

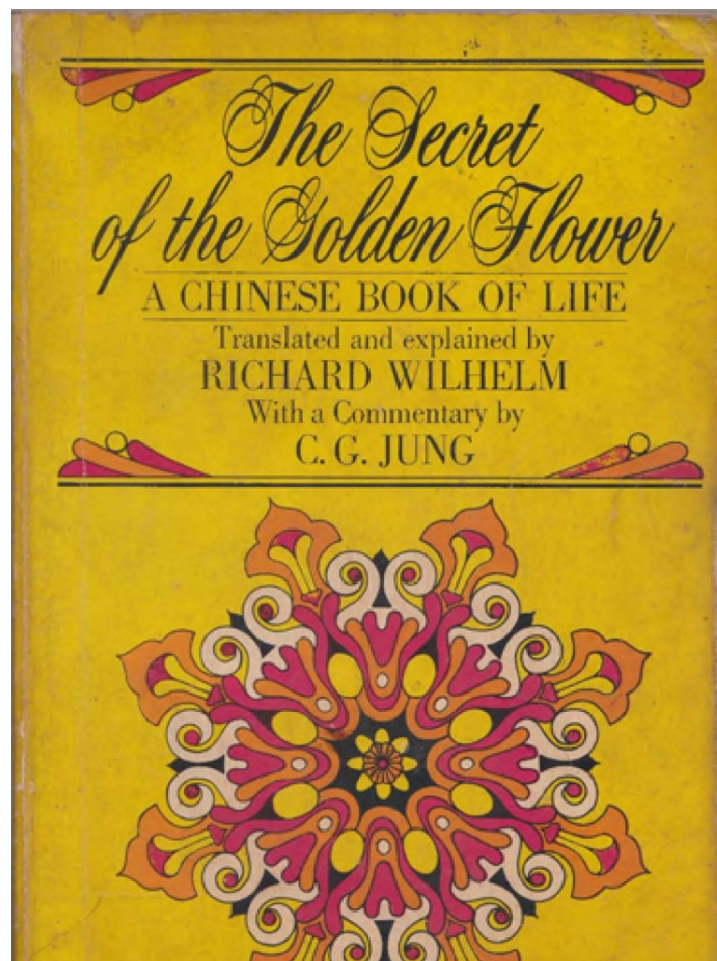
Jung, alchemy and the four stages of transformation.

Lecture by Stephen Anthony Farah

Psychoanalysis is not about being well adapted.
Psychoanalysis is about being free from the tyranny of others. The ability to see madness and genius as alternative modes of adaptation , rather than pathologies , is distinctly psychoanalytic.

PSYCHOANALYSIS IS NOT, I REPEAT IS NOT, ABOUT GETTING
“BETTER”.

- Peter Merritt Dobey



*The Secret
of the Golden Flower*

A CHINESE BOOK OF LIFE

Translated and explained by
RICHARD WILHELM

With a Commentary by
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The symbols of alchemy and their relationship to analytical psychology:

- Transmutation;
- The philosophers stone;
- The athanor;
- The crucible;
- The 4 stages of transmutation: nigredo, albedo, citrinitas, rubedo, seen for the perspective of gnostic alchemy



The four stages of analytical psychology:

confession, elucidation, education, and transformation.

The four stages of alchemy:

Nigredo, Albedo, Citrinitas, and Rubedo.

The four psychoanalytic methods/schools:

Breuer, Freud, Adler, and Jung.

The four stages of intellectual function in alchemy:

perception, discrimination, reason, and completion.

Confession (catharsis, Breuer)

“All of us are somehow divided by our secrets, but instead of seeking to cross the gulf on the firm bridge of confession, we choose the treacherous makeshift of opinion and illusion.”

Jung, CW16, par. 135

“All personal secrets, therefore, have the effect of sin or guilt, whether or not they are, from the standpoint of popular morality, wrongful secrets.”

CW16 ¶ 129

- Secrets, sin and alienation.
- The relationship of secrets, unspoken truths, to the unconscious.
- Fragmentation of the psyche.
- Confession as the way back to the community and to oneself.
- Confession as the earliest form of psychoanalytic treatment, Breuer.
- Prima facie confession was conceived of as offering a complete cure.
- Problems with confession

Elucidation (Interpretation, Freud)

Uncovering and understanding what has been unsaid in the confession.

Understanding the transference, the unspoken, unconscious: suppressed or repressed, remaining X, that is left over after the confession and is transferred onto the analyst.

Method:

- Associations: memories, thoughts, beliefs, fantasies, desires, fears, intuitions.
- Amplification: (Jungian) contextualisation within the archetypal, mythological psyche; Freudian/Lacanian contextualisation within a pre-existing symbolic collective structure such as a language.
- Interpretation: Freudian: application of a reductive causal analysis; Jungian: uncovering the Telos (a neurosis is a maladapted cure or expression)

Education (the social reality, Adler)

- The process of (re)education of the ego and persona.
- Adaptation to social reality.
- Remedying maladapted behaviour.
- Alternate and better responses/solutions to circumstances and challenges that provoked the presenting neurosis.

Transformation (Jung)

- Transformation then is the process of self-education of the analyst herself.
- Transformation as an alchemical process of internal transubstantiation.
- Transformation from a psychoanalytic perspective.
- Something new is created, a new unity: the meta-conscious content.