
Mundus Imaginalis

Introduction

Course created by Tasha Tollman & Anja van Kralingen



Introduction

Welcome to the Mundus Imaginalis Course! My name is Anja van Kralingen. Tasha Tollman and I will be your guides on this journey through the imaginal realm, the world of imagination, possibilities and transformation. In this introduction I will give you a little background on Jung and his school of psychology and introduce you to the concept of active imagination. I will also cover the logistics, structure and content of the course and explain the process that you will engage with over the next ten weeks.

Course Logistics and Structure

The course will run over the 10 weeks. For the first six weeks you will receive a module each week, guiding you into the active imagination background and process.

Modules 7 and 8 run over two weeks, allowing time for you to digest the material that has arisen from the unconscious, analysing the meaning and bringing this newfound insight into actualisation. We will notify you when the material is available on the website via email and post it on the Facebook Forum.

Private Facebook Forum

The course is supported by a private Facebook Forum that is only open to those on this course. Please note the settings on this Facebook group is “secret”, meaning that ONLY students on the course can see posts. We strongly recommend that you join this group, as the group experience of working with this material adds tremendous value to your own process. This is also the platform where you can share your active imagination, your experiences, thoughts and questions. There is no better way to learn than from another’s experiences, so don’t miss out on this unique and valuable opportunity. To join the forum, follow this link to join <https://www.facebook.com/groups/931727414783076/>

A Bit More About Jung

Carl Gustav Jung Carl Gustav Jung (1875 – 1961) was a Swiss psychologist and contemporary of Freud. Jung and Freud had a close friendship and collaboration for approximately six years before they had an acrimonious split, causing a permanent rift in both their theories and their relationship. Prompted by the trauma of this breakup with Freud, Jung developed a method of self-healing which later formed the basis of his analytic practice.

Jung's discovery during this time of active imagination was one of the most important milestones in both his personal and professional life. Jung came to see that it is our imagination which moves us away from that which is ordinary towards something other, absent, missing in our lives. In this course I am going to introduce you to the realm of the unconscious, to the world of imagination and fantasy, how this infuses your life and opens you up to possibilities that exist, to the extra-ordinary and allows you to connect with the transpersonal and the numinous. It is the imaginal realm that offers us a sense of vitality and meaning to our lives, gives shape and meaning to our existence and that moves us towards the unknown and transformation.

The Centre for Applied Jungian Studies

At the Centre for Applied Jungian Studies, we aim to empower and enable all of those who wish to access the transformational and empowering legacy that Jung has left us. Jung never prescribed a way to work with active imagination; however, looking to the vast treasure of Jung's wisdom captured in the 20 volumes of his Collected Works, letters, seminars and Red Book for accessible, practical tools, we catch glimpses of his process. This course captures the essence of his active imagination process, imagines or reimagines his work on active imagination to provide you with a process that may guide and inform your own journey into active imagination.

During this process you will find yourself engaging in dialogue with your unconscious and creating a gateway to your soul through the imaginal. Once you understand the soul's language, you can enter into a dialogue with your inner and most

real or true self in order to actualise the most authentic expression of who you are in the world.

Mundus Imaginalis

This course will guide you through the five steps of the active imagination process, showing you how to access the unconscious.

Western society places a lot of emphasis on reason (thinking) and consciousness, but this can lead to stagnation and calcification of your personality. Individuals often get stuck, or they are plagued by unhealed wounds, unable to transcend their current situations or overcome obstacles. Depth psychology offers a new way forward or a 'new ethic' as Neumann put it, a different way of relating to oneself and the world by introducing communication with the unconscious. Within the unconscious lies untapped possibilities and potential for healing and transformation. The active imagination acts as a bridge between the unconscious and conscious mind, providing content represented in symbolic form. The symbol represents unconscious content that is important to the soul. Experiencing and examining one's own symbols, allows the emergence of personal myth, and the unfolding of 'individuation,' a term Jung coined. It means becoming who one is ultimately, ideally and most authentically. During this course you will explore and engage with the language of your soul, and experience the healing and transformational power of your unconscious.

Mundus Imaginalis Module 1: The Power of Imagination and Fantasy

In this module we focus on exploring and interacting with our inner world of fantasy and imagination to see the unconscious patterns directing our lives, the unspoken and unconscious desires moving through our lives, so that we might break down the barriers we face and move beyond our circumstances. During this first week you will be introduced to the concept and definition of the imaginative realm and how unconscious fantasies and daydreams are directing your life. You will come to see that it is the agency of imagination that enables us to create new and endless possibilities, that connects us to movement and change, to inner knowledge and wisdom, allowing us to open up alternative and new ways of being, to enlarge and enrich our personality and access life

enhancing emotions including joy. The imaginal world connects us to our desires, brings together the past, present and future and provides the means to build a cohesive, meaningful story of our lives. This week's applications will allow you to identify your fantasies and interact with them.

Module 2: Jung's Theory of Active Imagination

This module will introduce you to the road map of the Active Imagination process as we explore Jung's discovery of active imagination, his own personal journey with it and take a look at how this led him to his body of work, introducing key concepts such as the shadow, the anima and animus, the persona, the ego and the self. We will learn how to distinguish between active and passive fantasy and explore our dreams and the moods that dominate our lives.

Module 3: Accessing the Unconscious

The third module will focus on gaining access to unconscious material within our psyche, inviting dialogue with the unconscious as we explore how to begin active imagination from a number of different starting points, either using a disturbing mood or irrational outburst, or by dreaming the dream on or through painting, drawing, sculpting, dancing, weaving or sandplay. The application for this week will include the recording of your active imagination.

Module 4: Associations

All the images arising from the active imagination hold important information for you and in the fourth module we approach the images that have arisen in the active imagination, turn our attention towards finding your personal associations with the images, events and people you encountered in the active imagination and begin the journey of understanding the meaning behind the symbolic content that has arisen from the unconscious and discern the richness and wisdom that the images are offering you. It is in these images offered up by the unconscious that we are able to break down the

barriers we face in our lives, move beyond our circumstances, open up alternatives and new ways of being, connect us to movement and change and propel us towards the new. The application for this week explores your personal association to the images that have arisen.

Module 5: Amplification, Part 1

A single active imagination image, amplified through the lens of literature, religion and mythology, offers us insight into the collective wisdom of the unconscious. This week we explore the Collective Unconscious, sometimes referred to as the objective psyche, and view the active imagination images that have arisen through the lens of archetypal patterns operating in our psyche. Archetypes then are inherited inborn potentials; patterns of thought and emotions which provide us with a set of tools, skills, capabilities, lessons, opportunities and potential for this lifetime. They form the foundation upon which each individual builds his own experiences of life, colouring them with his unique culture, personality and life events.

Since they are unconscious, they cannot be known or experienced in themselves and can only be known indirectly through examining their effects, their manifestations in images and symbols and by examining behaviour, images, art, stories, myths, dreams and active imagination. This week we explore the common archetype figures that appear in active imaginations and amplify the characters in your active imagination to discover where these traits live in your personality, what part of you feels like that, thinks like that, behaves like that and where you have seen this character function in your life.

Module 6: Amplification, Part 2

Having discovered the characters at play within your psyche and the active imagination, in week 6, we turn our attention to exploring the common archetypal settings that appear in active imagination and animals as representing our instinctive nature, using Jung's lens of the instinctive factors – creativity, reflection, activity, sexuality and hunger. In this week's application we amplify the active imagination setting and

instincts to discover where these traits live within you and what insights and wisdom this reveals for your journey.

Module 7: Analysis

It's week seven and at this stage in the active imagination process you will have collected a large amount of information about the images presented by the active imagination. Our task now turns towards translating the images and associations into psychological language that connects the active imagination images to our inner dynamics, looking to see what is happening inside of the psyche and bringing it to consciousness. We explore the central insights offered by the active imagination, what it is advising you to do, and what adaptation is being called for. It is at this point in the active imagination that the crucial task of the ego needs to be included, in order to discern how you are affected by this information, to explore how this information will impact your life and to ethically confront the information. This week's application runs over two weeks; firstly you will conduct an analysis of the active imagination messages received and then conduct an ethical confrontation with the active imagination as the ego answers back.

Module 8: Actualisation

The specific images and message received from the active imagination bring with them an energy that contains transformative potential. But understanding the images, understanding the message of the active imagination, while bringing insight, will not necessarily bring about transformation. To transform we need to turn our insights into action. For the next two weeks, we explore turning the meaning and insights you have gleaned from the active imagination, transforming them from the purely abstract level into concrete reality. We explore practical actions that can be taken following an active imagination and look at different types of ritual, symbolic and ceremonial acts that can be performed.

Conclusion

You will be guided in detail through the active imagination process, through the weekly podcast and reading pack. The reading pack contains a transcript of the podcast, and applications.

Please read the transcript of the podcast or listen to the podcast first before you attempt the applications. Should you have any queries, please email me at anja@appliedjung.com.

I am very excited about sharing this process with you and I hope to meet you on the forum soon.

All the best

Anja