

BULLETIN Volume 77
Number 4
May 2015

May Program

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

**ACKNOWLEDGING THE CONNECTEDNESS
OF CREATION**

A Workshop presented by
John Karhio Kane, Mohawk, Radio Host, Grandfather
At the C.G. Jung Center, 28 East 39th St., NYC
See page 7 for more information

Wednesday, May 20, 2015, 6:30 p.m.

THE ANNUAL BUSINESS MEETING

See page 8 for more information

Contents:

APC Tel#:(212) 557-1502

APC Calendar, programs Page 2
Bulletin Board - Program Information Pages 2 - 9
Notes from the President Pages 4 & 5
Editorial Notes Page 6
KML News Pages 8 & 9
Report by Fred Gurzeler Pages 10 & 11

PROGRAM CALENDAR - Spring 2015

Wednesday, May 20, 2015, 6:30p.m.

THE ANNUAL BUSINESS MEETING
*(All members are invited to attend this meeting.
A wine and cheese reception will follow.)*
(See more information on page 8)



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 ACCEPTING NEW MEMBERS

Francoise Richards, a Jungian therapist trained in Zurich as well as in the USA, is hosting this group. 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 its Tuesday evening meetings, from 6:00 to 7:00 PM. In the course of a year members read and discuss two to three books. Titles are suggested and agreed upon by the members. Recent titles include *The Scapegoat Complex* and *Jungian Ideas in Everyday Life*.

The group is always happy to welcome new members. If you're interested please call Bob McCullough at 212-532-8379 for more information.

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

ACKNOWLEDGING THE CONNECTEDNESS OF CREATION

A workshop presented by

John Karhiio Kane, Mohawk, Radio Host, Grandfather

(See more information on page 7)

THE ANALYTICAL PSYCHOLOGY CLUB OF NEW YORK, CHECK OUT OUR WEB SITE

<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 web site, 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 Web site 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 web site. 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

I started the workshop on the Shadow by writing: "Who knows what evil lurks in the hearts of men? The Shadow knows." (Old Time Radio Show) and playing "Me and My Shadow," sung by Frank Sinatra, Sammy Davis, Jr. and Dean Martin from the "Rat Pack" days. The opening question was, what did these different views of Shadow have in common? I believe the workshop was successful, with all participants drawing or writing about a particular aspect of their shadow as a way of better understanding themselves.

Jung felt that as each individual brought his or her shadow into consciousness, the world became a little bit better. God knows the world needs to become better. One only has to look at what is happening in Indiana and might happen in Arkansas to see the Shadow and its fear of others. (As I write this, it is interesting to see the reaction of so many to these events. Maybe there are many who are looking at their shadows.)

Why do some people need to control the non-violent, innocent behavior of others? **ONLY THE SHADOW KNOWS.** I must admit that at one time I had negative feelings about homosexuality. I was afraid of and confused about it. I am not gay but as I need to express my heterosexuality authentically, so do gays need to express themselves authentically or neither one of us can individuate.

I also must admit that I am terribly sad that women need to choose abortion. I have worked with many young women who became pregnant. Many of them were teenagers, and I was just as distraught when a teen decided to go through with the birth as when she decided to have an abortion.

We all grow up with biases. These are usually based on lack of knowledge or erroneous facts about a particular thing. I don't like the color green, so pea soup is verboten. I hear that all pedophiles are homosexual, which scares me. My religious group tells me that sex outside of marriage is a sin. That sex is only good when the goal is procreation. Therefore, even contraception is forbidden. The "Big Ego" does not want us to look bad. This fear of being different from the group makes everything black or white. This fear pushes many aspects of the authentic self into Shadow. The "Big Ego" does not want us to be vulnerable so it is very resistant to exploring Shadow.

Yet Shadow speaks! It has energy and needs to be seen in ways that the

BULLETIN BOARD

Ego finds appalling. Like the Congressman who said the women who were raped could not get pregnant because their fallopian tubes shut down during the rape. Or the Indianan who said that if we recognize homosexuality, gay people would enslave Christians. Even when the “Big Ego” tries to protect the vulnerability of man, it does a terrible job because Shadow really does want to become conscious.

So as Jung said, in order to truly explore our Shadow, so we will have the opportunity to individuate, the “Big Ego” has to become the “small ego.” The ego needs to become a part of the true self, not the part that tries to dominate.

If the “genie “ would grant one wish, it would be that every leader, whether political, religious, business or military, would be made to explore their shadows. As I said in my last tirade, if all children were treated as Sacred Beings and all leaders were made to look at their shadows, the world might be transformed.

As you have read, New Directions will present “Acknowledging the Connectedness of Creation.” John Karhiio Kane of the Mohawk Nation (Kanienkehaka) will present his workshop on Saturday, May 9. Those of us who have felt connected to Native Americans and have known about Jung's connection to the Taos Pueblo are very interested in hearing what Mr. Kane has to say. Those who are interested might want to read *C.G Jung and the Sioux Traditions* by Vine Deliria, Jr. I hope to see many of you on May 9.

EDITORIAL NOTES

by Katherine Mylenki, Bulletin Editor

Our last program of the season is on Saturday, May 9. The New Directions Committee presents “Acknowledging the Connectedness of Creation,” a workshop with Mohawk activist on Native American issues and radio talk radio host John Kane. He will discuss how Native culture, with its focus on understanding the natural and acknowledging humans' place in Creation, differs from the dominant faith-based cultures. Please see the article in this issue for more information.

By now you have received your ballots for this year's election of officers, and hopefully have mailed your completed ballot back to us. The deadline for returning them is May 10. Election results will be announced at the Annual Business Meeting on Wednesday, May 20 at 6:30 p.m. Our Board officers will report on their activities in the year past. We hope many of you will attend and participate in the program. After the business of the meeting is complete you are invited to join the Board at a wine and cheese reception.

If you have a proposal for a program you would like to present next season or have a suggestion of a topic and/or presenter, please send the information to Fred Gurzeler, New Directions Chair, at bloomzeler@aol.com. You may also send program proposals by regular mail to APC of NY, Inc., 28 East 39 St., New York, NY 10016, to Fred's attention.

We welcome your submissions of prose, poetry, book or film reviews or opinion pieces to be included in the Bulletin and on our website, <http://jungclubnyc.org>. Please send Bulletin submissions to contact@jungclubnyc.org or by mail as above. And do check our blog, Jung's Mind, on the website, and weigh in on any of the quotes posted there.

Please feel free to send us your comments, for publication or not, on programs or other Club matters of importance to you. Your input is essential to our continued growth and success.

BULLETIN BOARD

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

ACKNOWLEDGING THE CONNECTEDNESS OF CREATION

A Workshop presented by

John Karhiio Kane, Mohawk, Radio Host, Grandfather

Saturday, May 9, 2015 from 10:00 am - 2:00 pm

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

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



Mr. Kane explained how Native beliefs differ from spirituality-based faiths: Dominant organized religions have shaped and framed other cultural philosophies, and because the notion of "spirituality" is at their foundation, it is assumed that all other "beliefs" can and should be framed the same way. Our stories become prophecies, the power of Creation becomes "The Creator," our embrace of "The Great Mystery" gets interpreted as a quest to *solve* the mystery rather than our acknowledgment that there will always be the unknowable.

Our stories are not definitive answers to the mysteries of life but rather a path to acknowledgment and lessons to raise awareness. The concept of "Orenda" has become popular of late, but this too is being framed as "spiritual" connections rather than tangible and recognizable connectedness.

My talk is not intended to refute the notion of spirituality or challenge "believers" but rather to demonstrate that our culture was not "faith based" but rather a deep understanding of the natural and an acknowledgment of our place in Creation. My culture requires no leap of faith; it requires an open mind and the windows to it, including our eyes, ears and mouth.

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

John Karhiio Kane is a Mohawk (Kanienkehaka). He is an activist and a warrior but mostly an educator. He is a grandfather (currently 6 grandchildren; twins due this summer will bring it to 8). His wife of 33 years and children are Oneida and they live in Seneca territory. He hosts two 2-hour Native talk radio shows, one in Buffalo and one in New York City.

BULLETIN BOARD

The Analytical Psychology Club of New York, Inc. Presents:

INVITATION TO ALL APC MEMBERS:

JOIN BOARD MEMBERS AT ANNUAL BUSINESS MEETING

Wednesday, May 20, 2015, 6:30 p.m.

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

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

We hope you will join us in the Bertine Auditorium on Wednesday, May 20 at 6:30 pm for the Annual APC Business Meeting.

The results of this year's election will be announced, and our Executive Officers and Board Chairpersons will give their annual reports. We will be discussing plans for the future. This is your opportunity to share your ideas on the Club's future direction.

After the formal work of the meeting is complete you are invited to enjoy a wine and cheese reception with the Board and your fellow members.

There is no charge for this event. We look forward to seeing you there.



KML NEWS



The Kristine Mann Library is pleased to announce that it has a new website, using the same domain, <http://junglibrary.org>. It was designed by the Library Assistant. The Library On Line Database is embedded in the site, which also includes links to samples of audio lectures.

The Library will have a "Spring Cleaning" book sale during the next First Tuesday event. Books left over from prior sales will be available at 3 books for one dollar.

Below is a list of new books and films available as of April 2015:

Films

RUMI, poet of the soul, narrated by Debra Winger

Attachment, Separation & Loss, featuring John Bowlby

Neuroscience, Neuromythology and Jung's Dream Theories

Books

The Alchemy Reader, Cambridge University Press

BULLETIN BOARD

Breast Cancer by Patricia Greer
Coming Home by Sean M. Kelly
Dreams, Death, Rebirth by Steven Rosen
Echos of Silence, Spring Journal Books
The Enchantment of Gardens by Ruth Ammann
Eros and the Shattering Gaze by Kenneth Kimmel
Faith by Michael Eigen
Feeling Film by Gregory Singh
Fields of Blood by Karen Armstrong
Fifty Shrinks by Sebastian Zimmerman
Going Sane by Adam Phillips
Images, Meanings and Connections, Daimon Press
Into the Heart of the Feminine, by Massimilla Harris & Bud Harris
Jung and Phenomenology by Roger Brooke
A Jungian Life by Thomas Kirsch
Looking Awry by Slavoj Zizek
Minding Spirituality by Randall Sorenson
One Mind by Matthew Fink
The Origins of Attachment by Beatrice Beebe
Paths to Transformation by Kate Burns
The Psychiatric Interview in Clinical Practice by Roger MacKinnon
The Psychology of Theft and Loss by Robert Tyminski
The Purloined Poe
Riting Myth, Mythic Writing by Dennis Patrick Slattery
Roots and Their Untying by Ann Ulanov
Rumi and Sufism by Eva de Vitray-Meyerovitch
Sacred Dream Circles by Tess Castleman
Sea Glass by Gilda Frantz
The Shell and the Kernel by Nicolas Abraham
Soul Hunger by Daniel Hell
The Soul in Grief by Robert Romanyshyn
Structures of Subjectivity by George Atwood
Theology, Psychoanalysis, Trauma by Marcus Pound
Trauma and the Soul by Donald Kalsched
The Trauma of Everyday Life by Mark Epstein
The Trickster and the Sysytem by Helena Bassil-Morozow
The Wisdom of Hypatia by Bruce MacLennan
The Women Troubadours by Meg Bogin

BRINGING SHADOW INTO LIGHT

Report by Fred Gurzeler, New Directions Chair



March 28 found Dr. Joseph Moore leading a workshop titled “Bringing the Shadow Into Light,” how Shadow manifests in our lives. Aspects of our shadow affect how we feel about the outer world, but awareness of these aspects commonly remain obscured. However, if we know our shadow we are better equipped to respond appropriately to life. In order for the process of discovering Shadow to unfold, we must talk to our Inner Child, to include the Inner Child by a willingness to hear its voice.

Shadow impacts much of world affairs, the unconscious directing the conscious state. If the unconscious becomes conscious, we are able to cope with the needs of our Inner Child.

“We all want to be perfect, but we're not,” Joe said. Aspects of ourselves drive the imperfect condition; i.e. men put their emotions in Shadow, women express their emotions outwardly, but are expected to retreat in the face of male domination. Consequently, a relationship exists sharply between Shadow and Complexes.

Questions arise when we examine our shadow. Is Shadow the Unconscious, or a part of it? Why is it that people come up with the same conclusion? The Collective Unconscious is the inevitable result, or bringing into life our Shadow. Big Ego doesn't want to look at Shadow. Big Ego wants to be perfect or accomplished. Thus there is a need for Interject and for talking to the Interject.

Dream work constitutes a method for working with Shadow, which might be caused by a reaction to a “trigger.” Transference and countertransference in therapy allows growth and enlightenment. In the world at large it's common for us to push our projections onto our significant other.

Shadow can be likened to a lizard's tail that we drag along behind

REPORT, continued

us. The symbol of the Serpent—not just a negative but a position that creates an aspect of growth. Jung believed that condemning something makes the problem worse. Rather, we need to look at the problem with a willingness to learn. As part of looking at Shadow, a key to growth is to examine trauma from a positive aspect.

Talking with the Self or with the Shadow is an effective method of bringing about consciousness. “Burying” anger reflects a need to do Shadow work that will uncover the effects of destructive behavior. Consequently, it is helpful to ask: What aspects of ourselves do we condemn? What are the inner voices saying? What sacrifices are we making in order to be acceptable? What are the consequences of this behavior, or images?

During the afternoon session of the conference participants were asked to reply to key questions directed at the Self: Who in life do I absolutely hate? Who do I dream about that is of the same sex? What aspect of myself do I condemn? What image about this comes up?

Jung believed that God gives us the opportunities to look at our shadow, creating the possibility for a better world.

Analytical Psychology Club of New York, Inc.

28 East 39 St

New York NY 10016