Exercise #1

• Quickly jot down on a piece of paper five or more main characteristics of your mother.
• Now, quickly jot down five or more main characteristics of your father.
Exercise #2

• Men, jot down your favorite female character from a book or movie. Why is she your favorite?
• Women, jot down your favorite male character from a book or movie. Why is he your favorite character?
Exercise #3

• Men, if you could be any famous historical female, who would you choose to be?
• Women, if you could be any famous historical male, who would you choose to be?
Exercise #4

• What five personality characteristics you would look for in your ideal mate?
• Pair up with person of same gender and share
Exercise #5

• Some time later, take a sheet of paper and make two columns. One headed “male” and the other “female.”

• Read through your dream journal and jot down adjectives that characterize the male and female characters in your dreams in the appropriate column.
What do these exercises mean?

• What might these things you’ve written down have to say about your inner template for “masculine” and “feminine.”
Anima and Animus

David Van Nuys, Ph.D.
Myth, Dream, and Symbol
Psychology 322
The Valley Spirit never dies:
It is named the Mysterious Female.
And the doorway to the Mysterious Female
Is the base from which Heaven and Earth spring
It is there within us all the while;
Draw upon it, as you will. It never runs dry.

• Tao Te Ching

We all have a feminine part and a masculine part, both Yin and Yang. Whereas the masculine part helps us to control things, analyze things, and make things happen in the world, the feminine part is our guide to and the connection with, our Soul. We need ways to resonate with our feminine side in order to have direction, meaning and purpose, and to fulfill our mission in life.

• Lilian Borges Zeig
Wholly unprepared, we embark upon the second half of life . . . we take the step into the afternoon of life . . . with the false assumption that our truths and ideals will serve as before. But we cannot live the afternoon of life according to the program of life’s morning—for what was great in the morning will be little at evening, and what in the morning was true will at the evening have become a lie. For a young person it is almost a sin, or at least a danger to be too preoccupied with [the] self; but for the aging person it is a duty and a necessity to devote serious attention to [the] self. *Carl Jung (1933)*
Masculinity/Femininity

- less differentiated in late life
- men ↑ nurturing, expressive qualities
- woman ↑ assertiveness, more dominant

Turning Inwardness

- ↑ interiority w/ age - tendency to become more preoccupied w/ feelings, experiences
Anima/Animus:
The Internal Masculine and Feminine

**Anima** – The internal, unconscious feminine aspect of a man

**Animus** – The internal, unconscious masculine aspect of a woman

Jung speaks of the anima/animus as both archetypes and complexes. They are:
1) unconscious
2) charged with emotion
3) relatively autonomous
anima (Latin for “soul”)  
a wildly imaginative and seductive feminine power within man; eros...

animus (Latin for “spirit”)  
a fiercely willful and visionary masculine luminosity within woman; logos...

feminine side of a male’s unconscious mind

a set of unconscious masculine attributes and potentials for females
ANIMA & ANIMUS

✓ man’s inner feminine (anima)
✓ woman’s inner masculine (animus)
✓ Man possessed by Anima is moody and emotional
✓ Woman possessed by animus is opinionated and power hungry
✓ projection of anima and animus
Where Do Animus/Anima Come From?

The anima and animus draw their power especially from the collective unconscious, but they are also conditioned by a person's individual experiences. They therefore have three components:

1. an innate, unconscious "predisposition for imaging contrasexually" - The feminine/masculine archetypes
2. images and symbols of femininity/masculinity culturally transmitted through mythology, art, fairy tales, religions, etc. (themselves heavily influenced by the archetypes)
3. personal experiences of the opposite sex, especially the parent
Infatuation vs. Love

- You seek your rejected or unrealized animus/anima in your partner
- Being with them makes you feel whole
- With time and work, hopefully, you come to terms with your anima/animus
- And the reality of your partner
- Love then moves from projection to having more accurate knowledge of the other.
Yin and Yang: The Universal Life Forces

- According to ancient Chinese knowledge and wisdom, there are two basic, complementary universal energies constantly in interaction with each other, always in movement, continuously creating change.

- They are in *apparent* opposition, e.g.: sun/moon; day/night; north/south, feminine/masculine; dark/bright, receptive/creative, and so on. These polar opposites, however, are human constructs only. In essence, these forces are not rigidly separated, static, they are fluid, they are in relationship, and they configure the unity of opposites. They function synergistically and in harmony, within a *continuum* where there are many gradations, according to the laws of Nature, to create balanced movement, harmony, and perpetual change through cyclical processes.

- Each energy contains elements of the other, as portrayed in the Yin/Yang symbol. Together they form the ultimate wholeness of our Universe, the Tao. The ancient Chinese constructed this evidence-based theory by careful, painstaking, centuries’ long observation and measurement of the pathways of the Sun around the Earth, the solstices, the equinoxes, and other celestial phenomena.
Reclaiming The Feminine

• **Yang** is traditionally thought of as “masculine energy” – such as sun, fire, and light, bright, with active, creative, audacious, and aggressive qualities.

• **Yin** is thought of as “feminine energy”: moon, water, womb-like darkness, moist, earthiness, softness, with passive, receptive, and intuitive qualities.

• Throughout the 5,000-year history of our Western world, the **Feminine Life Force** has been systematically ignored, undervalued, repressed, misunderstood, particularly in human relations, thus engendering imbalance and disequilibrium at several levels.
Reclaiming The Feminine, Cont.

- Resonating with the Feminine implies then becoming aware of the subtle energies of the Feminine Principle – the life-giving force -- which will engender psychological well being, balance, and harmonious relations with humans and nature.
- Qualities such as patience, persistence, perseverance, gentle persuasion, tolerance, fairness, sense of equality, freedom of thought, freedom of being, sense of justice, non-violence, inclusiveness, unconditional love, intuition and acting from the wisdom of an inner core.
- In concrete terms, for the anima in men, positive means to uncover, discover or contact subtle energies (which engender those qualities), could be through painting, music, sculpture, writing, dancing, baking, cooking, intensive or extensive contact with nature through protection and stewardship of the environment, care and nurturing of children.
Yin
- Feminine
- Negative
- Moon
- Darkness
- Yielding
- Left side
- Warm
- Autumn
- Winter
- Unconscious
- Emotion
- Right Brain

Yang
- Masculine
- Positive
- Sun
- Light
- Aggressive
- Right side
- Cold
- Spring
- Summer
- Conscious
- Reason
- Left Brain
Integrating Our Androgynous Halves

• In Jungian psychology it is proposed that these energies manifest in the human psyche as the anima (soul, eros) and the animus (spirit, logos). Anima (“the woman within”) is said to be the unconscious, feminine element of a man’s psyche, whereas the animus (“the man within”) is the unconscious, masculine element of a woman’s.

• Both are also believed to be mediators or bridges between the ego and the creative resources of the unconscious. Essentially, both males and females are androgynous psychologically, containing psychic energies from both -- as the yin/yang symbol demonstrates, and as Carl Jung and his followers proposed.

• Our psychological task is to bring into full consciousness those energies, developing, refining, and integrating the qualities, attributes, characteristics and properties hitherto unacknowledged, discounted, undervalued, disowned or repressed.
Evolution of consciousness:

According to Jung both the anima and the animus undergo four stages of evolution in consciousness.

1. In women, the animus (the man within) first emerges as a representation of physical power, physical endurance.

2. In the next stage it surfaces as possessing audacity, initiative, and enterprise.

3. A third phase involves the sophisticated use of “the word” represented by professors, politicians, clergymen.

4. In the fourth stage it becomes “the incarnation of meaning” through attainment of higher spiritual consciousness and wisdom. **Purpose and meaning** triumph and prosper.
Stages of Development

Anima: woman as

1. Mother; provider of nourishment, security, & love
2. Collective sexual image, e.g. Marilyn Monroe
3. Mary; inspiring religious feelings, friendship
4. Sophia; wisdom; man’s guide to his inner life

Animus

1. Powerful father: protector; “Stud”; James Bond
2. Man of action, hero, builder, good husband
3. Man of the word: professor, priest, elder statesman, inspiring create work
4. Spiritual guide: Ghandi, Dali Lama
Complex Relations between Ego and Anima/Animus
Animus Pitfalls

- A woman’s undeveloped animus can capture her in feelings of worthlessness and despair, or tie her outer life to an authoritarian father figure or an abusive partner.
- The woman who is unconscious of her masculine side, but identifies with her animus, soon loses contact with her feminine nature and behaves as an inferior man.
- She becomes opinionated, rigid, and aggressively bitter, becoming more interested in power than in relatedness.
- Jung said that a woman overtaken by her animus is obstinate, lays down the law, harps on principles, is a word-mongerer, and is argumentative and domineering.
- A healthy and true relationship to the animus, on the other hand, will give her more self-confidence, and will support her creativity and intellectual efforts. 

(http://eve3.wordpress.com)
Anima Pitfalls

• If a man’s anima is lonely and desperate for attention, he will tend to fall in love with dependent women who demand his time and energy.
• The man with a mother-bound anima will choose a woman who wants to take care of him.
• Negative manifestations of the ignored or repressed anima can be seen in a man’s waspish and poisonous remarks.
• He may become such a pseudo-intellectual that he loses all joy and spontaneity in life and becomes stalled by always ruminating on it.