

Welcome to another edition of *Self*, a podcast where you join me, Jacob Craig, as I research the areas of self-improvement and self-discovery. I am a researcher and author and my mission with this podcast is to simply share what I am learning in hopes you get as much value as I do. This podcast covers several topics, including health, fitness, motivation, personality types, and more so that we can develop ourselves into who we strive to be and reach new heights both personally and professionally.

This episode is the start of my research into what experts say about things like free will, spirituality/religion, and the conscious vs. the unconscious mind. It will cover what I've learned from Carl Jung through his book, *Modern Man in Search of a Soul*. Carl Jung was a fascinating individual who worked alongside Sigmund Freud until they had their differences in beliefs in how to treat patients. Sigmund Freud, Alfred Adler, and Carl Jung were the start of analytical psychology, or helping patients one-on-one with their neuroses and publishing theories of the causes of neuroses and methods to treat them. That being said, anyone who has taken a Psychology course has heard of Sigmund Freud and his beliefs in unconscious sexual drives but may not have heard of Carl Jung's perspective. My hopes are that this podcast will help you learn a bit more about yourself but I'm betting you'll want to learn more from and about Carl Jung after as well.

On that note, let's get started...

Carl Gustav Jung was a Swiss psychologist from the early 1900s and he certainly learned a lot from Sigmund Freud and Alfred Adler and was on his way to becoming Freud's successor until Freud disagreed with his work which caused the general public and even his friends to turn on him and label him a mystic.

To give an idea of just how much work Jung has for us to study from, if you look into a book series titled *The Collected Works of CG Jung*, you'll find a series of 20 volumes, some 150 pages and some 500 pages per volume on all different topics. And the last 2 volumes are solely the bibliography and index. I believe some of these writings are his own and some are lectures that he gave put into writing. He also had several of his own popular books, including *Man and His Symbols*, *Memories, Dreams, Reflections*, *Psychology of the Unconscious*, and the book discussed in this episode, *Modern Man in Search of a Soul*.

A fact that may surprise you about Carl Jung are that he coined the terms "introvert" and "extrovert" and his studies serve as the foundation for many of the personality type assessments that are most prominent today. If you've listened to Episode 2 of this podcast, you learned all about the Meyers-Briggs

Type Indicator, which was strongly influenced by Jung and appears to be the most trusted personality assessment that exists today. I've learned recently from a podcast interview with Drew Carey that Carl Jung's work is tied with another author's named Joseph Campbell in acting classes so that actors and actresses can find the roles they fit best and learn how they can use their strengths as much as possible. Campbell is a fascinating author to study as well and his work was heavily influenced by Jung.

I've realized that someone could spend their lifetime studying the work of Carl Jung and the influence that he has had. I had taken a Psychology course in college and I'm very surprised that none of his work was covered, or at least not enough for me to recall. The field of psychology seems to focus so much on Sigmund Freud's work but Jung shows the gaps that come from Freud's methods. That being said, Jungian Psychologists and Jungian Analysts still study and practice his work today and there are many out there.

Before I get into his book *Modern Man in Search of a Soul*, I just want to say it was nothing like what I was expecting. I was expecting his twist on a self-improvement guide but it is not that at all – this is a collection of essays he wrote that were developed to inform up and coming psychologists. It was very detailed on his methods of helping patients and the theory behind his work.

Jung states, "I believe there are as many psychologies as philosophies, for there is also no one single philosophy, but many... Psychology takes the psyche for its subject-matter, and philosophy - to put it briefly - takes the world." I start with this point because he's essentially saying that every psychologist will have a different approach that works for them and their patients. While Jung describes his methods, he doesn't leave a guide to follow but simply discusses what works for his patients and the theories behind his work.

He states that most of his patients had gone through treatment in the past but saw little or no results and so they felt stuck. 1/3 of them didn't suffer from a definable neurosis but felt their lives were senseless or empty. 2/3 also happened to be passed middle-age; this may be related to the fact that he states of how depression at the time rose around the age of 40. I looked into the numbers on how this relates to America's current numbers and according to the National Institute of Mental Health, when they look at those 18 and over, the 18-25 age group had the highest percentage of adults with major depressive episodes at 15.2%. The 26-49 age group had 8.9% and the 50+ age group had 4.7%. I just wanted to share this because I thought it was interesting but we do live in a different country and generation.

Jung believed age was one of the most important things to consider with a patient. The young tend to shrink back from life so Jung would educate their will or how their actions now will affect their future and the importance of making the right decisions. The older individuals tend to shrink back from death

and so Jung would help them find meaning in a spiritual sense or getting in touch with who they are as an individual.

The overall approach he takes is derived from what he calls the four heads of psychotherapy: confession, explanation, education, and transformation.

The first step, confession seems to be the trying point. The patient needs not only to acknowledge what is going on “but their confirmation by the heart and the actual release of the suppressed emotions.” The realization that needs to happen appears to be of what Jung would call the patient’s shadow-side - their weak points and dark side to them. We all have them since we are all human.

From the confession, Jung states that the patient is then bound to the therapist and they must go through the full process together, otherwise the patient will have a bad relapse. He describes a neurosis as a war within oneself and so the psychotherapist needs to truly accompany the patient with the neurosis, suffering with them, and also be sure to not condemn them for their thoughts.

A quote from him to best describe this process is, “the personalities of the doctor and patient have often more to do with the outcome of the treatment than what the doctor says or thinks... The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.”

Through the wisdom of another person, the individual is helped to accept themselves and overcome the obstacle that their neurosis has been keeping them from passing. Once the patient has given a true confession and Jung has bonded with his patient through this process, this leads to parts 2 and 3, explanation and education. He states that he would work from the unknown to the known by starting with the mind and getting to know their character.

This is where Jung would type his patients to get to know their personality. He would first see if they were more introverted or extroverted, and then see if they had more of a thinking or feeling personality and then a more sensing or intuitive personality. If you’ve listened to Episode 2, you’ll notice these are the same terms used in the Meyers-Briggs Type Indicator today, except the MBTI has 16 personality types while Jung had a total of 8. If you haven’t listened and you’d like to figure out your type and see the value in learning more about yourself, I suggest checking out Episode 2 after you’ve finished listening to this episode.

The main way that Jung would get to know a patient’s character and to lead them to breakthroughs in their therapy sessions was by studying dreams. He stated that this was the best way for him to get to

know his patients and that he did not have any theories about dreams but would use them as a starting point and this system would work for him time and time again. He put dreams on the same plane as psychological fact and said, "Dreams give information about the secrets of the inner life and reveal to the dreamer hidden factors of his personality." By meditating on dreams with his patients, he would notice symbols or archetypes that would give them the insights that would give them the hope and faith they needed. Following this explanation and education eventually came the patients' transformation, where they would develop habits that would abolish their neuroses. He treated each case individually and explained by saying, "The shoe that fits one person pinches another; there is no recipe for living that suits all cases. Each of us carries his own life-form – an indeterminable form which cannot be superseded by any other."

From reading *Modern Man in Search of a Soul*, it's clear that Jung was extremely knowledgeable. To assist with personality typing, he discussed how he would read fantasy books that left the character interpretations up to the reader and he believed these are the best books for psychologists. He also made it a point to study primitive cultures, mythology, and archaeology and said that this gave him a priceless bank of knowledge to make associations with the patients' dreams and reflections. He said, "It is only through comparative studies in mythology, folk-lore, religion and language that we can determine these symbols in a scientific way."

In this book, Jung dedicates a full chapter to primitive cultures and what we can learn from studying them. He did not just read up on their cultures but spent time with multiple primitive cultures of different areas of the globe as well. Through this research, it reinforced his thoughts on the value of the unconscious mind. He compares the primitive man's lifestyle to the civilized man's by saying that the primitive man "does what he does – and only civilized man knows what he does." He describes our civilized culture is based on order and reasoning while the primitive culture is based on chance or intention.

An interesting insight that Jung has is that primitive man has what he calls an undifferentiated state of mind. This means that they see things for the things they truly are in that moment, rather than comparing them and labeling them as good, evil, ugly, beautiful, big, small, etc.

He says how the eating of the apple of Eden in the Bible symbolizes "the sacrifice of the merely natural man. ****Repeat this line.****"

Later in the book, Jung goes into further explanation on this and here are more thought-provoking words on this:

“It is the growth of consciousness which we must thank for the existence of problems; they are the dubious gift of civilization. It is just man’s turning away from instinct – his opposing himself to instinct – that creates consciousness. Instinct is nature and seeks to perpetuate nature; while consciousness can only seek culture or its denial.

... As long as we are still submerged in nature we are unconscious, and we live in the security of instinct that knows no problems.”

He says how if we can pull ourselves out from being neither strictly conscious or strictly unconscious, we are able to experience a wider and higher level of consciousness and avoid developing neuroses.

This power of the unconscious mind along with the significance of dream analysis are a couple of the major differences between Sigmund Freud’s work and Carl Jung’s. When Carl Jung decided to publish work that disagreed with Freud’s work, Freud labeled Jung a mystic, Jung lost him as a mentor, and this caused a major loss in respect for Jung in his time. To me, it’s sad how his work has been overshadowed – it obviously proved to work for his patients and it is nothing short of remarkable.

In a number of parts throughout *Modern Man in Search of a Soul*, Jung discusses the differences between his work and Freud’s, and also Alfred Adler’s. He shows how he has respect for both of their methods by acknowledging their usefulness. He stated that they cannot be overlooked but that they cannot be taken as sole truth either; and he wrote this while they were boldly declaring that Jung was wrong in his approach.

Jung describes Freud and Adler’s approaches as being approaches geared towards a specific type. Freud focused on a person’s urge to pleasure, deriving that neuroses come from childhood trauma that relates to things like incest, infantile pleasure, or sexuality. Meanwhile, Adler focused on a person’s urge to power, believing that neuroses come from a want to be an important authority figure.

Jung repeatedly describes their approaches as being one-sided and short-sighted, stating that they leave out the psyche, that they are better “suited to people who believe that they have no spiritual needs or aspirations,” and that they, “give too little value to fictional and imaginative processes. In a word, they do not give enough meaning to life. And it is only the meaningful that sets us free.”

He goes as far to say that Freud and Adler are hostile to spiritual values when discussing how there are clergymen who look to Freud and Adler for advice while this advice actually hinders the person’s religious experience in their search for meaning.

Another major argument that Jung has is that Adler completely ignored the unconscious mind and Freud described it as evil/primitive. Jung argues, "As if all that is good, reasonable, beautiful and worth living for had taken up its abode in consciousness! Have the horrors of the World War really not opened our eyes? Are we still unable to see that man's conscious mind is even more devilish and perverse than the unconscious?" And later also says, "The unconscious is not a demonic monster, but a thing of nature that is perfectly neutral... as soon as the patient begins to assimilate the contents that were previously unconscious, the danger from the side of the unconscious diminishes."

So you might be asking – well, why did people at this time so easily side with Freud and Adler? Jung says that it is because it was not in the spirit of the age to make the soul or psyche as things that are significant. He states, "to do so would be heresy."

It seems to me that Freud and Adler's approaches were strictly based on reasoning while Jung's was more based on imagination – and that Freud and Adler had specific beliefs on where neuroses stemmed from while Jung believed it was best to treat cases individually.

Throughout *Modern Man in Search of a Soul* (and you may be able to tell this from the title), Jung emphasizes the importance of strengthening his patients in a spiritual sense. He does not discount the importance of science and psychology but states that it needs to be counterbalanced. A great quote that shows how strongly Jung feels about this is, "In my picture of the world there is a vast outer realm and an equally vast inner realm." By only focusing on the outer realm (a.k.a. science), he says that we have "destroyed even the refuge of the inner life. What was once a sheltering haven has become a place of terror."

Jung saw value in every religion, through their moral teachings, symbolism, their ceremonial and initiation rites, and self-discipline practices such as fasting. While he saw value in all, he did seem to show some partial beliefs, stating "I am firmly convinced that a vast number of people belong to the fold of the Catholic Church and nowhere else, because they are most suitably housed there. I am as much persuaded of this as of the fact, which I have myself observed, that a primitive religion is better suited to primitive people than Christianity..." And from learning about Jung outside of this book, it seems that he saw the Gnostic religions as what best suited himself and his "primitive" mindset.

Most of the education I have on Jung outside of this book is from listening to a podcast titled Creative Codex, which is done by a musician named MJ Dorian. Dorian has at least 4 or 5 hours-worth of content on Carl Jung, most of which covers Jung's work titled *The Red Book*. This book was written by Jung but was not released to the public until about 100 years after his death. With how much bad judgement he dealt with during his lifetime based on the material he shared, it is not surprising he suppressed this

book because it covers some very deep and dark parts of his imagination. *The Red Book* is essentially a dream journal that Jung kept between the years of 1913 and 1914, when he was having powerful visions and it seems as though he may have had a serious mental break at this time or was at least on the verge of one. You could say this is Jung's extreme way of connecting with his patients and the struggles they dealt with.

I couldn't recommend MJ Dorian's podcast episodes covering *The Red Book* enough – simply search “Creative Codex Red Book” on Spotify and I'm betting you'll find yourself wanting to listen to both episodes and more than one time. I can't remember if I've listened to them 3 or 4 times through now and I've listened to the other episodes he has on Jung as well. Dorian composes his own music and plays it throughout and adds in his own sound effects as well – just very well-done and I think you get my point – go check it out if you're interested in learning more about Carl Jung. But wait until you've finished listening to this episode, of course. This is not a sponsorship or anything and I do not know Dorian but admire his work enough that I needed to state this. A link to these podcast episodes as well as links to Jung's other books and other things referenced in this episode can also be found in the show notes.

Now, I'm going to go back to *Modern Man in Search of a Soul* and Jung's thoughts on religion. He states the religion was certainly not for everyone but made the connection that those who were religious appeared to have better “psychic hygiene.” With this, they were able to find purpose in their life and also deal with death easier. He also believed there was a connection in the decline of religion and the increasing frequency of neuroses but did not have studies to prove this theory.

Jung felt he needed to provide his patients with some direction and that religion did this successfully. He says, “I have observed that a directed life is in general better, richer and healthier than an aimless one, and that it is better to go forwards with the stream of time than backwards against it.” While talking about why religions believe in an afterlife, he also states that, “it makes it possible for mortal man to live the second half of life with as much perseverance and aim as the first.”

To explain just how important religion was to Jung's work, I'll wrap this topic up with one final quote from him:

“Among all my patients in the second half of life... there has not been one whose problem in the last resort was not that of finding a religious outlook on life. It is safe to say that every one of them fell ill because he had lost that which the living religions of every age have given to their followers, and none of them has been really healed who did not regain his religious outlook.”

To know a bit of my background, I grew up Christian Catholic and strongly held that faith until I was in my late teenage years and currently would say I am not tied to any religion. This book did make me

realize just how important religion is though, even outside of the moral teachings it provides. I'd say that it seems to be beneficial to mental health as a whole.

Jung states that the purpose of *Modern Man in Search of a Soul* is to "set forth the attitude of the psychotherapist." I don't believe he felt spirituality should be the core of all analytical psychologists' work but used these essays to guide them to treat their patients as individuals and aim to give their patients some direction while helping them change their habits so they can make their neuroses disappear.

But this book is more than that. It is not just for psychotherapists. Self-education, self-examination, self-development and words like them are scattered throughout *Modern Man in Search of a Soul*. In one part, Jung specifically talks about how the practices he prescribes could provide a foundation for self-development; for someone to heal and improve their own psyche. With how prominent science has become and how less common religion is, he believed this is damaging to our sense of self. But he then states "Analytical psychology is no longer bound to the consulting-room of the doctor; its chains have been severed. We might say that it transcends itself."

Maybe this is what the civilized man needs more than ever. To take a step back and look at what we've done to our culture. I will end this with a couple quotes from the book that really highlight this point.

Carl Jung describes how when talking to his Indian friend who was governor of a pueblo, the Indian said to him, "We don't understand the whites; they are always wanting something - always restless - always looking for something. What is it? We don't know. We can't understand them. They have such sharp noses, such thin, cruel lips, such lines in their faces. We think they are all crazy."

And following that, Jung says to us "We have built a monumental world round about us, and have slaved for it with unequalled energy. But it is so imposing only because we have spent upon the outside all that is imposing in our natures - and what we find when we look within must necessarily be as it is, shabby and insufficient."

So, take this and think about what you can do to improve. We need some spiritual sense to counterbalance the science and reasoning we are constantly using. This can be done by improving our moral sense, educating ourselves on primitive cultures, studying religion, or even by exploring our creativity whether that be through drawing, painting, writing, sculpting, whatever it is that just allows you to create freely.

And with that, I'm going to conclude this episode on Carl Jung. I sincerely hope that you enjoyed this episode. As you can tell, I enjoy reading and learning from these books and it is my pleasure to be able to share what I learn with you so thank you for listening.

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And if you want to connect with me, my email is jake@inspiringleaderscollective.com and I am open to any comments or questions.

Thank you again, I hope you have a beautiful day – let's go crush it and think about what we can do to be just a bit better than we were yesterday.

Alright, I'm out.