

THE SACRED MARRIAGE

Introduction

A PRACTICAL EXPLORATION OF THE FUNCTIONS, INFLUENCES AND EFFECTS OF THE ANIMA AND ANIMUS

Created by Anja van Kralingen



Artwork by Leonora Carrington

OVERVIEW	4
DESCRIPTION OF MODULES	4
COURSE DELIVERY	6
COURSE MATERIAL	7
APPROACH & COMMITMENT	8
FINAL THOUGHTS	8

OVERVIEW

Welcome to The Sacred Marriage course!

This introduction explains the process, content and approach of this online course.

This is a ten-week course that explores the concept of Anima and Animus. Each module duration is two weeks and will focus on a different aspect of Anima and Animus theory including applications that will help you understand and assimilate the impact and unconscious dynamics that these concepts have in your personal psychology.

This introduction will cover the layout, structure, content and approach of this course.

DESCRIPTION OF MODULES

The five modules will focus on various aspects of Anima and Animus. There are five modules, with a focus on each module for two weeks.

Module 1: Personal Anima and Animus

In this module we will look at Jung's identification of Anima and Animus. How he first experienced it in his practice and the manifestation of the two concepts in his patients. This module will look at Jung's classic interpretation of the theory. The practical application will focus on the

inner masculine and inner feminine imagoes. This approach reflects on Anima and Animus as complexes.

Module 2: Dysfunctional Anima and Animus

In this module we explore the dysfunctional Anima and Animus, identified by Marie-Louise von Franz in fairy tales. The applications explore our own dysfunction and how to integrate a constructive Anima and Animus.

Module 3: Archetypal Anima and Animus

This module explores the Anima and Animus as collective archetypes. We also explore the post-Jungian approach to Anima and Animus. As modern western society is not as clear cut in terms of gender identification, what does the Anima and Animus theory look like in terms of gender, sexuality and psychic realities. The practical application will focus on the archetypal qualities of the Anima and Animus and how they live within us.

Module 4: Anima and Animus Identification through Typology

In this module we explore our typology and what that means in terms

of the Anima and Animus. We look at John Beebe's model and the role of Anima and Animus in Individuation. The practical application explores our own Anima and Animus as inferior function.

Module 5: Anima and Animus in Alchemy

This module explores what Jung meant by the Syzygy –the marriage of masculine and feminine and how this guides us towards individuation. The practical application will explore the symbolic nature of Anima and Animus in our respective psyches.

COURSE DELIVERY

Every other Monday we will email you to notify you that the course material is available on the website and Facebook Forum. Please ensure that we have your correct email address. If you registered via PayPal, your email address connected to your PayPal Account may not be the one you want to receive emails on, so ensure that you have used the correct email on the website user registration form.

The material is posted every other Monday onto a webpage that you have access to via the login on the website. If you did not create a login or have been previously registered, we will add the materials page to your profile and email you the confirmation for this.

Please note that you can download the pdf and the podcast and keep them to refer to the material again at a later stage.

The course is supported by a confidential private Facebook Forum. This platform will provide you with a copy of the material and guide the process throughout this course. This is also where you can post your applications, ask questions and get feedback on your posts and questions. You will receive an invitation to join this forum. We send invitations to the emails on record, so if your FB email account is different from the one that we have on record, the invitation will not work. In that instance, please send me a friend request to <https://www.facebook.com/appliedjung.anja>. I will add you directly to the page.

COURSE MATERIAL

Please see the dates for the roll out of the material on the Course Material page on the website portal. The material for each module will be posted on a Monday every other week. The course material consists of a concept document which is recorded and made available as a podcast. The concept document also includes suggested reading, quotes, and links to articles and YouTube videos. The video lectures by the analysts will be rolled out with this material with the respective module. All material and links to video lectures will be posted on the Facebook Forum as well. To find important posts, please check under “Announcements” on the Forum.

APPROACH & COMMITMENT

This is a self-study course. There are no exams or papers, so the responsibility lies with you. To extract the maximum value from this course there are two aspects that need to be considered.

First, the course value is found in the applications. The theory frames the applications and without committing to doing the applications, you will not gain much value from the course.

Second, the Facebook Forum is optional, but we strongly suggest that you join this. There is much to gain from interacting with others, sharing your own experience and participating in the process in a community. Jung said that where two or more gather, the Self archetype is activated. Personal experience has revealed this to be true. You will gain much more from the online forum than you will by doing the course in isolation. Many students resist joining Facebook for personal, security or ethical reasons. We propose that you create a pseudonym just for the purpose of joining the forum. We have tried other platforms, but nothing compares to the reach, functionality and ease of access of Facebook. Due to the nature of the user created content, this platform is secure and private and content will not be shared outside of this forum.

FINAL THOUGHTS

This course is process based, meaning that although there is theory, the focus is the applications. Theory is meaningless when it comes to transformation. It is only through self- reflection,

exploring memories, ideas and realisations that makes transformation possible.

The final note is that this work depends on your ability to think imaginatively and creatively. As we are working with the unconscious, it is important to note that we don't know! The only way to access the unconscious is through images, symbols, imagination and playing creatively with what arises from the unconscious.

We wish you a meaningful and enlightening journey.

If you have any questions, email me at anja@appliedjung.com. To join the Facebook forum, please send a friend request to <https://www.facebook.com/appliedjung.anja> . For any issues regarding payments, contact admin@appliedjung.com.

Hope to see you on the forum soon. Best regards,

Anneke Janna van Kralingen Director