

# Dreams

*One does not dream. One is dreamt.*

*To let the unconscious go its own way – to experience it as a reality – such is a personal secret communicable to only a very few.*

Dreams: an autonomous mixture of conscious and unconscious elements, personal and collective, into a statement that expresses – without consciousness – exactly what the unconscious has to say about a situation

- Are a SELF-CONTAINED WHOLE, following the course of a traditional Greek play
  1. *Place, Time, Dramatis Personae*
    - The beginning of the dream, which often indicates the scene of action and the cast of characters
  2. *Exposition*
    - Statement of the problem, the unconscious framing the question to which it will reply in the course of the dream
  3. *Peripety*
    - The ‘backbone’ of the dream in which the plot is woven, the action moves towards a climax, transformation, or catastrophe
  4. *Lysis*
    - The solution, the outcome of the dream, its meaningful conclusion and the disclosure of its compensatory message
- Occur as part of a SERIES
  - The series contains a central ‘Meaning’ – a nucleus – around which multiple dreams occur
    - Once this center is raised to consciousness, it ceases to operate, and dreams begin to spring from a new center
    - The series is not necessarily in chronological order; rather, it is radial around the meaning
- Are COMPENSATORY
  - Except for redundant dreams recalling a traumatic event
  - Additionally, the dream contents can also exert a **Reductive** or a **Prospective** function
    - **Reductive** – Reduces the individual to his dependencies

- **Prospective** – Provides a ‘guiding image’ which corrects a self-devaluating attitude and brings about a ‘better’ direction of consciousness
  - An anticipation in the unconscious of future conscious achievements, like a preliminary sketch, exercise, or rough plan
  - Strive to reveal what the conscious is lacking and create psychic balance towards wholeness
    - When interpreting, if Therapist and Patient are mistaken, they will be corrected in time by the unconscious, which functions autonomously
    - The more one-sided one’s conscious attitude is, the greater the possibility that vivid dreams with a strongly contrasting but purposive content will appear as an expression of the self-regulating function of the psyche
- Select elements that communicate precisely what is supposed to be communicated
  - Cannot be approached subjectively with the psychology of consciousness
  - Everything in a dream is therefore intentional and meaningful
    - Those rich in pictorial detail seem to relate primarily to individual problems, personal unconscious, the repressed ‘other side’
    - Those characterized by scant detail and simple images communicate insights into great, universal contexts; they represent aspects of the cosmos, eternal laws of nature and truth
    - Contents are always specific to the context in which they occur and the specific external and internal situation of the dreamer
      - Nearly impossible to interpret a dream’s total meaning unless put into context and into a series of one’s recent dreams
      - No interpretation is contained in the Archetypes themselves, for they are just the reflections of human instincts
        - Instead: WHY is this archetype appearing to the dreamer at this time?
    - Color and Design of an image are just as important as what the image represents
    - A MOTIF is not explained solely by its causal connections, but also by its ‘positional value’ within the total dream context, and the personal situation of the dreamer
      - The same motif will have different implications amongst different dreamers
  - SYMBOLS enclose archetypes
    - The symbol of ‘rebirth’ always stands for the primordial idea of psychic transformation

- The content of a symbol can never be fully expressed in rational terms
- Can ‘degenerate’ or ‘die’ when the meaning hidden within them is fully revealed, when it loses its richness of implication because its whole content has been made accessible to reason
- Fantasies and Visions can be considered in the same ‘class’

Three Types:

1. **Conscious Flow**

- a. A certain conscious situation is followed by a dream which is a reaction of the unconscious. Supplementing or complementing, it points clearly to impressions of the day and would have never occurred without such impressions of the past
- b. Energetic flow is from the conscious to the unconscious

2. **Conscious – Unconscious Balance**

- a. The dream has not been provoked by a definite conscious situation, but springs from a spontaneous action of the unconscious which creates a situation so different from the conscious situation of the moment that a conflict arises between the two
- b. Energetic flow is balanced between the conscious and the unconscious

3. **Unconscious Flow**

- a. The weight of meaning is concentrated in realm of the unconscious, reflecting processes disclosing no relation to consciousness whatsoever. Thus, the dreamer generally does not understand their strangeness or archetypal power and is overwhelmed.
- b. Energetic flow is from the unconscious to the conscious

- **Course of Integrating the Unconscious**

1. The unconscious lowers the threshold of consciousness, permitting its contents to emerge through dreams, visions, and fantasies
2. One should perceive the contents and hold them fast by consciousness
3. One should investigate, clarify, interpret, and understand the meaning of the contents
4. One should acquire, incorporate, and elaborate the meaning thus found
5. One will fully integrate the meaning ‘into the bloodstream’, to become a ‘knowledge secured by instinct’

- **Course of Analyzation of a Dream**

1. Describe the present state of consciousness
2. Describe the preceding events to the dream
3. Investigate the subjective context and, where archaic motives appear, compare with mythological parallels

- **Amplification**

- A method between the interpreter and interpretee in which the various dream motifs are enriched by analogous, related images, symbols, legends, myths, etc., which throw light on their diverse aspects and possible meanings, until their significance stands out in full clarity

# Archetypes

*Every individual life is at the same time the eternal life of the species.*

*We come into the world bearing with us an archetypal endowment which enables us to adapt to reality in the same way as our remote ancestors.*

Archetypes: Identical psychic structures that are universal to humanity which together constitute the archaic heritage of humanity and provide life's essential programme

- Are INHERITED as a mode of psychic functioning
  - Just like a bird knows how to build a nest and eels find their way to the Bermudas
- Possess the capacity to initiate, control, and mediate the common BEHAVIOURAL characteristics and typical EXPERIENCES of all human beings
  - They give rise to similar thoughts, images, patterns of behavior, mythologems, processes, actions and reactions, feelings, and ideas, irrespective of class, creed, race, geographical location, or historical epoch
  - ALL universal human manifestations of life – biological, psycho-biological, and spiritual-ideational – rest on an archetypal foundation
- Together makes up the COLLECTIVE UNCONSCIOUS
  - Because every individual contains the SAME archetypes, we all contain the Collective Unconscious within us
- Are waiting to be ACTIVATED
  - The ROLE of personal experience is to DEVELOP **what is already there** – Archetypes
- Are contained within the SELF
- Evolved to equip us for the HUNTER/GATHERER existence
  - Thus, Archetypes are not always in tune with the life of contemporary urban society
- The **Programme** essentially provides for:
  - Being Parented
  - Maternal Bonding
  - Exploring the Environment
  - Distinguishing Familiar Figures from Strangers
  - Learning the Language or Dialect of One's Community

- Acquiring Knowledge of the Community's Values, Rules, and Beliefs
- Playing in the Peer Group
- Meeting the Challenges of Puberty and Adolescence
- Being Initiated into the Adult Group
- Dominance Striving
- Accomplishing Courtship and Marriage
- Sexual Mating
- Child-Rearing
- Contributing to the Economy through Hunting and Gathering
- Participating in Religious Rituals and Ceremonials
- Assuming the Responsibilities of Advanced Maturity and Old Age
- Preparing for Death

# Individuation

Individuation: A spontaneous, natural process of maturation **within the psyche** (like the physical process of growth and aging) that seeks to fulfill the individual's potential personality, which is essentially WHOLENESS

- Is a process that most people are unaware of
- Is accompanied by certain archetypal images and symbols, whose form and manifestation vary with the individual
- Under certain circumstances – such as psychotherapy – it can be stimulated, intensified, made conscious, consciously experienced, and elaborated...in effect propelling the individual towards 'completing' or 'rounding out' his personality
  - Requires an intensive ANALYTICAL effort, a conscious and absolutely HONEST concentration of the intraphysic process
- The REALIZATION of the Individuation Process eventually penetrates to the Self
  - Produces an inward and outward bond with the cosmic order
  - Eases the tension between the pairs of opposites and makes possible a living knowledge of their structure
  - Is not advisable for everyone, nor is it open to all
    - MUST be undertaken with another experienced individual, particularly because of the culture and structure of Western life

## Two PARTS:

### 1. **First** half of life

- a. Initiation into OUTWARD reality and ADAPTATION to the demands of one's environment
  - i. Consolidation of the Ego
  - ii. Differentiation of the main function and of the dominant attitude type
  - iii. Development of an appropriate PERSONA

### 2. **Second** half of life

- a. Initiation into INWARD reality and a deeper KNOWLEDGE of one's self and humanity
  - i. Turning back to the traits of one's NATURE that have remained unconscious

# The Shadow

*Consciousness is just a focus of light moving in the darkness.*

*What we don't see, our potentiality, is our shadow.*

## 1<sup>st</sup> Stage of the Individuation Process

Shadow: A split-off portion of one's being that is rejected for ethical, aesthetic, or other reasons, and is repressed because it is in opposition to his or hers conscious principles.

- Develops alongside the Ego, containing qualities that the Ego doesn't need or cannot make use of
  - A child therefore has little or no shadow
- Yearns to be realized
  - Thus, the more it is repressed, the more neurotic one becomes
- May also be represented by a POSITIVE figure
  - Example: when an individual is living below his level, failing to fulfill his potentialities, it is his positive qualities that lead a dark shadow existence
- Is experienced as PROJECTION upon an object outside of us, just like everything in our Unconscious
  - Hence, the other fellow is 'always to blame' as long as we are not aware that the darkness is in ourselves
- Children frequently act out the shadow – the Unconscious yearnings – of their parents
- Will never be made fully conscious because we are constantly having to inhibit or repress qualities
- For those qualities that we DO become aware of, we gain in **strength** and **vigor** and are more **anchored** in our nature
  - A man who is aware of his shadow knows that whatever is wrong in the world is wrong in himself, thus he has done something real and beneficial for the world
  - Shadow figures can be our best TEACHER, reflecting back to us our blind and UNDEVELOPED side

### Two manifestations:

1. An inward, symbolic figure in the material of the Unconscious (perhaps a dream figure)
2. A concrete figure in the outside world onto whom we PROJECT our latent Unconscious traits

\* It can also be a character in a work of art



Two Types:

4. **Personal Shadow** – One’s personal darkness (both negative and positive qualities)
    - a. Contains psychic features of the individual which are unlived
  5. **Collective Shadow** – A UNIVERSAL tendency towards the dark and inferior
    - a. Can change with the times so that it becomes the antithesis of the prevailing zeitgeist
- Evil is what our shadow looks like when – because of fear – it is kept repressed for a long time, then explodes into conscious activity.
  - The further you distance yourself from Evil, the more vulnerable you are to it.
  - To reconcile yourself with the fact of Evil is to widen your consciousness so that you may play with opposites rather than be frightened by them.
  - Judging others is a way of avoiding a confrontation with our own shadow.
  - We do not foes into friends and then love them but love them as enemies, for to love an enemy is to love ourselves, since an enemy is a representation of our own shadow.
  - Darkness is not Evil.
  - Light and Dark are meant to be integrated, but Goodness and Evil are meant to be separated so that Evil goes and Goodness stays, even as we acknowledge that Evil remains in our psyche always as both an option and an inclination.

# Anima & Animus

*The problem in Christianity is that Darkness and Light – Goodness and Evil – are split.  
Yet the Whole is indivisible.*

## 2<sup>nd</sup> Stage of the Individuation Process

Anima: The image within a man of the archetypical figure of the woman

Animus: The image within a woman of the archetypical figure of the man

### Qualities of both Anima & Animus:

- A natural index to our OWN psychological situation
  - We generally fail to realize that this significant other is in a way our own inner self
- Experienced through PROJECTION
  - Our basic contrasexual components are experienced through another, someone who we CHOOSE, ATTACH ourself to, b/c he or she represents the qualities of our **own** psyche
    - The Anima in man and Animus in woman are therefore activated by the opposite sex, and the realization of its presence can be beneficial but also difficult
  - As time goes on, and the projectee reveals his or her true nature, conflicts and disappointments are inevitable
- Stand in direct OPPOSITION to the PERSONA
  - A man or woman obsessed with his Anima or her Animus proportionally damages and risks his or hers Persona
  - As the Persona is the mediating function between the Ego and the outside world, the Anima and Animus are the mediating function between the Ego and the inner world
    - Moving outwards from the core – the Unconscious – you have Anima/Animus, Ego, Persona, Psychological Type, and finally the Outside World
- Stand in COMPENSATORY relation to ONE ANOTHER
  - The more rigid the Persona cuts off the individual from his or hers natural, instinctual life, the more undifferentiated (indistinguishable) and powerful the Anima/Animus becomes (and the more it remains in the shadow)

- As long as the man or woman does not know his or her shadow, his or hers whole Unconscious will be predominately colored and contaminated by contrasexual qualities
- Since the Anima and Animus coincide with the function that has been least realized and still rests in the Unconscious, they are antithetical to the main function, and this contrast will be manifested in the figure symbolizing it
- The realization of the Anima in man or Animus in woman gives birth to great creativity, enrichment, expansion, knowledge, and self-control
  - Though the opposite sex loses its magical power over – you no longer lose ourselves in another – us as we come to know its essential traits in the depths of our own psyche, we shall be capable of a deeper love, a conscious devotion to the other, enabling us to give ourselves more unreservedly, for our individuality is no longer endangered

Two manifestations:

1. An inward, symbolic figure in the material of the Unconscious (dreams, fantasies, visions)
2. A concrete figure in the outside world onto whom we PROJECT our latent Unconscious traits

\* It can also be a character in a work of art, or it can be symbolized by animals and even objects, particularly when it has not yet reached the level of the human figure and appears in pure instinctual form

Qualities specific to Man & Anima

- The Anima of a typical man often appears as a SINGLE figure, combining the most diverse and contradictory feminine types into one image, for in his outward life he is polygamous, so in his Unconscious he is monogamous
  - The first bearer of the Anima is always the mother; later it is borne by those who arouse his feelings
- In Western culture, it is a virtue for man to repress his feminine traits, thus they accumulate in his Unconscious
  - The woman becomes a receptacle for his feminine demands who can unhesitatingly receive the projection of his soul

- It can be ideal, or turn out that he has manifestly married his own worst weakness
      - This is true with the woman marrying the man, too
    - He is uncertain in the realm of love
  - Inability for a man to differentiate himself from his Anima typically leads to the moody man, dominated by feminine drives, buffeted by emotions
    - Example: Highly cultivated intellectual man entangled with the worst sort of strumpet

Qualities specific to Woman & Animus

- The Animus of a typical woman often appears as in a DIVERSITY of figures, for in her outward life she is monogamous, so in her Unconscious she is polygamous
- In Western culture, the woman tends to think that the masculine is more valuable, which does much to increase the power of her Animus
  - She is insecure in the realm of intellect
- Inability for a woman to differentiate herself from her Animus leads to the opinionated and argumentative woman, the female know-it-all, who reacts in a masculine way and not instinctively
  - Example: Woman who for no apparent reason ties herself to a swindler or adventurer

# The Self & Self-Realization

*Once a man is Self-realized, his wildest conflicts and emotions full of panic that plagued his life previously become a thunderstorm in a valley, and he alas stands on a mountaintop above the clouds.*

## 3<sup>rd</sup> Stage of the Individuation Process

Self: The source that is Whole, supporting our psychic existence and actively propelling us towards a state of pure self-realization – the midpoint between Consciousness and the Unconscious, all the while providing the means of personal adjustment to social environment, God, the cosmos, and the life of the spirit

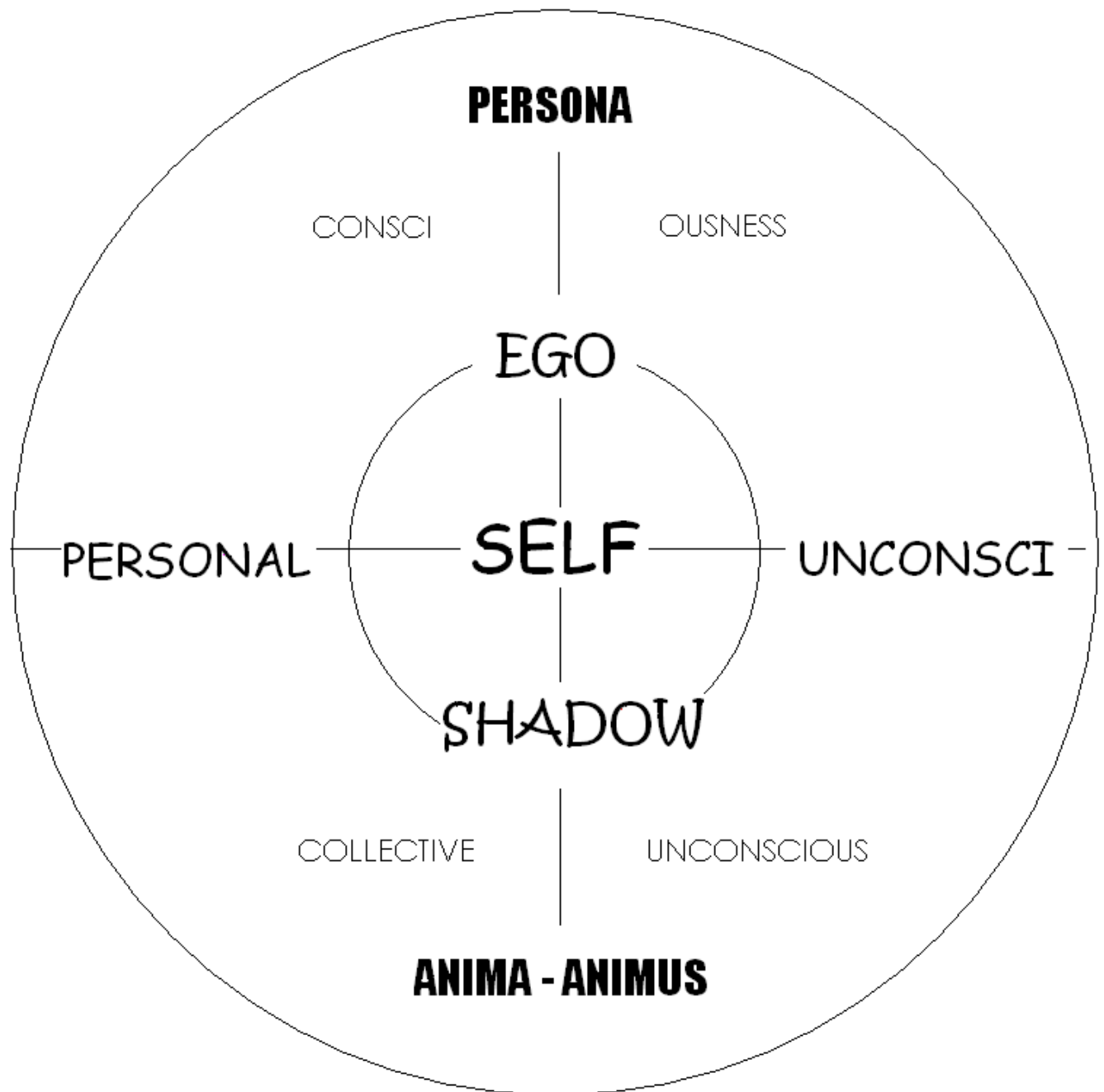
Self-Realization: When the midpoint between Consciousness and the Unconscious is found and integrated, thus solving the problem of one's relation to outward and inward reality (the two realms of life)

- The influx of unconscious contents into the realm of consciousness, the dissolution of the Persona, and the reduction of the ruling power of consciousness bring with them a state of psychic imbalance. This imbalance has been induced artificially for the purpose of removing an obstacle on the path to Self-realization to further develop the personality
- Through Self-realization, one's Consciousness moves from the petty, oversensitive, touchy, egotistical bundle of personal wishes, fears, hopes, and ambitions – which in turn has to be compensated, through opposition or not, by unconscious countertendencies – into a subjective, indescribable state through which the individual experiences absolute, binding, and indissoluble communion with the world at large
  - Leads an individual to know himself for what he naturally is, as distinguished from what he would like to be
    - Nothing is more difficult for a human being
  - The contents of the Self cannot be described, they can only be EXPERIENCED
  - A complete TRANSFORMATION of attitude and view towards life
- During the process, one must expose himself to the animal impulses of the unconscious without identifying himself with them and without running away
  - He must not interrupt his normal life and daily work – even though the tension between Conscious life and the Unconscious process is unbearable – for it is precisely the endurance of tension, the

ability to hold out in the midst of psychic disorder, that provides the possibility of a new psychic order

- Suffering is a natural part of existence that must not be evaded
  - Neurosis is a substitute for legitimate suffering
  - Inauthentic Suffering (that which we feel to be meaningless and hostile) must be realized as Authentic Suffering (that which we feel to be beneficial to our growth)
- The only content of the Self that we know is the Ego, for the individuated Ego senses itself as the object of an unknown and superordinate subject

# OUTER WORLD



# INNER WORLD

# The Ego

*I think, Therefore I am.*

*The Ego is the Self's Executive*

Ego: A complex of representations that constitutes the SUBJECT of consciousness and appears to possess a very high degree of continuity and identity

- Is the center of consciousness and is what we refer to when we use the terms 'I' or 'Me'
- Is responsible for our continuing sense of identity so that we still feel ourselves at 80 to be exactly the same person we were at 8
- All experiences of the Conscious and Unconscious worlds must pass through the Ego to be perceived
- Emerges out of the Self in early childhood and remains linked by the Ego Self-Axis, on which the stability of the Personality depends
- Ego usually denies its shadow at first in order to establish its own sense of worth
  - Denial of positive shadow = low self-esteem
  - Denial of negative shadow = inflated Ego
- The Shadow side of Ego:
  - Fear
    - Attachment
      - Control
  - Entitlement
    - Blame of others
      - Shame of oneself
        - Need to fix things
          - Obsession with an outcome
- Without Ego, there is the Two: Clear Mirror Nature (the Self) & Reality to Reflect (the world of objects)
  - The Master (the Enlightened Ego) rests between & within the Two, thus She is the One
- When I try to impress others and inflate my Ego, I am creating suffering, for the impressions I make are transient, and being attached to transience is suffering



# Quotes

- *There can be no transforming of darkness into light and of apathy into movement without emotion*
- *It all depends on how we look at things, and not on how they are themselves*
- *Show me a sane man and I will cure him for you*
- *Observance of customs and laws can very easily be a cloak for a lie so subtle that our fellow human beings are unable to detect it. It may help us to escape all criticism, we may even be able to deceive ourselves in the belief of our obvious righteousness. But deep down, below the surface of the average man's conscience, he hears a voice whispering, "There is something not right," no matter how much his rightness is supported by public opinion or by the moral code*
- *It is the individual's task to differentiate himself from all the others and stand on his own feet. All collective identities... interfere with the fulfillment of this task. Such collective identities are crutches for the lame, shields for the timid, beds for the lazy, nurseries for the irresponsible...*
- *Sentimentality is a superstructure covering brutality*
- *We cannot change anything unless we accept it. Condemnation does not liberate, it oppresses.*
- *As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being*
- *Where love rules, there is no will to power, and where power predominates, love is lacking. The one is the shadow of the other*
- *Nothing has a stronger influence psychologically on their environment and especially on their children than the unlived life of the parent*
- *The shoe that fits one person pinches another; there is no recipe for living that suits all cases*
- *Everything that irritates us about others can lead us to an understanding of ourselves*

# Type & Functions

A child is born with a natural disposition towards Type, especially the two inferior functions. This type must be acknowledged and honored, as well as its shadow. Under abnormal conditions, such as a mother's own attitude being extreme, a child may take on another type, which will lead to neurosis later and can only be cured by the child developing the attitude inherent in his own nature.

**Sensation** tells us that a thing exists.

**Intuition** tells us where the thing came from and where it is going.

**Thinking** tells us what the thing is.

**Feeling** tells us whether the thing is agreeable or not.

An incident happens.

**Sensate** will give the clearest account of what happened in painstaking detail.

**Intuitive** will connect the dots taking into consideration everything.

**Thinking** will use rational logic to analyze the facts and make conclusions.

**Feeling** will react with subjective value-judgments

**Sensate** = Newspaper Editor

**Intuitive** = Financial Planner

**Thinker** = Scientist

**Feeler** = Radio-Show Personality

**Sensate** notices.

**Intuitive** imagines.

**Thinker** analyzes.

**Feeler** evaluates.

## How do you get energy?

### Extraverts

- Afterthinkers: Cannot understand life until they've lived it
- Process of action: Does - Considers - Does
- Accessible, Relaxed, Confident, Understandable, Interactive, Impatient
- Expressive of emotions as they are felt
- Easily plunge into new waters, expecting them to be shallow
- Mind is directed Outwards into the world of people and things
- Personal conduct is governed by Objective conditions
- Get energy from People, Stimulating Environments, Variety and Action
- Value Achievement
- Develop ideas by Discussion
- Think outside themselves and in front of themselves
- Thoughts happen simultaneously as they Speak
- May put so much reliance on the Outer World they lose touch with inner ideas
- Weakness is towards intellectual superficiality

### Introverts

- Forethinkers: Cannot live life until they Understand it
- Process of action: Considers - Does - Considers
- Reserved, Questioning, Reflective, Subtle, Impenetrable, Taciturn, Shy, Pausing, Idea-oriented
- Think before acting
- Hesitate to plunge into new waters, expecting them to be deep
- Mind is directed Inwards into the world of Ideas and Understanding
- Bottle up their intense and passionate emotions and Guard them
- Frequently unaware of the objective environment
- Personal conduct is governed by Subjective values
- Get energy from the Inner World
- Need breaks from people
- Social situations can be Anx-Ridden and Tiring
- Enjoy Quiet environments that are conducive to Concentration
- Need time to process Thoughts
- May become so caught up in Inner World that they're ineffective in outer world
- Weakness lies in impracticality

How do you take in information?

### **Sensates**

- Interested in Actualities
- Concrete, Realistic, Factual, Objective, Detail-oriented
- Face life Observantly at the expense of imagination
- Crave Enjoyment
- Very aware of and dependent on Physical, External surroundings
- Pleasure-lovers and Consumers that desire to Possess and Enjoy
- Content with life as it is
- Want to have what other people have and do what other people do
- Live in Reality
- Live in the Present
- Contribute to the public welfare by their support of every form of Enjoyment and Recreation, and every variety of Comfort, Luxury and Beauty
- Hate Abstractness
- Enjoy the back end of things - the Completion of a project
- Thinking pattern is Logical, Solid, and Linear
- At danger of being frivolous or shallow, unless balanced is attained through development of their Judging function

### **Intuitives**

- Interested in Possibilities
- Innovative, Original, Unique, Subjective, Holistic, Abstract, Symbolic, Hyperbolic, Dreamers, Instable, generally Restless
- Face life Expectantly
- Crave Inspiration
- Thrive on Opportunities
- Imaginative at the expense of observation
- Initiators, Inventors, Leaders and Promoters
- Have no taste for life as it is
- Small capacity for living in and enjoying the present
- Unconsciously shape an object through the Active, Creative process of Intuiting
- Indifferent to what other people have and do
- Once they come up with a solution, they're about finished with the quest
- Very Independent of their physical surroundings
- Dislike occupations that necessitate sustained concentration on the senses
- Live in the Future
- Thinking Pattern is Non-Linear
- Prefer joy of Enterprise and Achievement
- Peer behind the scenes and see the Big Picture
- Find Relationships between separate Ideas and see meaning in that Relationship
- Use more than the five senses
- Problem solve from Multiple Angles
- Seek Fresh Outlets and feel Trapped in routine situations
- Can Exaggerate, as if things were going to bring about a solution, deliverance, or new possibility
- Can be so caught up in possibilities they overlook facts or assume facts are unimportant
- Can underestimate the time it takes to complete something
- Enjoy the front end of things
- Usually work in bursts of energy
- At danger of being indecisive, changeable, and instable unless balance is attained through development of Judging function

## How do you process information?

### Thinkers

- "Just the facts, ma'am"
- More interested in Things than human relationships
- Value Logic over sentiment
- Skeptical, Brief, Rational, Businesslike, Impersonal, Critical, Detached
- See the facts as Facts
- Criticize things so that the value gets filtered out
- Able to organize Facts and ideas into a Logical Sequence that states the subject, makes the necessary points, comes to a conclusion, and stops there without repetition
- Interested in the Content of a situation, not the feelings behind it
- Truthfulness over tactfulness
- Question conclusions of other people
- Use Logic to determine things
- Stronger in Executive Ability than social arts
- Suppress, undervalue, and ignore feelings incompatible with thinking judgments
- Contribute to the welfare of society by the Intellectual Criticism of its habits, customs, and beliefs, by the Exposure of Wrongs, Solution of Problems, and Support of Science and Research for the enlargement of Human Knowledge and Understanding
- Don't easily get attached in relationships
- Need Evidence to believe in something
- Often disregard what's important to them
- Goal is to get them to integrate their values; attach the value to something; learn to appreciate others
- Experience a Barrier b/t themselves and other things
- Most often Men
- Lack friendliness & sociability w/o knowing or intending
- May hurt people's feelings without knowing it

### Feelers

- Value Sentiment over logic
- Personal, Agreeable, Friendly, Credulous, Emotional, Trusting, Empathetic
- Value Connection and Relationships
- People over things
- Tactfulness over truthfulness
- Evaluate things
- Suppress, undervalue, and ignore thinking that is offensive to the feeling judgments
- Likely to ignore unpleasant facts that conflict with their Values
- Stronger in Social Arts than executive ability
- Have difficulty knowing where to start a statement and in what order to present an idea
- Will Ramble and Repeat themselves in more detail than a Thinker wishes for
- Are more likely to want to be a "good person" for everybody and Be Liked
- Makes decisions based on its Affect
- Most often Women

How you respond to structure?

### **Judgers**

- Live according to Plans, Standards, and Customs
- Rational, Structured, Planning, Self-Controlled, Purposeful, Exacting, Prepared
- Decisive over curious
- Depend on Reasoned Judgments - their own or someone else's - to protect them from unnecessary, undesirable experiences
- Would rather play it Safe
- Like matters settled and promptly decided so they know what's going to happen
- Like Schedules, Lists, Calendars, Punctuality
- Think or feel they know what other people ought to do about everything, and are not reluctant to tell them
- Take pleasure in getting something Finished, out of the way, and off their minds
- Aim to be right
- Use Sound Judgment to make decisions
- Focus on Completing a project
- Want to know one's Expectations of them
- May not appreciate or utilize unplanned, unexpected, and incidental happenings
- Adapting to change can be stressful
- Regard the Perceiving type as aimless drifters

### **Perceivers**

- Live according to the situation of the Moment
- Experiential, Spontaneous, Impulsive, Adaptable, Indecisive, Tolerant, Flexible
- Curious over decisive
- Adapt easily to the Unexpected, Unplanned, and Accidental
- May not have effective choice among life's possibilities
- Good at doing things Last Minute
- Want a constant flow of New Experience
- Aim to Miss Nothing
- Like to keep Directions Open
- Focus on the Process of a project
- Know what other people are doing; interested in seeing how it turns out
- Take pleasure in starting something New, until the newness wears off
- May Postpone unpleasant tasks
- Regard the Judging type as half alive

## The Healthy Ego

Observes

Assesses

Acts in accord with assessments,  
observations, and experience

Learns from mistakes

Makes amends for mistakes

Lives in present

Makes choices that further life goals

Is free from compulsions

Is not moved or stopped by fear or clinging

Lives by deepest needs, values, and wishes

Can relate, make and keep commitments, and  
show intimacy

Will address, process, and resolve issues

Has mastery in the world

Is self-motivated and charged with initiative

Invents creative solutions in the moment

Has lively energy with serenity

## The Neurotic Ego

Denies or dissects

Judges and blames

Does not put knowledge or wisdom into  
practice

Repeats old mistakes

Denies responsibility or projects it on others

Lives in past or future

Makes choices that cause pain & inhibit

Is compulsive and obsessive

Is caught in fear and clinging

Accedes to the demands of others

Is unable to commit, blocked by fears of  
abandonment or engulfment

Refuses to see work through & be accountable

Is victimized by circumstances

Is driven by forces outside & impulses within

Resorts to self-defeating or inherited habits

Has nervous energy with anxiety

- Positive shadow seems *above* and *beyond* us
- Negative shadow seems *below* and *beneath* us
- Two aspects of the Positive Shadow:
  - Collective (Archetypally)
    - Buddha-Nature
      - Love, Wisdom, Healing
  - Personal
    - Unrealized Ego ideal
      - Unopened reserves of talents and gifts
- Our Ego represses the Negative shadow in order to stay inflated
  - Our Ego is ashamed and embarrassed of our negative shadow
    - Ego projects it as despise and disgust of others
      - The Devil, Shiva, Evil are archetypes of the collective negative shadow
- We imagine only monsters could be responsible for genocide because there's something terrifying hiding in us: savagery
  - Genocide is in our collective negative shadow
    - It lies impotent until activated by an individual's shadow in action
- *Scapegoating* is imposing the collective negative shadow onto individuals (e.g. Blacks, gays, etc.)
  - Enacted by a leader who commandeers others to join



- The News and Film present shadow figures and shadow reactions that compensate for and resolve the personal shadow fears and desires of all of us
  - Dracula is an example of someone who is shadow-possessed
- The shadow denied makes the shadow inflated
  - E.G. Christian fundamentalism breeds Satanic cults, and vice versa
- Since the shadow is the feared side of us and humor releases fear, humor compensates for the hidden shadow
  - What we find humorous is often a clue to our shadow
- The denied shadow either *possesses* so that we act out our Ego's worst traits, or is *projected* onto others wherein we see our own traits in others but not in ourselves
- What we dissociate from seems alien and dangerous; hence, we strongly persecute, disdain, and seek to hurt or destroy what has been split off from ourselves (i.e. witchhunts)
- Three main ways we invite our shadow into our lives:
  - Deny the existence of a shadow by being overly trusting of others
  - Have poor personal boundaries and thus become easy prey to predators who inflict their shadow side onto you
  - Act from a fear-based motivation
- We project our shadow because of a Natural push towards homeostatis so that we can see, then integrate our repressed side

- The difference between shadow projection and simple responsiveness is that in projection, we become identified with something in a disproportionate way (leads to control, judgement, expectation, fear, desire, blame, shame, etc.)
  - Thus, admiration and outrage are certainly not always unhealthy projection, or even projection at all.
- We might be seeing the truth of a situation, but projection will add emphasis to another's goodness or badness.
- Fear is the shadow of love, for Love entails vulnerability and embraces things in healthy ways.
- Attachment is pain, for pain does not happen because something passes away, but because we think it should not do so.
- To see truly is to observe as a fair witness who has nothing to gain or lose by how people are or by what they do
- Emptiness means Empty of separate, self-standing existence
- The Self manifests as:
  - Unconditional Love
  - Perennial Wisdom
  - Healing Power
- To face rejection, one must feel sadness, anger, and fear (of grieving). Then, one must assert: "I am human. Things like this happen to humans. This can happen to me and has. I also have it in me to live through it and get over it."