

BULLETIN

Volume 77
Number 1
February 2015

March Program

Saturday, March 28, 2015, 10:00a.m. - 2:00p.m.

BRINGING THE SHADOW INTO LIGHT

(Presenters to be announced)

At the C.G. Jung Center, 28 East 39th St., NYC

See page 6 for more information

Contents:

APC Tel#:(212) 557-1502

APC Calendar, programs	Page 2
Bulletin Board - Program Information	Pages 2 - 7
Notes from the President	Page 4
Editorial Notes	Page 5
Report by Mark Simmons	Page 8
Report by Frederick S. Gurzeler	Pages 9 - 10
Poem by Virginia Mugavero-Noto	Pages 11

PROGRAM CALENDAR - Spring 2015

Wednesday, May 20, 2015

THE ANNUAL BUSINESS MEETING



All events start at 6:30 p.m. unless stated otherwise.

**Program Fees: APC members \$10; non-members \$20;
students with valid ID \$15**

**Inquiries by phone: 212-557-1502; by email: contact@jungclubnyc.org
Eleanor Bertine Auditorium, C. G. Jung Center, 28 E. 39th Street, NYC.**



DREAM INTERPRETATION GROUP IS STARTING AGAIN AT THE END OF JANUARY 2015

Please make your reservation as soon as possible;
The group will consist of only eight participants.

Francoise Richards is a Jungian therapist, trained in Zurich as well as in the USA. She studied dream interpretation and the importance of it with Mrs. Anela Jaffe, Dr. Jung's right hand. If you are interested in joining please call 212-586-7510.



Book Discussion Group



The Book Discussion Group continues to meet on Tuesday evenings from 6:00 to 7:00 PM. In the course of a calendar year they work through two to three books. So far this year they have completed discussion of books on the Scapegoat Complex and the Transcendent Function. They are now halfway through a book on using Jungian Ideas in Everyday Life.

Those interested in joining the group should call Bob McCullough at 212-532-8379.

The Bulletin is a publication of the Analytical Psychology Club of New York, Inc., 28 East 39th Street, New York, NY 10016. It is published eight times a year from September through May. Send changes of address, etc. to APC Corresponding Secretary, C. G. Jung Center, 28 East 39th Street, New York, NY 10016.

Email submissions for the Bulletin to contact@jungclubnyc.org with SUBMISSION in the subject line, or mail to SUBMISSION, APC of NY, Inc., 28 E. 39th St. New York, NY 10016. Copy deadline is 15th of each month for inclusion in the following issue.

BULLETIN BOARD

NEW DIRECTIONS PROGRAM CALENDAR

New Directions Programs meet at the Center unless noted.

Program Fees: APC Members/Seniors \$35; Non-APC Members \$45;
Students with valid ID \$15

Inquiries by phone: 212-557-1502; by email: contact@jungclubnyc.org

Saturday, March 28, 2015, 10:00a.m. - 2:00p.m.

BRINGING THE SHADOW INTO LIGHT

(Presenters to be announced)

See More information on page 6

Saturday, May 9, 2015, 10:00a.m. - 2:00p.m.

SOUL AND SPIRITUALITY

(Presenters to be announced)

THE ANALYTICAL PSYCHOLOGY CLUB OF NEW YORK, CHECK OUT OUR WEBSITE

<http://jungclubnyc.org>

Our website contains information about the Club: our programs, the on-line Bulletin, information about the Kristine Mann Library.

Two areas that we think might be of special interest to the members:

Community: Here members can add their personal writings to our website, whether poetry or prose. We hope members will feel free to write about what Jung has meant to their growth to consciousness. Please send to: contact@jungclubnyc.org and note Website Submission in the Subject line.

Jung's Mind: Twice a week, on Mondays and Thursdays, quotes from Jung are uploaded to this blog located on the website. Since we are not able to have enough face-to-face encounters we are hoping "Jung's Mind" will give members the opportunity to have a dialog with each other. Comments do not have to be long. In fact short comments may lead us to have online conversations about Jung with one another.

CHECK IT OUT!

PRESIDENT'S REFLECTIONS

by Joe Moore, PhD, LCSW, Retired Psychotherapist

We had a delightful Holiday Party on December 16. As always, Francoise Richards planned a sumptuous feast and we had wonderful libations. The Flying Home Quartet entertained us with Benny Goodman music.

During the party, we honored Jane Bloomer for her hard work and dedication to the Club as President for six years. As part of this celebration we presented her with an engraved locket and a copy of Jung's *The Red Book: A Reader's Edition*.

Jane continues to represent the Club as a valued member of the Kristine Mann Library Board of Trustees.

Because we want to increase our membership, we have begun a Marketing Committee. The purpose of the committee is to develop a marketing plan and appropriate strategies to increase the membership of the Analytical Psychology Club. The committee would love any input from members. If you have suggestions, please email Katherine Mylenki at contact@jungclubnyc.org.

We have also started to evaluate what the Club needs to do the better to engage new members. We will let you know what strategies we develop in the future.

The Club has decided that the Saturday New Directions workshops will return to the format begun by Jeanne Sutton. We will have a presentation followed by lunch. After lunch, there will be a wrap-up of the day. The Club will provide salad, desert, coffee and tea. Attendees will bring sandwiches. We are looking forward to having a more social aspect to New Directions.

Two New Directions programs are planned for the spring, "Bringing Shadow into Light" on March 28th and "Soul and Spirituality" on May 9th. An article on the Shadow program appears in this Bulletin. We hope to have more details on "Soul and Spirituality" in our next issue.

I hope that each and every one of you has a wonderful New Year. I would love to hear from you about your ideas to enhance the Club's availability to you. I can be reached by email, josephmoorephd@earthlink.net or phone, (212) 721-7478.

EDITORIAL NOTES

by Katherine Mylenki, Bulletin Editor

Happy New Year to all! And Imbolc (probably Groundhog's Day to you) on February 2.

Unfortunately there are no programs on the calendar for February, but two New Directions workshops are on the spring schedule: March 28, "Bringing Shadow into Light," and May 9 "Soul and Spirituality." Joe Moore talks in his column about the Shadow workshop. We had hoped to have more details for you on "Soul and Spirituality;" these will be revealed when the committee has them nailed down. We understand the present plan for the presentations is to have three presenters, with plenty of time for discussion and feedback with participants, including at a shared lunch, just bring a sandwich (more details, again, in Joe Moore's column).

We have two reports on recent programs for you: Fred Gurzeler weighs in on Joe Moore's November workshop on *Synchronicity*, and Mark Simmons reports on Andrea Spiritos' January workshop, *My Child, Myself: Parenting from the Heart*. Joe Moore's remarks on the Holiday Party can be found in his column.

We are pleased to include, for the first time in quite a while, a submission from a Club member: Virginia Mugavero-Noto has sent her very atmospheric poem, *The Blackest Wood*, written in 2006. We hope you enjoy it as much as we did.

We also hope that more members will be encouraged to submit material for the Bulletin and/or the website. Please email to contact@jungclubnyc.org with Submission in subject line (article attached or in the body of the email), or send by regular mail to Corresponding Secretary, APC of NY, Inc., 28 East 39th St, NY, NY 10016. Your suggestions for the new marketing committee or any other Club matters are also welcome, as always.

The New Directions Committee of the APC, Inc. Presents:

BRINGING SHADOW INTO LIGHT

(Presenters to be announced)

Saturday, March 28, 2015 from 10 am - 2:00 pm

At the C.G. Jung Center, 28 East 39th St. NYC

contact@jungclubnyc.org / (212) 557-1502



“Unfortunately there can be no doubt that man is, on the whole, less good than he imagines himself or wants to be. Everyone carries a shadow, and the less it is embodied in the individual's conscious life, the blacker and denser it is. If an inferiority is conscious, one always has a chance to correct it. Furthermore, it is constantly in contact with other interests, so that it is continually subjected to modifications. But if it is repressed and isolated from consciousness, it never gets

corrected.” [Jung wrote in *Psychology and Religion* (1938)]

On Saturday, March 28th we will gather to discuss ways we can bring our shadow into light so we can either correct the inferiority or use the energy of shadow in a positive way. Using the insights of authors like Connie Zweig, who wrote in *Romancing the Shadow* about such strategies, we will present participants with an opening framework for discussion. During lunch, participants will be invited to converse more about shadow and have a chance to know one another better. After lunch, there will be a brief wrap up.

The APC will provide coffee, tea, water, salad and dessert. Attendees are asked to bring their own sandwiches, etc.

We hope to see many of you on March 28th.

Fees:

APC Members & Seniors \$35;

Non-APC members \$45;

Students with valid ID \$15

For information/reservations

call (212) 557-1502 or email contact@jungclubnyc.org



KML NEWS



***The Complete Works of W.R. Bion* now available in the Kristine Mann Library**

Comprising 16 volumes, this edition of Bion's writings includes previously unpublished papers and additions to his *Cogitations*, collected together in the *Complete Works*. It shows that the clinical thrust of Bion's work has clear lines of continuity with those of Melanie Klein, as does her work with the later work of Freud.

In Bion's clinical work and supervision the goal remains insightful understanding of psychic reality through a disciplined experience of the transference and countertransference. The setting and the method—however much Bion's terminology might suggest otherwise—remains rigorously psychoanalytic.

Bion's work exhibits important parallels with Jungian thinking in exploring such notions as the creative unconscious and the nature of transformation in analytic work. Carl Jung and Wilfred Bion both focused on helping patients to become who they truly are. All Jungian candidates read Bion's work, making this set a very valuable and essential addition to the KML's collection.

Another newsworthy KML event:

Chief Librarian Lorna Peachin reports that the Library recently sold a complete set of CG Jung's Collected Works that was donated by former APC President Jean Hess Green. This brings the total for the joint KML/APC fall fundraising campaign to \$1705.50.

MY CHILD, MYSELF: PARENTING FROM THE HEART

Report by by Mark Simmons, LCSWR



On Tuesday, January 20 Andrea Spiritos, LCSW, presented a workshop titled “My Child, Myself: Parenting from the Heart.”

Andrea provided an experiential evening that began by eliciting values, goals and attributes of parenting, initially from the vantage point of the children we impact, then moving on to the personal: Hot Spots, Values and States that simultaneously and unconsciously nullify relationships and absorb awareness.

This brings to light the inherent conflict: How the child teaches and awakens the parent’s consciousness and heart. Modeling “My Awareness,” Andrea demonstrated how “stepping back,” “noticing,” “relating,” “acceptance” and “distinguishing self from child” leads to relatedness.

In several real and relevant contexts Andrea demonstrated how awareness leads to relatedness, leads to identity (Self). The words staying centered, conscious, active and feeling in relationship come to mind. Participants expressed their own experiences, which was generative. Expressing their insights from their personal awareness displayed their own multi-level communication that included their child, internal and external.

Send your proposals for New Directions workshops to
bloomzeler@aol.com

Articles, comments or suggestions for the Bulletin?
Send to contact@jungclubnyc.org.

Check out our website at <http://apcnyc.org> or
<http://jungclubnyc.org>.

SYNCHRONICITY

Report by Frederick S. Gurzeler, New Directions Chair

The November 22nd workshop entitled *Synchronicity*, led by Dr. Joseph Moore, explored the role synchronicity plays in personal development, including individuation. “It’s important to get the ego out of the way in order to connect with synchronicity,” Dr. Moore said. He challenged the audience with questions: What’s psychology about? What’s individuality?



Jung recognized the importance of our uncarved block, our undiscovered potential. If the outside environment nurtured this potential, we could fully individuate on our own. However, the expectations of the outside world, including our parents, chisel away at our uncarved block. While these expectations of us may be appropriate, they are not our expectations. This can render difficult the process of our individuation. Fortunately, psychoanalysis enables us to find our true path, and get back to reaching our potential. Jung felt that synchronicity helps in this process.

Jung defined synchronicity as “the simultaneous occurrence of a certain psychic state with one or more external events which appear as meaningful parallels to the momentary subjective state.” Jung felt there were patterns of events both psychic and external that came together with no causality. Primitive man, whose survival depended upon knowing these patterns, was much more aware of synchronistic events than modern man.

Unlike Freud and Ego psychologists who saw the Ego as the most important concept of psychological development, Jung saw the Ego as being only one aspect of the True Self, or the Big Ego not allowing the psyche to explore the True Self. The Big Ego wants everything to be clear and rational. Acausal events do not have meaning for the Big Ego.

Over the past 20 years several psychologists have explored synchronicity extensively, including Allen Hunter, Joseph Jaworski, Kathy Surprise and David Wilcock. They suggest that synchronicity requires an awareness of our surroundings. Synchronicity is real and opens up to psychic energy. In our frenetic world, it’s common to approach life with a narrow

REPORT: Continued

vision in the belief this will ensure our safety. Paradoxically, they state that it's important to live freely in order to take in the whole of consciousness. Synchronicity leads to creativity, or the willingness to unearth the seemingly untenable and emerge with an entirely new perspective on reality. The challenge is in how we utilize this life-giving energy. In contrast, rigid and stagnant thinking negates this process. Coming out of the unconscious state and using the *eye* as a path into the soul is critical for self discovery. Therefore a struggle ensues between the ego and the soul. The ego wants to be the great protector. The ego makes projections and comparisons before arriving at a conclusion. The soul however, endures as a bridge to the Self.

Jung also believed that synchronicity was linked to archetypes. Joseph Campbell connected this to the hero's search for the Holy Grail, which is the path to individuation. The challenge: How does one begin the search that would bring consciousness? This search can be extremely difficult when questioned by the world. The question is, how do synchronistic events help us to individuate? The answer: Being open to the meaning of synchronistic events leads to more consciousness, and toward individuation.

Dr. Moore gave several examples of synchronistic events that have furthered his own process towards individuation. For example, after completing a ten-year individual and group treatment, he was asked if he would return to therapy. He replied, "Yes, if I found a woman therapist who was French and redheaded." Several years later, he went reluctantly to couples counseling with his wife, and disliked the method of learning communication skills. However, the therapist was a French woman who was redheaded. His Big Ego told him to leave and never return. His True Self, looking to individuate, questioned what this incomprehensible event meant.

We must ask ourselves how synchronicity helps us find our own individuality. The answer: Be open to the meaning of synchronicity which leads us further on our paths toward individuation.

The Blackest Wood (2006)

A poem by Virginia Mugavero-Noto

Emerging from the blackest wood
Round every turn of doubt so deep
Perplexed and thick the mire clings
Faltering about in disbelief

Benevolent blackened wood
Why have I not recognized you?
Where I stand and stood this dreadful sorry day?

A momentous spark pierces the confusion
So perplexed, I did not respect the perplexity
and struggled against it and did not enter in...
Wise direction from my own poetic hand,
A haunting returnee...
So now I see,
I ventured out the easy way
Myself forsaken

For whatever turns this journey takes,
Now light, now dark,
A heaven or a hell.

It is on the path.
Squarely cobbled or tangled and unpaved
That I must die and dance as well

Analytical Psychology Club of New York, Inc.
28 East 39 St
New York NY 10016