



The Analytical Psychology Club of New York, Inc.
A Gathering Place for Self-Discovery

BULLETIN: Volume 77, Number36, January, 2019

The Analytical Psychology Club Presents

Restoring the Wisdom of the Body: Integration of the Opposites

Laurie Schwartz, MS, LMHC

Saturday: January 12th, 2019, 1PM to 5PM

Contact: (212) 557-1502 or contact@jungclubnyc.org

C.G. Jung Center, 28 East 39th St. NY, NY 10016

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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 Consultant, C.G. Jung Center, 28 East 39th Street, New York, NY 10016.

Email submissions for the Bulletin to contact@jungclub.org with SUBMISSION in the subject line, or mail to the APC Consultant at the C.G. Jung Center. Copy deadline is the 15th of each month for inclusion in the following issue.

PRESIDENT'S REFLECTIONS

JOSEPH MOORE: PhD, LCSW, PSYCHOTHERAPIST

January 2019

Happy New Year to everyone.

I am not sure that anyone else has the same question I do but I do wonder what 2019 is going to bring? There are both personal and collective issues that come to mind. Besides aging issues that become more annoying to me, there is the maddening concerns we as a group face which daily seem to get worse. I keep thinking of Jung's thought: "In all chaos there is a cosmos, in all disorder a secret order." What does this mean and how does this apply in today's experience?

Certainly, the world seems very chaotic and it does not seem that 2019 will bring much change in fact it may get more so. The disorder emanating just from Washington is incredible and while there will be a new House of Representatives, the question is will this make Washington less tumultuous?

A definition of cosmos is: "the universe seen as a well-ordered whole." WOW! I find it impossible to see the country as a cosmos. Yet, maybe the country and the world do not make a universe. When one contemplates the planets and stars (the heavens) one still discerns order.

Jung wrote: "My case, Pilgrim's Progress, consisted in my having to climb down a thousand ladders until I could reach out my hand to the little clod of earth that I am." This is how I feel as 2019 starts. I also am a little clod of earth. This does not mean I feel insignificant. It does not mean that I do not have power. It does mean that I am just one of many, many, many especially if like the Native Americans, all living things are counted.

While I know that few people of the many, many, many, can contribute like C.G. Jung contributed, I also know that all of us who struggle with becoming conscious and bringing light to our shadows do impact the cosmos by not enhancing the chaos. So that is my resolution for 2019. I will continue to explore my shadow so I will not promote disorder and hopefully support the secret order which is there.

REFLECTIONS OF THE PAST EVENT by Frederick S. Gurzeler

November 3rd brought Juana Yepes, analyst in training, to the APC and the New Directions Program to deliver a presentation entitled: *Fundamentals of Astrology: Meeting the Sky Wanderers Within*.

Ms. Yepes soon made it clear that much was to be learned from the fundamentals. In fact at times, she appeared to move rapidly through her presentation in order to cover the topic sufficiently within the time allotted.

Astrology as conceived, was nurtured by ancient civilizations connected with Astronomy. It endures today in modern form. Young people in particular are keeping astrology alive. Astrology has philosophical implications. It's believed that the position of the planets is related to human behavior. Jung viewed astrology as a kind of causality connected with theology and cosmology. Jungian thought has influenced western astrology. There are different versions of astrology. Modern astrology embraced a Hellenistic version by youth. Psychological astrology evolved in connection with Jung's tool for self-knowledge. A conception of what is called the *zodiac* or circle, takes into account the lineup of the paths of the Sun, the moon and the planets and how these relate to the signs used in astrology.

The horoscope was developed as a means of observing the position of the planets and stars in relation to one another at a given time, especially as this relates to a person's birth. A schematic version or what is referred to as the Natal chart, reveals the time of human birth in line with the planets. An alignment of human experience takes shape in the form of houses that signify a significant meaning, such as one's sense of worth. With these houses an inner circle is conceptualized which contain symbols for the sun and planets. The connection between planets tells about their relationship to one another. Planets affect a particular moment of time and the quality of that connection. The word "planet" is derived from the Greek: *planetes*, or wanderer.

Planets represent psychic drives or archetypes as symbols of an aspect of living or functioning; specifically human or animal behavior. Uranus, Neptune and Pluto, the outer planets of our solar system, are now included in the concept of astrology or zodiac. The planets relate to one another as psychodynamic voices within the zodiac or psychic drives and natural drives. Planets affect the moment of birth.

The Sun is symbolic of consciousness, the ego, a source of guidance, and provider of personal coherence, an expression of our spirit and vitality; *the moon*: a companion planet that controls mood and holds the clue to our mood, our intuition and to the mother or how we nourish ourselves; *Mercury*: the trickster, a definition of mind and regulates our perspective and stimulates our ability to process information; *Venus*, the goddess of love. provides our drive to relate to others, seeking love and harmony; *Mars*: The god of war, its two moons Phobos and Deimos represent the capacity for assertion, a source of courage; *Jupiter*: abundance, a capacity to experience faith, optimism, blessing and gratitude, the king of the gods; *Saturn*: the god of time, symbolizes boundaries, fear, limitation, self-discipline; *Uranus*: generational, moving slowly, the theme of a generation, axis tilted, unique movements, the first planet discovered with a telescope, sky god of Prometheus who stole fire, pushes us to go against conventions, true to itself; *Neptune*: discovered by Galileo, a planet that's a gas giant, connected to imagination, reinforces the spiritual dimension of life drives to idealism, a relationship to the spiritual; *Pluto*: discovered in 1930, represents the underworld, named with the Greek word: Pluton, meaning rich, power and primal energy, magnetic, deeply endowed with great passion and power, the reality of evil.

Astrology speaks through the symbolism of the twelve signs of the zodiac separate from the constellations. Astrology is profoundly personal, it speaks through personal experience or the *poetry of Astronomy*. It is not about the physical or scientific meaning of the cosmos, but about the emotional aspect, such as the different signs: air, water etc., or how the elements *feel*; about earth: solid, concrete as related to Jung's typology. Astrology reflects change.

The time of birth indicates one's position in the zodiac. All the aspects of the zodiac are about integration.

THE ANALYTICAL PSYCHOLOGY CLUB OF NYC

Presents

Restoring the Wisdom of the Body: Integration of the Opposites

Laurie Schwartz, MS, LMHC

Saturday: January 12th, 2019, 1PM to 5PM
Members and Seniors: \$35.00, Non-Members: \$45.00
Students with IDs: \$15.00
Contact: (212) 557-1502 or contact@jungclubnyc.org
C.G. Jung Center, 28 East 39th St. NY, NY 10016

It has been said that the interdependence and union of opposites is the basis of Jung's psychology. In *The Structure of the Psyche*, CG Jung states: "The whole psychic organism corresponds exactly to the body...". The human PSYCHE lives in an indissoluble union with the BODY and SENSATION is the foundation for the discovery of bodily knowing. Moment to moment awareness of bodily sensations is the key to healing trauma. In order to resolve conflicts, it is vital and necessary to bring together the opposites into a harmonious relationship. Opposition is central to both individuation and the psychotherapeutic process. The opportunity and the challenge to make conscious these conflicts and to both synthesize and transmute these polarities may lead us back to the discovery of our unique Spirit embodied in matter.

This lecture/workshop will be an introduction to the fundamentals of Somatic Experiencing, a pathway of return to Embodiment and Wholeness of Being. We will begin to explore how to integrate sensation into the PSYCHE. We will open up the questions and the approach to the restoration of Being Embodied through the dynamic exchange of energy and information that flows through dualities. All are welcome. No previous knowledge is required.



Laurie Schwartz, MS, LMHC, is the director of the NY Center for Integration of the Creative Arts with Somatic Psychotherapy. She began her journey into Jungian Analysis in 1979 and trained with Rob Green and Don Kalshed in the 1990's. Laurie works with individuals, families,

and communities who are exploring the pathway to healing trauma. She has a special interest in the integration of Spirituality, Archetypes and Trauma.

TUESDAY EVENING DISCUSSION GROUPS

6:30 PM to 8:30 PM

January 15th, 2019

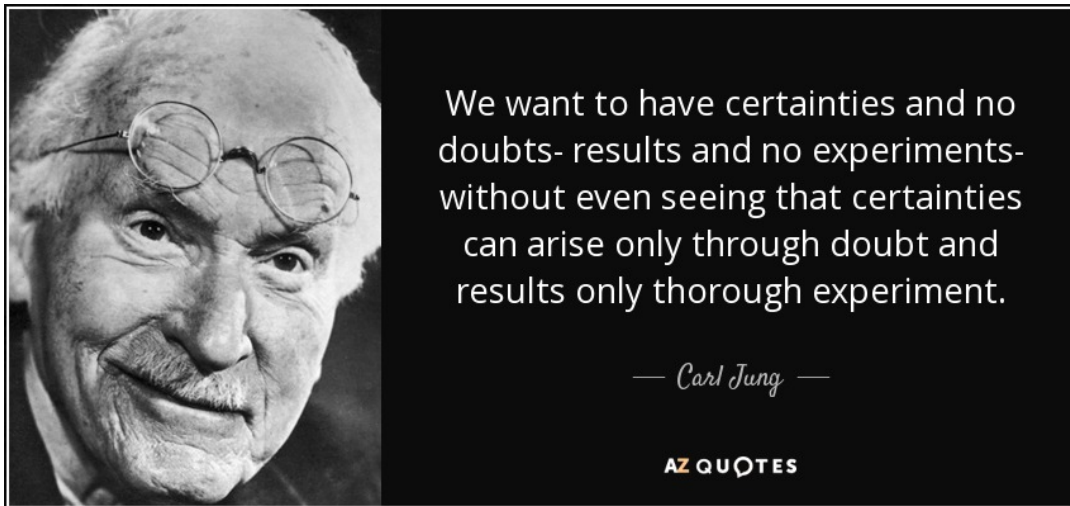
Members and Students with valid IDs = \$10

Non APC Attendees = \$20

contact@jungclubnyc.org

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As most members know, the APC was started because patients of Mann, Harding and Bertine wanted to come together to learn more about Jung and Analytical Psychology and to form a community of people. These deliberations often lasted many hours and were the core of what the Club did during these early days.



The format of Tuesday Evenings will return to the beginning of the Club and examined the various aspects of Analytical Psychology and explore further what is this method of growth and to see how this method has helped and continues to help us individuate. Non-members are invited to attend.

On January 15th, the Club will have a discussion on “Jung and the Self”.

Wine, as well as coffee and tea, will be served.



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