

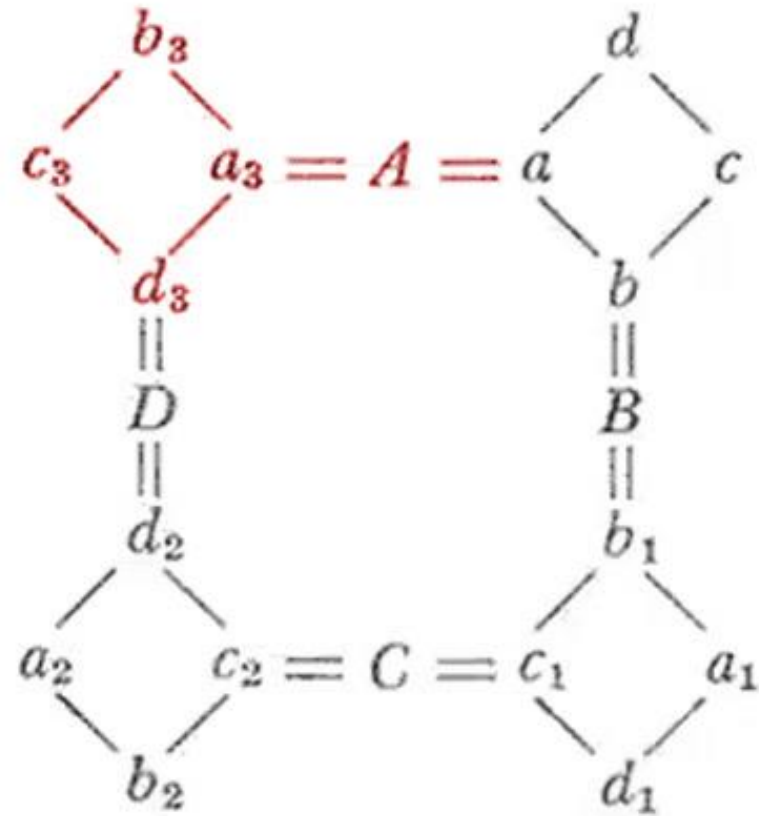
INTEGRATING PSYCHEDELIC EXPERIENCES: SESSION #6

- Theory
- Break out groups
- Closing theory / summary
- Group share / QnA

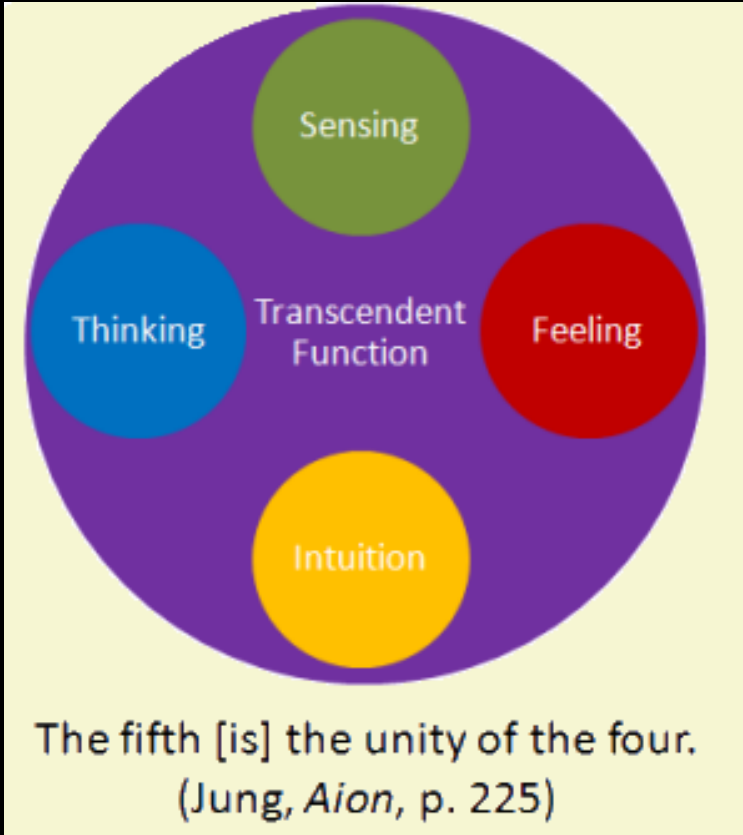


ALCHEMY: RUBEDO - TRANSFORMATION

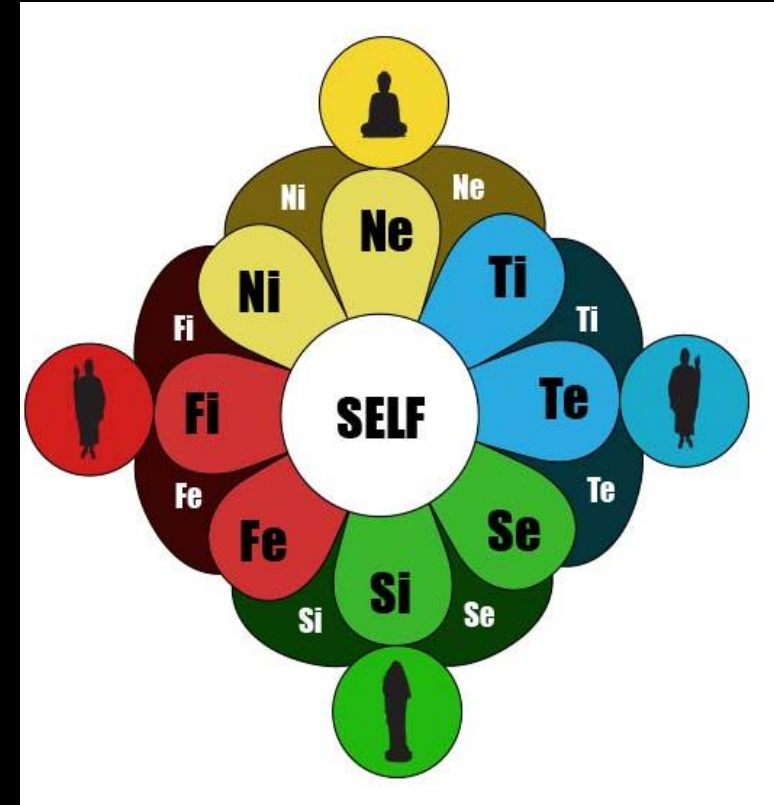
- NIGREDO > ALBEDO > CITRINITAS > **RUBEDO**
- Red – colour of sunset, ripe fruit – a maturing
- CONFESSION > ELUCIDATION > EDUCATION > **TRANSFORMATION**
- **TRANSFORMATION**
 - Incarnating the meaning / message
 - Grounding the symbolic & Symbolizing the mundane = transcendent function
 - Incarnating the Self, greater psychological wholeness
 - **BECOMING**



INCARNATING THE SELF



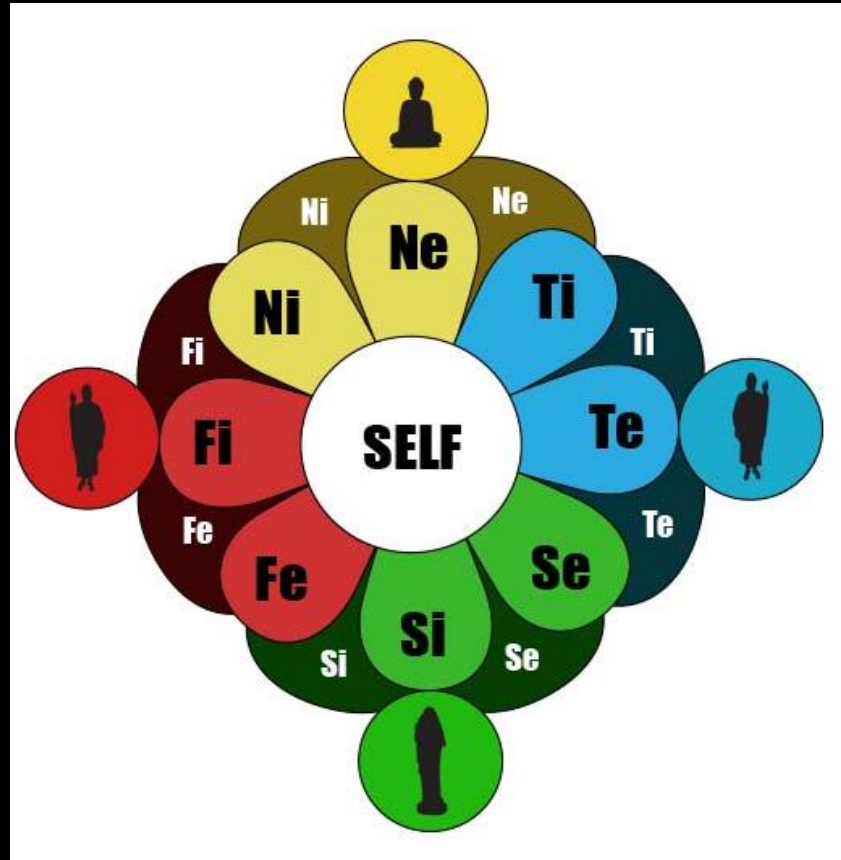
- Flowering of the Self through consciousness
- Transcendent function
- Inferior function (inferiority complex)
- Can be seen through the typological lens (10 functions)
- E.g.
 1. heart-opening (feeling)
 2. greater embodiment (sensation)
 3. Greater reasoning (thinking)
- “transformation” is problematic because it can be compensatory
- Integrating the axes
 - Passive (perceiving) vs active (judging)
- Attitudes: extraverted vs introverted
- Don't necessarily limit to a typological lens, avoid stereotyping



INDIVIDUATION THROUGH 10 FUNCTIONS

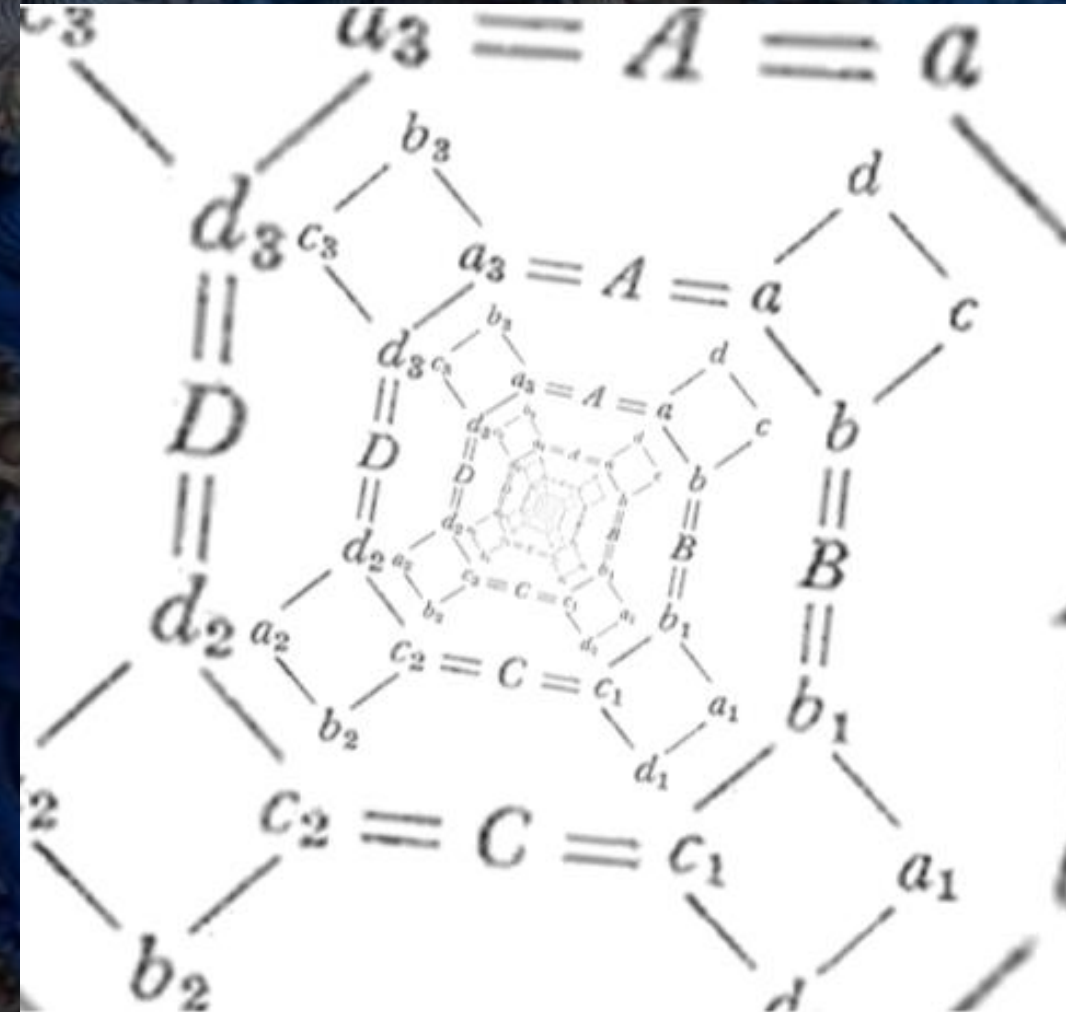
5 functions	Individuation	10 fun	Individuation process (detailed)	Some thereapeutic modalities / approaches
Sensation	Grounding	Se	Living into the world	incarnating your myth, somatic psychotherapies, dance, movement, action, yoga
		Si	Embodying	
iNtuition	Symbolizing / Myth-making	Ne	Envisioning - archetypal amplification	Active imagination, analytical psychology, family constellations, art, dream analysis, sand tray therapy, mythology, religion, yoga nidra
		Ni	Knowing - personal associations	
Thinking	Making sense	Te	Comprehending (broad)	Psychoanalysis, psychotherapy (talk therapy), peer-group support, philosophy
		Ti	Understanding (detail)	
Feeling	Finding acceptance & relatedness	Fe	Relating to others / world	Working through feelings, Psychoanalysis, psychotherapy, Transactional analysis, Ego-state therapy, Attachment theory, IFS
		Fi	Finding acceptance and value	
Differentiative	Unpacking			Psychotherapy, group processes, mindfulness
Transcendent	Synthesizing			Engaging all functions
Key				
S = Sensation Tran = Transcendent function				
N = Intuition Diff = Differentiative function				
T = Thinking i = introverted				
F = Feeling e =extraverted				

PROCESS / APPLICATION



DREAMING THE DREAM FORWARD...

- Alchemical process: Cycles within cycles, fractals, the Self manifesting
- Softening the ego: receptivity to the unconscious
- Strengthening the ego (repeated exposure to the Trickster archetype)
- Active imagination as a tool (use all 10 functions)
- Animistic / shamanic lens: Treat our neuroses and complexes as “spirits” or “parts”
- Don't forget to also work with the “blockages” (e.g. , ego defences, IFS managers / protectors)



QNA / GROUP SHARE

Ten Bulls - Kakuan



尋牛

The Search for the Bull



見跡

Discovering the foot prints



見牛

Perceiving the bull



得牛

Catching the bull



牧牛

Taming the Bull



騎牛

Riding the Bull home



忘牛

The Bull Transcended



忘人忘牛

Both Bull and Self Transcended



返本

Reaching the Source



入世

In the World