



MAGNUM OPUS: ALBEDO

Module 2: Symbols Application 4

QUOTE

“For the symbols are natural attempts to reconcile and reunite opposites within the psyche.”
— C.G. Jung, *Man and His Symbol*, p.90

Symbols Application 4

Compiled by The Centre for Applied Jungian Studies



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Introduction

Please note that the lecture on Symbols is contained in the podcast, video and pdf of Symbols Week 1. This is your final Application for Symbols. Next Monday you will receive a lecture and applications for Dreams and Active imagination.

Week 4 Application Guide:

Function 4: Working with Symbols to influence and affect your external reality.

The fourth function of Symbolisation is the active engagement with your unconscious in order to receive from it symbols for specific conscious intentions, the resolution of problems or to effect changes of any kind in your external reality. This is not to be confused with signs. In other words, creating (or more correctly accessing) a symbol is not the same as the positive thinking approach to goal achievement e.g. making collages of your dream house or driving the Porsche you want.

Working with symbols allows the unconscious aspects in yourself to be accommodated within your conscious goals. The symbol also contains the unknown aspects of a problem that you may be dealing with. So, for example, a typical situation that you may want to use a symbol for is to resolve conflict with a colleague at work. The first step with this type of symbol creation is to

know what you want consciously. Depending on the situation, what is the ideal outcome that you want? Once you have decided what it is you want, you keep this objective in your mind and then wait for the unconscious to give you a symbol. This is usually an image, but it could be a song or object too. It is very important to note that you cannot assign a symbol but need to receive it from the unconscious. This usually happens within seconds of the conscious intent being stated; you will see it in your mind's eye, even if it is just a flash, grab hold of it. If you get a symbol that you don't like, don't try to change it. This is the correct symbol and you need to work with it. The symbol itself contains information about your problem and reflection on it often reveals something to you that may change your perspective on the situation.

The symbol contains a resolution that is appropriate and takes into consideration the unconscious, unknown factors that influence your situation. For example, you may be experiencing conflict at work with a colleague. You may not know what is going on with the other person who is giving you a hard time. They may well be projecting something onto you or dealing with a personal situation that is causing them to behave the way they do. The symbol takes this into consideration. You do not need to reflect on or keep the symbol alive by thinking about it constantly. Once it has been identified through consciousness, it is unstoppable.

NB! There is a warning here, do not invoke a symbol unless it is really important. They are powerful and will affect your reality. Use with discretion. (I am serious!)

Application Week 4:

This application will focus on resolving a problem that you are dealing with currently. Choose a relationship (not intimate please) at work or a matter which needs to be resolved. (The latter is a good one for this application) Try to choose a matter which requires a meeting or some action during this week so that you can actually gauge the outcome of your symbol during this month.

Now write down your intention with regards this issue. What is the ideal outcome? Consider that there are potential outcomes which would be more favourable, but you may not be aware of these potential solutions, so when you capture this intention, make sure you allow for other favourable outcomes to emerge.

Now allow the symbol to come to you. By the time you read this message, you have probably already been presented with the symbol. It may even have appeared before you stated your intention since it was in your mind as soon as I suggested that you choose an issue. Don't try to change your symbol, take whatever has been given to you.

See how or whether the issue resolves itself. If you are on the private Facebook Group, please share your experience with the group. It would be wonderful to hear from you.