

# The C.G. Jung Society of Queensland

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Newsletter

Oct - Dec 2009, No 61

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## President's Letter

Dear Readers,

### The Self in Sydney



At a recent professional development event organised in Sydney by ANZSJA, the British Jungian analyst Warren Colman spoke of Jung's concept of the Self. I'll begin this letter with a report of the salient points from the theoretical part of his seminar.

The concept of the Self emerged gradually in Jung's writing and by 1928 it had become central to his ideas. Jung defined the Self in different ways - as the organising principle of the psyche, as the goal of the psyche, as a centre and also as a circumference embracing the conscious and the unconscious. He increasingly referred to the Self as an archetype, thus giving the idea that it is part of the psyche. Critics ask how the Self can be both a totality and a part. But these definitions need to be seen side by side rather than as contradictory. The Self tends to be experienced as numinous and it can only truly manifest itself and be felt symbolically. It is only through analysing the symbols of the Self that we can get an inkling of its nature. For example, circular and quadratic forms suggest wholeness. The mandala suggests both the centre towards which everything is directed and the containing circumference, as well as the circumambulatory path towards the Self.

The Self's struggle to be born and to become more conscious is mediated by the Ego. In his final work, Jung recognised the Ego as the condition for the Self coming into being. In Colman's opinion, the more individuated the Ego, the more indistinguishable it is from the Self.

The Self represents the goal of Individuation – psychic wholeness and healing. It is a lifelong task, of which the goal is never actually achieved. During the journey of Individuation, there is a shift from the limited circumference of personal experience to something larger. Individuation is not only about realising one's Self but about making it manifest in the world.

I was particularly delighted with this quotation about the nature of the Self (Colman quoting Roger Brooke): ***the quality of being in the world, centred and balanced, open-hearted, humble and spacious.***

As a Society we aim to be as alive, varied and interesting as we can while remaining within our mission of presenting topics that explore the ideas of C.G. Jung. With the convivial Brisbane book launch on 4 September for Judith Pickering's book *Being in Love* at the Avid Reader book shop we reached out into the local cultural scene by holding an event in a book store for the first time. Our programme for the next three months presents some other "firsts" – topics that we have not covered before.

Modern medical imaging equipment allows neurological studies to find interesting links between the brain and the psyche. For our October event, we are very pleased to receive a firsthand report from Leon Petchkovsky of the results of his fMRI study of subjects while undergoing a word association test and its implications for the theory of psychological complexes.

To take advantage of the visit to Australia of Jeremiah Abrams, a Jungian psychotherapist from California, we are holding a second event in October, on Friday 23<sup>rd</sup>. Jeremiah Abrams is probably best known as co-editor of the book *Meeting the Shadow*.

The subject of our November event – Jung's *Seven Sermons to the Dead* seen from the perspective of modern Gnostic practice – is also one that, to my knowledge, we have not covered before. Jung was deeply interested in both Gnosticism and Alchemy as evidence for his theories about the collective unconscious. How he came to write *The Seven Sermons to the Dead* is recounted in *Memories, Dreams, Reflections*. He describes a summer evening in 1916, during the period commonly called his "confrontation with the unconscious", when the whole family sensed that the house was filled with "ghostly entities". As he wondered what they were, they cried out to him "We have come from Jerusalem where we found not what we sought." He writes "Then it began to flow out of me, and in the course of three evenings the thing was written. As soon as I took up the pen, the whole ghostly assemblage evaporated." Jung published the work privately under the title *Septem Sermones ad Mortuos, written by Basilides in Alexandria, the City where the East toucheth the West* and distributed it only to friends. At his request it was excluded from the Collected Works, but was included as an appendix of the German and English editions of *Memories, Dreams, Reflections*. During his lifetime, Jung was taken to task by some theologians for being "a Gnostic". He defended himself against this charge, claiming to be "merely an empiricist". In later life, he referred to *The Seven Sermons to the Dead* as "a sin of my youth". I recommend a fascinating book on this subject, *The Gnostic Jung* - a collection of Jung's writings on Gnosticism selected and introduced by Robert A. Segal. The text of the *Seven Sermons to the Dead* can be found at [http://www.freewebs.com/navanath/seven\\_sermons.html](http://www.freewebs.com/navanath/seven_sermons.html)

You will notice that our December event is identical to the one advertised in our last newsletter for July. Unfortunately our July speaker, Frank Coughlan, was ill and in place of his talk we showed a DVD entitled *Individuation: A Lifelong Journey* with renowned Jungian analyst Dr Murray Stein. It seems appropriate that Frank's talk on Jung and Astrology will be presented at our Christmas event because one of his themes will be the symbol of the Fish representing the Age of Pisces, corresponding to the Christian era.

Finally, I would like to give a very warm thank you to the 2009 committee who have worked behind the scenes to make our events as welcoming and smooth-running as possible, despite the Technological Trickster spirit who never fails to find new ways of challenging us. Thank you also, as always, to those who help with setting up and cleaning up at our meetings. It is much appreciated.

Warm wishes

*Anne Di Lauro*

**Please note:**

**At present we have to confirm the availability of our usual venue, St Mary's Parish House, on a month by month basis. Any change in venue will be advised by e-mail. If you are not on our e-mail list, please phone one of the committee members before an event to confirm where it will be held.**

## Upcoming events at the Jung Society

October 2009

### Psychological Complexes: Exploring the Neurobiology of Internal Conflicts

A lecture by Dr Leon Petchkovsky  
Psychiatrist and Jungian Analyst

**Thursday 1 October 2009, 7:30 – 9:30 pm**  
**St Mary's Parish House, Cn Merviale and Peel Sts, South Brisbane**  
**Members and concession \$5; Non-members \$10**

*A feeling-toned complex ... is the image of a certain psychic situation which is strongly accentuated emotionally and is, moreover, incompatible with the habitual attitude of consciousness. This image has a powerful inner coherence, it has its own wholeness and, in addition, a relatively high degree of autonomy, so that it is subject to the control of the conscious mind to only a limited extent, and therefore behaves like an animated foreign body in the sphere of consciousness. Jung, CW8 para 201*



Freud's free association investigations and Jung's foundational Word Association experiments both envisaged "complexes" as conflicts between the "ego" and an "unconscious". These conflicts of internal "self" and "other" were thought to feature in illnesses like psychosis, as well as the psychopathology of everyday life.

Are complexes just a metapsychology construct, or might they have a biological substrate? The answer is relevant to our deeper understanding of subjective process, psychodiagnostics, and outcome measures.

Leon will describe an experiment using fMRI studies of subjects while undergoing a word association test.

The abstract of this study is reproduced on page 11. It presents the neurosciences process and findings. In his talk to the Jung Society, Leon will focus more on the "Jungian" and subjective aspects of this work.

**Dr. Leon Petchkovsky** is a psychiatrist, who also trained in London in Jungian Analytic Psychology. He is the immediate past president of the Australian and New Zealand Society of Jungian Analysts (ANZSJA). He spent 5 years in Central Australia working in indigenous mental health, and has published on themes of indigenous self-perception, as well as Australia's 'Stolen Generation'. He has an Associate Professorial title with the Department of Psychiatry for the University of Queensland. He spends his time between private

psychotherapy practice at the Pinniger Clinic on the Gold Coast, mental health visits to remote communities in Central Australia, and research.



Albrecht Durer – The Four Horses of the Apocalypse

Extra Evening Event 23 October 2009

**Jump Time: The Archetype of the Apocalypse  
and the Psychology of Now**

**A presentation by Jeremiah Abrams**  
Jungian therapist, San Francisco Bay

***Friday 23 October 2009, 7:30 – 9:30 pm***  
***St Mary's Parish House, Cn Merviale and Peel Sts, South Brisbane***  
***Members and concession \$5; Non-members \$10***

*We have come too late for the gods,  
and too soon for just being.*  
—Søren Kierkegaard

We are living in unparalleled interesting times, part of the largest generations in human history, moving through some of the most monumental changes humans have ever experienced. Ray Kurzweil, the inventor and futurist who foresaw the explosive growth in worldwide Internet use that began in the 1990s, predicts that paradigm shifts will become increasingly common, leading to "technological change so rapid and profound it represents a rupture in the fabric of human history." Could we be headed toward an "interim of barbarism" as Jung hypothesized as possible if the rejection of tradition continues in our culture? What seems certain is this: myth of what it means to be human is in serious revision.

The word apocalypse means simply "to uncover or unveil." According to analyst Edward Edinger, "it is the coming of the Self into collective awareness, the 'incarnation of the God-image' with all its paradoxical ambiguity, a God who unites within himself both good and evil." If we understand this context as Jung did, the personal challenge is taking back the opposites within ourselves. Jung's visions at the end of his life saw us just squeaking by. The evolutionary triggers now present for human consciousness are driving us toward this real singularity, the synthesis of just being. The lurking shadows in our world insist that we learn individually to inhabit the Now more fully and adapt to the shift in human consciousness that is occurring, or else collectively we may perish.

**Jeremiah Abrams LCSW, MPC** is a Jungian therapist, author, and teacher based in the San Francisco Bay Area of California. Jeremiah is a popular teacher at Esalen Institute in California and Skyros in Greece. He has taught Depth Psychology in the graduate program at Sonoma State University and is considered a leading expert on the human Shadow. His books include the best-selling *Meeting the Shadow; The Shadow in America; and Reclaiming the Inner Child*; and the new 3-CD audio program, *The Dreamtime Journey: The Path of Direct Experience*.

November 2009

## Gnostic Concepts in Jung's *Septem Sermones ad Mortuos* (Seven Sermons to the Dead)

**Thursday 5 November 2009, 7:30 – 9:30 pm**  
**St Mary's Parish House, Cn Merviale and Peel Sts,**  
**South Brisbane (check venue beforehand)**  
**Members and concession \$5; Non-members \$10**



Abraxas

This talk, by Rev Mr. Prenna Unsane and Dr Ralf Muhlberger of the Saint Theresa of Avila Community, a Narthex of the Apostolic Johannite Church in Brisbane, will describe key concepts from Jung's 1916 Gnostic text *Seven Sermons to the Dead* from the perspective of 21<sup>st</sup> century Gnostic practice, with a focus on how we apply these concepts today.

You can find the text of *Seven Sermons to the Dead* at [http://www.freewebs.com/navanath/seven\\_sermons.html](http://www.freewebs.com/navanath/seven_sermons.html)

**Prenna Unsane** is a seminarian in the Apostolic Johannite Church and the Narthex Leader of the Saint Teresa of Avila community here in Brisbane. Prenna also has experience in the Western Magical Tradition, Neuro Linguistic Programming, and hypnosis.

**Dr Ralf Muhlberger** is a lecturer at the University of Queensland, where he investigates how we build different mental models of ourselves and our world, and how an understanding of our internal mental models can help us design more successful ways of interacting with others. Ralf has over 25 years meditation and transformation experience in both Eastern and Western traditions, with a personal practice that is strengthened by his professional research and consulting work.



December 2009

## Jung and Astrology

A presentation by Frank Coughlan

**Thursday 3 December 2009, 7:30 – 9:30 pm**

**St Mary's Parish House, Cn Merviale and Peel Sts, South Brisbane**

**Members and concession \$5; Non-members \$10**

It should be no surprise to find that Jung carefully studied the symbolic language and practice of astrology. He brought attention to the great cycles of astrology, especially the age of Pisces, relating to the 2000-year period of Christianity and its Piscean symbol: the fish. Jung also played a large part in the development of modern astrology as a psychological practice that understands the symbols of astrology to be living symbols in the Jungian sense. He has thus helped to move astrology away from fatalistic determinism and towards a language that facilitates communication between our conscious and unconscious selves, between our surface and our deeper selves.

This talk will explore Jung's ideas about astrology. The presentation is open to all. No knowledge of astrology by attendees is assumed.

**Frank Coughlan** was president of the C. G. Jung Society of Queensland for five years. He has studied and practised astrology for 15 years, including a period as newsletter editor for the Queensland Federation of Astrologers. Frank is a professional social worker in private practice as a counsellor and therapist. His primary work is in facilitating clients' inner work through spontaneous imagery, a meditative process. He also works in pastoral care at a Brisbane Primary school.

*This is also our Christmas Party.  
Beverages will be supplied.  
Please bring finger food to share if you can.  
Everyone Welcome!*



Pisces - Stained Glass Window at Chartres Cathedral

## News from Jung Downunder

Sydney Book Launch

### Depth Psychology, Disorder & Climate Change

Edited by Jonathan Marshall

Wednesday 23 September

TIME: 6:00 for 6:30pm

VENUE: Gleebooks 49 Glebe Point Road Glebe

Admission FREE

**Depth Psychology, Disorder and Climate Change**, edited by Jonathan Marshall, is the first in what we hope to be a series of publications from Jung Downunder Books. This title originated in the Jung Society's 2008 panel on Depth Psychology and Climate Change and features essays, poems, conversations and stories by:



#### CONTRIBUTORS:

Anne Di Lauro, Anne Noonan & Julie Macken, Bronwyn Goss, Craig San Roque  
David Tacey, Glenda Cloughly, Jacinta Frawley, Lenore Kulakauskas, Lucey Davey  
Marie Tulip, Max Harrison & Susan Murphy, Pam Stavropoulos, Peter Dicker  
Peter White, Robert Bosnak, Sally Gillespie, Terrence McBride

There is a large variety of different ideas and approaches in this collection, providing a wide appeal for all tastes. The invited authors were told that we did not want another litany of dreadful facts about climate change; we wanted reflections on the psychology involved. What we have received are writings on new ways forward: insights into avoidance, reflections on disruption in dreams and myths, warnings on the dangers of our immediate responses, studies of images, thoughts on the benefits of a depth psychological approach, musings on the relationship between psychology and disorder, and much, much more.

Jonathan Marshall's professional editing has created a thoughtful, innovative and exciting publication.

Tim Hartridge's creative talents are again on display through the graphics and layout.

Come and join us in celebrating the launch of this highly original and topical book, along with the inauguration of JUNG DOWNUNDER BOOKS

Advertisement

## Jungian Analysis, Psychotherapy and Sandplay Therapy

Is now available in Brisbane on Friday and Saturday  
At 152 Musgrave Road, Redhill  
Marie Makinson: Dip. Analytical Psychology: London  
Member of GAPS, ANZAP, PACFA  
For information: Email: [mariemm@optusnet.com.au](mailto:mariemm@optusnet.com.au)  
Alternatively phone: 0423206682



Archangel Raphael, Peru, 17<sup>th</sup> century, Brooklyn Museum

## Bulletin Board

*The Bulletin Board contains brief notices of other events which might be of interest to members.*

### **Art Show – INNERSCAPES**

Irene MacFarlane & Krystyna Soler  
17 – 29 September 2009, Percolator Gallery, 134 Latrobe Tce, Paddington  
Opening event 19 Sept, 4 pm, RSVP essential. 0417 721 840 or 0424 898 556  
[www.percolatorgallery.com.au](http://www.percolatorgallery.com.au)

### **I Ching Study Group**

3<sup>rd</sup> Thursday of the month  
Contact Irene MacFarlane: 3875 1328 or [irenemacfarlane@optusnet.com.au](mailto:irenemacfarlane@optusnet.com.au)

### **The Psychology of Kundalini Yoga: study group**

6 Saturday mornings Sept. 19<sup>th</sup> – Oct. 24<sup>th</sup> 2009 from 9.30 -12.00  
At: Redhill Shopping Centre, 152 Musgrave Road Redhill Brisbane  
**Led by Jungian analyst: Marie Makinson**  
Cost \$30 per session or \$140 for 6 sessions paid in advance  
Come even if you cannot attend all of the sessions.  
Information and bookings: [marieemm@optusnet.com.au](mailto:marieemm@optusnet.com.au) or 0423206682

### **Workshops with Jeremiah Abrams**

#### ***Write for your Life: Developing a Strong Narrative Voice***

A weekend workshop writers' workshop with Jeremiah Abrams, Jungian therapist and author  
Byron Bay Oct 3 - 4; Brisbane Oct 31 - Nov 1 2009. Cost \$200

#### ***Step into your Bigger Story***

Brisbane November 7 - 8 2009. Cost \$225

<http://jeremiahabramsinoz.posterous.com/> Contact: 0432 255 228 or [jeremiah.abrams@gmail.com](mailto:jeremiah.abrams@gmail.com)

### **SANDPLAY THERAPY PROFESSIONAL TRAINING IN BRISBANE**

With Dr. Alexander Esterhuyzen, Senior Jungian Analyst & Vice-President ISST, London  
This program offers practicing therapists professional development towards international recognition and training in sandplay therapy by the International Society for Sandplay Therapy (ISST)

#### **Myth and Symbol in Sandplay**

One day workshop in Brisbane 17 October 2009. \$195.00

#### **Group Supervision**

Brisbane 19 & 20 October \$415.00

#### **Masterclass: Sandplay Therapist Professional Development**

Attendance by application . 9am - 1pm Brisbane 18 Oct \$125.00

Registration: Roman Ilgauskas (03) 953 72384 Email [romani@netspace.net.au](mailto:romani@netspace.net.au)

More Information: [http://www.jungdownunder.com/sandplay/sandplay\\_home.htm](http://www.jungdownunder.com/sandplay/sandplay_home.htm)

## **Abstract of the study “The fMRI correlates of psychological ‘complexes’: Exploring the neurobiology of internal conflict”**

(Continued from page 3)

CO-AUTHORS: Leon Petchkovsky FRCPsych PhD, Michael Petchkovsky, Paul Dickson BPsych (Hons), Danielle T. Montgomery BSc (Hons) MCounsPsych, Jonathan Dwyer PhD, Philip Morris FRANZCP PhD, Patrick Burnett M.Ed (Hons) Diploma of Analytical Psychology (Zurich), Mark Strudwick PhD.

### Method

Jung’s 100 Word Association Test adapted for fMRI conditions was performed in a 4 Tesla fMRI Unit with 13 normal subjects, yielding 14 scans. Two lots of 339 volumes (36 slices per volume) were acquired per subject. Post-test interview identified three (variably overlapping) ‘sets of “complexed” responses; a Time Delay Set (0.4 seconds above Median), a Self Reported Complex Set, and a Set of responses with Semantic Markers of complexed activity. Time Delay, Self Reported Complex and Semantic Marker responses were pooled (the “generic response”) for contrast against neutral responses.

### Results

SPM5 analysis of the “generic response” revealed several (symmetrical) regions of interest including R and L Supplementary Motor Areas, anterior insulae, and caudate. RSMA response was greatest in purely delayed (unconscious) responses against self-reported (conscious) ones.

### Conclusions

In generic complexed responses, bilateral SMA (reportedly a mirror neuron supra-modulator) is highly activated, possibly sub-serving negotiations between “self” and “other”. Anterior Insular activation could mediate conflicted affect, and caudate activation is characteristic of fixated attention. RSMA may be a locus for extreme “internal otherness”.

### Discussion

Several features of the “generic complexed response” stand out.

**Bilateral Symmetry.** Why is the “generic complex response” bilaterally symmetrical? Much has been written about left versus right hemispheric function. Perhaps the most convincing formulations are those put forward by Pettigrew (and supported by Ramachandran), because they have an animal behavioural underpinning. In Pettigrew’s view, right hemispheric over-activity in vertebrates is associated with wariness and depression (the subject as prey), whereas left hemisphere is more curious exploratory, danger-denying, even hypomanic (the subject as predator). Could such interhemispheric negotiations be involved in the complexed response?

**The salience of SMA.** Why is SMA so prominent? We know that Iacobini’s powerful brain electrode recording studies on SMA in 14 subjects during surgery for epilepsy suggest strongly that SMA is a supra-modulator of other mirror neuron sites (pre-Broca’s and posterior Wernicke’s). Furthermore, a range of studies suggest SMA is central to a broad range of attention and volition switching tasks. While bilateral SMA activity extending to medial prefrontal cortex (MPFC) was strong, and presumably a correlate of internal conflict, we were struck by a curious finding. The most “unconscious” responses (presumably most representative of processes to do with “internal otherness”) actually showed higher activity than the rest in a small, relatively posterior area of R SMA. The inference is that this sub-region of SMA may be a substrate for extreme “internal otherness”.

**Anterior insular activation.** In social co-operation experiments in patients with Borderline Personality Disorder activity in anterior insula of BPD participants was related only to magnitude of repayment but not responsive to social input. But more generally, “activity in the anterior insula, a region known to respond to norm violations across affective, interoceptive, economic, and social dimensions, strongly differentiated healthy participants from individuals with BPD”. There was much more anterior insular activity in the conscious complexed responses of our healthy subjects than their “unconscious” ones, and wondered if predominance of unconscious complexes might be linked with the poverty of inner life reported in BPD.

**Head of Caudate Activity.** When a complex is elicited, the subjective experience has a very intrusive quality. Attention gets fixated. Head of caudate activity is prominent in our findings. We know that caudate activation has been observed in a range of conditions, including love states (romantic and maternal) and obsessional conditions.

## About the C.G. Jung Society of Queensland

The C.G. Jung Society of Queensland is committed to furthering awareness of and reflection upon the writings of the Swiss psychologist Carl Gustav Jung (1875-1961). The Society promotes an understanding of Jung's work through the exploration of its psychological and spiritual applications to the individual journey and interpersonal relationships, and by considering the ways in which Jung's writings and ideas can contribute to the healing of modern society.

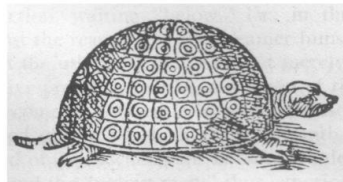
The Society does this through offering monthly presentations, occasional workshops and small groups, all of which are open to both members and non-members. Monthly presentations are normally held at 7:30 pm on the first Thursday of each month, from February to December, at St Mary's Church Hall, corner of Merivale and Peel Streets, South Brisbane. The venue is within walking distance of the Cultural Centre bus station and South Brisbane train station. Off-street parking is available in the churchyard.

Established in 1982, the Society is a non-profit and non-professional association. The Society's events are attended by people of all ages and all walks of life.

Members of the C.G. Jung Society of Queensland are entitled to:

- reduced admission fee to monthly presentations and workshops
- use of our library of Jungian books
- our quarterly newsletter
- advertising via e-mail of members' workshops (if they are relevant to the Jungian scope of the Society)

**Annual membership fee (Jan-Dec):** \$35 (\$25 concession/student/pension; \$50 couples/family; \$12 newsletter only)



### C.G. Jung Society of Queensland - Committee for 2009

President	Anne Di Lauro	3511 0167	dilauro@ozemail.com.au
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