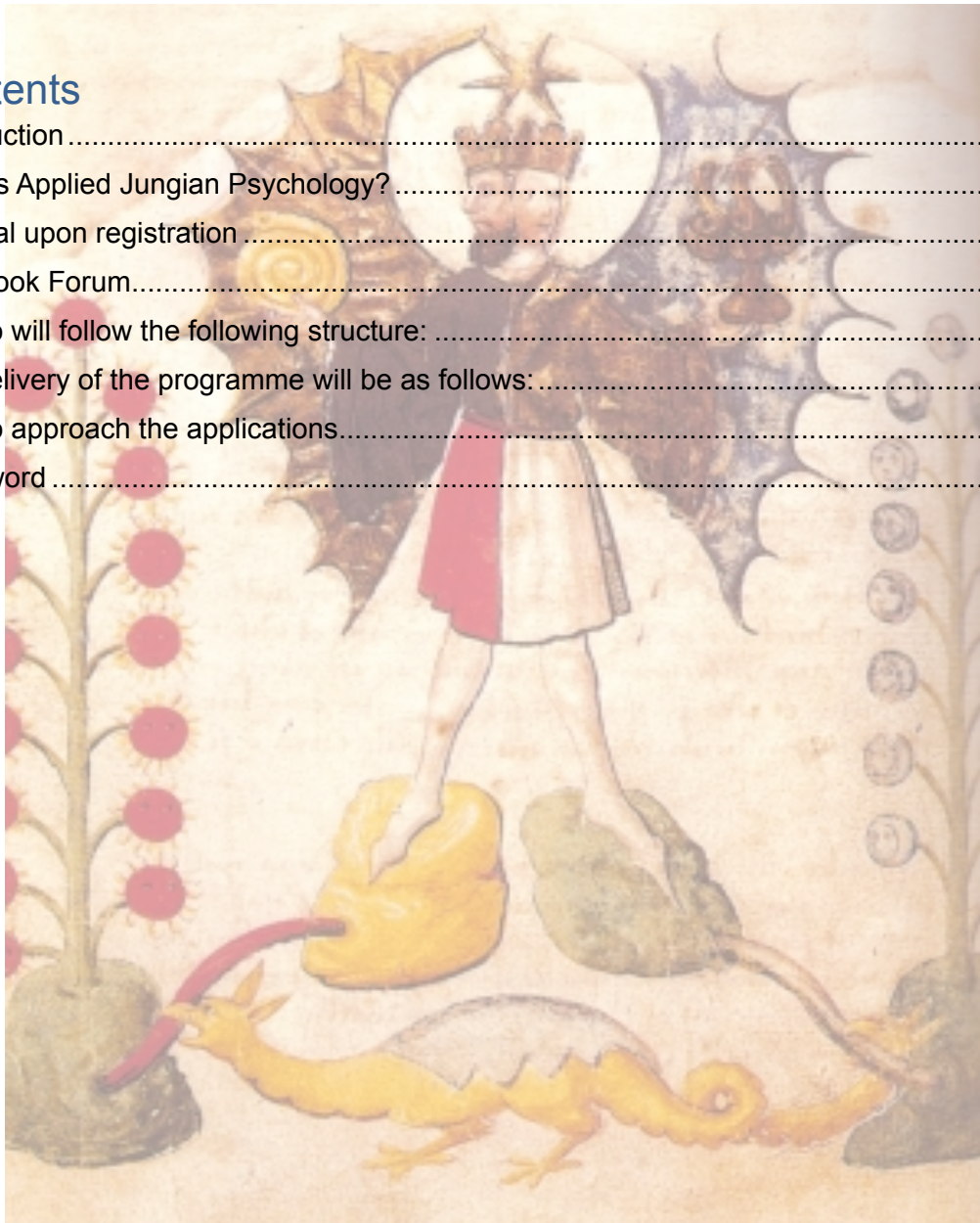

MAGNUM OPUS

INTRODUCTION: ALBEDO

Structure and process guide

Contents

Introduction.....	1
What is Applied Jungian Psychology?.....	1
Material upon registration.....	2
Facebook Forum.....	2
Albedo will follow the following structure:.....	2
The delivery of the programme will be as follows:.....	3
How to approach the applications.....	4
Final word.....	6



Introduction

Welcome to the **Albedo Stage** in the Magnum Opus series.

This brief introduction will explain the process and structures that are in place to support you and provide you with your learning material.

What is Applied Jungian Psychology?

Applied Jungian Psychology is a (relatively) new field, that whilst built on the principles of psychoanalysis and more specifically, Jungian psychoanalysis, is distinct from the practice of clinical Jungian psychotherapy.

None of the applications you will encounter during Magnum Opus are available in any published material. These applications have been developed by The Centre for Applied Jungian Studies. These applications are not accessible but on this course or one of our other courses. They are not part of mainstream psychotherapy, although some of our students who are psychotherapists may now use them in their practices.

Magnum Opus

Structure and process guide

Material upon registration

When you registered, you were diverted to a page where you could download the Four Steps of Transformation Guide. If you have not done this yet, [please follow this link to download this free guide now.](#)

Please also ensure that you complete the pre-course questionnaire which is available on the website's materials page. Please note that this questionnaire is for you to complete now, prior to starting this stage. You will also receive a post Stage questionnaire. Completing both will help you gauge your progress after each Stage.

Facebook Forum

Although I do invite all students. Via email, from the page, many students' Facebook profiles are not linked to their PayPal email addresses and consequently they do not receive their invitation. Please send me a friend request to enable me to add you to the FB forum. This is a secret forum which means your shares will be only visible to other members of this group. My FB url is <https://www.facebook.com/appliedjung.anja/>.

Albedo will follow the following structure:

There are two delivery platforms:

Magnum Opus Structure and process guide

1. You will receive an email with the transcript and a link to listen to the podcast.
2. You can access the files and links on the private FB group page.

Each module has an application on the transcript document (PDF) which is the practical application of the concept. This application can be shared on the private FB page or sent to the facilitators directly. Please note, although submitting your application is optional, we strongly suggest that you do this to gain the maximum growth from the course.

The support is provided on the private FB group page where all queries, shares, applications and feedback will be responded to by the facilitators.

The delivery of the programme will be as follows:

The modules will be delivered to your inbox, and emailed to you. The schedule for the roll out of the material is on the website portal. Please log in to see the schedule. Go to <https://appliedjung.com/my-account/> and log in with your email and password. Once logged in click on My Courses and then follow the link to the Albedo course material page.

The Facebook Group page will stay open and accessible until the end of July, after which it is archived, meaning you can still access it but you cannot post anything.

The next stage is Citrinitas in September. Nigredo will run again next year January and Albedo is in May.

Magnum Opus

Structure and process guide

NB! The final stage Rubedo will only be available to students who have completed the first three stages, namely Nigredo, Albedo and Citrinitas. These three stages, by virtue of the course design and the nature of the Jungian theoretical framework, can be done in any order.

How to approach the applications

For those of you who are new to the Magnum Opus Programme I want to say a few words to introduce these applications. With every module, following the module lecture, there are applications. These applications are the sharp end of programme and 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 of whatever form to them, understand that is natural. They 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, it is an effective way of being audited throughout the programme. Whether or not you do though, ensure you keep a record of all of your answers to the applications. You can do this in one or other dedicated journal, either digital or paper. Different methods work for different people and so there is no set way of approaching the applications. I will however suggest a method many have found effective:

1. Read through or listen to the lecture once or twice.

Magnum Opus Structure and process guide

2. Give yourself a few days to digest the ideas discussed without tackling the applications. During this time journal, any thoughts about the concept that come to you.
3. Create a ritual space and time to do the applications. Do not try and squeeze them in between work meetings. You need to have a quiet and reflective space as though you were doing a meditation – this is a Western form of meditation.
4. Time needed varies widely across students and I can offer no prescription. That noted, cap your time investment. Any single application could go on for days, weeks or even months. That however is impractical. I encourage you to try and put each application to bed within a reasonable time period. Were I a student on this programme I would cap my application time to five, maximum six, hours, split over a few days.
5. These applications are of a self-reflective nature and will often require you to recruit your creative imagination. This proves surprisingly challenging for those unused to it. It is a practice, the more you do it, the more adept you will become at it.
6. The textbook error to fall into is self-doubt! Each application is a question to the psyche, think of this an interview rather than a Socratic dialogue. Note each answer even if you are not convinced. Mull over it for a substantial time, before re-interrogating the psyche for an answer that is more comfortable to your conscious ideology. The project of building an internal ethic of

Magnum Opus Structure and process guide

necessity requires you to afford the psyche's responses with a certain weight, a certain gravitas.

Final word

Please note: The applications that are provided are only as effective as the time and energy you are willing to devote. Please make use of the platform to share your applications. Transformation is far more effective when you share your process.

Please contact me if you have ANY queries at anja@appliedjung.com.
All the best with your journey on Albedo. I hope to see you on the FB forum soon.

Best regards

Anneke Janna van Kralingen (MSc)

Director