



trending #

Con**s**ci**o**us
-**n**ess

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The British Association for
Psychological Type
conference at
Kents Hill Park, Milton Keynes, UK

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Are You Here?

- 99.9% of you, me, your mobile, your house and car and pets and kids, your spouse or romantic date, are empty space, and...
- 90% of that tiny amount of matter vanishes at the lowest quantum level.
- So just what are we? Maybe we are just *consciousness*? (whatever that is)

Hello
Psyche

Are You Awake?

Everyday, we experience many shifts and shades of consciousness.

- Waking up in the morning
- Being half asleep versus bright-eyed awake
- Driving mindlessly to a familiar place
- Being under the influence of alcohol or drugs
- Maybe lucid dreaming
- Falling into “the grip” and saying after, “that wasn’t me!”
- Enjoying “flow” (totally immersed in present activity)
- Referring to one’s own thoughts, feelings, etc.
- Sense of self, “I” or “ego”
- Empathy for others, feeling of connection
- Meditative state (non-attachment, non-duality)

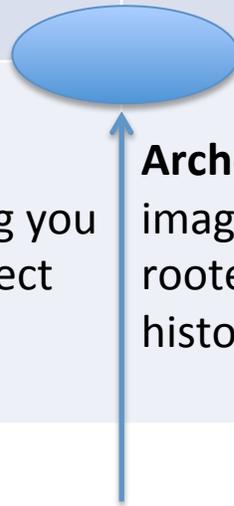
We are whole yet full of contradictions.



(baggage, trade-offs, pitfalls?)

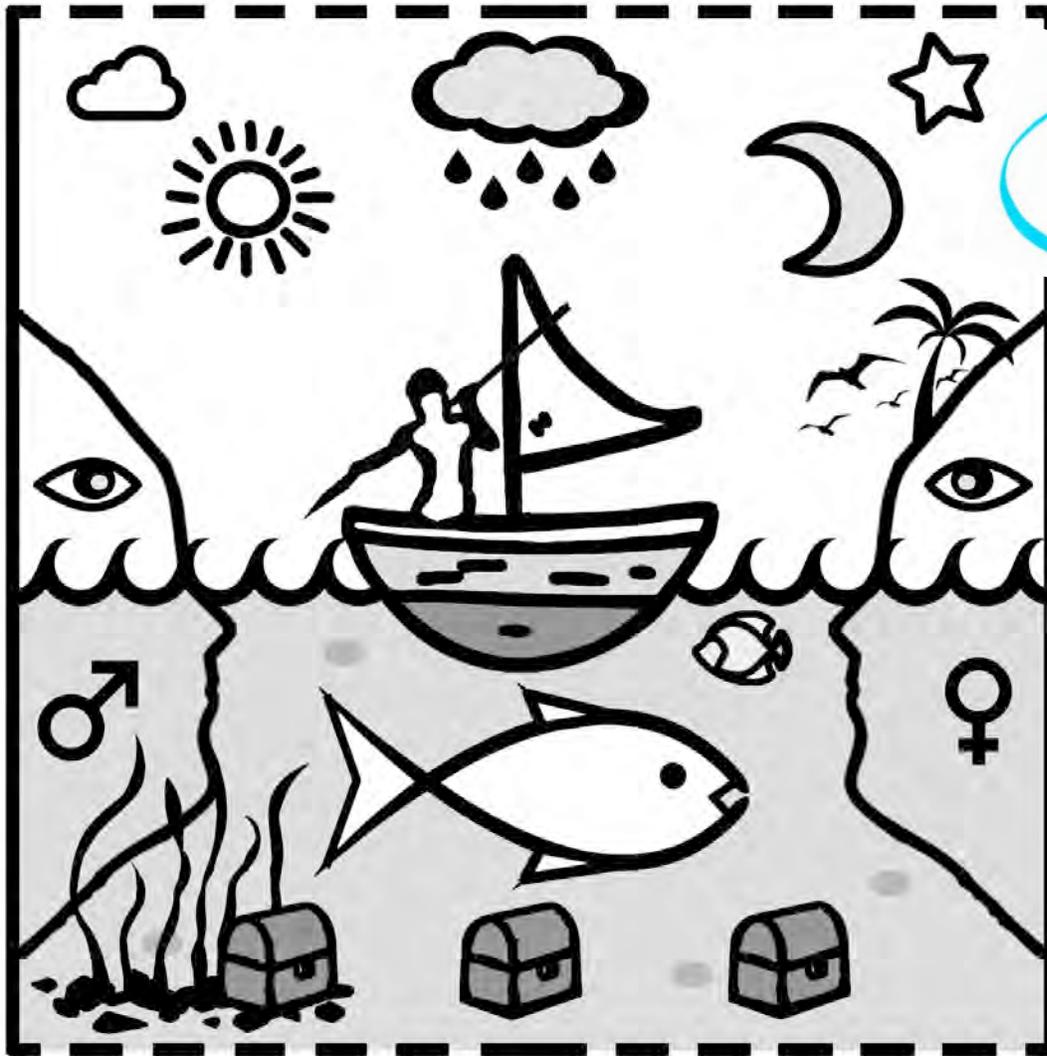
Jung described aspects of *psyche* such as...

	More Private (Self)	More Public (Society)
More Conscious	Ego = "I" or "me." Your heroic sense of self. Feels self-defined. Maintains itself.	Persona = Masks you wear. Acceptable behaviors and appearances for others.
More Unconscious	Shadow = Rejected parts that may bring you distress or you project onto others.	Archetypes = Universal images, roles, and themes rooted in biology and history.



Transcendent function = the means to resolve conflicts.

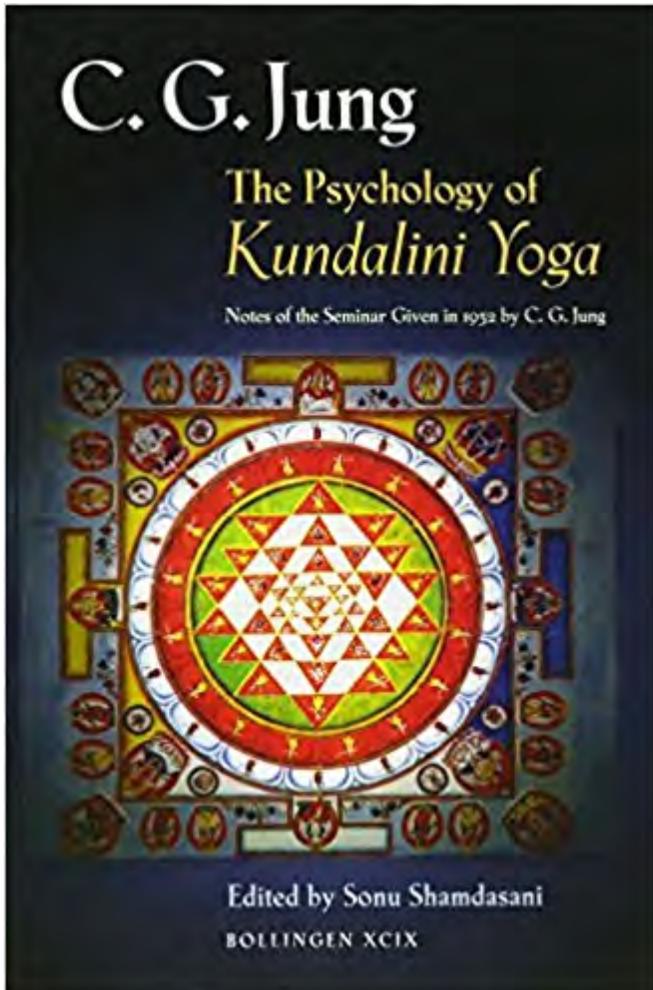
Psyche is Systemic: Dynamic, Narrative, Indefinite



This is an example ☐

A symbolic solution to the adolescent hero's journey.

Jung talked *yoga*.



- Jung gave 4 talks to colleagues in Austria in 1932.
- He focused on *kundalini* yoga, the “yoga of awareness.”
- This differs from *hatha* yoga, which is popular today for fitness and focus.
- This was long before Yogi Bhanan brought his Sikh-based version of *kundalini* to the USA in 1969.
- Jung travelled to India and met with yogis.
- He relied on translations of traditional Hindu texts by other European scholars; today, those translations are considered mediocre.
- He described the psychology of six (of seven) *chakras*.

Consciousness Keeps Moving

In his 1932 talks on Kundalini yoga, Jung gave an example...

- “We begin in the head; we identify with our eyes and our consciousness: quite detached and objective, we survey the world. That is *ājñā*.” We may also use our imagination to interpret what we see.
- And as a practical matter, since we “cannot linger forever in the pure spheres of detached observation, we must bring our thoughts into reality.” So, “we voice them and so trust them to the air. When we clothe our knowledge in words, we are in the region of *vishuddha*, or the throat center.”
- “But as soon as we say something that is especially difficult, or that causes us positive or negative feelings, we have a throbbing of the heart, and then the *anāhata* center begins to be activated.”
- “And still another step further, when for example a dispute with someone starts up, when we have become irritable and angry and get beside ourselves, then we are in *manipūra*.”
- If this dispute is highly impactful, it may even stick with us deep down in our gut, in the *svādhishthāna* chakra.

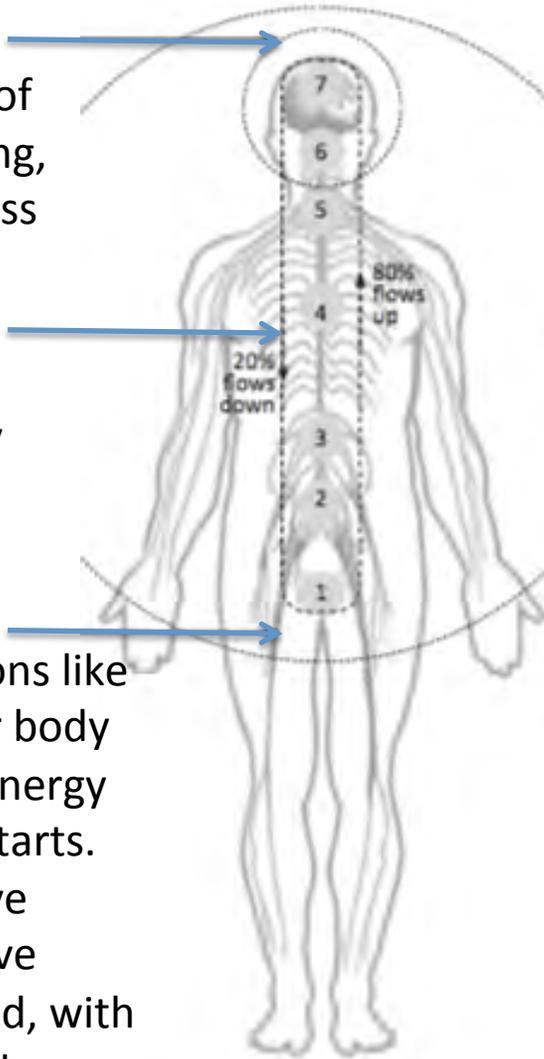
Body-mind Practices

Are we under attack?

Urban noise, fake/fear media, hours of sitting, multi-tasking, etc. all sustain stress

Signs of addiction, such as urge to check phone every few minutes for a dopamine hit.

Mind-body traditions like yoga say the lower body is where the raw energy of consciousness starts. Yet many adults live addicted to negative stories in their head, with the energy blocked below. We can learn to move that energy.

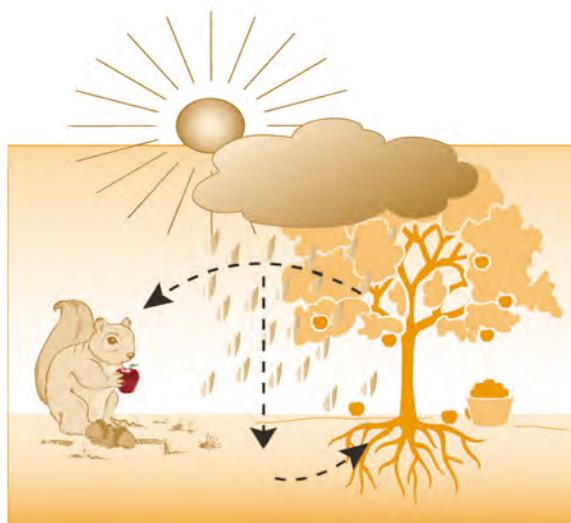


The Autonomic Nervous System (ANS) links the brain and hormone-producing glands. The glands influence physical traits such as height and hairiness as well as aggression, appetite, libido, sleep, metabolic speed, and many other states. Even the lowly gut produces 90% of Serotonin, a major neurotransmitter that impacts mood and behavior. In fact, 80% of signals flow up from body to brain.

There are four ways people metabolize experiences.

Sensing

*What details does this picture show?
What experiences does it remind me of? What can I do with it?*



Thinking

*What principles are at work in this picture? How can one define or measure what's shown here?
Is the image accurate and efficient?*

iNtuiting

What is not apparent in the picture? What ideas does it spark to consider for the future? Is it symbolic?

Feeling

Does this picture speak personally to me and my beliefs? What's of value here? Who would like this image, and can we use it to help people?

In the 1920s, Dr. Carl Jung described these four as “mental functions”. Each has an introverted or extraverted attitude, for 8 “types”.

One-Sidedness and Type

- “In *Psychological Types*, I tried to establish the general lines along which... one-sided developments move.” – *Letters 1*, p. 33
- “When a function habitually predominates, a typical attitude is produced. According to the nature of the differentiated function, there will be... a typical thinking, feeling, sensation, [or] intuitive attitude.” – *Psychological Types*, p. 417
- “When any of these attitudes is habitual... I speak of a psychological type.” – *Psychological Types*, p. 482
- “Each of these types represents a different kind of one-sidedness.” – *Psychological Types*, p. 519
- “Attitude is a readiness of the psyche to act or react in a certain way... This automatic phenomenon is an essential cause of... one-sidedness.” – *Psychological Types*, pp. 414-15
- “A conscious capacity for one-sidedness is a sign of the highest culture, but involuntary one-sidedness, i.e. the inability to be anything but one-sided, is a sign of barbarism.” – *Psychological Types*, p. 207

Thank you Steve Myers for these quotes.

The dangers of one-sidedness to self and society.

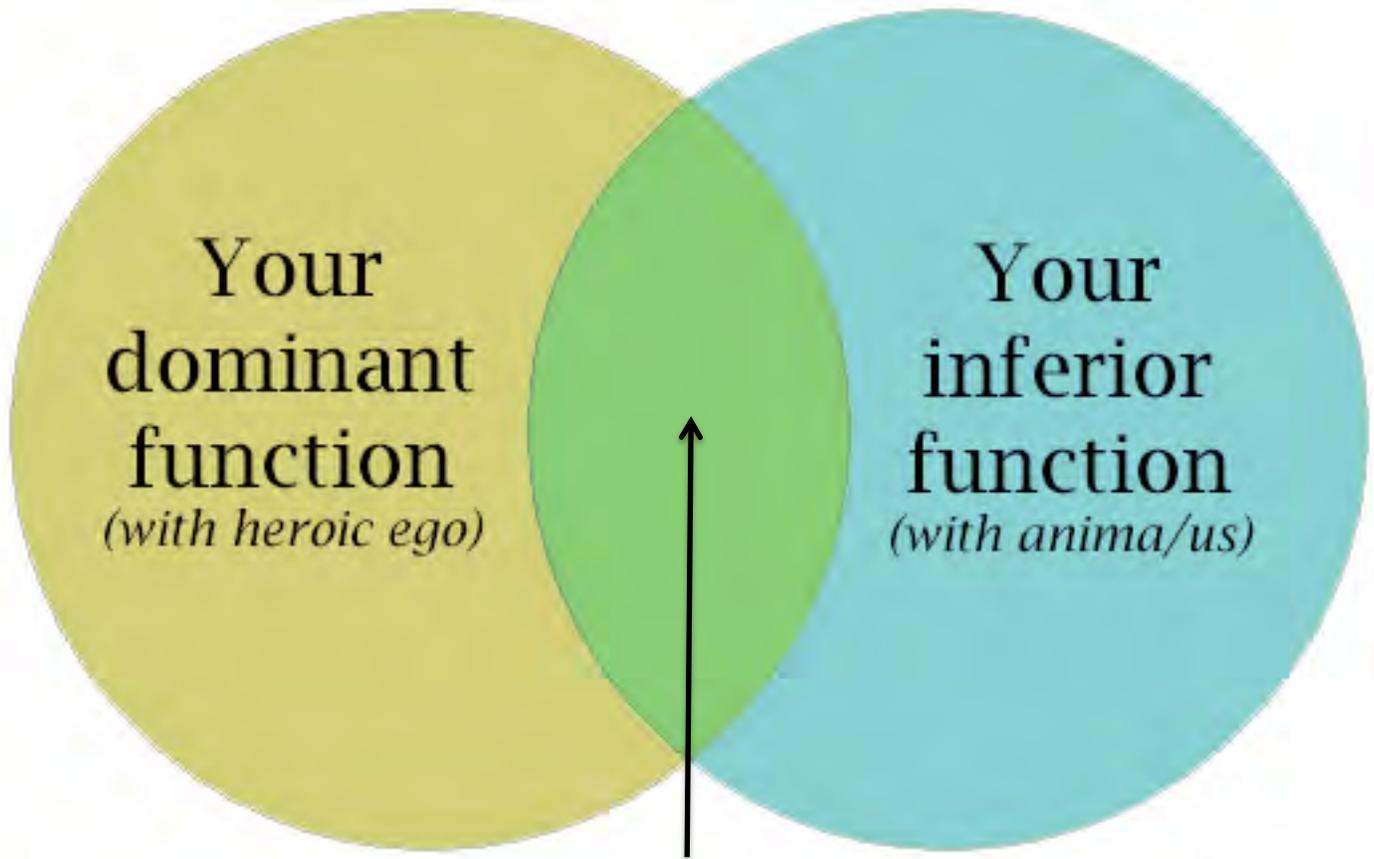
- “If... I had to name the most essential thing that analytical psychology can add to our *Weltanschauung*, I should say it is the recognition that there exist certain unconscious contents... with which the conscious mind must come to terms, whether it will or no.” – *CW8*, p. 370, original italics
- “Conscious and unconscious do not make a whole when one of them is suppressed and injured by the other... Both are aspects of life... This, roughly, is what I mean by the individuation process... It is a process or course of development arising out of the conflict between [these] two.” – *CW9i*, p. 288
- “It is impossible to convince anybody that the conflict is in the psyche of every individual, since he is now quite sure where his enemy is. [Therefore] the conflict... takes place on the plane of projection in the form of political tension.” – *CW14*, p. 363
- “It is in the nature of political bodies always to see the evil in the opposite group, just as the individual has an ineradicable tendency to get rid of everything he does not know and does not want to know about himself by foisting it off on somebody else.” – *CW10*, p. 299

Thank you Steve Myers for these quotes.

The Transcendent Function is a way to resolve one-sidedness

- “The secret of alchemy was in fact the transcendent function, the transformation of personality through the blending and fusion of... the conscious with the unconscious.” – *CW8*, p. 220
- “The transcendent function is... the concept and practice of a dialogue between consciousness and the unconscious through which the psyche transforms itself... This is why we see the transcendent function emerge in the development and discussion of each of the other key concepts in Jung’s writings.” – Miller, J.C. (2004). *The Transcendent Function*. Albany: State University of New York Press., p. 78
- “The transcendent function... facilitates a transition from one attitude to another.” – *Psychological Types*, p. 480
- It starts "when there is full parity of opposites", which "this necessarily leads to a suspension of the will", and "since life cannot tolerate a standstill, a damming up of vital energy results" and this can't last unless "the tension of opposites produces a new, unity function that transcends them." -- *CW*, "Definitions"
- "Jung on Yoga" (page 111-) describes the function and its workings.

What's your synergy?



some Transcendent functioning here

Jung offered active imagination as a technique to elicit it.

We can use EEG technology to take a peek into people's brains.

gaming



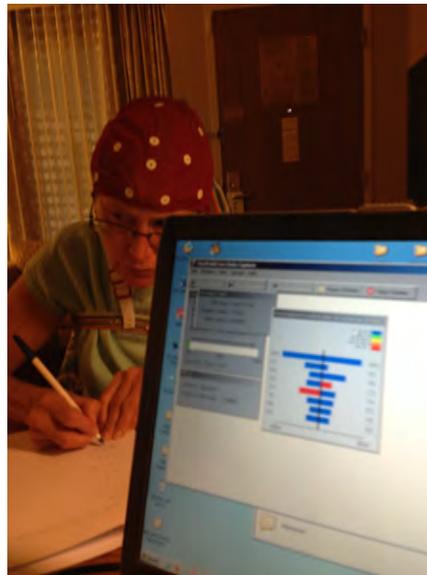
drawing



Participants wear an EEG cap or band and try an hour's worth of tasks that tap many daily activities.



imagining

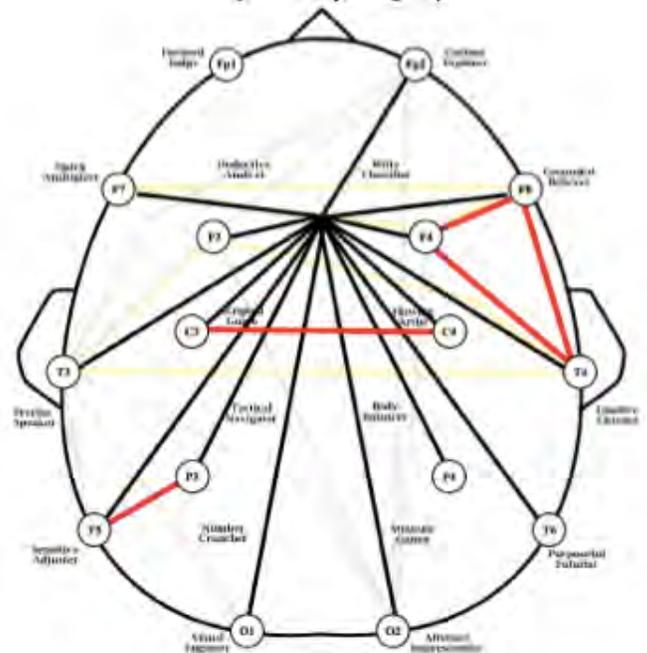
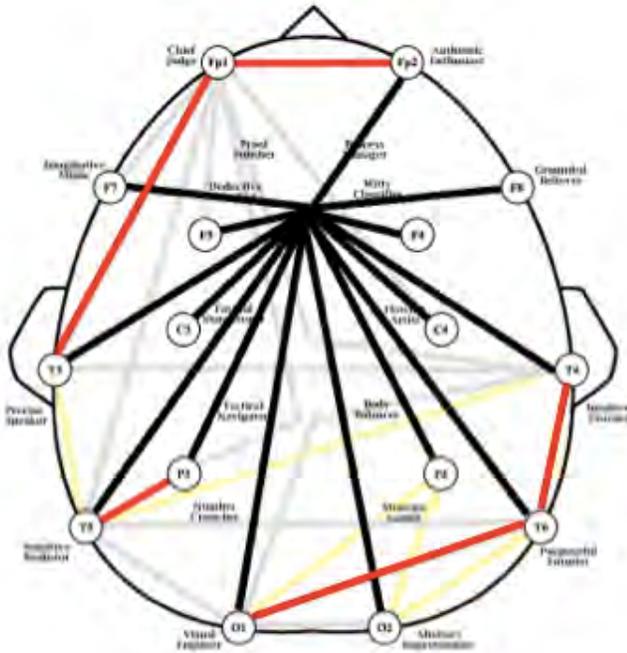


calculating



communicating

Brain networks shift notably during VNS exercises such as meditation.



Everyday Joe: Whole-brain flow, strong adult executives, goal-focused for many individual skills, lots of precise speech and future visioning, plus back-of-brain stuff typical of introverts.

Meditative Joe: Whole-brain flow, weak goal-focused executive, mostly open-ended, strong links to personal identity and beliefs, attend to voice tone, and high body/kinesthetic awareness.

(strongest links are in red and black)

When doing body-mind practices, they prefer ones that...

SENSING

... promote physical fitness and bodily well-being. Like stretching and workouts to relieve stress. Motivated by results that boost appearance, flexibility, energy. Benefit from practices that gently activate imagination and let them reflect on meanings.

THINKING

... are systemic/systematic with objective approach and reasons/principles. Motivated to efficiently reach goals with techniques for trouble-shooting. Benefit from practices that gently release repressed or confusing feelings and boost appreciating others.

INTUITING

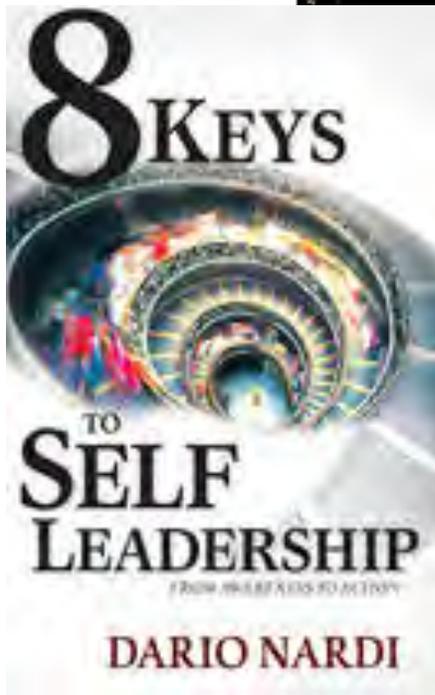
... utilize imagination, dream-work, reading, and visualizing. Motivated by (re)moving the curtain of reality for realizations and exciting new ideas. Benefit from slow breathing, craft activities that express meaning, nature hikes, and similar low-impact *grounding* activities.

FEELING

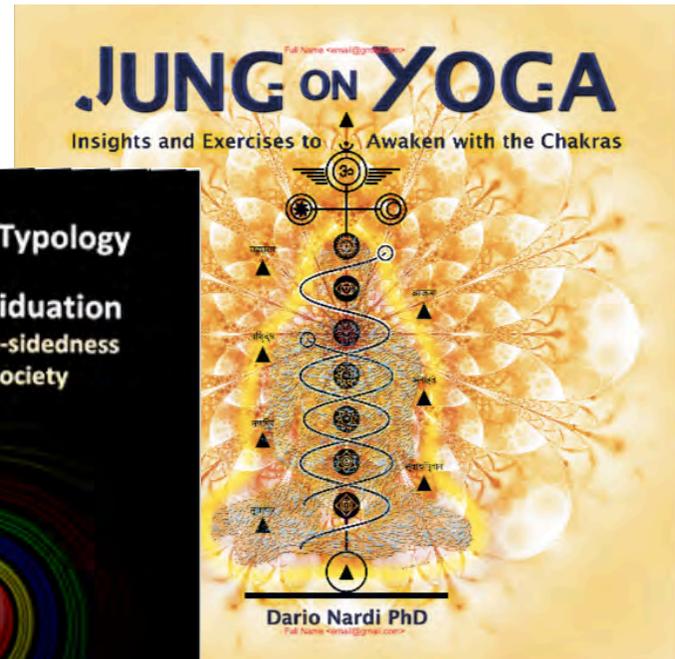
... promote gratitude, loving-kindness, and peace of the heart. Motivated by anything that heals broken relationships and belief in self and others. Benefit from studying psychology, such as how they may be projecting, sublimating, and othering people.

Visit Amazon.com, my booth here, or
www.RadianceHouse.com for resources.

“Myers-Briggs
Typology vs.
Jungian
Individuation”
by Steve Myers,
late 2018, pub.
by Routledge



“8 Keys to Self-Leadership”
By Dario Nardi, pub. Radiance
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“Jung on Yoga” by
Dario Nardi, pub
Radiance House, 2017