Three Papers on Carl Jung

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Abstract
These papers describe significant events in Jung’s life, including his relationship with Freud, his interest in the Gnostic gospels, and his contributions to psychotherapy.

Notes on Carl Jung and Analytic Psychology

Carl Jung was Sigmund Freud’s most famous protégé. Freud was a Jew, but Jung was a Swiss Christian, and this informed his approach to psychology. Jung was reared in a very religious home. His father was a minister who experienced severe depression. Jung’s mother believed she was psychic; she said she could see and speak to ghosts. When Jung was a child his mother had to go into a sanitarium as a mental patient. Jung was always interested in religion and psychic phenomena. The title of his dissertation was On the Psychology and Pathology of Occult Phenomena.

Freud welcomed Jung to his salon; he was glad to have a Christian colleague to help promote psychoanalysis. The German Christians liked Jung more than Freud. Eventually Freud broke off his relationship with Jung. Jung disagreed with what he saw as Freud’s over-emphasis on sexuality as an instinctual driver of human behavior. Freud was disappointed in Jung’s interest in religion and mysticism. Freud told his biographer, Ernest Jones, that Jung was crazy. Freud wrote Totem and Taboo partly to alienate Jung, since it intruded on Jung's turf, the psychology of anthropology. At one time Freud and Jung shared a mistress, Sabina Spielrein.

After the break with Freud, when he was 38, Jung had a nervous breakdown. His work and his analytic practice disintegrated, but he maintained his relationship with his mistress, Tony Wolf. During this period Jung studied the Gnostic Bible and alchemy, the mythical practice of turning material into gold. He practiced yoga and meditation, and he
noticed that many of his fantasy images seemed to arrive from outside his conscious awareness. He decided that the images were archetypes from the collective unconscious.

Jung saw psychotherapy as the treatment of the soul, rather than the treatment of an illness. He defined neurosis as "the avoidance of necessary suffering." He said that in therapy one can approach the numinous (the spirit in nature; the "hidden god within"). Jung created the idea of synchronicity to describe coincidences that are not explainable by causality; such as what happens when a dream or premonition comes true. He said the coincidence arises from unconscious archetypal processes.

While serving as editor of the main psychological journal in Germany, Jung allowed the publication of a statement of policy that analysis would be provided in a way consistent with the proclamations of Hitler and the Third Reich. With the rise of National Socialism, Freud's books were burned in Berlin for their "soul-destroying overemphasis on the sex drive" (and because Freud was Jewish). At the height of the holocaust Jung, at age 65, attempted to develop an Aryan Psychology (in contrast to Freud's Jewish Psychology). Jung considered Picasso a degenerate and a latent schizophrenic, just as Nazism demonized all the cubist painters and others who were developing new styles of art. Alfred Adler denounced his Judaism and converted to Christianity.

Jung's Positive Contributions to Psychology
The theory of personality types: introversion and extraversion.
The ideas of the persona and the shadow.
The technique of word association (which Freud adopted as free association). Jung said that there are bodily and emotional reactions to words with unconscious connotations. An unconscious reaction is shown in the latency between the stimulus word and the client's response. The theory behind word association seems to contradict the theory of psychic determinism.
The idea of the complex (an emotionally charged group of ideas and/or images, at the center of which is a an archetype.
The concepts of anima and animus.
The concept of individuation.
The study of the psychology of art. Jung observed the art of the insane at the Burgholzi mental hospital, and saw it as a means of access to the unconscious, and the source of symbols that can change us.

Jung's Negative and Unsupported Concepts
The concepts of the archetypes; the collective unconscious; and synchronicity.
The belief that dreams are a practical guide to what people should do in life.
The theory of psychological types (rational functions (thinking and feeling) versus non-rational functions (sensation and intuition).
The promotion of belief in psychics, alchemy, astrology, flying saucers, etc.
Ethical problems (such as sleeping with patients).

Bibliography

In 1945 an Egyptian peasant found a collection of buried ancient manuscripts, consisting of 1,153 pages of papyrus bound into twelve primitive leather-bound books (codices). They were copies made by third and fourth century scribes of works written in the Apostolic age (just before and after the death of Jesus) by people who were purportedly writing their memories of Jesus. They contain many sayings of Jesus that are not in the generally accepted Christian canon (the Holy Bible). The original authors were Gnostic Christians ("gnostic" is the Greek word for "knowledge." The manuscripts are called the Coptic Gnostic library or the Nag Hammadi manuscripts. It was 32 years before the first English translation of some of the manuscripts was published.

In 1947, an Arab goat herder discovered a large collection of clay jars (in a cliff overlooking the Dead Sea) containing many parchment scrolls and one copper scroll. The scrolls were written by the Essenes, members of a Jewish sect who lived near the Dead Sea from about 130 BC to 70 AD. They may have taken the scrolls to Qumran when the temple in Jerusalem was destroyed in 70 AD by the Roman army. Only about 20% of the scrolls have been published. The Dead Sea Scrolls are considered Gnostic writings.

The discovery of the Nag Hammadi manuscripts and the Dead Sea Scrolls concerned church leaders, because they are different from (but complementary to) the accepted texts of mainstream Judaism and Christianity, and they record many teachings of Jesus that contrast with the teachings in the New Testament. There have been many accusations that church leaders have suppressed and delayed the translation and publication of the manuscripts because they contradict some of the traditional teachings of Jesus as recorded in the Bible. The Gnostic writings and other scriptures (which were written around the same time as the books of the New Testament) were not included in the Bible and have been called "apocryphal" writings or "the other Bible." The Gnostic writings have been said to reveal the true nature and hidden teachings of Jesus.

Carl Jung studied the fragments of the Gnostic gospels that were available then, and said that they expressed ideas and images he had already had, such as the archetypes. Although he never admitted it explicitly, it appears that Jung was a Gnostic. Believers in
the teachings of the Gnostics included some Christian mystics, alchemists, magicians, and the Rosicrucians and Kabbalists. Jung said that "religious statements are psychic confessions based on unconscious, i.e. transcendental processes."

The Gnostics advocated experiencing God directly; they said that the human psyche is the container of the divine, and that "God is within you." This is considered heretical by orthodox believers because it calls into question the need for salvation by Jesus Christ. Gnosticism celebrates God as both Mother and Father, and suggests that the Resurrection is best understood symbolically rather than literally. Gnostics believe that self-knowledge is the route to union with God.

Jung was not interested in the question of whether Jesus was a real historical figure, but he revered the symbolic and mythic content of religion. He believed that religious symbols arise from a common human source in the depth of the collective unconscious. He saw the psychic reality of the Christ figure as an archetype within the human soul. He considered the Christian myth a great gift to humanity, similar to the myths of Osiris, the Buddha, Confucius, Lao-Tse, and others. A part of one of the Nag Hammadi manuscripts was purchased by the Jung Institute in 1953 and presented to Jung on his 80th birthday. It has become known as the Jung Codex. According to an article in *The Guardian* newspaper in 2001, Vatican scholars have begun the task of updating the Bible by incorporating revelations contained in the Dead Sea Scrolls.

Bibliography


Notes on the Book *The Wisdom of the Dream*

Carl Jung was a Swiss psychiatrist; he was born 1875 and died in 1961. His goal was to understand the conscious and unconscious aspects of human beings and learn where dreams come from. The unconscious cannot be described (because it is unconscious) but we can get hints (for example, from dreams). Jung was a loner as he grew up. He interpreted his dreams as leading him to the fields of medicine and psychiatry.

Jung's analytic psychology was not a scientific theory but the result of his observation of the inner life of his patients and the human quest for meaning through religion and mythology in all cultures. He memorized and explored his own dreams and believed that dreams are creative and relevant to understanding the events in our real life. As an analyst, he treated dreams as facts.

Jung originated many terms for his ideas, including extravert; introvert; persona; archetype; anima; animus; complex; and synchronicity (the theory of meaningful coincidences). He also developed the Association Test, which was used to identify patient's complexes. It was based on the idea that people will unconsciously hesitate in their speech when certain words provoke emotional reactions. Later, the polygraph (lie detector) was developed based on a similar idea, that bodily reactions occur unconsciously when certain words provoke an emotional response. The implication is that, to a degree, the individual's physiology is separate from the control of the ego.

Jung believed that psychological truth is revealed in dreams and rituals. In daily life people wear a kind of mask (a persona) which is how we wish to appear. In some cultures people have rituals and festivals in which they wear actual masks, and are able to have an excuse to behave differently, at least for a night. The inner self, which we usually keep under control, is allowed to come out, inhibitions are lost, and there is a suspension of normal life. The next day, everything goes back to normal.

Jung began his professional life in 1900, and met Freud in 1909. Jung was Freud's student and then his colleague for many years, but they split after Jung discovered the collective unconscious. The collective unconscious is the vast well of unconsciousness beneath the personal psyche of individuals. It contains archetypes,
instincts, and the archaic and mythological. It provides a link with our ancient past. The collective unconscious is made up of universal contents not specific to individuals.

Jung often had his patients draw and paint their fantasies and dream images, and he used art as therapy. After his split with Freud, Jung had a personal crisis, and he may have been mentally ill for a time. Then he recovered and published a very influential book, *Psychological Types*. This book describes four psychological functions: 1) sensation (which tells you there is something there); 2) thinking (which tells you what it is); 3) feeling (which tells you whether it is agreeable or not); and 4) intuition (hunches and creative discovery).

In 1923 Jung bought land on Lake Zurich at Bollingen and built a tower, which incorporated many artistic designs, as his refuge and retreat. He wrote about alchemy, astrology, and flying saucers. Jung regarded the soul and the spiritual as practical realities. He said you cannot deal with the human psyche without dealing with religion. However, he did not think of religious figures as beings out there but as within your own psyche. He said the real encounter with God is the encounter with your own psyche; "the buried treasure in the field is the human soul."

Reference