

## JUNGIAN FACEBOOK QUOTES (compiled by Pohsuan Zaide, PhD)

"As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being." C. G. Jung

"At times I feel as if I am spread out over the landscape and inside things, and am myself living in every tree, in the splashing of the waves, in the clouds and the animals that come and go, in the procession of the seasons. There is nothing in the Tower that has not grown into its own form over the decades, nothing with which I am not linked. Here everything has its history, and mine; here is space for the spaceless kingdom of the world's and the psyche's hinterland." C. G. Jung, *Memories, Dreams, Reflections*, p.225

"Everyone has his own specific vocation or mission in life; everyone must carry out a concrete assignment that demands fulfillment. Therein he cannot be replaced, nor can his life be repeated. Thus, everyone's task is unique as is his specific opportunity to implement it." Viktor E. Frankl, *Man's Search for Meaning*

"No one who strives for selfhood...is spared this dangerous passage, for that which is feared also belongs to the wholeness of the self." C. G. Jung, *CW 11*, par 849

"It is not only possible but fairly probable, even, that psyche and matter are two different aspects of one and the same thing. The synchronicity phenomena point, it seems to me, in this direction, for they show that the nonpsychic can behave like the psychic, and vice versa, without there being any causal connection between them." C. G. Jung, *CW 11*, par 418

"Are the I Ching's answers meaningful or not? If they are, how does the connection between the psychic and the physical sequence of events come about? Time and again I encountered amazing coincidences which seemed to suggest the idea of an acausal parallelism (a synchronicity, as I later called it). So fascinated was I by these experiments that I altogether forgot to take notes, which I afterward greatly regretted. Later, however, when I often used to carry out the experiment with my patients, it became quite clear that a significant number of answers did indeed hit the mark." C.G. Jung, *Memories, Dreams, Reflections*

"When all visible lights are extinguished one finds the light of the self." CG Jung, *CW13*, par 301

"Where are the answers to the spiritual needs and troubles of a new epoch? And where the knowledge to deal with the psychological problems raised by the development of modern consciousness? Never before has eternal truth been faced with such a hybris of will and power." CG Jung, *CW16*, par 396

"We are living in what the Greeks called the Kairos, the right moment, for a 'metamorphosis of the gods', of the fundamental principles and symbols. This peculiarity of our time, which is certainly not of our conscious choosing, is the expression of the unconscious man within us who is changing." *CW19*, par 585

"Not nature but the "genius of mankind" has knotted the hangman's noose with which it can execute itself at any moment." Carl Jung, *CW 11*, Para 734.

"Every man's condition is a solution in hieroglyphic to those inquiries he would put. He acts it as life, before he apprehends it as truth. In like manner, nature is already, in its forms and

tendencies, describing its own design. . . Let us inquire, to what end is nature?" Ralph Waldo Emerson

"Not nature but the "genius of mankind" has knotted the hangman's noose with which it can execute itself at any moment." CG Jung, CW 11, Para 734.

"A man who is unconscious of himself acts in a blind, instinctive way and is in addition fooled by all the illusions that arise when he sees everything that he is not conscious of in himself coming to meet him from outside as projections upon his neighbor." CG Jung, CW 13: Alchemical Studies. P.335

"If my reading of the symbolism is correct, the aeon of Aquarius will generate individual water carriers. This will mean that the psyche will no longer be carried by religious communities - the church, the synagogue or the mosque - but instead it will be carried by conscious individuals.

This is the idea Jung puts forward in his notion of a continuing incarnation, the idea that individuals are to become the incarnating vessels of the Holy Spirit on an ongoing basis." Edward Edinger, The Aion Lectures

"Every step forward, even the smallest, along the path of consciousness adds to the world, to the visible and tangible God." C.G. Jung

"Western man has no need of more superiority over nature, whether outside or inside. He has both in almost devilish perfection. What he lacks is conscious recognition of his inferiority to nature around him and within him. He must learn that he may not do exactly as he wills. If he does not learn this, his own nature [and Nature] will destroy him. He does not know that his own soul [and the world-soul] is rebelling against him in a suicidal way." C. G. Jung

"[T]he more we become conscious of ourselves through [S]elf-knowledge, and act accordingly, the more [...] there arises a consciousness which is no longer imprisoned in the petty, oversensitive, personal world of the ego, but participates freely in the wider world of objective interests. This widened consciousness is no longer that touchy, egotistical bundle of personal wishes, fears, hopes, and ambitions which always has to be compensated or corrected by unconscious counter-tendencies; instead, it is a function of relationship to the world ... bringing the individual into absolute, binding, and indissoluble communion with the world at large." C. G. Jung

"Periodically, the world falls apart, and it is held together by the good, patient, steady work of people like you until the world heals again, for awhile." James Hollis

"In a disordered time, Germans chose the most disordered among them to lead them. And they followed him like sleepwalkers over the roofs of Germany until they fell into the streets and broke their backs." C. G. Jung

"The unconscious is always there beforehand as a system of inherited psychic functioning handed down from primeval times. Consciousness is a late-born descendant of the unconscious psyche...we might think of it as a collective human being...having at its command a human experience of one or two million years." C.G. Jung, CW 8, par 673

“Our journey through the dreck and dross of our messes is an invitation to an enlargement of the soul. Some of these messes will be our great teachers, some will cause us to grow, and some will bring the fullness of failure to bear on the encounter with the mystery. Great meaning will often come from such dismal moments.” James Hollis

“It is the death of the soul to become unconscious. People die before there is death of the body, because there is death in the soul. They are mask-like leeches, walking about like spectres, dead but sucking. It is a sort of death. I have seen a man who has converted his mind into a pulp.” C.G. Jung

“Individuation is a natural process, augmented by our conscious participation. We can feel it as an urge toward an unknown goal, a sense that there must be something we must be doing in this life, as if there were a river running through us and we are only barely able to discern its direction or its source but keenly know the force of its current.” Ann Ulanov

“Just as the conscious world of mythological images speaks indirectly, through the experience of external things, to the man who surrenders wholly to the outside world, so the real world and its demands find their way indirectly to the man who has surrendered wholly to the soul; for no man can escape both realities. If he is intent on his outer reality, he must live his myth; if he is turned only toward his inner reality, he must dream his outer so-called real life.” CG Jung, CW6, pr 280

“I sketched every morning in a notebook a small circular drawing, a mandala, which seemed to correspond to my inner situation at the time. With the help of these drawings I could observe my psychic transformations from day to day...My mandalas were cryptograms...in which I saw the self—that is, my whole being—actively at work.” Jung, *Memories, Dreams, Reflections*, p 195-196.

“The unconscious processes that compensate the conscious ego contain all those elements that are necessary for the self-regulation of the psyche as a whole. On the personal level, these are the not consciously recognized personal motives which appear in dreams, or the meanings of daily situations which we have overlooked, or conclusions we have failed to draw, or affects we have not permitted, or criticisms we have spared ourselves.” C. G. Jung, *The Function of the Unconscious*, CW 7, par. 275.

“In effect, the good news and the bad news are the same here in the sense that the psyche is not passive, it’s active, it’s continuously expressing its point of view and it is manifesting in our body which are somatic issues in our emotional life, in our behaviors and of course, in our dream life. Those expressions of opinion are often something we call “symptoms” in the contemporary mindset and we want to sort of replace symptoms as quickly as possible and that is understandable. At the same time, the real question is why have they come, what is our own psyche trying to say to us. Or, put it another way, for what reason is my psyche refusing to cooperate with the agenda that my conscious life has addressed and emerge itself to.” James Hollis

The more one-sided his conscious attitude is, and the further it deviates from the optimum, the greater becomes the possibility that vivid dreams with a strongly contrasting but purposive

content will appear as an expression of the self-regulation of the psyche. C.G. Jung (CW 8, pa 488)

Dreams are neither deliberate nor arbitrary fabrications; they are natural phenomena which are nothing other than what they pretend to be. They do not deceive, they do not lie, they do not distort or disguise. . . . They are invariably seeking to express something that the ego does not know and does not understand. C.G. Jung, CW 17, par. 189

" The unconscious is not a demoniacal monster, but a natural entity which, as far as moral sense, aesthetic taste, and intellectual judgment go, is completely neutral. it only becomes dangerous when our conscious attitude to it is hopelessly wrong. To the degree that we repress it, its danger increases. But the moment the patient begins to assimilate contents that were previously unconscious, its danger diminishes. The dissociation of the personality, the anxious division of the day-time and night-time sides of the psyche, cease with progressive assimilation." (CG Jung, CW16, § 329)

All life is bound to carriers who realize it, and it is simply inconceivable without them. But every carrier is charged with an individual destiny and destination, and the realization of these alone makes sense of life. C. G. Jung

Whatever spirituality is, we know from our glimpses along the frontier with the transcendent that it wants to step over into living. Ann Bedford Ulanov

The twin conditions for growth require first that we take responsibility for our own journey. No matter what the historic wounding, we must now and forever assume responsibility for our choices. Secondly we must also be able to internalize, that is, be able to see that one's life is generated by choices whose dynamics derive from within. James Hollis

"The uroboros is a dramatic symbol for the integration and assimilation of the opposite, i.e., of the shadow. This 'feedback' process is at the same time a symbol of immortality, since it is said of the uroboros that he slays himself and brings himself to life, fertilizes himself and gives birth to himself. He symbolizes the One, who proceeds from the clash of opposites, and he therefore constitutes the secret of the prima materia, which as a projection, unquestionably stems from man's unconscious." C. G. Jung (CW 14, p. 365)

"...there are present in every psyche forms which are unconscious but nevertheless active--living dispositions, ideas in the Platonic sense, that preform and continually influence our thoughts and feelings and actions." Jung (CW 9i, p. 154)

"The soul of civilization depends on the civilization of our soul." James Hillman, in *Revising Psychology*.

"In the long run it is the better-adapted man who triumphs, not the wrongly self-confident, who is at the mercy of dangers from without and within. Measure not by money or power! Peace of soul means more." ~ C.G. Jung

---

"The soul of each of us is given a unique daimon before we are born, and it has selected an image or pattern that we live on earth. This soul-companion, the daimon, guides us here; in the process of arrival, however, we forget all that took place and believe we come empty into this world. The daimon remembers what is in your image and belongs to your pattern, and therefore

your daimon is the carrier of your destiny."—Hillman, James (2013). *The Soul's Code: In Search of Character and Calling*

We must presumably often go to ourselves to re-establish the connection with the self, since it is torn apart all too often, not only by our vices but also by our virtues. For vices as well as virtues always want to live outside. But through constant outer life we forget the self and through this we also become secretly selfish in our best endeavours. What we neglect in ourselves blends itself secretly into our actions toward others. C. G. Jung, *Scrutinies, The Red Book*

Not your thinking but your essence, is differentiation. Therefore you must not strive for what you conceive as distinctiveness, but for your own essence... Since, however, thought alienates us from our essence, I must teach you that knowledge with which you can bridle your thoughts. C. G. Jung, *Scrutinies, The Red Book*

"All the riches I seem to possess are also my poverty, my lonesomeness in the world. The more I seem to possess, the more I stand to lose, when I get ready to approach the dark gate." Carl Jung, *Letters Vol. II, Page 516*

The dynamic principle of fantasy is play, a characteristic also of the child, and as such it appears inconsistent with the principle of serious work. But without this playing with fantasy no creative work has ever yet come to birth. The debt we owe to the play of imagination is incalculable. It is therefore short-sighted to treat fantasy, on account of its risky or unacceptable nature, as a thing of little worth.

Carl Jung

We must be able to let things happen in the psyche. For us, this becomes a real art... Consciousness is forever interfering, helping, correcting, and negating, never leaving the single growth of the psychic processes in peace. Carl Jung

Do we have fantasies, or do they have us? Jung understood each of us to exist in the imagination in a fundamental way, writing that "every psychic process is an image and an 'imagining.'" Our fantasies matter. They speak profoundly about who we are, and they affect our world in startlingly material ways. Sean Fitzpatrick, PhD

"Suddenly an image situates itself in the center of our imagining being. It retains us; it engages us. It infuses us with being." Gaston Bachelard, *Poetics of Reverie*, p. 153

Our greatest innovations, works of art, acts of compassion emerge from the human imagination, as do our horrific atrocities. How we imagine matters. -- Sean Fitzpatrick, PhD

...we can never seem to catch imagination operating on its own and we never can circumscribe its place because it works through, behind, within, upon, below our faculties. An overtone and undersense: is imagination prepositional? -- James Hillman

Experience and imagination are inseparable. The world is eternally being made and remade through the imagination, and the totality of imaginative power is what we call "culture."  
Ronald Schenk, Jungian analyst

Music expresses in sounds what fantasies and visions express in visual images....music represents the movement, development, and transformation of motifs of the collective unconscious. C.G. Jung, Letters Vol. 1, Page 542.

This life is the way, the long sought after way to the unfathomable which we call divine. C.G. Jung, The Red Book

As the individual is not just a single, separate being, but by his very existence presupposes a collective relationship, it follows that the process of individuation must lead to more intense and broader collective relationships and not to isolation.(CW 6, par. 758)

Individuation does not shut one out from the world, but gathers the world to itself. (CW 8, par. 432) CG Jung

Resistance to the organized mass can be effected only by the man who is as well organized in his individuality as the mass itself. C.G. Jung

We meet ourselves time and again in a thousand disguises on the path of life. C.G. Jung

“Life has always seemed to me like a plant that lives on its rhizome. Its true life is invisible, hidden in the rhizome. The part that appears above ground lasts only a single summer. Then it withers away—an ephemeral apparition. When we think of the unending growth and decay of life and civilizations, we cannot escape the impression of absolute nullity. Yet I have never lost a sense of something that lives and endures underneath the eternal flux. What we see is the blossom, which passes. The rhizome remains.”— C.G. Jung, Memories, Dreams, Reflections

The psychological rule says that when an inner situation is not made conscious, it happens outside, as fate. That is to say, when the individual remains undivided and does not become conscious of his inner opposite, the world must perforce act out the conflict and be torn into opposing halves. CG Jung

The invitation is to summon courage to take on the world anew, to relinquish outmoded identities and defenses, and risk a radical re-imagining of the larger possibilities of the world and of self. James Hollis, The Archetypal Imagination

The decisive question for man is: Is he related to something infinite or not? That is the telling question of his life. Only if we know that the thing which truly matters is the infinite can we avoid fixing our interest upon futilities, and upon all kinds of goals which are not of real importance... C.G. Jung

Your life becomes meaningful when you keep this question [What is the meaning of life?] before you, as both guide, and a prompting to move out of yesterday's answer. Today's meaning will need be replaced by tomorrow's when you have better questions, more comparative experience, and an enhanced capacity for ambiguity and mystery. And all provisional meanings must meet the test of honest skepticism, and be confirmed by your inner, autonomous knowing, not the consensual voice of a clamorous group around you. Something inside of us knows what is right for us, and we have to humbly learn to track its voice and align its wisdom with our outer choices. James Hollis, Ph.D.

The images which arise out of the depths, be they the burning bush of biblical imagery, the complaint of the body, or the dream we dream tonight, link us to that throbbing, insistent hum which is the sound of the eternal. As children we listened to the sound of the sea still echoing in the shell we picked up by the shore. That ancestral roar links us to the great sea which surges within us as well. James Hollis, *The Archetypal Imagination*

Meaning makes a great many things enduring--perhaps everything. No science will ever replace myth, and a myth cannot be made out of any science. For it is not that "God" is a myth, but that myth is the revelation of a divine life in man. CG Jung, MDR

These twin tasks – to live one's own life and to serve the mystery – are, paradoxically, aspects of the same thing, for the former obliges not only a willingness to accept responsibility for the course of one's life and for the meaning it embodies, but also the right to experience the absolutely different path it may take from those who have gone before. To reach the end of one's life and to know that one has not truly taken the journey is more terrible than any terrors one would have had to face on the way. James Hollis, *Tracking the Gods*

"To become a person does not necessarily mean to be well adjusted, well adapted, approved of by others. It means to become who you are. We are meant to become more eccentric, more peculiar, more odd. We are not meant just to fit in. We are here to be different. We are here to be the individual." — James Hollis, *Through the Dark Wood: Finding Meaning in the Second Half of Life*

We cannot change anything until we accept it. Condemnation does not liberate, it oppresses. C.G. Jung

At times I feel as if I am spread over the landscape and inside things, and am myself living in every tree, in the splashing of the waves, in the clouds and the animals that come and go, in the procession of seasons. There is nothing with which I am not linked. C.G. Jung (MDR, p. 225)

Every step forward, even the smallest, along the path of consciousness adds to the world, to the visible and tangible God. C. G. Jung

So often spirituality, like the false self, is fear-driven, which is not to be judged, but a fear-driven spirituality will always diminish rather than enlarge. James Hollis

In the end, the only visible events of my life worth telling are those when the imperishable world irrupted into this transitory one. CG Jung, MDR, p. 4

Finding meaning in the second half of life requires our recovering a sense of personal authority, striking a balance between obligation to others and duty to self, and constructing a mature spirituality. How do we recover the parts left behind? What are the ways in which we can grow as persons throughout this journey, and find ourselves increasingly at home with the person we are becoming? James Hollis, PhD

No amount of denial will spare us loss. Nor should we hesitate to grieve. Midway between the fretting of the heart and the fevers of the brain is the chance to accept the evanescence of things, our poor power to hold on, and yet affirm what has been, however briefly, ours. The power to affirm value amid loss is source of deep meaning. James Hollis

"In an existential sense we are all always on the threshold of mortality. What would it mean to live more authentically, to engage the task of realizing our own destiny, face to face with ourselves? In essence, what would it be like to live as if each day is our last, to find within the courage to be?" Dr. Bev Osband, PhD

"Of course, a culture as manically and massively materialistic as ours creates materialistic behavior in its people, especially in those people who've been subjected to nothing but the destruction of imagination that this culture calls education, the destruction of autonomy it calls work, and the destruction of activity it calls entertainment."

— James Hillman, *We've Had a Hundred Years of Psychotherapy & the World's Getting Worse*

"We are not here to fit in, be well balanced, or provide exempla for others. We are here to be eccentric, different, perhaps strange, perhaps merely to add our small piece, our little clunky, chunky selves, to the great mosaic of being. As the gods intended, we are here to become more and more ourselves."— James Hollis, *What Matters Most: Living a More Considered Life*

"When you find your path, you must not be afraid. You need to have sufficient courage to make mistakes. Disappointment, defeat, and despair are the tools God uses to show us the way."

— Paulo Coelho, *Brida*

"Until you make the unconscious conscious, it will direct your life and you will call it fate."

— C.G. Jung

"My soul, where are you? Do you hear me? I speak. I call you—are you there? I have returned. I am here again. I have shaken the dust of all the lands from my feet, and I have come to you again." ~The Red Book, p. 232

If you go to thinking, take your heart with you. If you go to love, take your head with you. Love is empty without thinking, thinking hollow without love. C.G. Jung

The twin conditions for growth require first that we take responsibility for our own journey. No matter what the historic wounding, we must now and forever assume responsibility for our choices. Secondly we must also be able to internalize, that is, be able to see that one's life is generated by choices whose dynamics derive from within. James Hollis

...the united personality will never quite lose the painful sense of innate discord. Complete redemption from the sufferings of this world is and must remain an illusion. Christ's earthly life likewise ended, not in complacent bliss, but on the cross...The goal is important only as an idea; the essential thing is the opus which leads to the goal: that is the goal of a lifetime. In its attainment "left and right" are united, and conscious and unconscious work in harmony. CG Jung, CW 7

Possession by the unconscious means being torn apart into many people and things, a disunctio...the blind insistence on the outward community of the Church naturally fails to fulfill [the aim of an inwardly united being]; on the contrary, it inadvertently provides the inner disunity with an outward vessel without really changing the disunctio into a conjunctio. (CG Jung, CW 16, p. 197)

"How else could it have occurred to man to divide the cosmos, on the analogy of day and night, summer and winter, into a bright day-world and a dark night-world peopled with fabulous



monsters, unless he had the prototype of such a division in himself, in the polarity between the conscious and the invisible and unknowable unconscious?" (CW 9i:187)

"By what fiction does your life fulfill its truth, betray its truth, and avoid its truth?" James Hollis, *On This Journey We Call Our Life*.

Jung's definition of a religious attitude is: that attitude peculiar to a consciousness that has been changed by the experience of the numinosum. Edward Edinger

"...the feminine principle is the container and that's true in a man as well as a woman...An artist has to be ravished by the archetypal unconscious or there is no art." Marion Woodman, *Conscious Femininity*

"When I say the feminine, I don't mean gender. I mean the feminine principle that is living—or suppressed—in both men and women." Marion Woodman

Jung's psychology defined metanoia as a spontaneous attempt of the psyche to heal itself of unbearable conflict by melting down and then being reborn in a more adaptive form. Metanoia is a substantial concept to both psychology and religion. Rebirth and change are necessary to our lives. Pittman McGehee