



# Eros and Logos: androgyne and gender in Jungian Psychology

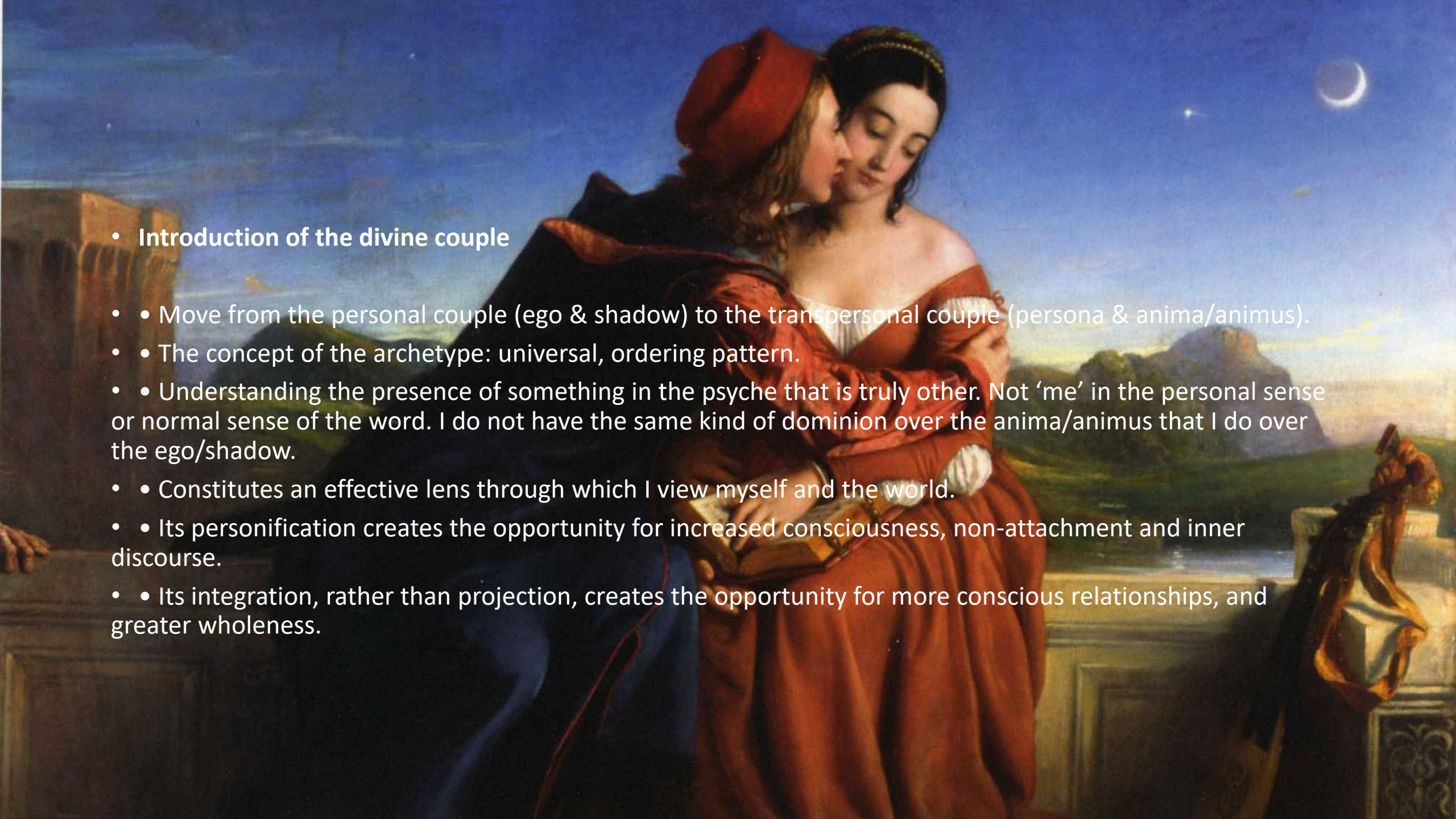
Applied Jung Foundation Modules  
Lecture by Stephen Anthony Farah MA

Anima & Animus: the divine syzygy




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- A transpersonal and archetypal presence in the psyche.
  - A metaphorical personification of a psychic function: feeling and thinking (eros and logos).
  - A psychological description of the inner life or more accurately the soul.
  - A psychological insight into masculine and feminine (psychic) capacities.
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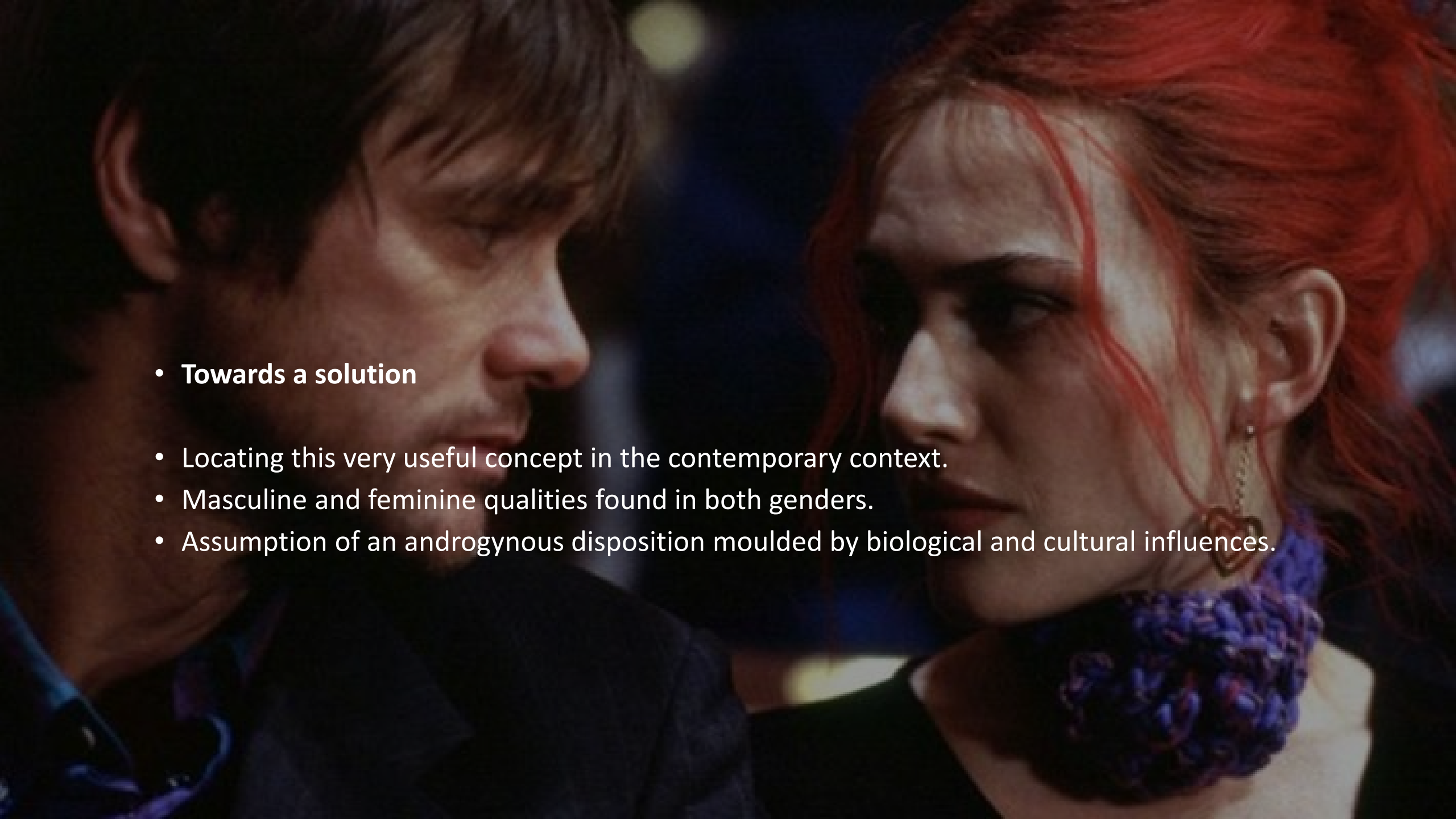




- **Introduction of the divine couple**

- • Move from the personal couple (ego & shadow) to the transpersonal couple (persona & anima/animus).
- • The concept of the archetype: universal, ordering pattern.
- • Understanding the presence of something in the psyche that is truly other. Not 'me' in the personal sense or normal sense of the word. I do not have the same kind of dominion over the anima/animus that I do over the ego/shadow.
- • Constitutes an effective lens through which I view myself and the world.
- • Its personification creates the opportunity for increased consciousness, non-attachment and inner discourse.
- • Its integration, rather than projection, creates the opportunity for more conscious relationships, and greater wholeness.

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- A painting depicting a man and a woman sitting at a table. The man, on the left, is wearing a dark suit and a light-colored hat. The woman, on the right, is wearing a red dress. They are both looking towards the viewer. On the table in front of them are several books and two white mugs. The background is a simple, light-colored wall.
- Some challenges in bringing Jung's original ideas into our contemporary gender context
  - The accusation of sexism against Jung.
  - The cultural context in which these ideas were formed.
  - The dramatic shift in gender roles and identity in the last century.
  - Locating this idea within the context of gender fluid, non-binary and trans-gender identity.



- **Towards a solution**

- Locating this very useful concept in the contemporary context.
- Masculine and feminine qualities found in both genders.
- Assumption of an androgynous disposition moulded by biological and cultural influences.

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## Formation of the anima/animus

Explicit (public) juxtaposed against the implicit (private) personality.

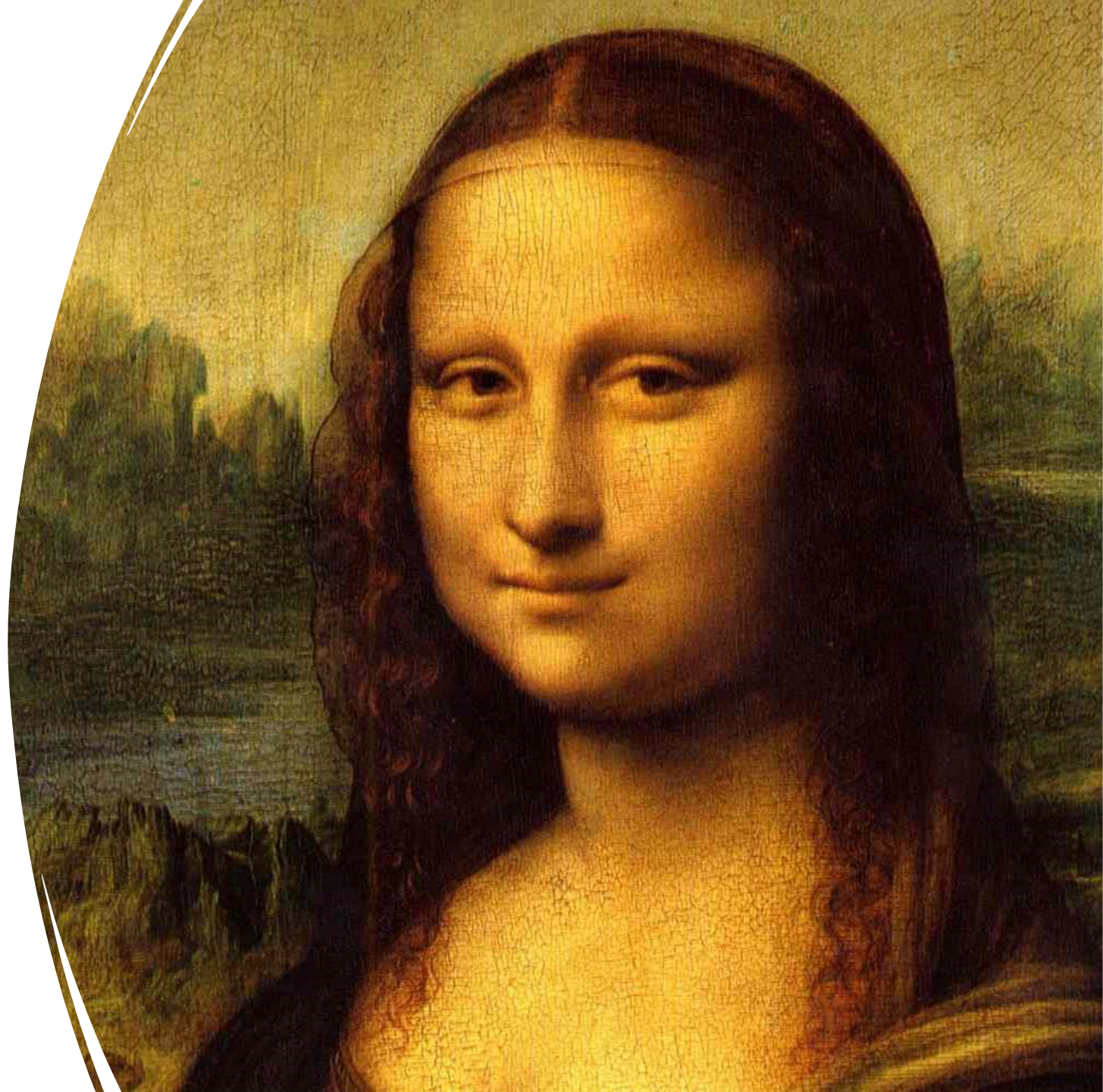
Persona vs. soul

The parental relationship.

Role-players during the developmental stages.

Mature relationships.

Projection-introjection



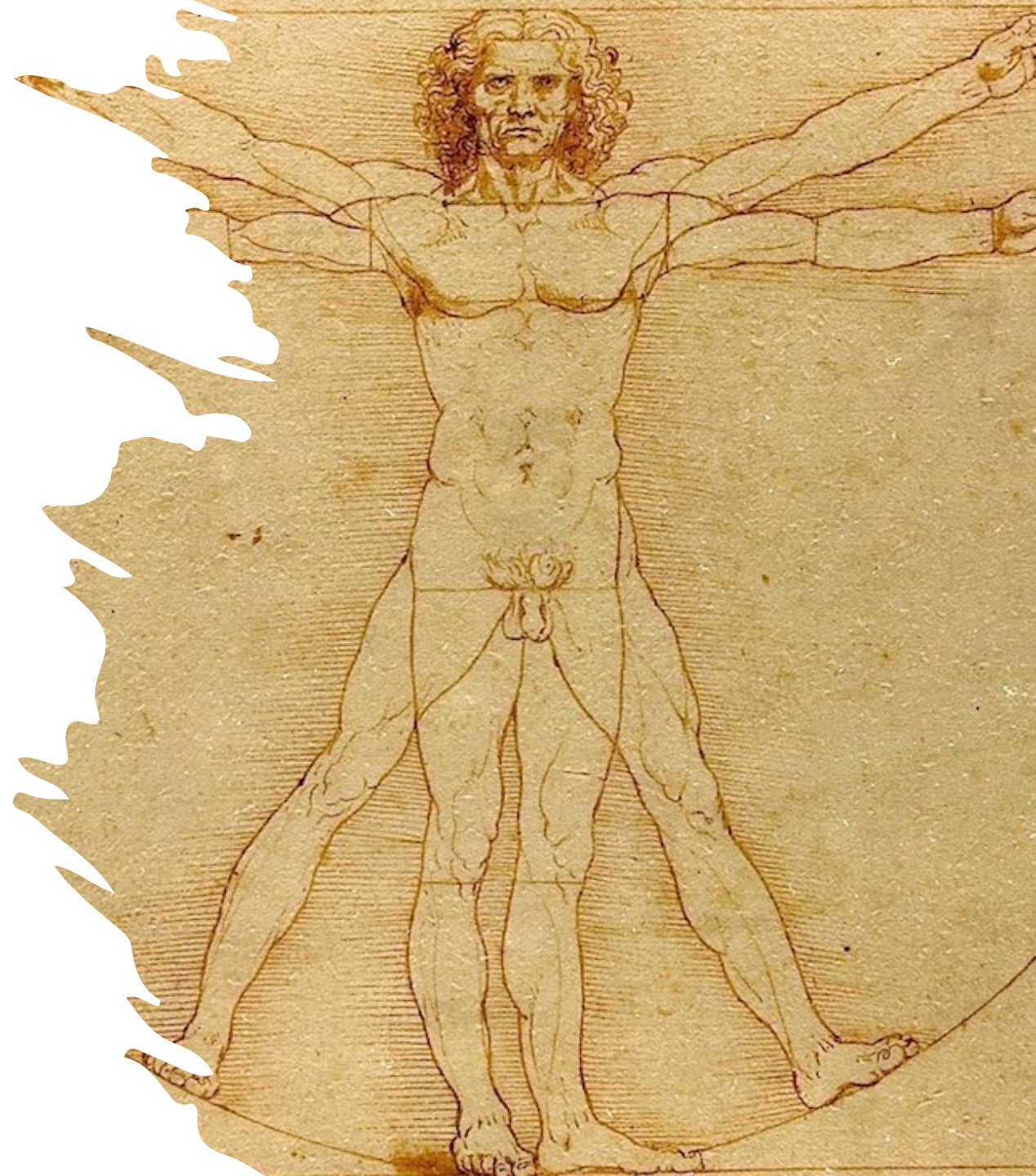
## Illustrating the animus (masculine) & anima (feminine)

### Cognitive:

- Animus: thinking, reason, logic, quantitative assessment, math's, science, technology, applied creativity
- Anima: feeling, emotion, empathy, aesthetic and qualitative assessment, human relationships, art, pure creativity.

### Capacities:

- Animus: hunter, warrior, directed, active, focused, rational, public life, political discourse.
- Anima: relatedness, nurturer, creator, enduring energy, irrational capacity, private life, social discourse







## Functional/dysfunctional:

### Animus

- **functional:** doer, action man, rational-logical-analytical capacity, self-assured, self-possessed, non-attachment, public service, leadership, bridge builder.
- **dysfunctional:** know-it-all, narcissist, war-like, bad tempered, dogmatic, narrow minded, puritanical, judgmental.

### Anima

- **functional:** relational, erotic, loving, caring, nurturing, protective, rich feeling life, empathetic, creative, irrational capacity, imaginative, social.
- **dysfunctional:** passive, chronic melancholy, nag, disturbed sexuality, poor body relationship, jealous, manipulative, consuming, draining.



The contra-sexuality in singles and couples, contained & uncontained.

The androgyne or divine syzygy, the other as a bridge to the collective unconscious.

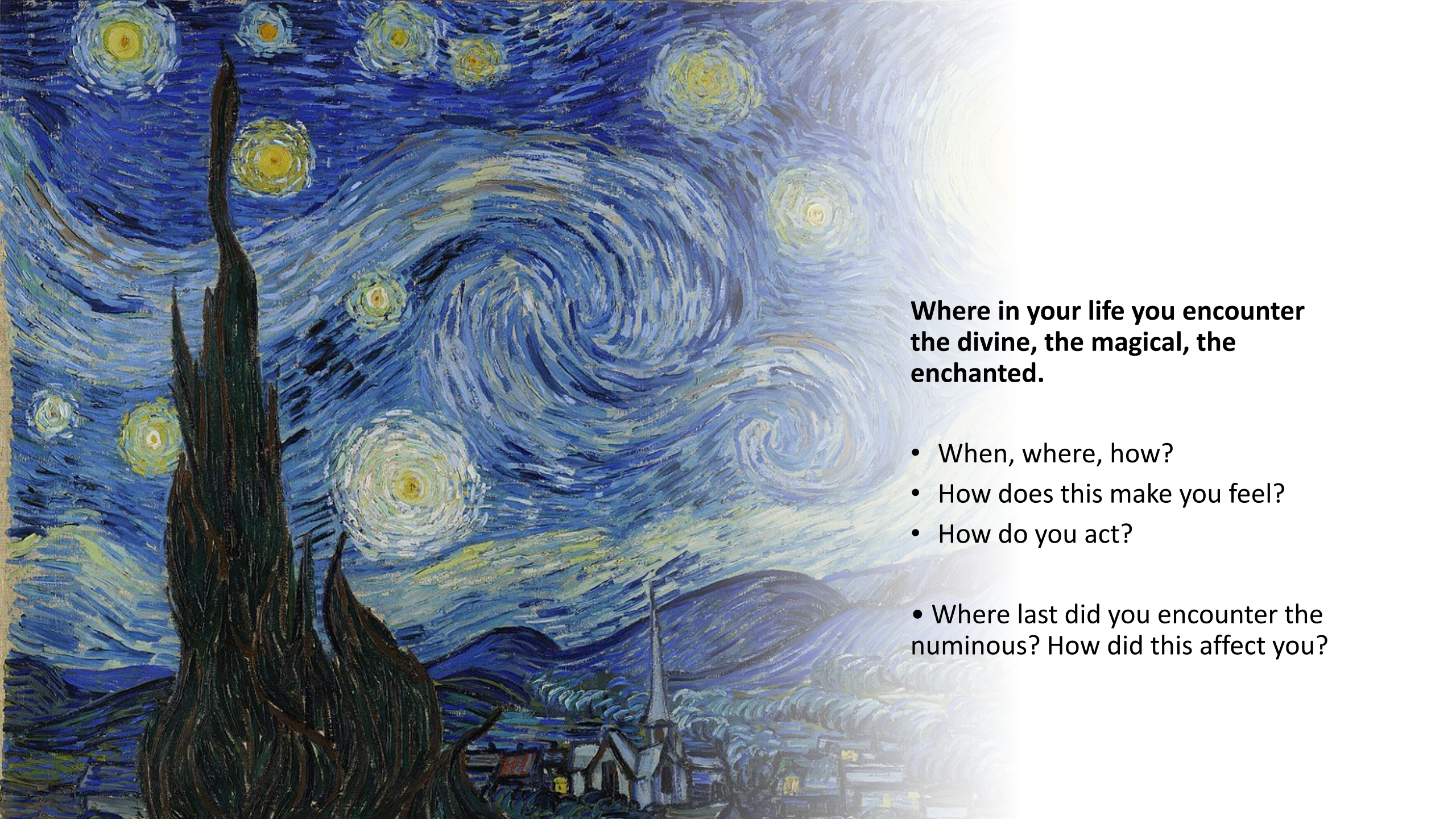
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## Self-contemplative and/or partner exercisers

### Internal

- Do you nurture yourself?
  - Love yourself?
  - Care about yourself?
- How do you regard yourself?
  - What opinions do you hold about yourself?
  - How did you arrive at these views?
- How do you arrive at views generally- about the world around you?
  - Do you consider your opinions well informed?
  - What holds the greater value for you subjective or objective truths?
  - Are your opinions plastic?
- Consider your embedded prejudices and how they affect your thinking and your life.





**Where in your life you encounter the divine, the magical, the enchanted.**

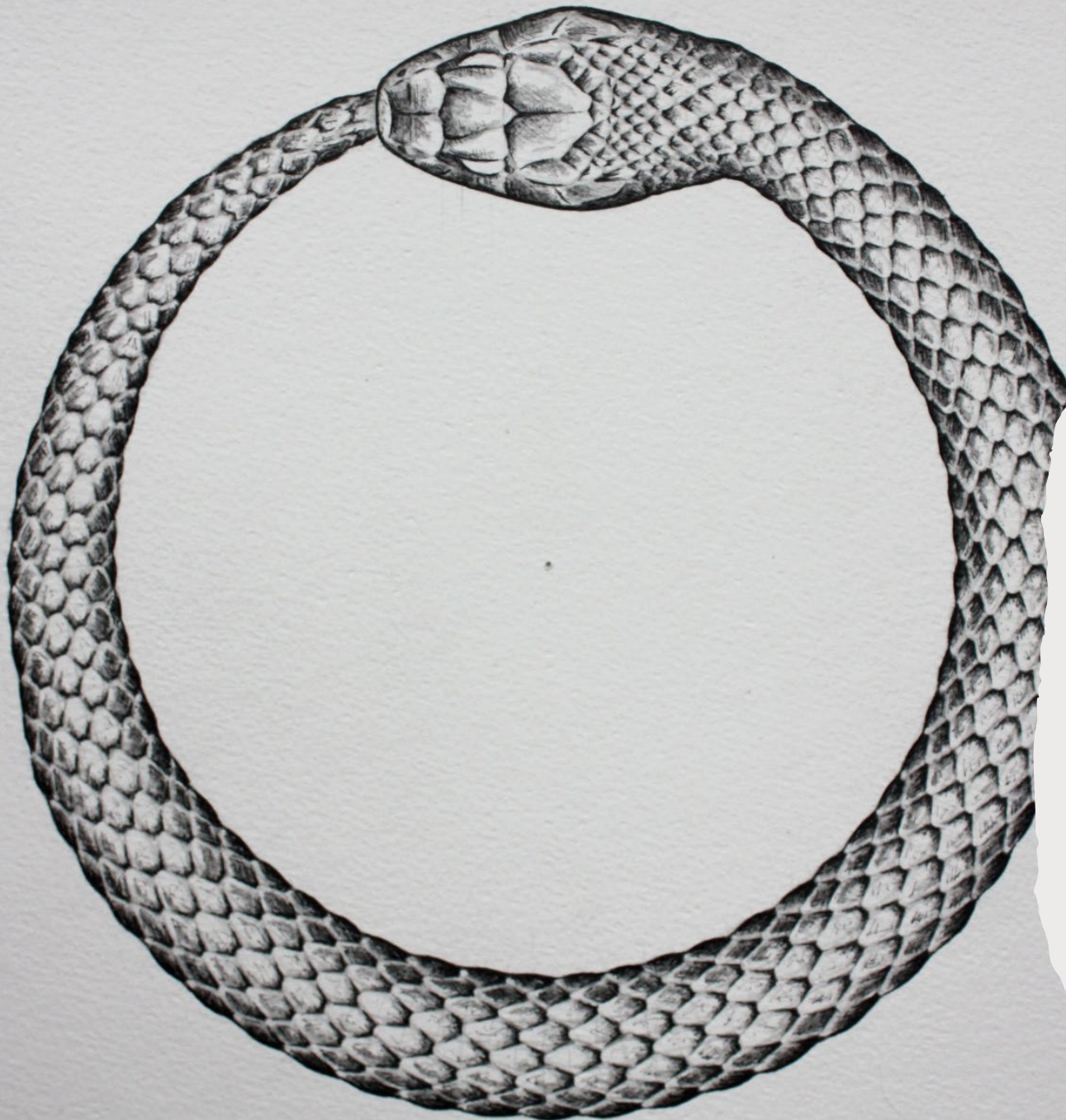
- When, where, how?
- How does this make you feel?
- How do you act?
  
- Where last did you encounter the numinous? How did this affect you?

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## External

- What can you identify that is consistent across your relationships with the opposite gender (focus on parental and romantic relationships but not exclusively)?
- Consider the qualities of the person/s you find most sexually attractive?
- Can you identify repetitive relationship patterns, positive and negative?





## **Active imagination**

Form an image of your contra-sexual soul, a name, a physical description, likes-don't likes, wants don't wants & anything else you would like to add to this list.

Engage in a conversation with this CS soul image (you can use any medium of expression, movement, drawing, speech, visual imagination etc.).