Inner Work
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Jungian View of The Unconscious

- The original mind of humankind
- The primal matrix out of which the conscious mind has evolved
- A microcosm of nature
- The primal pattern
- The blueprint
Why Do Inner Work?

• Isolation of the ego-mind from the unconscious leads to
  – Neurosis
  – Alienation
  – Fragmentation
  – Loss of meaning
Meaning of Inner Work?

- Paying attention to dreams and inner processes
- Taking inner life seriously
- Expanding consciousness
What is Individuation?

• The process of becoming an individual
• Separation from the mass
• Following one’s unique calling, destiny
Johnson’s 4-Step Approach to Dreamwork

- Associations
- Dynamics
- Interpretations
- Rituals
Associations

- Write down associations to every image in the dream
- Association is any word, idea, mental picture, feeling or memory that pops into mind
- Don’t rule out silly, off-the-wall, irrational associations
- Archetypal amplifications
Dynamics

• Need to relate the dream symbols to
  – The dynamics, or concerns, of your inner life
  – To what's actually going on in your inner life
  – Especially
    • Feelings
    • Hopes & fears
    • Relationships
  – Dream may be commenting on your
    • Beliefs
    • Attitudes
    • Values
  – Inner Personalities
Interpretations

• Ask yourself
  – What is central in this dream?
  – What is the most important message it is trying to communicate?
  – Choose interpretation that
    • Shows you something you didn’t know
    • That does not inflate your ego
    • That does not shift responsibility away from yourself
    • That fits into the long-term view/flow of your life
Rituals

- A physical act (Do something!)
- Affirms the message of the dream
- Important for integrating the dream into conscious life
- May be a practical act or a symbolic act
- Ritual acts send powerful message to the Unconscious
- Symbolic behavior, consciously performed
- Shamanic power
Active Imagination

• Taking imagination seriously
• Dialoging with the images that arise out of imagination
• Writing down the dialog
Examples of Archetypes

- Virtuous maiden
- Wise and gentle queen
- Courageous warrior
- Hero, Heroine
- Miser
- Puritan
Inner Conflict and Duality

• Natural and inevitable to experience the pulls of yin and yang, right and wrong, masculine and feminine, etc.
• The great religions teach us that these pairs of opposites are reconciled in enlightenment
• There is a larger, all-embracing unity
The Personal Shadow

- Negative and positive traits
- Traits rejected as repugnant
- Unconsciously projected onto others
- In dreams, same gender as dreamer
Dream vs. Myth & Fairy Tale

• Dream is manifestation of personal unconscious

• Myth and Fairy Tale manifestation of collective unconscious

• Myth and Fairy Tale collective dream of the human race
Cautions

• Inflation
  – Getting too egotistical
  – too self-important
  – or possessed by an archetype

• Seek out therapy/counseling if Active Imagination becomes overwhelming
The End