

CARL JUNG
(1875-1961)
Analytic Psychology

“As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being. It may even be assumed that just as the unconscious affects us, so the increase in our consciousness affects the unconscious.” C.G. Jung

Freud’s *Interpretation of Dreams*
“Window to the unconscious”

Libido

Psyche

Consciousness
(Ego)

Personal unconscious

Collective unconscious
(aka the *Transpersonal unconscious*)

A more or less superficial layer of the unconscious is undoubtedly personal. I call it the personal unconscious. But this personal unconscious rests upon a deeper layer, which does not derive from personal experience and is not a personal acquisition but is inborn. This deeper layer I call the *collective unconscious*. I have chosen the term “collective” because this part of the unconscious is not individual but universal; in contrast to the personal psyche, it has contents and modes of behavior that are more or less the same everywhere and in all individuals. It is, in other words, identical in all men and thus constitutes a common psychic substrate of a supra-personal nature which is present in every one of us.

Jung, 1934

The collective unconscious is the psychic residue of man’s evolutionary development, a residue that accumulates as a consequence of repeated experiences over many generations.

Hall and Lindzey, 1970

“From the unconscious there emanate determining influences which, independently of tradition, guarantee in every single individual a similarity and even a sameness of experience, and also of the way it is represented imaginatively.”

Jung, 1936

Archetypes

Predispositions which set us to react to the world in a selective fashion

For example Jung believed that man is predisposed to be afraid of the dark or of snakes because it may be assumed primitive man encountered many dangers in the dark and was the victim of poisonous snakes. These latent fears may never develop in modern man unless they are strengthened by specific experiences, but nonetheless the tendency is there and makes one more susceptible to such experiences.

Hall and Lindzey, 1970

“The power of the archetype is not controlled by us; we ourselves are at its mercy to an unsuspected degree.”

Jung, 1909

The Persona

The Anima

The Animus

The Shadow

Self

Mandala (Magic Circle)

Self-Realization

If we picture the conscious mind with the ego as its center, as being opposed to the unconscious, and if we now add to our mental picture the process of assimilating the unconscious, we can think of this assimilation as a kind of approximation of conscious and unconscious, where the center of total personality no longer coincides with the ego, but with a point midway between the conscious and unconscious. This would be the point of a new equilibrium, a new centering of the total personality, a virtual center which, on account of its focal position between conscious and unconscious, ensures for the personality a new and more solid foundation.

Jung 1953

Attitudes and Functions

Introverted and Extroverted types

Rational Functions

Thinking

Feeling

Irrational Functions

Intuiting

Sensing