



C.G. Jung Society

OF NEW ORLEANS

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A dream of the body and the body of a dream

Constance Romero, LPC, Jungian Analyst

Around the world individuals and groups are collecting nightly dreams in an effort to sound the depths of these unprecedented times. Traditionally, this “sounding” of the Anima Mundi (World Soul) has been the domain of shamans, artists, teachers and healers of various disciplines. Such individuals, often situated outside the prevailing attitudes of their time, lean into messages from that deep matrix of memory and myth Jung designated the Collective Unconscious. This vast matrix communicates not only to highly intuitive individuals, but to all of us through messages from our bodies, happenings in the natural world, and the images and emotions in our dreams. It has never been more necessary to attune ourselves to the unconscious as the collective and individual psyche is undergoing a profound shift.

Speaking to this shift, Jungian Analyst Murray Stein suggests that we are experiencing a global disruption in our relationship to the Anima Mundi. Centuries in the making and now undeniably visible through the long term effects of racism, sexism, climate change and now the virus, we are being influenced by a somber, more chaotic archetypal pattern he calls the Anima Umbra. This “overshadowing” archetypal presence is an indication that our world is out of balance and we are at risk. Is it possible to further

comprehend and build a relationship to the effects of this archetypal pattern? Jungian psychology suggests that if we can “kindle a light” in the depths of the unconscious, we may encounter creative new perspectives regarding our situation. While not a given, these perspectives could help us move forward with courage and resilience in these uncertain times.

In practical terms, Jung’s metaphor of “kindling a light” translates to bringing conscious and unconscious closer together. He wrote that this process was the overall purpose - the quintessence - of what we do in the practice of Analytical Psychology. (CW 8, par 131). One time-honored way to encourage communication between conscious and unconscious is to keep a dream journal or join a dream group. In a group, we look to the symbols in each other’s dreams for a glimpse into the past, present and future of our lives as well as our species. *It can be illuminating to consider that a dream shared by one is a message for all.* As Jung states, “The dream is a little hidden door to the innermost and most secret recesses of the soul, opening into that cosmic night...long before there was any consciousness...” (CW 10, par 304) and “A dream that is not understood remains a mere occurrence; understood, it becomes a living experience.” (CW 11, par 497).

In a recent dream group, a member’s dream of her body served as the transmission point for messages between conscious

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Dream, cont.

and unconscious. The dreamer's body became a bridge to wisdom from a culture much older than her own:

It is morning and I wake up alone in a hotel room in an Asian city. Apparently, I had been celebrating with a small group of Asian men and women the night before. I notice that I now have tattoos running in a straight line down the front of my body - at least those are the ones that I can see. There may be some on my back too. I panic, thinking no, no, no... I don't want them! I don't want tattoos! As I look closer, however, I see that they are very artfully done. All of them are oriental letters beautifully rendered in black ink with the exception of one round, pinkish-red circle inset with designs and drawn between my heart and solar plexus. Upset, I sit down and resign myself to having these tattoos and wonder how I might cover them up with clothing. I decide to look at the tattoos again and, as I do, they begin to lift up and out of my body and rise into the air. Once airborne, they dematerialize into large and small black droplets and vanish. This feels both mysterious and somewhat playful! I am very relieved they are not permanent. However, on waking, I feel quite emotional - something has marked me that I need to get in touch with.

The dreamer thought perhaps it was a dream about having had the virus and it leaving her body. Possibly true, as she had experi-

enced covid-like symptoms after traveling to Asia in the previous month, yet both the group and the dreamer felt there was something more. The dreamer noted that she had been preoccupied with work in her travels and now wondered what she had missed. Without denying the terrible cost of the virus, she wondered if there was another awareness outside her privileged cultural attitude impressing itself upon her? She noted that her dream body had been marked by an unknown language and that there was a beauty and mystery her ego tried to cover up before reflecting on the symbols. The group picked up this thread and noted that the "tattoos" were inked on the chakra centers of her body; that is, those energy portals described in ancient Yogic and Chinese medicine that run through the center of the body and along the spinal cord. Thought to be rotating energy centers where messages about our physical, mental and spiritual health come through, the group wondered what these ancient symbols might be communicating about her body, the collective body, and what she/we are waking up to? Curious too was the pinkish-red mandala drawn between the dreamer's heart and solar plexus. Could it point to the need to cultivate more attuned feelings to that which seems "other"? That is, to "hear with the heart" those messages the body picks up but that our more linear, culturally conditioned mind often misses? The solar plexus is said

to be an energy center for action, so was there a need for doing things in a more heart centered way? Did the "tattoo," located at a midpoint between the two chakras, indicate the need to find a "middle way" between feeling and action?

The dreamer further "amplified" the images and, through an exploration of Chinese Alchemy (see Jung's introduction to *The Secret of the Golden Flower*) discovered that such written symbols (known as ideograms) are present throughout the ancient text of the Tao Te Ching. Translated as "The Way" or "The Path," the sacred text uses humor, ambiguity and the gathered wisdom of an ancient culture to help balance body, mind and spirit in troubled times. It suggests that we align with the movement of the Tao or Nature as a "middle way" finding balance through careful contemplation followed by right action.

While there is always more that could be explored with dreams such as the above, we could say that they are Nature's way of helping us move into the flow of the Tao. They provide us with bodily feelings and images with which we can make contact with the collective unconscious and possibly amend or realign our path. In this time of the Anima Umbra it seems wise not to rush headlong into the future doing what we have always done but, rather, to reflect, listen to our dream bodies, be in Nature, and proceed with mindful action. ☺

**Due to the pandemic, our programs
will be online until further notice**



FALL 2020 PROGRAMS

Tuesday, September 8, 7:30 pm

The Eternal Sophia and the Archetypal Shadow

Presenter: Deldon Anne McNeely, PhD, Jungian Analyst

We open our season with a free online program to welcome you back!

Eternal Sophia, Archetype of Yin/Feminine Wisdom, is with us these days in particularly confounding ways. As Mother Nature she has unleashed demonic opponents on us. Aside from the coronavirus we are experiencing inordinate degrees of divisiveness among ourselves: generational differences toward sustainable environments; challenges to racism; sexual confusion; conflict between technology and the humanities, between the striving for progress and simple contentment, between nationalism and global cooperation, between consumerism and conservation, between militarism and nonviolence, and more. How do we withstand this amount of collective tension and manage to follow Jung's proposal to unite the opposites and transcend our competitive urgings? We will look at ways to attempt to contend with these opposites.

No CEU certificates will be awarded for this program.

*Deldon Anne McNeely is a Clinical Psychologist and diplomate of the American Board of Professional Psychology (ABPP). She obtained her PhD at LSU and her certification as a Jungian Analyst through the Inter-Regional Society of Jungian Analysts, and now is on the faculty of the New Orleans Training Seminar. She is author of several books on Jungian psychology, including *Becoming: An Introduction to Jung's Concept of Individuation* (2010).*

FREE TO ALL. If you're on our email list, you will receive an announcement with a link.

Please share the link with your friends and colleagues.

ALL HANDS ON DECK!

The Board has been super busy this summer trying to figure out how to keep this ship afloat in these stormy seas. We have questioned whether we can maintain a Jung Society at all, and still comply with safe distancing? Are we able to keep sailing financially? Can we keep up with the technical challenges? Can we expect new blood who are motivated to put time and effort into doing essential maintenance as our current crew gets older and more tired? Can we count on having a docking place to meet?

We are forming a committee to decide how to answer these questions. To keep us from sinking into the unconscious, think about whether you - or someone you know - could provide any sustaining energy.

The persons on this committee should believe that Jungian principles are relevant to the psychological growth of its members. We cannot focus on appealing to pop culture or amusements for making a profit. We want to remain dedicated to substantial and serious contributions to consciousness.

This is important. If you know someone with good ideas about how we might stay afloat and who would want to help us do that, we want them on the committee. Please reply to jungneworleans@gmail.com



FALL 2020 PROGRAMS



We are proud to present a
lecture and workshop by
**Climate Scientist and
Jungian Analyst
Jeffrey Kiehl, PhD**

Jeffrey Kiehl carried out basic research on climate change for forty years at a national research center. He is a Diplomate Jungian Analyst and senior training analyst for the Inter-Regional Society of Jungian Analysts and the C.G. Jung Institute of Colorado. He has an M.A. in psychology. He is an adjunct professor at the University of California, Santa Cruz, and an adjunct faculty member of Pacifica Graduate Institute, where he teaches a course on Ecopsychology. He is the author of **Facing Climate Change: An Integrated Path to the Future**, which provides a Jungian perspective on climate change. He has presented on various Jungian topics at national and international conferences and lives in Santa Cruz, California.

Online Lecture: Friday, October 23, 7:30 pm
A Jungian Perspective on Climate Change

Human-caused climate change has placed life on the planet in a precarious state. It is imperative we address this situation as soon as possible for the longer we wait, the more we commit future generations to great suffering. Yet there is tremendous resistance to addressing this issue. Jungian psychology provides a unique means to understand the problem of climate change for it recognizes the importance of the unconscious in our lives.

1.5 CE credit hours for LPCs and Social Workers, \$10.

\$15 (students \$10), free to Jung Society members

Online Workshop: Saturday, October 24, 10 am-1 pm
Alchemical Ecopsychology

Alchemical Ecopsychology recognizes the deep, subtle interconnectedness of psyche and matter through combining the sacred, psychological practices of alchemy with the discipline of ecopsychology. Through the union of these two subjects, one ancient, the other relatively new, we discover a path to not only understanding how life interacts with the environment, but how life and environment are inherently sacred.

2.75 CE credit hours for LPCs and Social Workers, \$10.

\$45 (students \$35), Jung Society members \$35



FALL 2020 PROGRAMS

7th Annual ART & PSYCHE IN NEW ORLEANS

Tuesday, November 10, 7:30 pm

The Transformative Power of Feminine Rage

Online presentation by Jungian Analyst Constance Romero, LPC

Psychoanalysis has a complicated past when it comes to conceptualizing feminine development and expression. Though much has changed, the field of Psychology has both championed women's creative expression and, at times, reinforced cultural stereotypes that deter access to female desire and agency. In these tumultuous times, the complex, transformative dynamics of feminine rage have found a newly articulated voice in both the Arts and in Depth Psychology. How we view and hold what are often felt to be transgressive and shameful feelings are explored through feminist drama, film, and a Depth Psychological approach to trauma. Join us for this year's annual Art and Psyche program as we explore the creative, transformative potential of feminine rage in our time.

Constance Evans Romero is a Jungian analyst practicing in New Orleans and Mandeville. She is a Senior Training Analyst with the Inter-Regional Society of Jungian Analysts and is Director of the New Orleans Jung Seminar. She has a professional background in theater and lectures nationally and internationally on the interface between Depth Psychology and the Arts. Publications include articles and reviews in Psychological Perspectives, The International Journal of Jungian Studies, and The Journal of Analytical Psychology.



1.5 CE credit hours for LPCs and Social Workers, \$10

\$15 (students \$10), free to Jung Society members

DREAM GROUPS facilitated by Constance Romero in New Orleans and Mandeville. 985-778-1641

Tuesday, December 1, 7:30 pm

Healing States of Consciousness

Online presentation by Jungian Analyst Monika Wikman, PhD

How do we understand and open more to healing states of consciousness in our daily lives? This evening's lecture will explore the reality and qualities of healing states of consciousness so we can open our minds and hearts to these dimensions of the psyche and psychoid and learn to live closer to the living dynamic energy of the Self, where the new center of consciousness grows. We will look into how we can come to understand and tend to our place in the Tao with more consciousness and devotion, so we can better align with this evolutionary force in the psyche, for the good of all sentient beings.

Monika Wikman is a Jungian analyst, astrologer, and author of Pregnant Darkness: Alchemy and the Rebirth of Consciousness. She received a PhD in Clinical Psychology from the California School of Professional Psychology in San Diego and graduated from the Jung-von Franz Center for Depth Psychology in Zurich. She is a member of the Northern New Mexico Society of Jungian Analysts and the Inter-Regional Society.



1.5 CE credit hours for LPCs and Social Workers, \$10.

\$15 (students \$10), free to Jung Society members



FALL 2020 PROGRAMS

Tuesday, January 5, 2021, 6:30 pm (NOTE EARLIER TIME)

Film Night: **FENCES** starring Denzel Washington and Viola Davis

This award winning movie was produced and directed by Denzel Washington in 2016. It is based on the play by August Wilson. Washington plays the protagonist, Troy, and Viola Davis is Rose, his wife; both won awards including Oscar for Best Actress to Viola Davis. The story's many tensions are symbolized by the fence being built by Troy, who has had a lifetime of dealing with barriers to his dreams and ambitions, and who consequently finds he is separated from his fenced-in loved ones as well.



1.5 CE credit hours for LPCs and Social Workers, \$10

**\$15 (students \$10),
free to Jung Society members**

Our deepest thanks for your support!

To our members...and especially to those of you who donated to the Jung Society on GiveNOLA Day...we extend our thanks and appreciation for your ongoing support.

Jung Society membership is open to all

Best bargain ever! For the annual \$60 membership fee, you receive free admission to all evening programs and a discount on Saturday workshops. You can join online now at jungneworleans.org.

New Orleans Jungian Seminar

Founded in 1997, The New Orleans Jungian Seminar offers advanced study in the psychology of C. G. Jung. It is designed for individuals seeking to deepen their understanding of themselves, for mental health professionals desiring to enhance their perspectives and analytic skills, and for those intending to apply for analytic training with the Inter-Regional Society of Jungian Analysts (IRSJA). For more information, contact Constance Romero at 985-778-1641. An approved training center of the Inter-Regional Society of Jungian Analysts.



C. G. JUNG SOCIETY OF NEW ORLEANS STATEMENT OF PURPOSE

Following the general thrust of Carl Jung's analytical psychology, the Society presents an interdisciplinary program to foster self-understanding by the individual. Jung's deepest interest was in arriving at insights capable of bringing genuine help to the individual. His theories laid the groundwork for a new understanding of man, the significance of which extends far beyond the boundaries of psychology in the conventional sense. The goals of the C. G. Jung Society, then, are to offer a forum for the exchange of ideas in the sphere of the humanities, that family of knowledge that deals with what it is to be human, to make value judgments, and to select wiser courses of action. As Jung often stressed, it is within the individual, and not on the level of collective social measures, that the problems of our age must be met and the foundations for a healthy society preserved and strengthened.

CONTINUING EDUCATION CREDITS FOR SOCIAL WORKERS AND LPCs

Most programs are approved for Social Work contact hours through Tulane School of Social Work and for LPC clock hours through the National Board for Certified Counselors (NBCC). The C. G. Jung Society of New Orleans has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5388. Programs that do not qualify for NBCC credit are clearly identified. The C. G. Jung Society of New Orleans is solely responsible for all aspects of the programs.

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ANALYSTS IN THE NEW ORLEANS JUNGIAN SEMINAR

An Approved Training Center of the IRSJA

Jutta von Buchholtz, LPC, PhD
Birmingham | vonbuchholtz@me.com | 205-591-6688
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Everett McLaren, EdD
Richmond | egmclaren@earthlink.net | 804-288-6734
Deldon Anne McNeely, PhD
Abita Springs | mcneelydeldon@gmail.com | 985-875-7363
Jim Michel, MA
Minneapolis | jamemichel@gmail.com
Constance Romero, LPC, LMFT
Mandeville and New Orleans | romeroce4@aol.com | 985-778-1641
David E. Schoen, LCSW, MSSW
Covington | davidschoen60@yahoo.com | 985-892-9545
Laura Camille Tuley, LPC, PhD
Madison | lctuley@gmail.com | 608-255-8838
Jacqueline Wright, EdD
Atlanta | jacquiewright1@gmail.com | 404-327-6002
Deedy Young, LCSW, MSW
Lafayette | ddyoung100@aol.com | 337-981-9601

Learn more at neworleansjungianseminar.org

FALL 2020 PROGRAM CALENDAR

Tuesday **The Eternal Sophia and**
Sept. 8 **The Archetypal Shadow**
7:30 pm *Deldon Anne McNeely, PhD, Jungian Analyst*
FREE TO ALL

Friday **A Jungian Perspective on Climate Change**
Oct. 23 *Jeffrey Kiehl, PhD, Jungian Analyst*
7:30 pm \$15, students \$10, members free
followed by:

Saturday **WORKSHOP**
Oct. 24 **Alchemical Ecopsychology**
10 am- *Jeffrey Kiehl, PhD, Jungian Analyst*
1 pm \$45, students \$35, members \$35

Tuesday **The Transformative Power of Feminine Rage**
Nov. 10 *Constance Romero, LPC, Jungian Analyst*
7:30 pm \$15, students \$10, members free

Tuesday **Healing States of Consciousness**
Dec. 1 *Monika Wikman, PhD, Jungian Analyst*
7:30 pm \$15, students \$10, members free

Tuesday **Film Night: FENCES starring Denzel**
Jan. 5 **Washington and Viola Davis**
6:30 pm *Facilitator: Oneal Isaac*
\$15, students \$10, members free

Please put these dates on your calendar...we look forward to seeing you!

Website Address: www.jungneworleans.org

All programs are online until further notice due to the pandemic.

Mailing Address: 609 Metairie Road, #171, Metairie, LA 70005

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C. G. Jung Society of New Orleans
609 Metairie Road, #171
Metairie, LA 70005

