

## Application Guidelines

For those of you who are new to the Centre for Applied Jungian Studies (CAJS), I will say a few words to frame our approach. CAJS was started in 2012 by myself, Anja van Kralingen and Stephen Farah. We were introduced to Jung in a unique way through classes held by a maverick teacher named Martin de Chatillon.

Martin's approach was to read and dramatize the text from the Collected Works by Jung. What we soon realised was that, although the theory was fascinating and stimulating, our real transformation happened when we met with other students to explore how these concepts affected us and lived within us. This process of working with the concepts was powerful and brought major shifts in the way we viewed ourselves and experienced the world. This exploration became the passion and love of what we do at the Centre. What we offer is a unique approach to Jungian Theory, that being the exploration of Jungian concepts within the psyche to bring about transformation within and without. What we do is teach you how to become conscious of who you are as a whole individual. At the moment you are only conscious of what you know, but working with the unconscious opens up an inner, unexplored galaxy full of potential and meaning.

Following each module lecture are applications. These applications are the focus of the course and they facilitate the movement from abstract theory to practical application. Along with the concepts from the lecture, this is what allows you to assimilate and apply these ideas. If you find the applications challenging and experience resistance in any form whatsoever to them, please understand that is natural. Take note of your own resistance to doing the applications. This is also part of becoming conscious.

The applications are designed to challenge you and expose your unconscious ideologies to the light of consciousness. Stay with them—the work you put into them will repay itself many times over.

I encourage you to share your applications on the Facebook Forum as it is an effective way of being audited throughout the programme. Whether or not you do, though, ensure that you keep a record of all of your answers to the applications. You can do this in a dedicated journal, either digital or paper. Different methods work for different people and so there is no set way of approaching the applications.

**Please take note of the following:**

- Read through or listen to the lecture once or twice.
- Give yourself a few days to digest the ideas discussed, without tackling the applications. During this time, journal any thoughts about the concepts that come to you.
- Create a ritual space and time to do the applications. Do not try to squeeze them in between work meetings. You need to have a quiet and reflective space for inner dialogue.
- Time needed varies widely with students and I can offer no prescription. Any single application could go on for days, weeks or even months. That, however, is impractical. Try to work through each Module's application during the two weeks allocated to it. It is important to note

that this work is like peeling an onion; more and more of yourself will start to emerge and change. Years from now if you redo these applications, you will have totally different answers, so don't try to do a perfect application, do what you can for where you are in your personal development.

- We are working with the unconscious, meaning that what we are asking from the psyche is to give up that which we are not conscious of, so using your imagination and intuition helps with this work.
- The textbook error is to fall into self-doubt! Don't dismiss anything that surfaces. There is a part of you that feels that way or thinks that way. Take note of it. You are learning how to listen to yourself, and censoring the parts you don't like is not encouraging internal dialogue.
- Finally, be honest, don't answer as if someone else is going to read it. Your honesty is paramount to finding out the unconscious positions of the psyche.

Enjoy the course and let me know if you have any questions regarding this process.

Best regards

Anja van Kralingen