



# WINTER 1996 NEWSLETTER

## Jung 102: Jungian Psychology's Relation to Soul

“General conceptions of a spiritual nature are indispensable constituents of psychic life. We can point them out among all peoples who possess some measure of articulated consciousness. Their relative absence or their denial by a civilized people is therefore to be regarded as a sign of

degeneration. Whereas, in its development up to the present, psychology has considered psychic processes mainly in the light of their physical causation, the future task of psychology will be the investigation of their spiritual determinants.” From “Basic Postulates of Analytical Psychology,” *Collected Works* vol. 8, para. 687.

### Series Keynote

James Yandell, M.D., Ph.D.

#### *Suffering and the Soul: Depression in the Age of Prozac*

There now exists a growing family of drugs that, by changing the blood level of neurotransmitters, can reliably and safely lighten psychic pain and make people more cheerful, sociable, functional, and productive. With such remedies available, is there any reason to suffer unnecessarily, or to reflect on one's suffering in psychological work? Dr. Yandell will consider the pros and cons of chemical and psychological approaches to depression, and the role of suffering in the growth of the personality.

#### *The Uses of Adversity: Affliction and Growth*

Negative experience is paradoxical. Our spiritual traditions emphasize making meaning from suffering, transforming adversity and ourselves. Ordeals are the core of the mythic hero's journey. Folk wisdom says, “Broken bones well set mend stronger.” We recognize that our children grow and learn from their frustrations and failures. Depth psychotherapy has to do with turning psychic pain into psychological growth, and the ancient tradition of the wounded healer asserts that “only the wounded physician can heal.”

The losses, disappointments, and disasters in our lives are sometimes openings to new directions and new life, but they may also simply leave us permanently wounded, weakened, and embittered. What determines whether, when, and how we profit from adversity? Without denying the reality of suffering, the workshop will explore the paradox of the positive in the negative. Participants are urged to reflect on their own adverse experiences, on what they have gained from what they have lost.

James Yandell, M.D., Ph.D., trained in psychology, medicine, psychiatry, and analytical psychology. A graduate and former president of the C. G. Jung Institute of San Francisco, he practices as a psychiatrist and Jungian analyst in the Bay Area.

#### Jan. 19 & 20

Friday Lecture  
7:30 to 9:30 PM  
Good Shepherd  
Center, Room 202

Fees:  
\$10 members  
\$12 non-members

Saturday Workshop  
10:00 AM - 2:00 PM  
Good Shepherd  
Center, Room 204

Fees:  
\$30 members  
\$40 non-members  
\$25 student/senior  
members  
\$35 student/senior  
non-members

## Membership Drive Special Event

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**Feb. 5**

Monday Lecture  
7:30 to 9:30 PM  
St. Mark's  
Cathedral, 1245  
Tenth Avenue E.,  
Bloedel Auditorium

Fees:

\$10 members  
\$12 non-members

**Robert Bosnak**

### *Tracks in the Wilderness of Dreaming* *An Evening's Demonstration of Dreamwork*

Dreaming is a reality surrounding us from all sides. All dreamers in the world know this while dreaming; that's why we all are convinced, with relatively few exceptions, that we are awake while dreaming. It is safe to say that we know absolutely nothing about what creates world after world of dreaming. These worlds we find ourselves in every night are true wilderness: unknown lands in undiscovered continents. Dreamwork gives dreamers tracking tools to re-enter the dreaming wilderness and experience the surrounding reality once again, this time while awake. Being present to dreaming provokes intimate physical sensations which, when focused upon, reveal themselves as emotions living on the borders of consciousness. This demonstration will show how to become a tracker in the wilderness of your own dreaming, exploring the depths of waking and dreaming reality. The work will be framed by Robert Bosnak's conversations with an Australian aboriginal dream doctor, as described in his new book, *Tracks in the Wilderness of Dreaming: Exploring Interior Landscape through Practical Dreamwork*.

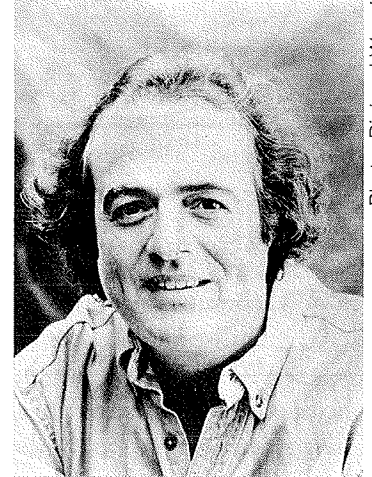


Photo: Richard Wood

**Robert Bosnak**, a graduate of the C. G. Jung Institute of Zurich (1977), teaches dreamwork internationally. He is the author of *A Little Course in Dreams* and *Dreaming with an AIDS Patient*.

## *The Basics of Soul Work*

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**Patricia Warming**

### *Rediscovery of the Soul*

With the exception of the great mystics and sages throughout the ages, C. G. Jung felt that humankind sees the soul as having little worth as a consequence of having "all God outside." He felt that too few people have experienced the divine image as the innermost possession of their own souls. He saw the human soul as having primarily a religious function.

What is the soul? How is it known, described and experienced? How do dreams mirror the life of the soul? What does the soul want in symptoms, in relationships and in the world? These and other questions will be addressed in this introduction to some of the basic insights about the soul or psyche rediscovered by Carl Jung. Practical suggestions will be offered into ways of doing soul work.

**Patricia Warming, M.A., M. Div.**, is a Jungian analyst in private practice in Seattle. She received her graduate degrees from Princeton Theological Seminary and the C. G. Jung Institute in Zurich. She is a member of the Association of Graduate Analytical Psychologists of the Zurich Institute, Jungian Analysts•North Pacific, and the International Association for Analytical Psychology.

**Feb. 16**

Friday Lecture  
7:30 to 9:30 PM  
Good Shepherd  
Center, Room 202

Fees:

\$10 members  
\$12 non-members

## Library Hours

Fridays before lectures,  
6:00-7:30 PM

Saturdays,  
10:00 AM to 4:00 PM  
(beginning in January)

As we are able to add more volunteers we will expand our scheduled hours. We plan to add Wednesdays, as soon as we have enough volunteers, since that was a favored day among members who responded to our survey.

## Board of Directors

Lucretia Devine,  
President  
Beverly Osband,  
Vice President  
Diane Bogue,  
Cashier  
Bunny Brown,  
Office Manager  
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Lynn Hillberg,  
Membership  
Karen Campbell,  
Newsletter  
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Treasurer  
Milly Royce,  
Publicity

## Library

The following books are missing from our collection. If you have any books that belong to the library of the C.G. Jung Society, Seattle, please return them to room 345 in the Good Shepherd Center. When the library is not open, books and tapes can be returned to the book drop across the hall from room 345 any time that the Good Shepherd Center is open (Monday through Friday, 8:00 AM to 10:00 PM; Saturday, 9:00 AM to 5:00 PM).

*Act of Will*, Roberto Assgioli

*Suggestive Inquiry into Hermetic Mystery*, Mary Ann Atwood

*C. G. Jung and the Humanities*, K. Barnaby and P. D'Acerno, Eds.

*Alcoholism & Women, Background Psychology*, Jan Bauer

*Mind that Found Itself*, Clifford Beers

*Uses of Enchantment—Fairy Tales*, Bruno Bettelheim

*Way of the Dream with Marie-Louise von Franz*, Frazer Bon

*Transitions, Making Sense of Life's Changes*, William Bridges

*Mahabharata*, William Buch

*Pilgrim's Progress*, John Bunyan

*Angel Letters*, Sophy Burnham

*Book of Angels*, Sophy Burnham

*Masks of God—Creative Mythology*, Joseph Campbell

*Masks of God—Occidental Mythology*, Joseph Campbell

*Masks of God—Oriental Mythology*, Joseph Campbell

*Mythologies of the Great Hunt*, Joseph Campbell

*Sacrifice*, Joseph Campbell

*Power of Myth (with Bill Moyers)*, Joseph Campbell

## From the Jung Society Board

Due to financial projections for the coming year, the Board has found it necessary to increase admission fees to Society events. Regretfully, the Society can no longer offer the workshop-free lecture package. The Board would like to remind the Society's members that our volunteers receive half-price admission to events. Members who find these increased fees a hardship are encouraged to volunteer, so that they are able to attend events at the reduced rate.

The Board extends its heartfelt thanks to the Society's many new and continuing volunteers. We are grateful for several new members who have come forth to offer their time and skills. Joining the volunteer cadre are: Fern Martin Durand as Facilities Coordinator; Tamara Sweeney as Audio-visual Coordinator; Jim Husky joins the Facilities Committee and also volunteers his computer skills; Barbara Kendzierski the Hospitality Committee.

Some long-time volunteers who deserve special thanks are Bunny Brown and Diane Bogue for their long hours readying the library for use. Milly and Bob Royce, new to the Jung Society, deserve special thanks for the many cosmetic touches they added to prepare the library for its opening. The picture of Jung that greets patrons as they enter the library is a special donation from Milly and Bob. Special thanks to Marti Lyttle who donated two bookshelves for the library, and to Kate Millard who donated a computer printer.

One of the Jung Society's five-year goals is to increase membership by 50%. Membership dues are important for they provide the operating budget for the Jung Society. Our members can help us meet this goal by renewing their membership and by bringing a friend to events so that they can explore their interest in Jung and possibly become members themselves.

The Jung Society undertakes two new ventures. First, we are encouraging carpools from surrounding areas. Carpool contact persons south of Seattle include Carolyn Eide, 472-5529 in Tacoma, and Laurie Brudvik, 884-4263 in Lakebay. If you live in an outlying area and want to be a contact person for carpooling, leave a message on the Jung Society telephone.

Second, we are reactivating the Educational Committee. The Jung Society Educational Committee oversees small group discussions that correlate with the programs. Cordy Fergus successfully launched a discussion group on alchemy. Please see the announcement on page 3 for the winter study group on soul. You may preregister for this group by using the form on the reverse of this page.

Please help us plan our 1996-97 program offerings by taking a few minutes to complete this survey.

Which of our speakers have you particularly enjoyed in the past, and might you like to hear again?

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What Jung scholars or Jungian analysts, who haven't addressed our Society before, might you be interested in hearing? \_\_\_\_\_

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What Jung-related topics would interest you for a lecture series? \_\_\_\_\_

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Other comments about the C. G. Jung Society•Seattle and its programs: \_\_\_\_\_

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Would you be interested in volunteering on our  programs  library  publicity committee?  
(If yes, please include your name, address, and phone number when you return this survey.)

Return to: C. G. Jung Society, 4649 Sunnyside Ave. N., Rm. 345, Seattle, WA 98103. Thanks!

### C. G. Jung Society•Seattle Preregistration for Winter 1996 Workshop & Study Group

Workshops and study groups are scheduled pending sufficient pre-registration. Mail form and payment to C. G. Jung Society, 4649 Sunnyside Avenue North, Room 345, Seattle, WA 98103.

I enclose \$\_\_\_\_\_ (check or credit card) for pre-registration for the following:

James Yandell's January 20 workshop on *The Uses of Adversity*  
(\$30 for Society members / \$40 for non-members  
\$25 for student/senior members / \$35 for student/senior non-members)

David Hufford's March study group on *Soul* (\$45)

Charge my  VISA  MC Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

**Payment must accompany your pre-registration.**

## *Doing Soul-Work in a Secular Society*

Jonathan Conant

### *Ensoulement & Loss of Soul*

How does one care for the soul in a secular society? How is soul 'gained' or 'lost' in everyday life? This lecture will explore the movement of the soul in terms of the ordinary experience of people striving to find depth and meaning in their lives. The nature of the religious impulse will be examined as tension between ego and soul.

Jonathan Conant, M.A., CMHC has been in private practice as a Jungian psychotherapist in Port Townsend since 1988. He also practices in Seattle. Jonathan characterizes his focus as doing "soul-work" with a strong emphasis on dreams and imaginal enactment. He conducts dream study groups for lay and professional interests.

## *Feminine Aspects of the Soul*

Marla Herbig

### *The Archetypal Image of the Black Virgin*

Cybele, Isis, Athena, Demeter, Kali, Aphrodite, Sophia, Our Lady of Guadalupe—what do they have in common? In this evening we will explore together the feminine aspect of the soul, and consider Goethe's saying, "The eternally feminine elevates us to herself." Marla will draw upon her experiences of these Black Virgins in Iran, Greece, Turkey, Germany, and Switzerland.

Marla Herbig, M.S.W., a psychotherapist in private practice in Seattle, is an advanced candidate in the analytic training program of the North Pacific Institute for Analytical Psychology, and a founding member of the Jungian Psychotherapists Association.

## *Series Endnote*

David Hufford

### *Soul: Its Meaning & Function in Jungian Psychology*

The term *Soul* has been used a great deal recently in Jungian writing. We are told we are searching for it, we long to experience it, and are encouraged to care for it. But what is it in Jungian terms? In this lecture we will return to Jung's original meanings for the term *Soul*—to ground its current usage in Jung's own writings and to explore the connection that Soul has with Psyche, Anima/Animus, individuation, and the transcendent function.

David Hufford, M.A., is an advanced candidate in the Analytic Training Program of the North Pacific Institute for Analytical Psychology and has a private practice in Seattle. He has extensive experience working with issues of creativity, spirituality, and midlife renewal. David is also a founding member of the Jungian Psychotherapists Association.

### *Study Group on Soul*

This study group, to be led by David Hufford, will be an opportunity for further discussion of the ideas and questions raised in the lecture series on Soul. There will be a particular emphasis on basic Jungian concepts related to Soul, and Jung's writings on the subject. Specific readings will be suggested before the study group begins.

#### **March 1**

Friday Lecture  
7:30 to 9:30 PM  
Good Shepherd  
Center, Room 202

Fees:  
\$10 members  
\$12 non-members

#### **March 15**

Friday Lecture  
7:30 to 9:30 PM  
Good Shepherd  
Center, Room 202

Fees:  
\$10 members  
\$12 non-members

#### **March 29**

Friday Lecture  
7:30 to 9:30 PM  
Good Shepherd  
Center, Room 202

Fees:  
\$10 members  
\$12 non-members

#### **March 4, 11, 18**

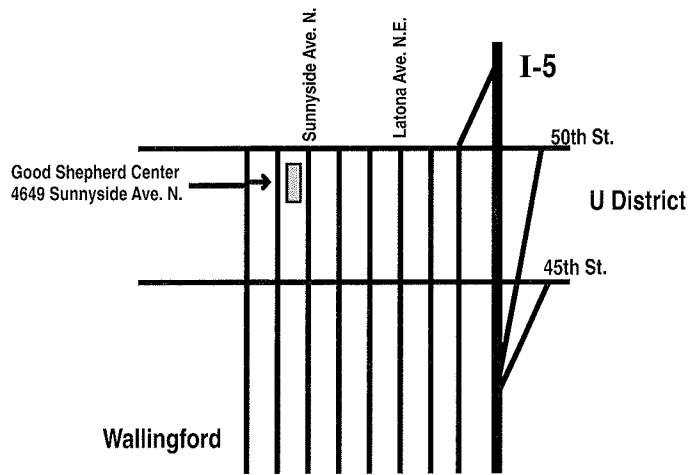
Monday meetings  
7:30 to 9:30 PM  
Good Shepherd  
Center, Room 345

Fee: \$45

## Driving Directions

### Directions to the Good Shepherd Center:

From Interstate 5, take the 45th Street exit. Travel west toward Wallingford. Turn right from 45th onto Sunnyside Street and travel to the Center on the left at 4649. Follow entry drive left to the parking lot south of the building. Enter the building at the main entrance.



### Directions to St. Mark's Cathedral:

From Southbound I-5, take Exit 168A, Boylston. At stop light turn left onto E. Roanoke St. Go to the second stoplight (just past the fire station). Turn right onto Tenth Ave. E. Go uphill approximately 7/10th mile. The Cathedral is on the right, at 1245 Tenth Ave. E. The entrance to the parking lot is opposite E. Galer St. on the north side of the Cathedral. The entrance to Bloedel Auditorium is behind the Cathedral to the west.

From Northbound I-5, take Exit 168A, Lakeview Blvd. At stop sign take a left and go 1/10th mile. The road Ys. Stay right onto Harvard Ave. E. Go approximately 1/10th mile to E. Boston St. At E. Boston St. take a right up the hill two blocks to Tenth Ave. E. At Tenth Ave. E. turn right and go 4/10th mile. The Cathedral is on the right, at 1245 Tenth Ave. E. The entrance to the parking lot is opposite E. Galer St. on the north side of the Cathedral. The entrance to Bloedel Auditorium is behind the Cathedral to the west.

**C. G. Jung Society, Seattle**  
4649 Sunnyside Avenue North, Room 345  
Seattle, WA 98103

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