



MAGNUM OPUS:

NIGREDO

Resources

QUOTE

Filling the conscious mind with ideal conceptions is a characteristic of Western theosophy, but not the confrontation with the shadow and the world of darkness. One does not become enlightened by imagining figures of light, but by making the darkness conscious.

The Philosophical Tree”

(1945). In CW 13: Alchemical Studies. P.335

Resources

Compiled by The Centre for Applied Jungian Studies

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Conclusion

You have successfully completed Nigredo, Stage 1 of the Magnum Opus. Congratulations and well done! We hope this journey was cathartic and transformational. Please post feedback on the FB group page. The FB page will remain open until the end of April.

You will receive your original questionnaire during the course of the week, we are also sending you a post-course questionnaire which we would like you complete prior to accessing your initial questionnaire so that you can reflect on your transformation and insight. Please share your experience on the FB group page. We would love to hear from you!

We hope you will choose to continue and complete Magnum Opus. The next stage, Albedo (illumination), will in May. Please note that you are not obliged to participate in this stage if you feel that you need some time to process the experience. Stages 1 (Nigredo) ,2 (Albedo) and 3 (Citrinitas) do not have to be completed in sequence. I.e. you can choose to skip Albedo this year and sign up for Citrinitas in September and then do Albedo next year May. Rubedo however, is only accessible after the completion of all 3 stages: Nigredo, Albedo and Citrinitas.

To aid your ongoing learning of the topics covered in Nigredo, we have compiled some suggested books, videos on YouTube and articles that are available on the Internet.

The Wiley online library has many interesting articles available. You do have to subscribe to download articles, or purchase them directly from Wiley. For details on subscription follow this link:

[http://ordering.onlinelibrary.wiley.com/subs.asp?ref=1468-5922&doi=10.1111/\(ISSN\)1468-5922](http://ordering.onlinelibrary.wiley.com/subs.asp?ref=1468-5922&doi=10.1111/(ISSN)1468-5922)

Resources for Archetypes

Books:

Jung, C. G. (1981). *The archetypes and the collective unconscious* (Vol. 9). Princeton University Press.

Jung, C. G. (2012). *Four Archetypes:(From Vol. 9, Part 1 of the Collected Works of CG Jung)*. Princeton University Press.

Robertson, R. (1995). *Jungian archetypes: Jung, Gödel, and the history of archetypes*. York Beach, ME: Nicolas-Hays.

Theresa Bauer, L. P. C. (2004). *Jungian Archetypal Psychology Made Easy:(We Promise)*. Author House.

Birkhäuser-Oeri, S., & von Franz, M. L. (1988). *The mother: Archetypal image in fairy tales* (Vol. 34). Inner City Books.

Iaccino, J. F. (1998). *Jungian reflections within the cinema: a psychological analysis of sci-fi and fantasy archetypes*. Greenwood Publishing Group.

Wehr, D. S. (1987). *Jung & feminism: Liberating archetypes* (pp. 116-17). Boston: Beacon Press.

Moore, R. L., & Gillette, D. (1990). King, warrior, magician, lover: Rediscovering the archetypes of the mature masculine. San Francisco: HarperSanFrancisco.

Meier, C. A. (2001). ATOM AND ARCHETYPE: the Pauli–Jung letters 1932-1958. Princeton.

YouTube Videos:

<https://www.youtube.com/watch?v=3mPerbwFQBY>

<https://www.youtube.com/watch?v=O2o84eUKdkQ>

<https://www.youtube.com/watch?v=IViOY9wIDBQ>

<https://www.youtube.com/watch?v=X2li-62fvzs>

<http://www.youtube.com/watch?v=gAE4bFKpUIA>

<http://www.youtube.com/watch?v=SBPAG66s3lk&index=1&list=PLFE0A548BB4F519A3> (there are 12 videos in this series)

<http://www.youtube.com/watch?v=z995YxrxMdl>

<http://www.youtube.com/watch?v=HaivpNssqVA> (quick visual and fun introduction)

<http://www.youtube.com/watch?v=VFng0WCJ8X8> (James Hillman)

Articles:

<http://www.mind-development.eu/jung.html>

http://www.academia.edu/4977212/Analytical_Psychology_The_Theory_of_Carl_Jung

<https://healthypsych.com/archetypes-what-they-are-and-how-they-help-us-grow/>

<http://www.jungsoul.com/Jungian-Archetypes.html> (nice exercise exploring your own archetypes)

<http://www.stenudd.com/myth/freudjung/jung-archetypes.htm> (easy to read introductory article)

<http://www.kinoeye.org/03/12/iaccino12.php> (interesting article on Shadow destroyer archetype)

http://www.cgjungny.org/d/d_mythpsyche.html (the role of myth in the psyche)

Resources for complexes:

Books:

C. G. Jung, (1960), *The Collected Works of C. G. Jung, vol. 8, The Structure and Dynamics of the Psyche*, Trans. Hull, Edit. Read, Fordham, Adler, McGuire, Routledge: London

C. G. Jung, (1954), *The Collected Works of C. G. Jung, vol. 16, The Practice of Psychotherapy*, Trans. Hull, Edit. Read, Fordham, Adler, McGuire, Routledge: London

Jacobi, Jolande. *Complex, archetype, symbol in the psychology of CG Jung*. (1959).

Erel Shalit . *Complex: Path of Transformation from Archetype to Ego* (Studies in Jungian Psychology By Jungian Analysts, 98)

YouTube videos:

<https://www.youtube.com/watch?v=qPCfsIYOFzc>

<http://www.youtube.com/watch?v=A6D6N6U6Hjg&list=PL937277D9DF58144F>

<http://www.youtube.com/watch?v=MXy4S0pKW3o>

Articles:

<http://analyticalpsychology.wordpress.com/2011/04/08/types-of-psychological-complexes/>

<http://www.cgjungpage.org/learn/articles/book-reviews/763-stopping-the-world-psychological-reflections-on-the-teachings-of-don-juan>

<http://www.cgjungpage.org/learn/articles/film-reviews/730-the-piano-the-isolated-constricted-self>

<http://www.voidspace.org.uk/psychology/complex2.shtml>

Resources for Projection

Books:

Jung, C. Carl Gustav. *Analytical psychology*. Ark Paperbacks, 1970.

Von Franz, Marie-Louis. *Projection and re-collection in Jungian psychology: Reflections of the soul*. Open Court Publishing, 1985.

Jung, Carl G. "*The shadow*." Coll. Wks 9 (1948).

Sandler, Joseph, ed. *Projection, identification, projective identification*. Karnac Books, 2012.

Articles:

<http://www.acrwebsite.org/search/view-conference-proceedings.aspx?id=8000> (interesting article about desire)

http://www.google.co.za/url?sa=t&rct=j&q=&esrc=s&source=web&cd=9&ved=0CFYQFjAI&url=http%3A%2F%2Ffir.uiowa.edu%2Fcgi%2Fviewcontent.cgi%3Farticle%3D1033%26context%3Dporoi&ei=K_rDUoLnKcWthQeF_YHoBA&usg=AFQjCNGGdb63KnJtIbmVZ0mcmTHgx7jDvQ&bvm=bv.58187178,d.ZG4&cad=rja
(article on empathy)

Resources for Shadow

Books:

A Critical Dictionary of Jungian Analyses, (1986), (Eds.) Samuels, Shorter, Plaut; London: Routledge.

Giegerich, W. (2008), *Soul Violence: Collected English Papers, vol. III*, Spring Journal books: New Orleans.

Zweig, C., & Abrams, J. (1991). *Meeting the shadow: The hidden power of the dark side of human nature*. JP Tarcher.

Johnson, R. A. (1993). *Owning your own shadow: Understanding the dark side of the psyche*. HarperCollins

Conger, J., & Conger, J. P. (2005). *Jung and Reich: The body as shadow*. North Atlantic Books.

Von Franz, M. L. (1995). *Shadow and evil in fairy tales* (rev. Shambhala Publications).

Campbell, J. (2013) mp3, Lecture II.1.6 – Jung Myth and Shadow

Chopra, D., & Williamson, M., & Ford, D. (2011) *The Shadow Effect: Illuminating the hidden power of your true self*.

Jung's Volumes:

Jung, C. G. (1934/1954), Archetypes of the collective unconscious, *Collected Works of C. G. Jung Vol.9, part 1*, H. Read, M. Fordham, G. Adler & W. McGuire (Eds.), Trans. R. F. C. Hull, London: Routledge.

Jung, C. G. (1947/1969), The structure and dynamics of the psyche, *Collected Works of C. G. G. Jung, Vol. 8*, H. Read, M. Fordham, G. Adler, W. McGuire (Eds.). R.F. C. Hull (Trans.) (2nd ed.). London: Routledge.

Jung, C. G. (1953/1966), Two essays on analytical psychology, *Collected Works of C. G. G. Jung, Vol. 7*, H. Read, M. Fordham, G. Adler, W. McGuire (Eds.). R.F. C. Hull (Trans.) (2nd ed.). London: Routledge.

Jung, C. G. (1958/1969), Psychology and religion: West and East, *Collected Works of C. G. G. Jung, Vol. 11*, H. Read, M. Fordham, G. Adler, W. McGuire (Eds.). R.F. C. Hull (Trans.) (2nd ed.). London: Routledge.

YouTube Videos:

<https://www.youtube.com/watch?v=KkbvLSwbuqQ>

<https://www.youtube.com/watch?v=dbsEsW8Yfm0>

<https://www.youtube.com/watch?v=9elcWuFVwSI>

Articles:

<https://jungny.com/analysis-jungian/>

<http://kiloby.com/writings.php?writingid=263>

http://www.google.co.za/url?sa=t&rct=j&q=&esrc=s&source=web&cd=13&ved=0CDEQFjACOAo&url=http%3A%2F%2Fwww.klinikum.uni-heidelberg.de%2Ffileadmin%2Fzpm%2Fpsychatrie%2Ffuchs%2FShame.pdf&ei=snrqUu7eJpOthQeS34GADQ&usg=AFQjCNH7pub_Pd2IH3okID_PrV9f-7R19Q&bv=bv.60444564,d.ZG4&cad=rja