

ACTIVE IMAGINATION

THE PROCESS

Jung felt that active imagination is very important and he used it with his patients in his practice. Active imagination is the key to opening up a dialectical interaction between the conscious and unconscious aspects of the psyche. There are various ways to work with active imagination and this video will explore a few:

ANNA GUERRA

Her post-graduate training includes 8 years of training in Analytical (Jungian) Psychology through the Inter-regional Society of Jungian Analysts. She is a regular presenter at the Jung Centre of Houston where she has taught since 2003.

She bases her technique of active imagination on the way Jung approached therapy. Allowing the unconscious to manifest, the part that you are unaware of to come forth. Through painting, writing, dancing and sculpting, you are giving form to the imagination and the unconscious. Second part is to make sense of what is there. Often clients are not aware of what the reason is for their dysfunction or distress. Active imagination is the way to access this unconscious material. Mindfulness means paying attention, take away to what is going on: what are my feelings, my thoughts, my fantasies.

MURRAY STEIN

The author of multiple books and articles in the field of Analytical Psychology and Jungian Psychoanalysis; editor of numerous collections of papers in the same fields; Training and Supervising Analyst at The International School of Analytical Psychology/Zurich, International lecturer and teacher.

Murray Stein shares a process that mirrors Jung's process of active imagination that were captured in the Red Book. Clear your mind, stay with it for 20 minutes. Start back where it stopped the previous day. Carry on for 30 days. Whatever comes up from active imagination you must receive it. Second rule, if it moves follow it. When something moves, speaks or does something, that's the place to engage. The unconscious is activated.

The difference between a dream and active imagination is that the active imagination is stable where a dream is mercurial. In an active imagination, typically, a figure has some autonomy and it surprises you.

Active imagination is a place where you can go to discuss your dreams, have a dialogue with the characters, and gain insight and guidance.

DARYL SHARP

Daryl Sharp, Jungian analyst, publisher of Inner City Books, and author of many titles at Inner City Books. He bases his approach on this quote from Jung.

In the latter case you choose a dream, or some other fantasy-image, and concentrate on it by simply catching hold of it and looking at it. You can also use a bad mood as a starting-point, and then try to find out what sort of fantasy-image it will produce, or what image expresses this mood. You then fix this image in the mind by concentrating your attention. Usually it will alter, as the mere fact of contemplating it animates it. The alterations must be carefully noted down all the time, for they reflect the psychic processes in the unconscious background, which appear in the form of images consisting of conscious memory material. In this way conscious and unconscious are united, just as a waterfall connects above and below. [Carl Jung: The Conjunction, CW 14, par. 706.]

Darryl Sharp feels that beyond observing the images, there must be a conscious participation in them, an honest evaluation of what they are saying about yourself and a morally and intellectually binding commitment to act on the insights. This way you integrate the statements from the unconscious.

VERENA KAST

Verena Kast is a former Professor of Psychology at the University of Zurich, Switzerland. Today she is a lecturer and teaching analyst at the C. G. Jung Institute in Zurich, as well as a psychoanalyst in private practice. She has published numerous books.

Verena Kast approaches Active imagination in dream work. She finds it helpful in working with nightmares or traumatic dreams. She takes the dreamer back to the dream and either look at it in black and white or put distance between the object in the dream and the dreamer. Through this process, the unconscious is engaged with and the dream will change within the active imagination process, allowing a renewal and integration of the unconscious content.

Video for week:

[Play the video.](#)

Books:

[Encounters with the Soul: Active imagination as developed by C.G. Jung](#)

[Alchemical Active Imagination by Marie Louise von Franz](#)

[Jung on Active Imagination by C.G. Jung](#)

Articles:

<https://appliedjung.com>

<https://www.psychologytoday.com/us/blog/transcending-the-past/201610/understand-your-dreams-using-jungs-active-imagination>

<https://frithluton.com/articles/active-imagination-bringing-fantasies-life/>

YouTube videos:

<https://youtu.be/GUJP7XtDElg>

<https://youtu.be/l36FmJCQhhE>

Topic for next week: The Red Book