



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

BULLETIN: Volume77, 39, April, 2019

The Analytical Psychology Club Presents

Stories Connect: The Power of Sharing Your Story
Lane Gardner

Saturday: April 27, 2019, 1 PM to 4 PM
Members and Seniors: \$35.00, Non-Members: \$45.00
Students with IDs: \$15.00

The Analytical Psychology Club and the Kristine Mann Library
Presents

The KML Research Award Presentation: Hilda Seidman, M.F.A.,L.P.

Saturday: May 11, 2019 1PM to 4PM
Wine and Cheese Celebration 4PM to 5PM, Everyone \$10

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Contents:

APC Tel#: (212) 557-1502

President’s Reflections.....Page2
Up Coming Events.....Page3-5

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PRESIDENT'S REFLECTIONS

JOSEPH MOORE: PhD, LCSW, PSYCHOTHERAPIST

Anxiety! Most of us suffer from anxiety during some part of our lives or even some part of each day. Jung felt that we feel anxiety because the world often does not feel like a safe place. Circumstances such as: climate change; mass shootings; terrorist acts make the world seem perilous. And of course, we all feel anxiety because of these occurrences.

Yet, many of us do not accept that anxiety is a normal emotion. I used to think that anxiety was something one should not feel. Therefore, I became more anxious when I felt anxious because I was doing something wrong when these feelings appeared. These stronger feelings cause me to become apprehensive and frightened.

If one was to chart anxiety along a continuum, one would see that the scale looks like a bell curve with anxiety flowing up to the top of the curve and crashing down the other side. Anxiety flowing up is motivating - crashing down is immobilizing.

There is a book I often give to new parents. It is the Magic Years by Selma Fraiberg. Even though it was written in 1959, it describes the psychological development of children from one to five years old. Fraiberg states that "In normal human development, dangers, real or imaginary, present themselves in various forms. If the ego did not acquire the means to deal with danger it would be reduced to chronic helplessness and panic. The instinctive reaction to danger is anxiety." (p10) Fraiberg goes on to say that from infancy on, we develop anticipatory anxiety. Anticipatory anxiety prepares us for the danger that lies ahead. The infant preparing for her third vaccination cries when put in the car knowing she is going to the doctor. By the time she gets there, she has cried away the danger. She has gotten a vaccination before. In a similar vein, the actor develops stage fright so that he is motivated to prepare his lines and role.

Fraiberg writes the infant who becomes anxious to play with the ball at the other side of the play pen is then motivated to roll or crawl towards the ball. Without the anxiety, there would be no motivation. I knew a woman who did not walk until she was 18 months old. In fact, she had several words in her vocabulary by then. The reason was that her parents anticipated everything she wanted or needed. Consequently, there was no anxiety to go across the room. There was no motivation.

I am reflecting on anxiety now because over the past few months, there have been medical dangers present for me. And I have been anxious about them. Years ago, I would berate myself for being anxious which often brought me to the point that I was immobilized. Because I have accepted that my anxiety at this time is normal, I have been able to look at my diagnoses realistically and been able to participate in whatever plans the doctors present to me. Again, as Jung writes, accepting what is happening is one way one involves oneself in life.

**The Analytical Psychology Club Presents
Lane Gardner**

Stories Connect: The Power of Sharing Your Story

April 27, 2019 1PM to 4PM

Members: \$35; Non-Members: \$45; Students: \$15

Ever heard a song or even just one line of something, a poem, an article, a conversation that stops you in your tracks? Something in it moves you, touches you, and shifts the way you think or feel. It illuminates something in you, you didn't see before. There's an Ah-Ha, a Holy Sh%*!!! Or even just a quiet knowing that helps you along your way. Stories do that to us. Stories do that for us. Stories do that through us.

In this interactive workshop, we will look at the transformative power of storytelling throughout the history of humankind. We will explore common myths and archetypal themes that permeate our shared experiences that have been passed down through generations in a multitude of creative ways: around the campfire, traveling bards, fairytales, folksongs, theater, music, dance, fables, paintings, poetry, to name a few. Participants will be guided in a creative and collaborative storytelling process and will experience their own stories in action with the support of music, rhythm, rhyme and tone. Creative expression can be a catalyst to transform difficult experiences into powerful testaments of courage and strength. It can be a catalyst for finding one's voice, speaking one's truth and developing tools for navigating the ups and downs of life.

We will discuss how sharing our stories is an act of generosity: generosity to ourselves and to others. When we share our stories, in any form, be it spoken, written, sung, painted, danced, we bring them out into the light. We illuminate the intricate threads of our experiences. We embrace them more fully.

For nearly 25 years, Lane has brought this passion and expertise to all of her endeavors. As an award-winning and nationally recognized Arts Educator, Singer/Songwriter and Founder and Executive Director of T H R E A D, a non-profit Arts Organization dedicated to bringing about change and transformation through the power of creative expression, she is considered an innovator in Human Development Through the Arts.

In the summer of 2018, Lane and co-founder of T H R E A D, Pete Kalvert were invited to work with students of Marjory Stoneman Douglas HS in Parkland, FL to facilitate a songwriting and recording project. Lane's unique sensory songwriting process held safe space for the students to write and record a cathartic, honest and powerful song that sheds light on the emotional aftermath of their tragedy. This powerful process, developed by Lane over the last 20 years, draws upon her study and expertise in sound-based healing, native drumming, ethnomusicology and her own healing journey through trauma and grief within 16 years of Jungian therapy.

Lane's reach is now expanding into building T H R E A D, whose mission is to foster connection and healing within people and communities by utilizing creative arts expression as a therapeutic tool, transforming individual and collective trauma into original works of Art. www.lanegardner.com www.threadconnects.org

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Statement: Medieval alchemy and Gnosticism were the two symbol systems that most influenced Carl C.G. Jung in developing his psychoanalytic theories. The Gnostic texts such as *Pistis Sophia* (Faith/Power Wisdom) that were available to Jung in his lifetime were inherently limited. The codices were recorded by the Orthodox Church and carried with them inherent biases against Gnosticism, deeming the texts heretical. In 1945, the Nag Hammadi texts, original Gnostic gospels, were discovered but took decades to be translated and made available to the general public and not until much after Jung's lifetime. The results of over a year's research both supports and re-examines Jung's argument in *Answer to Job* of the redemptive and restorative power of the Gnostic Sophia with a more expansive understanding of the historical and cultural contexts of Gnosticism. The work of Elaine Pagels and Karen King have been particularly instrumental in deepening a greater knowledge of Gnosticism and its relevance to our collective now. This presentation and the result of the over a years' research seeks to bridge the historical and scholarly understanding of this early religious movement and its current resonance with Jungian theory.

Bio: Hilda Seidman, M.F.A., L.P. is a graduate of The C.G. Jung Institute of New York. She has a private practice in midtown Manhattan and is an applying analytic member of The Inter-Regional Jungian Society. Hilda's thesis in training was entitled *Redeeming the Feminine Divine: Encountering Gnostic Sophia*, a copy is available in The KML Library. Hilda Seidman has also given a talk entitled *Silence* for The C.G. Jung Foundation as well as teaching an advanced seminar last spring expanding and exploring the Gnostic influence on Jungian psychoanalytic theory. In addition, she is the co-founder and owner of a private NYC education company, Intelligentsia Inc., working with school age students to become greater advocates for their own intellectual and academic development. She holds a Master's Degree in Fine Arts from the University of Washington's Professional Actors' Training Program.



June Workshop

APC will present Polly Young-Eisendrath, Ph.D's workshop, Befriending the Enemy: Liberating Yourself from Shadow Projections on June 1st at 1pm.

Tuesday Evening Discussion

The next Tuesday Evening Discussion meeting will be on April 16 at 6:30 pm. We explore interesting quotes of Jung every month. Wine and cheese will be served.

Book Discussion Group Meetings

The Book Discussion Group meetings will be on the 4th Wednesdays of the month. Please join the club and become a member of Face Book.
FOR MORE INFORMATION, CONTACT BOOK DISCUSSION GROUP LEADER
Robert McCullough: metafizz@gmail.com phone: 212-532-8379



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