

THE ANIMA & ANIMUS

ANIMA AND ANIMUS

The Anima and Animus is the third developmental archetype.

The Shadow is largely personal. Integrating the Shadow helps to expand our personality and incorporate aspects of the personal self into consciousness.

The Anima and Animus is further from consciousness than the Shadow, and as such performs the function in the psyche as the bridge between the ego and the collective unconscious. The integration of Anima and Animus brings aspects of the archetypal “other” or “opposite” into consciousness.

JUNG’S CLASSIC DEVELOPMENT OF THE ANIMA AND ANIMUS

The ideas of Anima and Animus developed from Jung’s actual practice experience. At the time that Jung was actively working with clients, the world and gender roles were very different to today’s experience of men and women, their sexuality and gender roles.

Jung realized in therapy sessions that men who were very masculine had underdeveloped feeling and relational abilities. Classic masculine tendencies, e.g. reason and logic were dominant in these men, but their relational qualities like emotional relatedness, intuition and feelings were repressed. These men were usually in relationships with women that contained and carried those expressions of the feeling life freely. It was as if the man carried some qualities and the woman carried others. Together the couple contained all aspects of the human experience, a well-developed feeling life and a well-developed intellectual life.

Unfortunately, this resulted in men who were severed from their own feelings and consequently frequently moody, sulky, childish, threw tantrums and generally not able to access and process their own feelings. Women, on the other hand, were unable to access an understanding and clear thinking about the rules and structures in the world, and often relegated this function to their husbands.

These experiences made Jung realize that there are archetypal masculine qualities and archetypal feminine qualities. He called the feminine archetype containing all feminine qualities the Anima and the masculine archetype the Animus. His theory posits that in all men there resides an internal image of Anima, and internal contra gender soul (not religious soul) and that in all women there resides an internal image of Animus. This internal image is projected out into the world and finds a suitable individual that can carry those qualities for us, and then we experience feeling whole, being at one with the other. We call this falling in love.

This model has been adjusted by the Post-Jungian’s to be more in line with modern expression of gender and sexuality, but it still contains many valid ideas. If you had to reflect for a moment on the various individuals that you have entered into relationships with, you will realize that they always contain similar qualities, indicating that there is a “type” of person that you are attracted to with specific qualities. This is your internal image of the “other” or “opposite” which lives within you.

Integrating Anima and Animus is accessing these qualities that lie within you and bringing them into consciousness.

THE CONTEMPORARY VERSION OF ANIMA AND ANIMUS

As women has been increasingly empowered in society, they also have become more power driven and goal orientated and are now much more “Animus”, especially in the work environment. Men have become increasingly more “Anima”, working on getting in touch with their feelings and becoming more relational.

With modern culture being far more accepting and open to various gender and sexual expressions, the classic idea that men have an Anima and women have an Animus has become outdated.

Post-Jungian theory focuses more on the integration of both Anima and Animus in each individual. Accepting that all of us contain this archetypal expression of feminine and masculine qualities and that a whole human being would be an integration of both archetypes, so that you are in touch with the full spectrum of feminine and masculine qualities.

SYMBOLIC REFERENCES

Jung described the archetype of the Anima as life, access to the numinous; and the archetype of the Animus as meaning.

There are numerous symbolic references for the Anima and Animus archetypal energy in myth and philosophy.

Some of these are:

- Mother Earth and Father Sky
- the Eagle and the Snake (toad)
- Yin and Yang
- Eros and Logos
- Soul and Spirit.

A MODERN APPROACH

As Anima governs the relationship with the body and feeling function, the bridge to the internal experience of self is through Anima. Integrating the Anima is connecting to your body, your feeling life, intuition and creativity. The Animus is the bridge to the external world, to ideas, structure, rules and implementation. Integration of Anima and Animus is the process of moving inwards and accessing your internal reality and then the ability to move outwards and connect your internal experience to the external reality and the expression of authentic self in the external world, bringing the unique aspects of yourself and manifesting this in the external world.

Video for week 10:

https://player.vimeo.com/external/331421187.hd.mp4?s=0b78ac51189fd29aade99889527b9e66b4edd18&profile_id=174

Books:

[Anima and Animus by Emma Jung](#)

[Anima and Animus in Fairy Tales by Marie-Louise von Franz](#)

Articles:

<https://carljungdepthpsychologysite.blog/2019/03/19/carl-jung-on-anima-animus-anthology/#.XLBBL-szbyo>

https://ww3.haverford.edu/psychology/ddavis/p109g/internal/j_anima.html

YouTube videos:

<https://www.youtube.com/watch?v=ZN47s0mPFRU> (Jung)

<https://www.youtube.com/watch?v=exqL4C2u7HA> (Jordan Peterson)

<https://www.youtube.com/watch?v=tHgPZ-CEAvk>

Topic for next week: Dysfunctional Anima and Animus