to parents, society, and rules.
- Flexible and adaptive, but dangerous if mistaken for true identity.



PERSONA — adaptive outer mask

Ego (The Waking Mind):

- The center of conscious awareness and personal identity.
- Executive function that mediates between inner experience and outer reality.

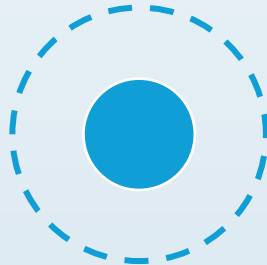


EGO — center of conscious identity

The Personal Unconscious & Shadow: The Hidden Self

Personal Unconscious:

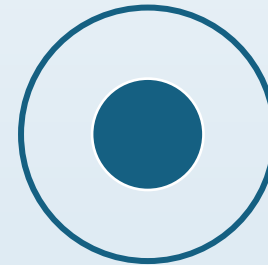
Everything forgotten, repressed, or subliminally perceived.



PERSONAL UNCONSCIOUS — forgotten & repressed

The Shadow:

- Repository of disowned traits, unacceptable feelings, and hidden potential.
- **Projection:** We unconsciously disown shadow traits by seeing them in others.
- **Gold in the Shadow:** Interrogating projections recovers vital energy and depth.



SHADOW — disowned traits, hidden gold

Complete this sentence to your partner:

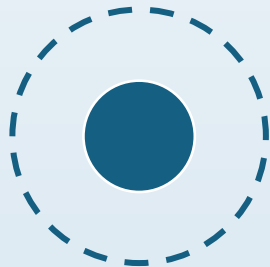
‘The quality in them that drives me crazy is _____ and if I am completely honest, a hidden part of me fears or desires that exact quality because_____’

The Deep Ocean:

Collective Unconscious & Archetypes

Collective Unconscious:

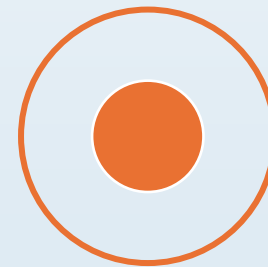
- Universal, inherited psychological structures shared across humanity.
- Expressed through instincts, myths, and universal human themes.



COLLECTIVE UNCONSCIOUS — shared depths

Archetypes:

- Inherited patterns of energy and behavior ("psychic blueprints").
- Drive action through inspiration, fear, enthusiasm, and instinct.



ARCHETYPES — inherited patterns

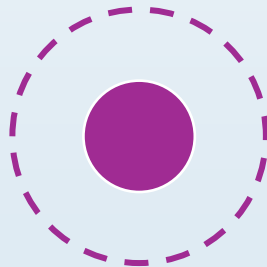
"In your triad, share a moment in your life where you felt taken over by an energy much larger than your ego—either an intense inspirational pull, an instinctual panic, or a sudden deep spiritual intuition. Which archetype or force (e.g., The Hero, The Mother, The Wise Guide, The Shadow) was holding the steering wheel in that moment?"

The Inner Companions:

Anima & Animus

Anima (The Inner Feminine):

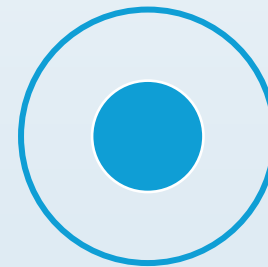
- Functions as soul; connects the ego to feeling, intuition, and relationality.
- Jung called it the "archetype of life itself."



ANIMA — feeling, intuition, relatedness

Animus (The Inner Masculine):

- Unconscious: Manifests as fixed opinions and rigid assumptions.
- Conscious: Inner companion of courage, objectivity, and spiritual wisdom.

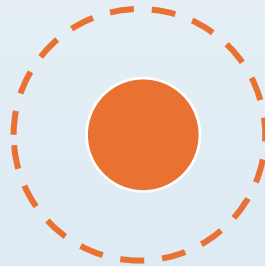


ANIMUS — courage, objectivity, wisdom

Energy Bundles & Synchronicity: Complexes & Coincidences

Complexes:

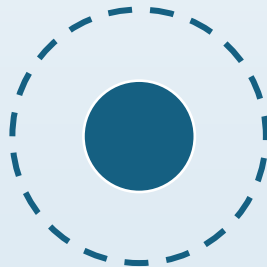
- Emotionally charged bundles of experience rooted in archetypes.
- Autonomous in nature: *"We don't have complexes; complexes have us."*



COMPLEXES — charged energy bundles

The Tension of Opposites: Balance & Dynamic Energy

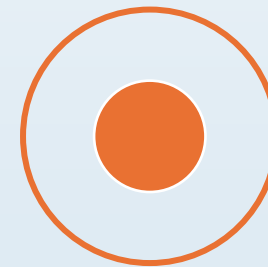
- **Polarity of the Psyche:**
- Every psychological state contains its corresponding opposite.



POLARITY — every state holds its opposite

Holding the Tension:

- True growth comes from remaining in the discomfort between opposing choices.
- Premature resolution stops growth; holding tension allows a new third path to emerge.

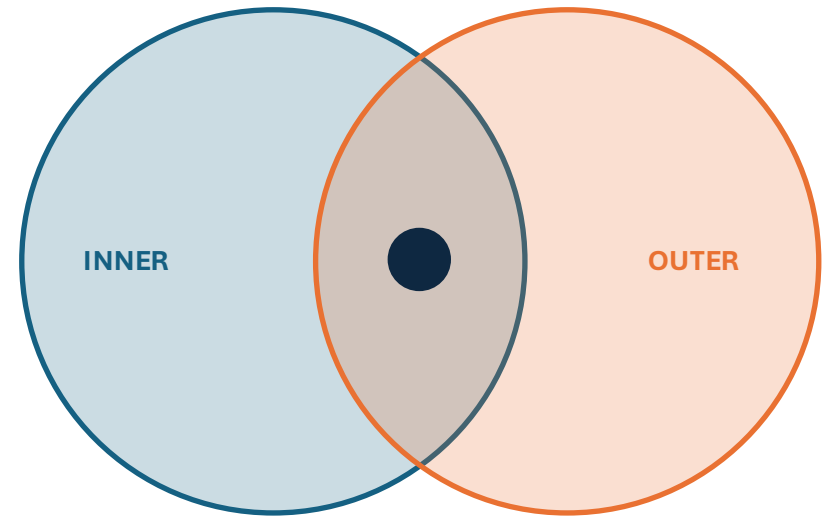


HOLDING TENSION — a third path emerges

Synchronicity:

**Meaningful
coincidences between
an inner psychic state
and an outer event.**

**Acausal connecting
principle.**



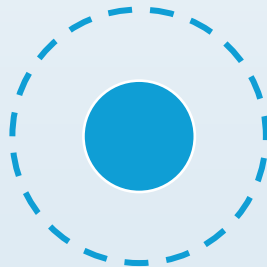
Meaning without cause

The Destination & The Guide:

The Self & Individuation

The Self:

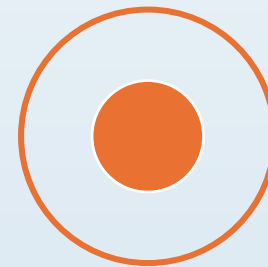
- The governing center and totality of the entire psyche (conscious + unconscious).
- Teleological: Forward-looking, constantly guiding us toward fulfillment.



THE SELF — governing center of the psyche

Individuation:

- The lifelong journey toward becoming your unique, whole self.
- The gift of **Consciousness**.

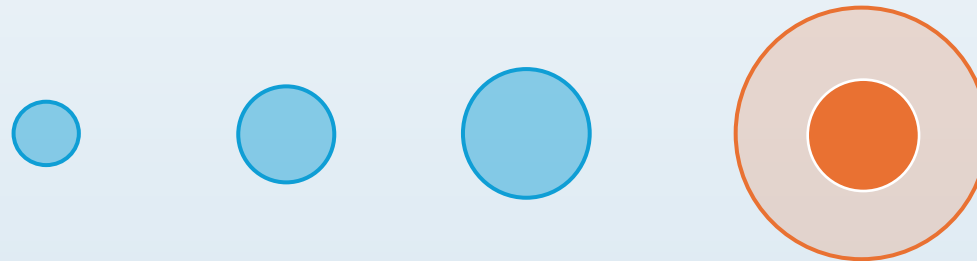


INDIVIDUATION — the lifelong journey

Bringing the Psyche Home

The Path Forward:

- Bringing unconscious patterns into conscious awareness day by day
- Integration + Integration Integration = Individuation



Integration, day by day, becomes individuation