

The Unconscious: Applied Jungian Psychology

Applications:

1. Smell.

Cast your mind back to a time in your childhood (ideally pre-pubescent) and allow yourself to recall a distinct smell you remember from that time. If you have some difficulty doing this spontaneously, imaginatively (in a state of reverie) locate yourself in a distinct and familiar place from your childhood and then actively detect what smell or smells you can pick up with your olfactory sense.

Once you have identified a smell spend some time smelling it and allow it to take you impact you however it does. Once you have done this journal your memories, thoughts and feelings this brings up for you

An addendum to this application (if you find it an interesting or enjoyable exercise) is to actively smell, really smell the way an animal would some of the things you encounter in your home, including your bedding, furniture and even (if he or she will accommodate it and you are in a relationship) your partner.

Smell, taste and touch have this capacity to bypass our typical rational cognitive structure and can offer an immediate access to a more primal experience of being.

2. Your first name.

- a. How do you feel about your name?
- b. Recall a distinct memory involving your name being used, called out, whispered or somehow featuring in the memory.
- c. Who does this name pick out for those who use it most – who does it reference? To do this you need to disidentify yourself with who you know yourself to be and simply objectively ask the question, who is the other referencing when they use this name?