



MAGNUM OPUS: ALBEDO

Module 2: Symbols Week 2

QUOTE

“As a general rule . . . the need for hero symbols arises when the ego needs strengthening..”

— C.G. Jung, Man and His Symbols

Symbols Application Week 2

Compiled by The Centre for Applied Jungian Studies



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Introduction

Please note that the lecture on Symbols is included in Application 1. This is your second application for this Module. Next Monday you will receive your third application, the following Monday, your fourth and final application.

Week 2 Application Guide:

Function 2: Using Symbolism to amplify consciousness through unlocking Archetypal structures.

Jung recognised that universal human experiences, what he referred to as archetypal, is captured and shared through myth. Each of us are living our own myth. As a human being we are confronted by situations that are archetypal in nature. These events occur, sometimes only once, other times repeatedly throughout our lives. Some of these experiences are transitory others characterise the arc of an entire lifetime. Although there are personal and idiosyncratic elements to our respective myths, the underlying structure and pattern in archetypal. Depth psychology helps an individual to bring unconscious influences and beliefs into consciousness. When we speak of depth psychology, in other words psychology that deals with the unconscious component in our psyches, we talk about therapy that address this unconscious component and its effects on the individual.

Jungian psychology offers a way of exploring these archetypal patterns and experiences through symbolisation.

To symbolise your unique experience in the world, you can relate your experience to a story, a myth, a song, a movie, a book, a work of art or even a dream. This form of symbolisation transforms your personal experience from an arbitrary meaningless story into a myth, with a numinous and mythological quality. It will aid you in both understanding and containing your experience and your story in a deeper more layered way, filled with potential, and meaning. The mythological is found not only in the stories from antiquity, but in modern day stories as well. Any story that stays with you contains something that you are unable to consciously express or resonates at an unconscious level with your personal myth. These are lenses that can lead you away from the pedestrian and prosaic into the enchanted and numinous world that can only be seen through the lens of myth if you have the eyes to see them and ears to hear them.

Application Week 2:

Call to mind a film that you have seen or a book that you have read that you often think of, that your mind goes back to again and again. It could even be a fairy tale from when you were a child or a young adult.

Week 2: The Archetypal reflections of your story.

- a) Select your story and capture it in your journal. If it was a written story, try to imagine what the characters looked like and what they wore. Capture your story, the events, and characters, with as much detail as possible.

NB! Do this prior to considering the steps that follow in this process.

Once you have selected the story...

- b) Reflect on the similarities between the story you chose and your own life.
- c) Identify the main characters in the story.
- d) Which character do you identify with most?
- e) Really delve into this character. Is the gender of the character the same as your gender? What is the attitude of this character? What obstacles does this character face? What does this character do that is inappropriate? What does this character think of him/herself? How does this character interact with the world and others? What do you think of this character?
- f) Do this exercise with all the main characters, and keep in mind that they are all aspects of your own psyche.
- g) Now reflect on the above work that you have done. Can you place the characters in your own psyche? How do you feel about each of them?
- h) Capture all your realisations and feelings and thoughts that come to you from this process.