

PART TWO
INDIVIDUATION

I

THE FUNCTION OF THE UNCONSCIOUS

²⁶⁶ There is a destination, a possible goal, beyond the alternative stages dealt with in our last chapter. That is the way of individuation. Individuation means becoming an "in-dividual," and, in so far as "individuality" embraces our innermost, last, and incomparable uniqueness, it also implies becoming one's own self. We could therefore translate individuation as "coming to selfhood" or "self-realization."

²⁶⁷ The possibilities of development discussed in the preceding chapters were, at bottom, alienations of the self, ways of divesting the self of its reality in favour of an external role or in favour of an imagined meaning. In the former case the self retires into the background and gives place to social recognition; in the latter, to the auto-suggestive meaning of a primordial image. In both cases the collective has the upper hand. Self-alienation in favour of the collective corresponds to a social ideal; it even passes for social duty and virtue, although it can also be misused for egotistical purposes. Egoists are called "selfish," but this, naturally, has nothing to do with the concept of "self" as I am using it here. On the other hand, self-realization seems to stand in opposition to self-alienation. This misunderstanding is quite general, because we do not sufficiently distinguish between individualism and individuation. Individualism means deliberately stressing and giving prominence to some supposed peculiarity rather than to collective considerations and obligations. But individuation means precisely the better and more complete ful-

filment of the collective qualities of the human being, since adequate consideration of the peculiarity of the individual is more conducive to a better social performance than when the peculiarity is neglected or suppressed. The idiosyncrasy of an individual is not to be understood as any strangeness in his substance or in his components, but rather as a unique combination, or gradual differentiation, of functions and faculties which in themselves are universal. Every human face has a nose, two eyes, etc., but these universal factors are variable, and it is this variability which makes individual peculiarities possible. Individuation, therefore, can only mean a process of psychological development that fulfils the individual qualities given; in other words, it is a process by which a man becomes the definite, unique being he in fact is. In so doing he does not become "selfish" in the ordinary sense of the word, but is merely fulfilling the peculiarity of his nature, and this, as we have said, is vastly different from egoism or individualism.

268 Now in so far as the human individual, as a living unit, is composed of purely universal factors, he is wholly collective and therefore in no sense opposed to collectivity. Hence the individualistic emphasis on one's own peculiarity is a contradiction of this basic fact of the living being. Individuation, on the other hand, aims at a living co-operation of all factors. But since the universal factors always appear only in individual form, a full consideration of them will also produce an individual effect, and one which cannot be surpassed by anything else, least of all by individualism.

269 The aim of individuation is nothing less than to divest the self of the false wrappings of the persona on the one hand, and of the suggestive power of primordial images on the other. From what has been said in the previous chapters it should be sufficiently clear what the persona means psychologically. But when we turn to the other side, namely to the influence of the collective unconscious, we find we are moving in a dark interior world that is vastly more difficult to understand than the psychology of the persona, which is accessible to everyone. Everyone knows what is meant by "putting on official airs" or "playing a social role." Through the persona a man tries to appear as this or that, or he hides behind a mask, or he may even build up a definite persona as a barricade. So the problem of the persona should

present no great intellectual difficulties.

270 It is, however, another thing to describe, in a way that can be generally understood, those subtle inner processes which invade the conscious mind with such suggestive force. Perhaps we can best portray these influences with the help of examples of mental illness, creative inspiration, and religious conversion. A most excellent account—taken from life, so to speak—of such an inner transformation is to be found in H. G. Wells' *Christina Albert's Father*.^a Changes of a similar kind are described in Léon Dauder's eminently readable *L'Hérédo*. A wide range of material is contained in William James' *Varieties of Religious Experience*. Although in many cases of this kind there are certain external factors which either directly condition the change, or at least provide the occasion for it, yet it is not always the case that the external factor offers a sufficient explanation of these changes of personality. We must recognize the fact that they can also arise from subjective inner causes, opinions, convictions, where external stimuli play no part at all, or a very insignificant one. In pathological changes of personality this can even be said to be the rule. The cases of psychosis that present a clear and simple reaction to some overwhelming outside event belong to the exceptions. Hence, for psychiatry, the essential aetiological factor is the inherited or acquired pathological disposition. The same is probably true of most creative intuitions, for we are hardly likely to suppose a purely causal connection between the falling apple and Newton's theory of gravitation. Similarly all religious conversions that cannot be traced back directly to suggestion and contagious example rest upon independent interior processes culminating in a change of personality. As a rule these processes have the peculiarity of being subliminal, i.e., unconscious, in the first place and of reaching consciousness only gradually. The moment of irruption can, however, be very sudden, so that consciousness is instantaneously flooded with extremely strange and apparently quite unsuspected contents. That is how it looks to the layman and even to the person concerned, but the experienced observer knows that psychological events are never sudden. In reality the irruption has been preparing for many years, often for half a lifetime, and already in childhood all sorts

^a [Concerning the origin of this novel in a conversation between Wells and Jung, cf. Bennet, *What Jung Really Said*, p. 93.—EDITORS.]

of remarkable signs could have been detected which, in more or less symbolic fashion, hinted at abnormal future developments. I am reminded, for instance, of a mental case who refused all nourishment and created quite extraordinary difficulties in connection with nasal feeding. In fact an anaesthetic was necessary before the tube could be inserted. The patient was able in some remarkable way to swallow his tongue by pressing it back into the throat, a fact that was quite new and unknown to me at the time. In a lucid interval I obtained the following history from the man. As a boy he had often revolved in his mind the idea of how he could take his life, even if every conceivable measure were employed to prevent him. He first tried to do it by holding his breath, until he found that by the time he was in a semi-conscious state he had already begun to breathe again. So he gave up these attempts and thought: perhaps it would work if he refused food. This fantasy satisfied him until he discovered that food could be poured into him through the nasal cavity. He therefore considered how this entrance might be closed, and thus it was that he hit upon the idea of pressing his tongue backwards. At first he was unsuccessful, and so he began a regular training, until at last he succeeded in swallowing his tongue in much the same way as sometimes happens accidentally during anaesthesia, evidently in his case by artificially relaxing the muscles at the root of the tongue.

²⁷¹ In this strange manner the boy paved the way for his future psychosis. After the second attack he became incurably insane. This is only one example among many others, but it suffices to show how the subsequent, apparently sudden irruption of alien contents is really not sudden at all, but is rather the result of an unconscious development that has been going on for years.

²⁷² The great question now is: in what do these unconscious processes consist? And how are they constituted? Naturally, so long as they are unconscious, nothing can be said about them. But sometimes they manifest themselves, partly through symptoms, partly through actions, opinions, affects, fantasies, and dreams. Aided by such observational material we can draw indirect conclusions as to the momentary state and constitution of the unconscious processes and their development. We should not, however, labour under the illusion that we have now dis-

covered the real nature of the unconscious processes. We never succeed in getting further than the hypothetical "as if."

²⁷³ "No mortal mind can plumb the depths of nature"—nor even the depths of the unconscious. We do know, however, that the unconscious never rests. It seems to be always at work, for even when asleep we dream. There are many people who declare that they never dream, but the probability is that they simply do not remember their dreams. It is significant that people who talk in their sleep mostly have no recollection either of the dream which started them talking, or even of the fact that they dreamed at all. Not a day passes but we make some slip of the tongue, or something slips our memory which at other times we know perfectly well, or we are seized by a mood whose cause we cannot trace, etc. These things are all symptoms of some consistent unconscious activity which becomes directly visible at night in dreams, but only occasionally breaks through the inhibitions imposed by our daytime consciousness.

²⁷⁴ So far as our present experience goes, we can lay it down that the unconscious processes stand in a compensatory relation to the conscious mind. I expressly use the word "compensatory" and not the word "contrary" because conscious and unconscious are not necessarily in opposition to one another, but complement one another to form a totality, which is the *self*. According to this definition the self is a quantity that is supraordinate to the conscious ego. It embraces not only the conscious but also the unconscious psyche, and is therefore, so to speak, a personality which we *also* are. It is easy enough to think of ourselves as possessing part-souls. Thus we can, for instance, see ourselves as a persona without too much difficulty. But it transcends our powers of imagination to form a clear picture of what we are as a self, for in this operation the part would have to comprehend the whole. There is little hope of our ever being able to reach even approximate consciousness of the self, since however much we may make conscious there will always exist an indeterminate and indeterminable amount of unconscious material which belongs to the totality of the self. Hence the self will always remain a supraordinate quantity.

²⁷⁵ The unconscious processes that compensate the conscious ego contain all those elements that are necessary for the self-

regulation of the psyche as a whole. On the personal level, these are the not consciously recognized personal motives which appear in dreams, or the meanings of daily situations which we have overlooked, or conclusions we have failed to draw, or affects we have not permitted, or criticisms we have spared ourselves. But the more we become conscious of ourselves through self-knowledge, and act accordingly, the more the layer of the personal unconscious that is superimposed on the collective unconscious will be diminished. In this way there arises a consciousness which is no longer imprisoned in the petty, oversensitive, personal world of the ego, but participates freely in the wider world of objective interests. This widened consciousness is no longer that touchy, egotistical bundle of personal wishes, fears, hopes, and ambitions which always has to be compensated or corrected by unconscious counter-tendencies; instead, it is a function of relationship to the world of objects, bringing the individual into absolute, binding, and indissoluble communion with the world at large. The complications arising at this stage are no longer egotistic wish-conflicts, but difficulties that concern others as much as oneself. At this stage it is fundamentally a question of collective problems, which have activated the collective unconscious because they require collective rather than personal compensation. We can now see that the unconscious produces contents which are valid not only for the person concerned, but for others as well, in fact for a great many people and possibly for all.

²⁷⁶ The Elgonyi, natives of the Elgon forests, of central Africa, explained to me that there are two kinds of dreams: the ordinary dream of the little man, and the "big vision" that only the great man has, e.g., the medicine-man or chief. Little dreams are of no account, but if a man has a "big dream" he summons the whole tribe in order to tell it to everybody.

²⁷⁷ How is a man to know whether his dream is a "big" or a "little" one? He knows it by an instinctive feeling of significance. He feels so overwhelmed by the impression it makes that he would never think of keeping the dream to himself. He has to tell it, on the psychologically correct assumption that it is of general significance. Even with us the collective dream has a feeling of importance about it that impels communication. It springs from a conflict of relationship and must therefore be

built into our conscious relations, because it compensates these and not just some inner personal quirk.

²⁷⁸ The processes of the collective unconscious are concerned not only with the more or less personal relations of an individual to his family or to a wider social group, but with his relations to society and to the human community in general. The more general and impersonal the condition that releases the unconscious reaction, the more significant, bizarre, and overwhelming will be the compensatory manifestation. It impels not just private communication, but drives people to revelations and confessions, and even to a dramatic representation of their fantasies.

²⁷⁹ I will explain by an example how the unconscious manages to compensate relationships. A somewhat arrogant gentleman once came to me for treatment. He ran a business in partnership with his younger brother. Relations between the two brothers were very strained, and this was one of the essential causes of my patient's neurosis. From the information he gave me, the real reason for the tension was not altogether clear. He had all kinds of criticisms to make of his brother, whose gifts he certainly did not show in a very favourable light. The brother frequently came into his dreams, always in the role of a Bismarck, Napoleon, or Julius Caesar. His house looked like the Vatican or Yildiz Kiosk. My patient's unconscious evidently had the need to exalt the rank of the younger brother. From this I concluded that he was setting himself too high and his brother too low. The further course of analysis entirely justified this inference.

²⁸⁰ Another patient, a young woman who clung to her mother in an extremely sentimental way, always had very sinister dreams about her. She appeared in the dreams as a witch, as a ghost, as a pursuing demon. The mother had spoilt her beyond all reason and had so blinded her by tenderness that the daughter had no conscious idea of her mother's harmful influence. Hence the compensatory criticism exercised by the unconscious.

²⁸¹ I myself once happened to put too low a value on a patient, both intellectually and morally. In a dream I saw a castle perched on a high cliff, and on the topmost tower was a balcony, and there sat my patient. I did not hesitate to tell her this dream at once, naturally with the best results.

²⁸² We all know how apt we are to make fools of ourselves in front of the very people we have unjustly underrated. Naturally

the case can also be reversed, as once happened to a friend of mine. While still a callow student he had written to Virchow, the pathologist, craving an audience with "His Excellency." When, quaking with fear, he presented himself and tried to give his name, he blurted out, "My name is Virchow." Whereupon His Excellency, smiling mischievously, said, "Ah! So your name is Virchow too?" The feeling of his own nullity was evidently too much for the unconscious of my friend, and in consequence it instantly prompted him to present himself as equal to Virchow in grandeur.

283 In these more personal relations there is of course no need for any very collective compensations. On the other hand, the figures employed by the unconscious in our first case are of a definitely collective nature: they are universally recognized heroes. Here there are two possible interpretations: either my patient's younger brother is a man of acknowledged and far-reaching collective importance, or my patient is overestimating his own importance not merely in relation to his brother but in relation to everybody else as well. For the first assumption there was no support at all, while for the second there was the evidence of one's own eyes. Since the man's extreme arrogance affected not only himself, but a far wider social group, the compensation availed itself of a collective image.

284 The same is true of the second case. The "witch" is a collective image; hence we must conclude that the blind dependence of the young woman applied as much to the wider social group as it did to her mother personally. This was indeed the case, in so far as she was still living in an exclusively infantile world, where the world was identical with her parents. These examples deal with relations within the personal orbit. There are, however, impersonal relations which occasionally need unconscious compensation. In such cases collective images appear with a more or less mythological character. Moral, philosophical, and religious problems are, on account of their universal validity, the most likely to call for mythological compensation. In the aforementioned novel by H. G. Wells we find a classical type of compensation: Mr. Preemby, a midget personality, discovers that he is really a reincarnation of Sargon, King of Kings. Happily, the genius of the author rescues poor old Sargon from pathological absurdity, and even gives the reader a chance to appre-

ciate the tragic and eternal meaning in this lamentable affray. Mr. Preemby, a complete nonentity, recognizes himself as the point of intersection of all ages past and future. This knowledge is not too dearly bought at the cost of a little madness, provided that Preemby is not in the end devoured by that monster of a primordial image—which is in fact what nearly happens to him.

285 The universal problem of evil and sin is another aspect of our impersonal relations to the world. Almost more than any other, therefore, this problem produces collective compensations. One of my patients, aged sixteen, had as the initial symptom of a severe compulsion neurosis the following dream: *He is walking along an unfamiliar street. It is dark, and he hears steps coming behind him. With a feeling of fear he quickens his pace. The footsteps come nearer, and his fear increases. He begins to run. But the footsteps seem to be overtaking him. Finally he turns round, and there he sees the devil. In deathly terror he leaps into the air and hangs there suspended.* This dream was repeated twice, a sign of its special urgency.

286 It is a notorious fact that the compulsion neuroses, by reason of their meticulousness and ceremonial punctilio, not only have the surface appearance of a moral problem but are indeed brim-full of inhuman beastliness and ruthless evil, against the integration of which the very delicately organized personality puts up a desperate struggle. This explains why so many things have to be performed in ceremonially "correct" style, as though to counteract the evil hovering in the background. After this dream the neurosis started, and its essential feature was that the patient had, as he put it, to keep himself in a "provisional" or "uncontaminated" state of purity. For this purpose he either severed or made "invalid" all contact with the world and with everything that reminded him of the transitoriness of human existence, by means of lunatic formalities, scrupulous cleansing ceremonies, and the anxious observance of innumerable rules and regulations of an unbelievable complexity. Even before the patient had any suspicion of the hellish existence that lay before him, the dream showed him that if he wanted to come down to earth again there would have to be a pact with evil.

287 Elsewhere I have described a dream that illustrates the compensation of a religious problem in a young theological student.¹

¹ "Archetypes of the Collective Unconscious," par. 71.

He was involved in all sorts of difficulties of belief, a not uncommon occurrence in the man of today. In his dream he was the pupil of the "white magician," who, however, was dressed in black. After having instructed him up to a certain point, the white magician told him that they now needed the "black magician." The black magician appeared, but clad in a white robe. He declared that he had found the keys of paradise, but needed the wisdom of the white magician in order to understand how to use them. This dream obviously contains the problem of opposites which, as we know, has found in Taoist philosophy a solution very different from the views prevailing in the West. The figures employed by the dream are impersonal collective images corresponding to the nature of the impersonal religious problem. In contrast to the Christian view, the dream stresses the relativity of good and evil in a way that immediately calls to mind the Taoist symbol of Yin and Yang.

288 We should certainly not conclude from these compensations that, as the conscious mind becomes more deeply engrossed in universal problems, the unconscious will bring forth correspondingly far-reaching compensations. There is what one might call a legitimate and an illegitimate interest in impersonal problems. Excursions of this kind are legitimate only when they arise from the deepest and truest needs of the individual; illegitimate when they are either mere intellectual curiosity or a flight from unpleasant reality. In the latter case the unconscious produces all too human and purely personal compensations, whose manifest aim is to bring the conscious mind back to ordinary reality. People who go illegitimately mooning after the infinite often have absurdly banal dreams which endeavour to damp down their ebullience. Thus, from the nature of the compensation, we can at once draw conclusions as to the seriousness and rightness of the conscious strivings.

289 There are certainly not a few people who are afraid to admit that the unconscious could ever have "big" ideas. They will object, "But do you really believe that the unconscious is capable of offering anything like a constructive criticism of our Western mentality?" Of course, if we take the problem intellectually and impute rational intentions to the unconscious, the thing becomes absurd. But it would never do to foist our conscious psychology upon the unconscious. Its mentality is an instinctive

one; it has no differentiated functions, and it does not "think" as we understand "thinking." It simply creates an image that answers to the conscious situation. This image contains as much thought as feeling, and is anything rather than a product of rationalistic reflection. Such an image would be better described as an artist's vision. We tend to forget that a problem like the one which underlies the dream last mentioned cannot, even to the conscious mind of the dreamer, be an intellectual problem, but is profoundly emotional. For a moral man the ethical problem is a passionate question which has its roots in the deepest instinctual processes as well as in his most idealistic aspirations. The problem for him is devastatingly real. It is not surprising, therefore, that the answer likewise springs from the depths of his nature. The fact that everyone thinks his psychology is the measure of all things, and, if he also happens to be a fool, will inevitably think that such a problem is beneath his notice, should not trouble the psychologist in the least, for he has to take things objectively, as he finds them, without twisting them to fit his subjective suppositions. The richer and more capacious natures may legitimately be gripped by an impersonal problem, and to the extent that this is so, their unconscious can answer in the same style. And just as the conscious mind can put the question, "Why is there this frightful conflict between good and evil?" so the unconscious can reply, "Look closer! Each needs the other. The best, just because it is the best, holds the seed of evil, and there is nothing so bad but good can come of it."

290 It might then dawn on the dreamer that the apparently insoluble conflict is, perhaps, a prejudice, a frame of mind conditioned by time and place. The seemingly complex dream-image might easily reveal itself as plain, instinctive common sense, as the tiny germ of a rational idea, which a maturer mind could just as well have thought consciously. At all events Chinese philosophy thought of it ages ago. The singularly apt, plastic configuration of thought is the prerogative of that primitive, natural spirit which is alive in all of us and is only obscured by a one-sided conscious development. If we consider the unconscious compensations from this angle, we might justifiably be accused of judging the unconscious too much from the conscious standpoint. And indeed, in pursuing these reflections, I have always started from the view that the unconscious simply reacts to the

conscious contents, albeit in a very significant way, but that it lacks initiative. It is, however, far from my intention to give the impression that the unconscious is merely reactive in all cases. On the contrary, there is a host of experiences which seem to prove that the unconscious is not only spontaneous but can actually take the lead. There are innumerable cases of people who lingered on in a pettifogging unconsciousness, only to become neurotic in the end. Thanks to the neurosis contrived by the unconscious, they are shaken out of their apathy, and this in spite of their own laziness and often desperate resistance.

²⁹¹ Yet it would, in my view, be wrong to suppose that in such cases the unconscious is working to a deliberate and concerted plan and is striving to realize certain definite ends. I have found nothing to support this assumption. The driving force, so far as it is possible for us to grasp it, seems to be in essence only an urge towards self-realization. If it were a matter of some general teleological plan, then all individuals who enjoy a surplus of unconsciousness would necessarily be driven towards higher consciousness by an irresistible urge. That is plainly not the case. There are vast masses of the population who, despite their notorious unconsciousness, never get anywhere near a neurosis. The few who are smitten by such a fate are really persons of the "higher" type who, for one reason or another, have remained too long on a primitive level. Their nature does not in the long run tolerate persistence in what is for them an unnatural torpor. As a result of their narrow conscious outlook and their cramped existence they save energy; bit by bit it accumulates in the unconscious and finally explodes in the form of a more or less acute neurosis. This simple mechanism does not necessarily conceal a "plan." A perfectly understandable urge towards self-realization would provide a quite satisfactory explanation. We could also speak of a retarded maturation of the personality.

²⁹² Since it is highly probable that we are still a long way from the summit of absolute consciousness, presumably everyone is capable of wider consciousness, and we may assume accordingly that the unconscious processes are constantly supplying us with contents which, if consciously recognized, would extend the range of consciousness. Looked at in this way, the unconscious appears as a field of experience of unlimited extent. If it were merely reactive to the conscious mind, we might aptly call it a

psychic mirror-world. In that case, the real source of all contents and activities would lie in the conscious mind, and there would be absolutely nothing in the unconscious except the distorted reflections of conscious contents. The creative process would be shut up in the conscious mind, and anything new would be nothing but conscious invention or cleverness. The empirical facts give the lie to this. Every creative man knows that spontaneity is the very essence of creative thought. Because the unconscious is not just a reactive mirror-reflection, but an independent, productive activity, its realm of experience is a self-contained world, having its own reality, of which we can only say that it affects us as we affect it—precisely what we say about our experience of the outer world. And just as material objects are the constituent elements of this world, so psychic factors constitute the objects of that other world.

²⁹³ The idea of psychic objectivity is by no means a new discovery. It is in fact one of the earliest and most universal acquisitions of humanity: it is nothing less than the conviction as to the concrete existence of a spirit-world. The spirit-world was certainly never an invention in the sense that fire-boring was an invention; it was far rather the experience, the conscious acceptance of a reality in no way inferior to that of the material world. I doubt whether primitives exist anywhere who are not acquainted with magical influence or a magical substance. ("Magical" is simply another word for "psychic.") It would also appear that practically all primitives are aware of the existence of spirits.² "Spirit" is a psychic fact. Just as we distinguish our own bodiliness from bodies that are strange to us, so primitives—if they have any notion of "souls" at all—distinguish between their own souls and the spirits, which are felt as strange and as "not belonging." They are objects of outward perception, whereas their own soul (or one of several souls where a plurality is assumed), though believed to be essentially akin to the spirits, is not usually an object of so-called sensible perception. After death the soul (or one of the plurality of souls) becomes a spirit which survives the dead man, and often it shows a marked dete-

² In cases of reports to the contrary, it must always be borne in mind that the fear of spirits is sometimes so great that people will actually deny that there are any spirits to fear. I have come across this myself among the dwellers on Mount Elgon.

rioration of character that partly contradicts the notion of personal immortality. The Bataks,³ of Sumatra, go so far as to assert that the people who were good in this life turn into malign and dangerous spirits. Nearly everything that the primitives say about the tricks which the spirits play on the living, and the general picture they give of the *revenants*, corresponds down to the last detail with the phenomena established by spiritualistic experience. And just as the communications from the "Beyond" can be seen to be the activities of broken-off bits of the psyche, so these primitive spirits are manifestations of unconscious complexes.⁴ The importance that modern psychology attaches to the "parental complex" is a direct continuation of primitive man's experience of the dangerous power of the ancestral spirits. Even the error of judgment which leads him unthinkingly to assume that the spirits are realities of the external world is carried on in our assumption (which is only partially correct) that the real parents are responsible for the parental complex. In the old trauma theory of Freudian psychoanalysis, and in other quarters as well, this assumption even passed for a scientific explanation. (It was in order to avoid this confusion that I advocated the term "parental imago."⁵)

²⁹⁴ The simple soul is of course quite unaware of the fact that his nearest relations, who exercise immediate influence over him, create in him an image which is only partly a replica of themselves, while its other part is compounded of elements derived from himself. The imago is built up of parental influences plus the specific reactions of the child; it is therefore an image that reflects the object with very considerable qualifications. Naturally, the simple soul believes that his parents are as he sees them. The image is unconsciously projected, and when the parents die, the projected image goes on working as though it were a spirit existing on its own. The primitive then speaks of parental spirits who return by night (*revenants*), while the modern man calls it a father or mother complex.

²⁹⁵ The more limited a man's field of consciousness is, the more

³ Warnecke, *Die Religion der Batak* (1909).

⁴ Cf. "The Psychological Foundations of Belief in Spirits."

⁵ [This term was taken up by psychoanalysis, but in analytical psychology it has been largely replaced by "primordial image of the parent" or "parental archetype."—EDITORS.]

numerous the psychic contents (imagos) which meet him as quasi-external apparitions, either in the form of spirits, or as magical potencies projected upon living people (magicians, witches, etc.). At a rather higher stage of development, where the idea of the soul already exists, not all the imagos continue to be projected (where this happens, even trees and stones talk), but one or the other complex has come near enough to consciousness to be felt as no longer strange, but as somehow "belonging." Nevertheless, the feeling that it "belongs" is not at first sufficiently strong for the complex to be sensed as a subjective content of consciousness. It remains in a sort of no man's land between conscious and unconscious, in the half-shadow, in part belonging or akin to the conscious subject, in part an autonomous being, and meeting consciousness as such. At all events it is not necessarily obedient to the subject's intentions, it may even be of a higher order, more often than not a source of inspiration or warning, or of "supernatural" information. Psychologically such a content could be explained as a partly autonomous complex that is not yet fully integrated. The archaic souls, the *ba* and *ka* of the Egyptians, are complexes of this kind. At a still higher level, and particularly among the civilized peoples of the West, this complex is invariably of the feminine gender—*anima* and $\psi\upsilon\chi\eta$ —a fact for which deeper and cogent reasons are not lacking.

II

ANIMA AND ANIMUS

²⁹⁶ Among all possible spirits the spirits of the parents are in practice the most important; hence the universal incidence of the ancestor cult. In its original form it served to conciliate the *revenants*, but on a higher level of culture it became an essentially moral and educational institution, as in China. For the child, the parents are his closest and most influential relations. But as he grows older this influence is split off; consequently the parental imagos become increasingly shut away from consciousness, and on account of the restrictive influence they sometimes continue to exert, they easily acquire a negative aspect. In this way the parental imagos remain as alien elements somewhere "outside" the psyche. In place of the parents, woman now takes up her position as the most immediate environmental influence in the life of the adult man. She becomes his companion, she belongs to him in so far as she shares his life and is more or less of the same age. She is not of a superior order, either by virtue of age, authority, or physical strength. She is, however, a very influential factor and, like the parents, she produces an imago of a relatively autonomous nature—not an imago to be split off like that of the parents, but one that has to be kept associated with consciousness. Woman, with her very dissimilar psychology, is and always has been a source of information about things for which a man has no eyes. She can be his inspiration; her intuitive capacity, often superior to man's, can give him timely warning, and her feeling, always directed towards the personal, can show him ways which his own less personally accented feeling would never have discovered. What Tacitus says about the Germanic women is exactly to the point in this respect.¹

²⁹⁷ Here, without a doubt, is one of the main sources for the feminine quality of the soul. But it does not seem to be the only

¹ *Germania* (Loeb edn.), pars. 18, 19.

source. No man is so entirely masculine that he has nothing feminine in him. The fact is, rather, that very masculine men have—carefully guarded and hidden—a very soft emotional life, often incorrectly described as "feminine." A man counts it a virtue to repress his feminine traits as much as possible, just as a woman, at least until recently, considered it unbecoming to be "man-nish." The repression of feminine traits and inclinations naturally causes these contrasexual demands to accumulate in the unconscious. No less naturally, the imago of woman (the soul-image) becomes a receptacle for these demands, which is why a man, in his love-choice, is strongly tempted to win the woman who best corresponds to his own unconscious femininity—a woman, in short, who can unhesitatingly receive the projection of his soul. Although such a choice is often regarded and felt as altogether ideal, it may turn out that the man has manifestly married his own worst weakness. This would explain some highly remarkable conjunctions.

²⁹⁸ It seems to me, therefore, that apart from the influence of woman there is also the man's own femininity to explain the feminine nature of the soul-complex. There is no question here of any linguistic "accident," of the kind that makes the sun feminine in German and masculine in other languages. We have, in this matter, the testimony of art from all ages, and besides that the famous question: *habet mulier animam?* Most men, probably, who have any psychological insight at all will know what Rider Haggard means by "She-who-must-be-obeyed," and will also recognize the chord that is struck when they read Benoît's description of Antinéa.² Moreover they know at once the kind of woman who most readily embodies this mysterious factor, of which they have so vivid a premonition:

²⁹⁹ The wide recognition accorded to such books shows that there must be some supra-individual quality in this image of the anima,³ something that does not owe a fleeting existence simply to its individual uniqueness, but is far more typical, with roots that go deeper than the obvious surface attachments I have pointed out. Both Rider Haggard and Benoît give unmistak-

² Cf. Rider Haggard, *She*; Benoît, *L'Atlantide*.

³ Cf. *Psychological Types*, Def. 48, "Soul." [Also "Concerning the Archetypes, with Special Reference to the Anima Concept" and "The Psychological Aspects of the Kore."—EDITORS.]

able utterance to this supposition in the *historical* aspect of their anima figures.

300 As we know, there is no human experience, nor would experience be possible at all, without the intervention of a subjective aptitude. What is this subjective aptitude? Ultimately it consists in an innate psychic structure which allows man to have experiences of this kind. Thus the whole nature of man presupposes woman, both physically and spiritually. His system is tuned in to woman from the start, just as it is prepared for a quite definite world where there is water, light, air, salt, carbohydrates, etc. The form of the world into which he is born is already inborn in him as a virtual image. Likewise parents, wife, children, birth, and death are inborn in him as virtual images, as psychic aptitudes. These *a priori* categories have by nature a collective character; they are images of parents, wife, and children in general, and are not individual predestinations. We must therefore think of these images as lacking in solid content, hence as unconscious. They only acquire solidity, influence, and eventual consciousness in the encounter with empirical facts, which touch the unconscious aptitude and quicken it to life. They are in a sense the deposits of all our ancestral experiences, but they are not the experiences themselves. So at least it seems to us, in the present limited state of our knowledge. (I must confess that I have never yet found infallible evidence for the inheritance of memory images, but I do not regard it as positively precluded that in addition to these collective deposits which contain nothing specifically individual, there may also be inherited memories that are individually determined.)

301 An inherited collective image of woman exists in a man's unconscious, with the help of which he apprehends the nature of woman. This inherited image is the third important source for the femininity of the soul.

302 As the reader will have grasped, we are not concerned here with a philosophical, much less a religious, concept of the soul, but with the psychological recognition of the existence of a semiconscious psychic complex, having partial autonomy of function. Clearly, this recognition has as much or as little to do with philosophical or religious conceptions of the soul, as psychology has as much or as little to do with philosophy or religion. I have no wish to embark here on a "battle of the facul-

ties," nor do I seek to demonstrate either to the philosopher or to the theologian what exactly he means by "soul." I must, however, restrain both of them from prescribing what the psychologist *ought* to mean by "soul." The quality of personal immortality so fondly attributed to the soul by religion is, for science, no more than a psychological *indicium* which is already included in the idea of autonomy. The quality of personal immortality is by no means a constant attribute of the soul as the primitive sees it, nor even immortality as such. But setting this view aside as altogether inaccessible to science, the immediate meaning of "immortality" is simply a psychic activity that transcends the limits of consciousness. "Beyond the grave" or "on the other side of death" means, psychologically, "beyond consciousness." There is positively nothing else it could mean, since statements about immortality can only be made by the living, who, as such, are not exactly in a position to pontificate about conditions "beyond the grave."

303 The autonomy of the soul-complex naturally lends support to the notion of an invisible, personal entity that apparently lives in a world very different from ours. Consequently, once the activity of the soul is felt to be that of an autonomous entity having no ties with our mortal substance, it is but a step to imagining that this entity must lead an entirely independent existence, perhaps in a world of invisible things. Yet it is not immediately clear why the *invisibility* of this independent entity should simultaneously imply its *immortality*. The quality of immortality might easily derive from another fact to which I have already alluded, namely the characteristically historical aspect of the soul. Rider Haggard has given one of the best descriptions of this in *She*. When the Buddhists say that progressive perfection through meditation awakens memories of former incarnations, they are no doubt referring to the same psychological reality, the only difference being that they ascribe the historical factor not to the soul but to the Self (*atman*). It is altogether in keeping with the thoroughly extraverted attitude of the Western mind so far, that immortality should be ascribed, both by feeling and by tradition, to a soul which we distinguish more or less from our ego, and which also differs from the ego on account of its feminine qualities. It would be entirely logical if, by deepening that neglected, introverted side of our spiritual culture, there

were to take place in us a transformation more akin to the Eastern frame of mind, where the quality of immortality would transfer itself from the ambiguous figure of the soul (*anima*) to the self. For it is essentially the overvaluation of the material object without that constellates a spiritual and immortal figure within (obviously for the purpose of compensation and self-regulation). Fundamentally, the historical factor does not attach only to the archetype of the feminine, but to all archetypes whatsoever, i.e., to every inherited unit, mental as well as physical. Our life is indeed the same as it ever was. At all events, in our sense of the word it is not transitory; for the same physiological and psychological processes that have been man's for hundreds of thousands of years still endure, instilling into our inmost hearts this profound intuition of the "eternal" continuity of the living. But the self, as an inclusive term that embraces our whole living organism, not only contains the deposit and totality of all past life, but is also a point of departure, the fertile soil from which all future life will spring. This premonition of futurity is as clearly impressed upon our innermost feelings as is the historical aspect. The idea of immortality follows legitimately from these psychological premises.

304 In the Eastern view the concept of the *anima*, as we have stated it here, is lacking, and so, logically, is the concept of a *persona*. This is certainly no accident, for, as I have already indicated, a compensatory relationship exists between *persona* and *anima*.

305 { The *persona* is a complicated system of relations between the individual consciousness and society, fittingly enough a kind of mask, designed on the one hand to make a definite impression upon others, and, on the other, to conceal the true nature of the individual. That the latter function is superfluous could be maintained only by one who is so identified with his *persona* that he no longer knows himself; and that the former is unnecessary could only occur to one who is quite unconscious of the true nature of his fellows. Society expects, and indeed must expect, every individual to play the part assigned to him as perfectly as possible, so that a man who is a parson must not only carry out his official functions objectively, but must at all times and in all circumstances play the role of parson in a flawless manner. Society demands this as a kind of surety; each must stand at his

post, here a cobbler, there a poet. No man is expected to be both. Nor is it advisable to be both, for that would be "odd." Such a man would be "different" from other people, not quite reliable. In the academic world he would be a dilettante, in politics an "unpredictable" quantity, in religion a free-thinker—in short, he would always be suspected of unreliability and incompetence, because society is persuaded that only the cobbler who is not a poet can supply workmanlike shoes. To present an unequivocal face to the world is a matter of practical importance: the average man—the only kind society knows anything about—must keep his nose to one thing in order to achieve anything worth while, two would be too much. Our society is undoubtedly set on such an ideal. It is therefore not surprising that everyone who wants to get on must take these expectations into account. Obviously no one could completely submerge his individuality in these expectations; hence the construction of an artificial personality becomes an unavoidable necessity. The demands of propriety and good manners are an added inducement to assume a becoming mask. What goes on behind the mask is then called "private life." This painfully familiar division of consciousness into two figures, often preposterously different, is an incisive psychological operation that is bound to have repercussions on the unconscious.

306 The construction of a collectively suitable *persona* means a formidable concession to the external world, a genuine self-sacrifice which drives the ego straight into identification with the *persona*, so that people really do exist who believe they are what they pretend to be. The "soullessness" of such an attitude is, however, only apparent, for under no circumstances will the unconscious tolerate this shifting of the centre of gravity. When we examine such cases critically, we find that the excellence of the mask is compensated by the "private life" going on behind it. The pious Drummond once lamented that "bad temper is the vice of the virtuous." Whoever builds up too good a *persona* for himself naturally has to pay for it with irritability. Bismarck had hysterical weeping fits, Wagner indulged in correspondence about the belts of silk dressing-gowns, Nietzsche wrote letters to his "dear lama," Goethe held conversations with Eckermann, etc. But there are subtler things than the banal lapses of heroes. I once made the acquaintance of a very venerable personage—in

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fact, one might easily call him a saint. I stalked round him for three whole days, but never a mortal failing did I find in him. My feeling of inferiority grew ominous, and I was beginning to think seriously of how I might better myself. Then, on the fourth day, his wife came to consult me. . . . Well, nothing of the sort has ever happened to me since. But this I did learn: that any man who becomes one with his persona can cheerfully let all disturbances manifest themselves through his wife without her noticing it, though she pays for her self-sacrifice with a bad neurosis.

307 These identifications with a social role are a very fruitful source of neuroses. A man cannot get rid of himself in favour of an artificial personality without punishment. Even the attempt to do so brings on, in all ordinary cases, unconscious reactions in the form of bad moods, affects, phobias, obsessive ideas, backslidings, vices, etc. The social "strong man" is in his private life often a mere child where his own states of feeling are concerned; his discipline in public (which he demands quite particularly of others) goes miserably to pieces in private. His "happiness in his work" assumes a woeful countenance at home; his "spotless" public morality looks strange indeed behind the mask—we will not mention deeds, but only fantasies, and the wives of such men would have a pretty tale to tell. As to his selfless altruism, his children have decided views about that.

308 To the degree that the world invites the individual to identify with the mask, he is delivered over to influences from within. "High rests on low," says Lao-tzu. An opposite forces its way up from inside; it is exactly as though the unconscious suppressed the ego with the very same power which drew the ego into the persona. The absence of resistance outwardly against the lure of the persona means a similar weakness inwardly against the influence of the unconscious. Outwardly an effective and powerful role is played, while inwardly an effeminate weakness develops in face of every influence coming from the unconscious. Moods, vagaries, timidity, even a limp sexuality (culminating in impotence) gradually gain the upper hand.

309 The persona, the ideal picture of a man as he should be, is inwardly compensated by feminine weakness, and as the individual outwardly plays the strong man, so he becomes inwardly a woman, i.e., the anima, for it is the anima that reacts to the

persona. But because the inner world is dark and invisible to the extraverted consciousness, and because a man is all the less capable of conceiving his weaknesses the more he is identified with the persona, the persona's counterpart, the anima, remains completely in the dark and is at once projected, so that our hero comes under the heel of his wife's slipper. If this results in a considerable increase of her power, she will acquit herself none too well. She becomes inferior, thus providing her husband with the welcome proof that it is not he, the hero, who is inferior in private, but his wife. In return the wife can cherish the illusion, so attractive to many, that at least she has married a hero, unperturbed by her own uselessness. This little game of illusion is often taken to be the whole meaning of life.

310 Just as, for the purpose of individuation, or self-realization, it is essential for a man to distinguish between what he is and how he appears to himself and to others, so it is also necessary for the same purpose that he should become conscious of his invisible system of relations to the unconscious, and especially of the anima, so as to be able to distinguish himself from her. One cannot of course distinguish oneself from something unconscious. In the matter of the persona it is easy enough to make it clear to a man that he and his office are two different things. But it is very difficult for a man to distinguish himself from his anima, the more so because she is invisible. Indeed, he has first to contend with the prejudice that everything coming from inside him springs from the truest depths of his being. The "strong man" will perhaps concede that in private life he is singularly undisciplined, but that, he says, is just his "weakness" with which, as it were, he proclaims his solidarity. Now there is in this tendency a cultural legacy that is not to be despised; for when a man recognizes that his ideal persona is responsible for his anything but ideal anima, his ideals are shattered, the world becomes ambiguous, he becomes ambiguous even to himself. He is seized by doubts about goodness, and what is worse, he doubts his own good intentions. When one considers how much our private idea of good intentions is bound up with vast historical assumptions, it will readily be understood that it is pleasanter and more in keeping with our present view of the world to deplore a personal weakness than to shatter ideals.

311 But since the unconscious factors act as determinants no less

than the factors that regulate the life of society, and are no less collective, I might just as well learn to distinguish between what I want and what the unconscious thrusts upon me, as to see what my office demands of me and what I myself desire. At first the only thing that is at all clear is the incompatibility of the demands coming from without and from within, with the ego standing between them, as between hammer and anvil. But over against this ego, tossed like a shuttlecock between the outer and inner demands, there stands some scarcely definable arbiter, which I would on no account label with the deceptive name "conscience," although, taken in its best sense, the word fits that arbiter very aptly indeed. What we have made of this "conscience" Spitteler has described with unsurpassable humour.⁴ Hence we should strenuously avoid this particular signification. We should do far better to realize that the tragic counterplay between inside and outside (depicted in Job and *Faust* as the wager with God) represents, at bottom, the energetics of the life process, the polar tension that is necessary for self-regulation. However different, to all intents and purposes, these opposing forces may be, their fundamental meaning and desire is the life of the individual: they always fluctuate round this centre of balance. Just because they are inseparably related through opposition, they also unite in a mediatory meaning, which, willingly or unwillingly, is born out of the individual and is therefore divined by him. He has a strong feeling of what should be and what could be. To depart from this divination means error, aberration, illness.

³¹³ It is probably no accident that our modern notions of "personal" and "personality" derive from the word *persona*. I can assert that my ego is personal or a personality, and in exactly the same sense I can say that my persona is a personality with which I identify myself more or less. The fact that I then possess two personalities is not so remarkable, since every autonomous or even relatively autonomous complex has the peculiarity of appearing as a personality, i.e., of being personified. This can be observed most readily in the so-called spiritualistic manifestations of automatic writing and the like. The sentences produced are always personal statements and are propounded in the first person singular, as though behind every utterance there stood

⁴ *Psychological Types* (1923 edn., pp. 212f.).

an actual personality. A naïve intelligence at once thinks of spirits. The same sort of thing is also observable in the hallucinations of the insane, although these, more clearly than the first, can often be recognized as mere thoughts or fragments of thoughts whose connection with the conscious personality is immediately apparent to everyone.

³¹³ The tendency of the relatively autonomous complex to direct personification also explains why the persona exercises such a "personal" effect that the ego is all too easily deceived as to which is the "true" personality.

³¹⁴ Now, everything that is true of the persona and of all autonomous complexes in general also holds true of the anima. She likewise is a personality, and this is why she is so easily projected upon a woman. So long as the anima is unconscious she is always projected, for everything unconscious is projected. The first bearer of the soul-image is always the mother; later it is borne by those women who arouse the man's feelings, whether in a positive or a negative sense. Because the mother is the first bearer of the soul-image, separation from her is a delicate and important matter of the greatest educational significance. Accordingly among primitives we find a large number of rites designed to organize this separation. The mere fact of becoming adult, and of outward separation, is not enough; impressive initiations into the "men's house" and ceremonies of rebirth are still needed in order to make the separation from the mother (and hence from childhood) entirely effective.

³¹⁵ Just as the father acts as a protection against the dangers of the external world and thus serves his son as a model persona, so the mother protects him against the dangers that threaten from the darkness of his psyche. In the puberty rites, therefore, the initiate receives instruction about these things of "the other side," so that he is put in a position to dispense with his mother's protection.

³¹⁶ The modern civilized man has to forgo this primitive but nonetheless admirable system of education. The consequence is that the anima, in the form of the mother-*imago*, is transferred to the wife; and the man, as soon as he marries, becomes childish, sentimental, dependent, and subservient, or else truculent, tyrannical, hypersensitive, always thinking about the prestige of his superior masculinity. The last is of course merely the reverse

of the first. The safeguard against the unconscious, which is what his mother meant to him, is not replaced by anything in the modern man's education; unconsciously, therefore, his ideal of marriage is so arranged that his wife has to take over the magical role of the mother. Under the cloak of the ideally exclusive marriage he is really seeking his mother's protection, and thus he plays into the hands of his wife's possessive instincts. His fear of the dark incalculable power of the unconscious gives his wife an illegitimate authority over him, and forges such a dangerously close union that the marriage is permanently on the brink of explosion from internal tension—or else, out of protest, he flies to the other extreme, with the same results.

317 I am of the opinion that it is absolutely essential for a certain type of modern man to recognize his distinction not only from the persona, but from the anima as well. For the most part our consciousness, in true Western style, looks outwards, and the inner world remains in darkness. But this difficulty can be overcome easily enough, if only we will make the effort to apply the same concentration and criticism to the psychic material which manifests itself, not outside, but in our private lives. So accustomed are we to keep a shamefaced silence about this other side—we even tremble before our wives, lest they betray us!—and, if found out, to make rueful confessions of "weakness," that there would seem to be only one method of education, namely, to crush or repress the weaknesses as much as possible or at least hide them from the public. But that gets us nowhere.

318 Perhaps I can best explain what has to be done if I use the persona as an example. Here everything is plain and straightforward, whereas with the anima all is dark, to Western eyes anyway. When the anima continually thwarts the good intentions of the conscious mind, by contriving a private life that stands in sorry contrast to the dazzling persona, it is exactly the same as when a naive individual, who has not the ghost of a persona, encounters the most painful difficulties in his passage through the world. There are indeed people who lack a developed persona—"Canadians who know not Europe's sham politeness"—blundering from one social solecism to the next, perfectly harmless and innocent, soulful bores or appealing children, or, if they are women, spectral Cassandras dreaded for their tactlessness, eternally misunderstood, never knowing what they are about, al-

ways taking forgiveness for granted, blind to the world, hopeless dreamers. From them we can see how a neglected persona works, and what one must do to remedy the evil. Such people can avoid disappointments and an infinity of sufferings, scenes, and social catastrophes only by learning to see how men behave in the world. They must learn to understand what society expects of them; they must realize that there are factors and persons in the world far above them; they must know that what they do has a meaning for others, and so forth. Naturally all this is child's play for one who has a properly developed persona. But if we reverse the picture and confront the man who possesses a brilliant persona with the anima, and, for the sake of comparison, set him beside the man with no persona, then we shall see that the latter is just as well informed about the anima and her affairs as the former is about the world. The use which either makes of his knowledge can just as easily be abused, in fact it is more than likely that it will be.

319 The man with the persona is blind to the existence of inner realities, just as the other is blind to the reality of the world, which for him has merely the value of an amusing or fantastic playground. But the fact of inner realities and their unqualified recognition is obviously the *sine qua non* for a serious consideration of the anima problem. If the external world is, for me, simply a phantasm, how should I take the trouble to establish a complicated system of relationship and adaptation to it? Equally, the "nothing but fantasy" attitude will never persuade me to regard my anima manifestations as anything more than fatuous weakness. If, however, I take the line that the world is outside *and* inside, that reality falls to the share of both, I must logically accept the upsets and annoyances that come to me from inside as symptoms of faulty adaptation to the conditions of that inner world. No more than the blows rained on the innocent abroad can be healed by moral repression will it help him resignedly to catalogue his "weaknesses." Here are reasons, intentions, consequences, which can be tackled by will and understanding. Take, for example, the "spotless" man of honour and public benefactor, whose tantrums and explosive moodiness terrify his wife and children. What is the anima doing here?

320 We can see it at once if we just allow things to take their natural course. Wife and children will become estranged; a vac-

num will form about him. At first he will bewail the hard-heartedness of his family, and will behave if possible even more vilely than before. That will make the estrangement absolute. If the good spirits have not utterly forsaken him, he will after a time notice his isolation, and in his loneliness he will begin to understand how he caused the estrangement. Perhaps, aghast at himself, he will ask, "What sort of devil has got into me?"—without of course seeing the meaning of this metaphor. Then follow remorse, reconciliation, oblivion, repression, and, in next to no time, a new explosion. Clearly, the anima is trying to enforce a separation. This tendency is in nobody's interest. The anima comes between them like a jealous mistress who tries to alienate the man from his family. An official post or any other advantageous social position can do the same thing, but there we can understand the force of the attraction. Whence does the anima obtain the power to wield such enchantment? On the analogy with the persona there must be values or some other important and influential factors lying in the background like seductive promises. In such matters we must guard against rationalizations. Our first thought is that the man of honour is on the lookout for another woman. That might be—it might even be arranged by the anima as the most effective means to the desired end. Such an arrangement should not be misconstrued as an end in itself, for the blameless gentleman who is correctly married according to the law can be just as correctly divorced according to the law, which does not alter his fundamental attitude one iota. The old picture has merely received a new frame.

321 As a matter of fact, this arrangement is a very common method of implementing a separation—and of hampering a final solution. Therefore it is more reasonable not to assume that such an obvious possibility is the end-purpose of the separation. We would be better advised to investigate what is behind the tendencies of the anima. The first step is what I would call the objectivation of the anima, that is, the strict refusal to regard the trend towards separation as a weakness of one's own. Only when this has been done can one face the anima with the question, "Why do you want this separation?" To put the question in this personal way has the great advantage of recognizing the anima as a personality, and of making a relationship possible. The more personally she is taken the better.

322 To anyone accustomed to proceed purely intellectually and rationally, this may seem altogether too ridiculous. It would indeed be the height of absurdity if a man tried to have a conversation with his persona, which he recognized merely as a psychological means of relationship. But it is absurd only for the man who *has* a persona. If he has none, he is in this point no different from the primitive who, as we know, has only one foot in what we commonly call reality. With the other foot he stands in a world of spirits, which is quite real to him. Our model case behaves, in the world, like a modern European; but in the world of spirits he is the child of a troglodyte. He must therefore submit to living in a kind of prehistoric kindergarten until he has got the right idea of the powers and factors which rule that other world. Hence he is quite right to treat the anima as an autonomous personality and to address personal questions to her.

323 I mean this as an actual technique. We know that practically every one has not only the peculiarity, but also the faculty, of holding a conversation with himself. Whenever we are in a predicament we ask ourselves (or whom else?), "What shall I do?" either aloud or beneath our breath, and we (or who else?) supply the answer. Since it is our intention to learn what we can about the foundations of our being, this little matter of living in a metaphor should not bother us. We have to accept it as a symbol of our primitive backwardness (or of such naturalness as is still, mercifully, left to us) that we can, like the Negro, discourse personally with our "snake." The psyche not being a unity but a contradictory multiplicity of complexes, the dissociation required for our dialectics with the anima is not so terribly difficult. The art of it consists only in allowing our invisible partner to make herself heard, in putting the mechanism of expression momentarily at her disposal, without being overcome by the distaste one naturally feels at playing such an apparently ludicrous game with oneself, or by doubts as to the genuineness of the voice of one's interlocutor. This latter point is technically very important: we are so in the habit of identifying ourselves with the thoughts that come to us that we invariably assume we have made them. Curiously enough, it is precisely the most impossible thoughts for which we feel the greatest subjective responsibility. If we were more conscious of the inflexible universal laws that govern even the wildest and most wanton fantasy, we

might perhaps be in a better position to see these thoughts above all others as objective occurrences, just as we see dreams, which nobody supposes to be deliberate or arbitrary inventions. It certainly requires the greatest objectivity and absence of prejudice to give the "other side" the opportunity for perceptible psychic activity. As a result of the repressive attitude of the conscious mind, the other side is driven into indirect and purely symptomatic manifestations, mostly of an emotional kind, and only in moments of overwhelming affectivity can fragments of the unconscious come to the surface in the form of thoughts or images. The inevitable accompanying symptom is that the ego momentarily identifies with these utterances, only to revoke them in the same breath. And, indeed, the things one says when in the grip of an affect sometimes seem very strange and daring. But they are easily forgotten, or wholly denied. This mechanism of deprecation and denial naturally has to be reckoned with if one wants to adopt an objective attitude. The habit of rushing in to correct and criticize is already strong enough in our tradition, and it is as a rule further reinforced by fear—a fear that can be confessed neither to oneself nor to others, a fear of insidious truths, of dangerous knowledge, of disagreeable verifications, in a word, fear of all those things that cause so many of us to flee from being alone with ourselves as from the plague. We say that it is egoistic or "morbid" to be preoccupied with oneself; one's own company is the worst, "it makes you melancholy"—such are the glowing testimonials accorded to our human make-up. They are evidently deeply ingrained in our Western minds. Whoever thinks in this way has obviously never asked himself what possible pleasure other people could find in the company of such a miserable coward. Starting from the fact that in a state of affect one often surrenders involuntarily to the truths of the other side, would it not be far better to make use of an affect so as to give the other side an opportunity to speak? It could therefore be said just as truly that one should cultivate the art of conversing with oneself in the setting provided by an affect, as though the affect itself were speaking without regard to our rational criticism. So long as the affect is speaking, criticism must be withheld. But once it has presented its case, we should begin criticizing as conscientiously as though a real person closely connected with us were our interlocutor. Nor should the matter

rest there, but statement and answer must follow one another until a satisfactory end to the discussion is reached. Whether the result is satisfactory or not, only subjective feeling can decide. Any humbug is of course quite useless. Scrupulous honesty with oneself and no rash anticipation of what the other side might conceivably say are the indispensable conditions of this technique for educating the anima.

324 There is, however, something to be said for this characteristically Western fear of the other side. It is not entirely without justification, quite apart from the fact that it is real. We can understand at once the fear that the child and the primitive have of the great unknown. We have the same childish fear of our inner side, where we likewise touch upon a great unknown world. All we have is the affect, the fear, without knowing that this is a world-fear—for the world of affects is invisible. We have either purely theoretical prejudices against it, or superstitious ideas. One cannot even talk about the unconscious before many educated people without being accused of mysticism. The fear is legitimate in so far as our rational *Weltanschauung* with its scientific and moral certitudes—so hotly believed in because so deeply questionable—is shattered by the facts of the other side. If only one could avoid them, then the emphatic advice of the Philistine to "let sleeping dogs lie" would be the only truth worth advocating. And here I would expressly point out that I am not recommending the above technique as either necessary or even useful to any person not driven to it by necessity. The stages, as I said, are many, and there are greybeards who die as innocent as babes in arms, and in this year of grace troglodytes are still being born. There are truths which belong to the future, truths which belong to the past, and truths which belong to no time.

325 I can imagine someone using this technique out of a kind of holy inquisitiveness, some youth, perhaps, who would like to set wings to his feet, not because of lameness, but because he yearns for the sun. But a grown man, with too many illusions dissipated, will submit to this inner humiliation and surrender only if forced, for why should he let the terrors of childhood again have their way with him? It is no light matter to stand between a day-world of exploded ideals and discredited values, and a night-world of apparently senseless fantasy. The weirdness of this

standpoint is in fact so great that there is probably nobody who does not reach out for security, even though it be a reaching back to the mother who shielded his childhood from the terrors of night. Whoever is afraid ~~most~~ needs be dependent; a weak thing needs support. That is why the primitive mind, from deep psychological necessity, begot religious instruction and embodied it in magician and priest. *Extra ecclesiam nulla salus* is still a valid truth today—for those who can go back to it. For the few who cannot, there is only dependence upon a human being, a humbler and a prouder dependence, a weaker and a stronger support, so it seems to me, than any other. What can one say of the Protestant? He has neither church nor priest, but only God—and even God becomes doubtful.

326 The reader may ask in some consternation, "But what on earth does the anima do, that such double insurances are needed before one can come to terms with her?" I would recommend my reader to study the comparative history of religion so intently as to fill these dead chronicles with the emotional life of those who lived these religions. Then he will get some idea of what lives on the other side. The old religions with their sublime and ridiculous, their friendly and fiendish symbols did not drop from the blue, but were born of this human soul that dwells within us at this moment. All those things, their primal forms, live on in us and may at any time burst in upon us with annihilating force, in the guise of mass-suggestions against which the individual is defenceless. Our fearsome gods have only changed their names: they now rhyme with *ism*. Or has anyone the nerve to claim that the World War or Bolshevism was an ingenious invention? Just as outwardly we live in a world where a whole continent may be submerged at any moment, or a pole be shifted, or a new pestilence break out, so inwardly we live in a world where at any moment something similar may occur, albeit in the form of an idea, but no less dangerous and untrustworthy for that. Failure to adapt to this inner world is a negligence entailing just as serious consequences as ignorance and ineptitude in the outer world. It is after all only a tiny fraction of humanity, living mainly on that thickly populated peninsula of Asia which juts out into the Atlantic Ocean, and calling themselves "cultured," who, because they lack all contact with nature, have hit upon the idea that religion is a peculiar kind of

mental disturbance of undiscoverable purport. Viewed from a safe distance, say from central Africa or Tibet, it would certainly look as if this fraction had projected its own unconscious mental derangements upon nations still possessed of healthy instincts.

327 Because the things of the inner world influence us all the more powerfully for being unconscious, it is essential for anyone who intends to make progress in self-culture (and does not all culture begin with the individual?) to objectivate the effects of the anima and then try to understand what contents underlie those effects. In this way he adapts to, and is protected against, the invisible. No adaptation can result without concessions to both worlds. From a consideration of the claims of the inner and outer worlds, or rather, from the conflict between them, the possible and the necessary follows. Unfortunately our Western mind, lacking all culture in this respect, has never yet devised a concept, nor even a name, for the *union of opposites through the middle path*, that most fundamental item of inward experience, which could respectably be set against the Chinese concept of Tao. It is at once the most individual fact and the most universal, the most legitimate fulfilment of the meaning of the individual's life.

328 In the course of my exposition so far, I have kept exclusively to *masculine* psychology. The anima, being of feminine gender, is exclusively a figure that *compensates* the masculine consciousness. In woman the compensating figure is of a masculine character, and can therefore appropriately be termed the *animus*. If it was no easy task to describe what is meant by the anima, the difficulties become almost insuperable when we set out to describe the psychology of the animus.

329 The fact that a man naïvely ascribes his anima reactions to himself, without seeing that he really cannot identify himself with an autonomous complex, is repeated in feminine psychology, though if possible in even more marked form. This identification with an autonomous complex is the essential reason why it is so difficult to understand and describe the problem, quite apart from its inherent obscurity and strangeness. We always start with the naïve assumption that we are masters in our own house. Hence we must first accustom ourselves to the thought that, in our most intimate psychic life as well, we live in a kind of house which has doors and windows to the world, but that,

although the objects or contents of this world act upon us, they do not belong to us. For many people this hypothesis is by no means easy to conceive, just as they do not find it at all easy to understand and to accept the fact that their neighbour's psychology is not necessarily identical with their own. My reader may think that the last remark is something of an exaggeration, since in general one is aware of individual differences. But it must be remembered that our individual conscious psychology develops out of an original state of unconsciousness and therefore of non-differentiation (termed by Lévy-Bruhl *participation mystique*). Consequently, consciousness of differentiation is a relatively late achievement of mankind, and presumably but a relatively small sector of the indefinitely large field of original identity. Differentiation is the essence, the *sine qua non* of consciousness. Everything unconscious is undifferentiated, and everything that happens unconsciously proceeds on the basis of non-differentiation—that is to say, there is no determining whether it belongs or does not belong to oneself. It cannot be established *a priori* whether it concerns me, or another, or both. Nor does feeling give us any sure clues in this respect.

330 An inferior consciousness cannot *eo ipso* be ascribed to women; it is merely different from masculine consciousness. But, just as a woman is often clearly conscious of things which a man is still groping for in the dark, so there are naturally fields of experience in a man which, for woman, are still wrapped in the shadows of non-differentiation, chiefly things in which she has little interest. Personal relations are as a rule more important and interesting to her than objective facts and their interconnections. The wide fields of commerce, politics, technology, and science, the whole realm of the applied masculine mind, she relegates to the penumbra of consciousness; while, on the other hand, she develops a minute consciousness of personal relationships, the infinite nuances of which usually escape the man entirely.

331 We must therefore expect the unconscious of woman to show aspects essentially different from those found in man. If I were to attempt to put in a nutshell the difference between man and woman in this respect, i.e., what it is that characterizes the animus as opposed to the anima, I could only say this: as the anima produces moods, so the animus produces opinions; and as the

moods of a man issue from a shadowy background, so the opinions of a woman rest on equally unconscious prior assumptions. Animus opinions very often have the character of solid convictions that are not lightly shaken, or of principles whose validity is seemingly unassailable. If we analyse these opinions, we immediately come upon unconscious assumptions whose existence must first be inferred; that is to say, the opinions are apparently conceived *as though* such assumptions existed. But in reality the opinions are not thought out at all; they exist ready made, and they are held so positively and with so much conviction that the woman never has the shadow of a doubt about them.

332 One would be inclined to suppose that the animus, like the anima, personifies itself in a single figure. But this, as experience shows, is true only up to a point, because another factor unexpectedly makes its appearance, which brings about an essentially different situation from that existing in a man. The animus does not appear as one person, but as a plurality of persons. In H. G. Wells' novel *Christina Alberta's Father*, the heroine, in all that she does or does not do, is constantly under the surveillance of a supreme moral authority, which tells her with remorseless precision and dry matter-of-factness what she is doing and for what motives. Wells calls this authority a "Court of Conscience." This collection of condemnatory judges, a sort of College of Preceptors, corresponds to a personification of the animus. The animus is rather like an assembly of fathers or dignitaries of some kind who lay down incontestable, "rational," *ex cathedra* judgments. On closer examination these exacting judgments turn out to be largely sayings and opinions scraped together more or less unconsciously from childhood on, and compressed into a canon of average truth, justice, and reasonableness, a compendium of preconceptions which, whenever a conscious and competent judgment is lacking (as not infrequently happens), instantly obliges with an opinion. Sometimes these opinions take the form of so-called sound common sense, sometimes they appear as principles which are like a travesty of education: "People have always done it like this," or "Everybody says it is like that."

333 It goes without saying that the animus is just as often projected as the anima. The men who are particularly suited to these projections are either walking replicas of God himself, who know all about everything, or else they are misunderstood

word-addicts with a vast and windy vocabulary at their command, who translate common or garden reality into the terminology of the sublime. It would be insufficient to characterize the animus merely as a conservative, collective conscience; he is also a neologist who, in flagrant contradiction to his correct opinions, has an extraordinary weakness for difficult and unfamiliar words which act as a pleasant substitute for the odious task of reflection.

334 Like the anima, the animus is a jealous lover. He is an adept at putting, in place of the real man, an opinion about him, the exceedingly disputable grounds for which are never submitted to criticism. Animus opinions are invariably collective, and they override individuals and individual judgments in exactly the same way as the anima thrusts her emotional anticipations and projections between man and wife. If the woman happens to be pretty, these animus opinions have for the man something rather touching and childlike about them, which makes him adopt a benevolent, fatherly, professorial manner. But if the woman does not stir his sentimental side, and competence is expected of her rather than appealing helplessness and stupidity, then her animus opinions irritate the man to death, chiefly because they are based on nothing but opinion for opinion's sake, and "everybody has a right to his own opinions." Men can be pretty venomous here, for it is an inescapable fact that the animus always plays up the anima—and *vice versa*, of course—so that all further discussion becomes pointless.

335 In intellectual women the animus encourages a critical disputatiousness and would-be highbrowism, which, however, consists essentially in harping on some irrelevant weak point and nonsensically making it the main one. Or a perfectly lucid discussion gets tangled up in the most maddening way through the introduction of a quite different and if possible perverse point of view. Without knowing it, such women are solely intent upon exasperating the man and are, in consequence, the more completely at the mercy of the animus. "Unfortunately I am always right," one of these creatures once confessed to me.

336 However, all these traits, as familiar as they are unsavoury, are simply and solely due to the extraversion of the animus. The animus does not belong to the function of conscious relationship; his function is rather to facilitate relations with the uncon-

scious. Instead of the woman merely associating opinions with external situations—situations which she ought to think about consciously—the animus, as an associative function, should be directed inwards, where it could associate the contents of the unconscious. The technique of coming to terms with the animus is the same in principle as in the case of the anima; only here the woman must learn to criticize and hold her opinions at a distance; not in order to repress them, but, by investigating their origins, to penetrate more deeply into the background, where she will then discover the primordial images, just as the man does in his dealings with the anima. The animus is the deposit, as it were, of all woman's ancestral experiences of man—and not only that, he is also a creative and procreative being, not in the sense of masculine creativity, but in the sense that he brings forth something we might call the *λόγος σπερματικός*, the spermatic word. Just as a man brings forth his work as a complete creation out of his inner feminine nature, so the inner masculine side of a woman brings forth creative seeds which have the power to fertilize the feminine side of the man. This would be the *femme inspiratrice* who, if falsely cultivated, can turn into the worst kind of dogmatist and high-handed pedagogue—a regular "animus hound," as one of my women patients aptly expressed it.

337 A woman possessed by the animus is always in danger of losing her femininity, her adapted feminine persona, just as a man in like circumstances runs the risk of effeminacy. These psychic changes of sex are due entirely to the fact that a function which belongs inside has been turned outside. The reason for this perversion is clearly the failure to give adequate recognition to an inner world which stands autonomously opposed to the outer world, and makes just as serious demands on our capacity for adaptation.

338 With regard to the plurality of the animus as distinguished from what we might call the "uni-personality" of the anima, this remarkable fact seems to me to be a correlate of the conscious attitude. The conscious attitude of woman is in general far more exclusively personal than that of man. Her world is made up of fathers and mothers, brothers and sisters, husbands and children. The rest of the world consists likewise of families, who nod to each other but are, in the main, interested essentially in

themselves. The man's world is the nation, the state, business concerns, etc. His family is simply a means to an end, one of the foundations of the state, and his wife is not necessarily *the* woman for him (at any rate not as the woman means it when she says "my man"). The general means more to him than the personal; his world consists of a multitude of co-ordinated factors, whereas her world, outside her husband, terminates in a sort of cosmic mist. A passionate exclusiveness therefore attaches to the man's anima, and an indefinite variety to the woman's animus. Whereas the man has, floating before him, in clear outlines, the alluring form of a Circe or a Calypso, the animus is better expressed as a bevy of Flying Dutchmen or unknown wanderers from over the sea, never quite clearly grasped, protean, given to persistent and violent motion. These personifications appear especially in dreams, though in concrete reality they can be famous tenors, boxing champions, or great men in far-away, unknown cities.

389 These two crepuscular figures from the dark hinterland of the psyche—truly the semi-grotesque "guardians of the threshold," to use the pompous jargon of theosophy—can assume an almost inexhaustible number of shapes, enough to fill whole volumes. Their complicated transformations are as rich and strange as the world itself, as manifold as the limitless variety of their conscious correlate, the persona. They inhabit the twilight sphere, and we can just make out that the autonomous complex of anima and animus is essentially a psychological function that has usurped, or rather retained, a "personality" only because this function is itself autonomous and undeveloped. But already we can see how it is possible to break up the personifications, since by making them conscious we convert them into bridges to the unconscious. It is because we are not using them purposefully as functions that they remain personified complexes. So long as they are in this state they must be accepted as relatively independent personalities. They cannot be integrated into consciousness while their contents remain unknown. The purpose of the dialectical process is to bring these contents into the light; and only when this task has been completed, and the conscious mind has become sufficiently familiar with the unconscious processes reflected in the anima, will the anima be felt simply as a function.

340 I do not expect every reader to grasp right away what is meant by animus and anima. But I hope he will at least have gained the impression that it is not a question of anything "metaphysical," but far rather of empirical facts which could equally well be expressed in rational and abstract language. I have purposely avoided too abstract a terminology because, in matters of this kind, which hitherto have been so inaccessible to our experience, it is useless to present the reader with an intellectual formulation. It is far more to the point to give him some conception of what the actual possibilities of experience are. Nobody can really understand these things unless he has experienced them himself. I am therefore much more interested in pointing out the possible ways to such experience than in devising intellectual formulae which, for lack of experience, must necessarily remain an empty web of words. Unfortunately there are all too many who learn the words by heart and add the experiences in their heads, thereafter abandoning themselves, according to temperament, either to credulity or to criticism. We are concerned here with a new questioning, a new—and yet age-old—field of psychological experience. We shall be able to establish relatively valid theories about it only when the corresponding psychological facts are known to a sufficient number of people. The first things to be discovered are always facts, not theories. Theory-building is the outcome of discussion among many.

III

THE TECHNIQUE OF DIFFERENTIATION
BETWEEN THE EGO AND
THE FIGURES OF THE
UNCONSCIOUS

34¹ I owe it to the reader to give him a detailed example of the specific activity of animus and anima. Unfortunately this material is so enormous and demands so much explanation of symbols that I cannot include such an account within the compass of this essay. I have, however, published some of these products with all their symbolical associations in a separate work,¹ and to this I must refer the reader. In that book I said nothing about the animus, because at that time this function was still unknown to me. Nevertheless, if I advise a woman patient to associate her unconscious contents, she will always produce the same kind of fantasy. The masculine hero figure who almost unfailingly appears is the animus, and the succession of fantasy-experiences demonstrates the gradual transformation and dissolution of the autonomous complex.

34² This transformation is the aim of the analysis of the unconscious. If there is no transformation, it means that the determining influence of the unconscious is unabated, and that it will in some cases persist in maintaining neurotic symptoms in spite of all our analysis and all our understanding. Alternatively, a compulsive transference will take hold, which is just as bad as a neurosis. Obviously in such cases no amount of suggestion, good will, and purely reductive understanding has helped to break the power of the unconscious. This is not to say—once again I would like to emphasize this point very clearly—that all psychotherapeutic methods are, by and large, useless. I merely want to stress the fact that there are not a few cases where the doctor has to make up his mind to deal fundamentally with the uncon-

¹ *Symbols of Transformation.*

scious, to come to a real settlement with it. This is of course something very different from interpretation. In the latter case it is taken for granted that the doctor *knows* beforehand, so as to be able to interpret. But in the case of a real settlement it is not a question of interpretation: it is a question of releasing unconscious processes and letting them come into the conscious mind in the form of fantasies. We can try our hand at interpreting these fantasies if we like. In many cases it may be quite important for the patient to have some idea of the meaning of the fantasies produced. But it is of vital importance that he should experience them to the full and, in so far as intellectual understanding belongs to the totality of experience, also understand them. Yet I would not give priority to understanding. Naturally the doctor must be able to assist the patient in his understanding, but, since he will not and indeed cannot understand everything, the doctor should assiduously guard against clever feats of interpretation. For the important thing is not to interpret and understand the fantasies, but primarily to experience them. Alfred Kubin has given a very good description of the unconscious in his book *Die andere Seite*; that is, he has described what he, as an artist, experienced of the unconscious. It is an artistic experience which, in the deeper meaning of human experience, is incomplete. I would like to recommend an attentive reading of this book to everybody who is interested in these questions. He will then discover the incompleteness I speak of: the vision is experienced artistically, but not humanly. By "human" experience I mean that the person of the author should not just be included passively in the vision, but that he should face the figures of the vision actively and reactively, with full consciousness. I would level the same criticism at the authoress of the fantasies dealt with in the book mentioned above; she, too, merely stands opposite the fantasies forming themselves out of the unconscious, perceiving them, or at best passively enduring them. But a real settlement with the unconscious demands a firmly opposed conscious standpoint.

34³ I will try to explain what I mean by an example. One of my patients had the following fantasy: *He sees his fiancée running down the road towards the river. It is winter, and the river is frozen. She runs out on the ice, and he follows her. She goes right out, and then the ice breaks, a dark fissure appears, and he*

is afraid she is going to jump in. And that is what happens: she jumps into the crack, and he watches her sadly.

344 This fragment, although torn out of its context, clearly shows the attitude of the conscious mind: it perceives and passively endures, the fantasy-image is merely seen and felt, it is two-dimensional, as it were, because the patient is not sufficiently involved. Therefore the fantasy remains a flat image, concrete and agitating perhaps, but unreal, like a dream. This unreality comes from the fact that he himself is not playing an active part. If the fantasy happened in reality, he would not be at a loss for some means to prevent his fiancée from committing suicide. He could, for instance, easily overtake her and restrain her bodily from jumping into the crack. Were he to act in reality as he acted in the fantasy, he would obviously be paralysed, either with horror, or because of the unconscious thought that he really has no objection to her committing suicide. The fact that he remains passive in the fantasy merely expresses his attitude to the activity of the unconscious in general: he is fascinated and stupefied by it. In reality he suffers from all sorts of depressive ideas and convictions; he thinks he is no good, that he has some hopeless hereditary taint, that his brain is degenerating, etc.] These negative feelings are so many auto-suggestions which he accepts without argument. Intellectually, he can understand them perfectly and recognize them as untrue, but nevertheless the feelings persist. They cannot be attacked by the intellect because they have no intellectual or rational basis; they are rooted in an unconscious, irrational fantasy-life which is not amenable to conscious criticism. In these cases the unconscious must be given an opportunity to produce its fantasies, and the above fragment is just such a product of unconscious fantasy activity.

⇒ Since the case was one of psychogenic depression, the depression itself was due to fantasies of whose existence the patient was totally unconscious. In genuine melancholia, extreme exhaustion, poisoning, etc., the situation would be reversed: the patient has such fantasies because he is in a depressed condition. But in a case of psychogenic depression he is depressed because he has such fantasies. My patient was a very clever young man who had been intellectually enlightened as to the cause of his neurosis by a lengthy analysis. However, intellectual understanding made no difference to his depression. In cases of this sort the doctor

should spare himself the useless trouble of delving still further into the causality; for, when a more or less exhaustive understanding is of no avail, the discovery of yet another little bit of causality will be of no avail either. The unconscious has simply gained an unassailable ascendancy; it wields an attractive force that can invalidate all conscious contents—in other words, it can withdraw libido from the conscious world and thereby produce a “depression,” an *abaissement du niveau mental* (Janet). But as a result of this we must, according to the law of energy, expect an accumulation of value—i.e., libido—in the unconscious.

345 Libido can never be apprehended except in a definite form; that is to say, it is identical with fantasy-images. And we can only release it from the grip of the unconscious by bringing up the corresponding fantasy-images. That is why, in a case like this, we give the unconscious a chance to bring its fantasies to the surface. This is how the foregoing fragment was produced. It is a single episode from a long and very intricate series of fantasy-images, corresponding to the quota of energy that was lost to the conscious mind and its contents. The patient's conscious world has become cold, empty, and grey; but his unconscious is activated, powerful, and rich. It is characteristic of the nature of the unconscious psyche that it is sufficient unto itself and knows no human considerations. Once a thing has fallen into the unconscious it is retained there, regardless of whether the conscious mind suffers or not. The latter can hunger and freeze, while everything in the unconscious becomes verdant and blossoms.

346 So at least it appears at first. But when we look deeper, we find that this unconcern of the unconscious has a meaning, indeed a purpose and a goal. There are psychic goals that lie beyond the conscious goals; in fact, they may even be inimical to them. But we find that the unconscious has an inimical or ruthless bearing towards the conscious only when the latter adopts a false or pretentious attitude.

347 The conscious attitude of my patient is so one-sidedly intellectual and rational that nature herself rises up against him and annihilates his whole world of conscious values. But he cannot de-intellectualize himself and make himself dependent on another function, e.g., feeling, for the very simple reason that he has not got it. The unconscious has it. Therefore we have no alternative but to hand over the leadership to the unconscious

and give it the opportunity of becoming a conscious content in the form of fantasies. If, formerly, my patient clung to his intellectual world and defended himself with rationalizations against what he regarded as his illness, he must now yield himself up to it entirely, and when a fit of depression comes upon him, he must no longer force himself to some kind of work in order to forget, but must accept his depression and give it a hearing.

348 Now this is the direct opposite of succumbing to a mood, which is so typical of neurosis. It is no weakness, no spineless surrender, but a hard achievement, the essence of which consists in keeping your objectivity despite the temptations of the mood, and in making the mood your object, instead of allowing it to become in you the dominating subject. So the patient must try to get his mood to speak to him; his mood must tell him all about itself and show him through what kind of fantastic analogies it is expressing itself.

349 The foregoing fragment is a bit of visualized mood. If he had not succeeded in keeping his objectivity in relation to his mood, he would have had, in place of the fantasy-image, only a crippling sense that everything was going to the devil, that he was incurable, etc. But because he gave his mood a chance to express itself in an image, he succeeded in converting at least a small sum of libido, of unconscious creative energy in eidetic form, into a conscious content and thus withdrawing it from the sphere of the unconscious.

350 But this effort is not enough, for the fantasy, to be completely experienced, demands not just perception and passivity, but active participation. The patient would comply with this demand if he conducted himself in the fantasy as he would doubtless conduct himself in reality. He would never remain an idle spectator while his fiancée tried to drown herself; he would leap up and stop her. This should also happen in the fantasy. If he succeeds in behaving in the fantasy as he would behave in a similar situation in reality, he would prove that he was taking the fantasy seriously, i.e., assigning absolute reality value to the unconscious. In this way he would have won a victory over his one-sided intellectualism and, indirectly, would have asserted the validity of the irrational standpoint of the unconscious.

351 That would be the complete experience of the unconscious

demand of him. But one must not underestimate what that actually means: your whole world is menaced by fantastic irrationality. It is almost insuperably difficult to forget, even for a moment, that all this is only fantasy, a figment of the imagination that must strike one as altogether arbitrary and artificial. How can one assert that anything of this kind is "real" and take it seriously?

352 We can hardly be expected to believe in a sort of double life, in which we conduct ourselves on one plane as modest average citizens, while on another we have unbelievable adventures and perform heroic deeds. In other words, we must not concretize our fantasies. But there is in man a strange propensity to do just this, and all his aversion to fantasy and his critical depreciation of the unconscious come solely from the deep-rooted fear of this tendency. Concretization and the fear of it are both primitive superstitions, but they still survive in the liveliest form among so-called enlightened people. In his civic life a man may follow the trade of a shoemaker, but as the member of a sect he puts on the dignity of an archangel. To all appearances he is a small tradesman, but among the freemasons he is a mysterious grandee. Another sits all day in his office; at evening, in his circle, he is a reincarnation of Julius Caesar, fallible as a man, but in his official capacity infallible. These are all unintentional concretizations.

353 As against this, the scientific credo of our time has developed a superstitious phobia about fantasy. But the real is what works. And the fantasies of the unconscious work, there can be no doubt about that. Even the cleverest philosopher can be the victim of a thoroughly idiotic agoraphobia. Our famous scientific reality does not afford us the slightest protection against the so-called irrationality of the unconscious. Something works behind the veil of fantastic images, whether we give this something a good name or a bad. It is something real, and for this reason its manifestations must be taken seriously. But first the tendency to concretization must be overcome; in other words, we must not take the fantasies literally when we approach the question of interpreting them. While we are in the grip of the actual experience, the fantasies cannot be taken literally enough. But when it comes to understanding them, we must on no account mistake

the semblance, the fantasy-image as such, for the operative process underlying it. The semblance is not the thing itself, but only its expression.

354 Thus my patient is not experiencing the suicide scene "on another plane" (though in every other respect it is just as concrete as a real suicide); he experiences something real which looks like a suicide. The two opposing "realities," the world of the conscious and the world of the unconscious, do not quarrel for supremacy, but each makes the other relative. That the reality of the unconscious is very relative indeed will presumably arouse no violent contradiction; but that the reality of the conscious world could be doubted will be accepted with less alacrity. And yet both "realities" are psychic experience, psychic semblances painted on an inscrutably dark back-cloth. To the critical intelligence, nothing is left of *absolute* reality.

355 Of the essence of things, of absolute being, we know nothing. But we experience various effects: from "outside" by way of the senses, from "inside" by way of fantasy. We would never think of asserting that the colour "green" had an independent existence; similarly we ought never to imagine that a fantasy-experience exists in and for itself, and is therefore to be taken quite literally. It is an expression, an appearance standing for something unknown but real. The fantasy-fragment I have mentioned coincides in time with a wave of depression and desperation, and this event finds expression in the fantasy. The patient really does have a fiancée; for him she represents the one emotional link with the world. Snap that link, and it would be the end of his relation to the world. This would be an altogether hopeless aspect. But his fiancée is also a symbol for his anima, that is, for his relation to the unconscious. Hence the fantasy simultaneously expresses the fact that, without any hindrance on his part, his anima is disappearing again into the unconscious. This aspect shows that once again his mood is stronger than he is. It throws everything to the winds, while he looks on without lifting a hand. But he could easily step in and arrest the anima.

356 I give preference to this latter aspect, because the patient is an introvert whose life-relationship is ruled by inner facts. Were he an extravert, I would have to give preference to the first aspect, because for the extravert life is governed primarily by his

relation to human beings. He might in the trough of a mood do away with his fiancée and himself too, whereas the introvert harms himself most when he casts off his relation to the anima, i.e., to the object within.

357 So my patient's fantasy clearly reveals the negative movement of the unconscious, a tendency to recoil from the conscious world so energetically that it sucks away the libido from consciousness and leaves the latter empty. But, by making the fantasy conscious, we stop this process from happening unconsciously. If the patient were himself to participate actively in the way described above, he would possess himself of the libido invested in the fantasy, and would thus gain added influence over the unconscious.

358 Continual conscious realization of unconscious fantasies, together with active participation in the fantastic events, has, as I have witnessed in a very large number of cases, the effect firstly of extending the conscious horizon by the inclusion of numerous unconscious contents; secondly of gradually diminishing the dominant influence of the unconscious; and thirdly of bringing about a change of personality.

359 This change of personality is naturally not an alteration of the original hereditary disposition, but rather a transformation of the general attitude. Those sharp cleavages and antagonisms between conscious and unconscious, such as we see so clearly in the endless conflicts of neurotic natures, nearly always rest on a noticeable one-sidedness of the conscious attitude, which gives absolute precedence to one or two functions, while the others are unjustly thrust into the background. Conscious realization and experience of fantasies assimilates the unconscious inferior functions to the conscious mind—a process which is naturally not without far-reaching effects on the conscious attitude.

360 For the moment I will refrain from discussing the nature of this change of personality, since I only want to emphasize the fact that an important change does take place. I have called this change, which is the aim of our analysis of the unconscious, the transcendent function. This remarkable capacity of the human psyche for change, expressed in the transcendent function, is the principal object of late medieval alchemical philosophy, where it was expressed in terms of alchemical symbolism. Herbert Silberer, in his very able book *Problems of Mysticism and Its Sym-*

bolism, has already pointed out the psychological content of alchemy. It would be an unpardonable error to accept the current view and reduce these "alchymical" strivings to a mere matter of alembics and melting-pots. This side certainly existed; it represented the tentative beginnings of exact chemistry. But alchemy also had a spiritual side which must not be underestimated and whose psychological value has not yet been sufficiently appreciated: there was an "alchymical" philosophy, the groping precursor of the most modern psychology. The secret of alchemy was in fact the transcendent function, the transformation of personality through the blending and fusion of the noble with the base components, of the differentiated with the inferior functions, of the conscious with the unconscious.

361 But, just as the beginnings of scientific chemistry were hopelessly distorted and confused by fantastic conceits and whimsicalities, so alchemical philosophy, hampered by the inevitable concretizations of the still crude and undifferentiated intellect, never advanced to any clear psychological formulation, despite the fact that the liveliest intuition of profound truths kept the medieval thinker passionately attached to the problems of alchemy. No one who has undergone the process of assimilating the unconscious will deny that it gripped his very vitals and changed him.

362 I would not blame my reader at all if he shakes his head dubiously at this point, being quite unable to imagine how such a *quantité négligeable* as the footling fantasy given above could ever have the slightest influence on anybody. I admit at once that in considering the transcendent function and the extraordinary influence attributed to it, the fragment we have quoted is anything but illuminating. But it is—and here I must appeal to the benevolent understanding of my reader—exceedingly difficult to give any examples, because every example has the unfortunate characteristic of being impressive and significant only to the individual concerned. Therefore I always advise my patients not to cherish the naïve belief that what is of the greatest significance to them personally also has objective significance.

363 The vast majority of people are quite incapable of putting themselves individually into the mind of another. This is indeed a singularly rare art, and, truth to tell, it does not take us very far. Even the man whom we think we know best and who assures

us himself that we understand him through and through is at bottom a stranger to us. He is *different*. The most we can do, and the best, is to have at least some inkling of his otherness, to respect it, and to guard against the outrageous stupidity of wishing to interpret it.

364 I can, therefore, produce nothing convincing, nothing that would convince the reader as it convinces the man whose deepest experience it is. We must simply believe it by reason of its analogy with our own experience. Ultimately, when all else fails, the end-result is plain beyond a doubt: the perceptible change of personality. With these reservations in mind, I would like to present the reader with another fantasy-fragment, this time from a woman. The difference from the previous example leaps to the eye: here the experience is total, the observer takes an active part and thus makes the process her own. The material in this case is very extensive, culminating in a profound transformation of personality. The fragment comes from a late phase of personal development and is an organic part of a long and continuous series of transformations which have as their goal the attainment of the mid-point of the personality.

365 It may not be immediately apparent what is meant by a "mid-point of the personality." I will therefore try to outline this problem in a few words. If we picture the conscious mind, with the ego as its centre, as being opposed to the unconscious, and if we now add to our mental-picture the process of assimilating the unconscious, we can think of this assimilation as a kind of approximation of conscious and unconscious, where the centre of the total personality no longer coincides with the ego, but with a point midway between the conscious and the unconscious. This would be the point of new equilibrium, a new centering of the total personality, a virtual centre which, on account of its focal position between conscious and unconscious, ensures for the personality a new and more solid foundation. I freely admit that visualizations of this kind are no more than the clumsy attempts of the unskilled mind to give expression to inexpressible, and well-nigh indescribable, psychological facts. I could say the same thing in the words of St. Paul: "Yet not I live, but Christ liveth in me." Or I might invoke Lao-tzu and appropriate his concept of Tao, the Middle Way and creative centre of all things. In all these the same thing is meant. Speak-

ing as a psychologist with a scientific conscience, I must say at once that these things are psychic factors of undeniable power; they are not the inventions of an idle mind, but definite psychic events obeying definite laws and having their legitimate causes and effects, which can be found among the most widely differing peoples and races today, as thousands of years ago. I have no theory as to what constitutes the nature of these processes. One would first have to know what constitutes the nature of the psyche. I am content simply to state the facts.

366 Coming now to our example: it concerns a fantasy of intensely visual character, something which in the language of the ancients would be called a "vision." Not a "vision seen in a dream," but a vision perceived by intense concentration on the background of consciousness, a technique that is perfected only after long practice.² Told in her own words, this is what the patient saw:

"I climbed the mountain and came to a place where I saw seven red stones in front of me, seven on either side, and seven behind me. I stood in the middle of this quadrangle. The stones were flat like steps. I tried to lift the four stones nearest me. In doing so I discovered that these stones were the pedestals of four statues of gods buried upside down in the earth. I dug them up and arranged them about me so that I was standing in the middle of them. Suddenly they leaned towards one another until their heads touched, forming something like a tent over me. I myself fell to the ground and said, 'Fall upon me if you must! I am tired.' Then I saw that beyond, encircling the four gods, a ring of flame had formed. After a time I got up from the ground and overthrew the statues of the gods. Where they fell, four trees shot up. At that blue flames leapt up from the ring of fire and began to burn the foliage of the trees. Seeing this I said, 'This must stop. I must go into the fire myself so that the leaves shall not be burned.' Then I stepped into the fire. The trees vanished and the fiery ring drew together to one immense blue flame that carried me up from the earth."

367 Here the vision ended. Unfortunately I cannot see how I can make conclusively clear to the reader the extraordinarily inter-

² [This technique is elsewhere called "active imagination." Cf. "The Transcendent Function," pars. 166ff., and *Mysterium Coniunctionis*, pars. 706 and 749ff. —EDITORS.]

esting meaning of this vision. The fragment is an excerpt from a long sequence, and one would have to explain everything that happened before and afterwards, in order to grasp the significance of the picture. At all events the unprejudiced reader will recognize at once the idea of a "mid-point" that is reached by a kind of climb (mountaineering, effort, struggle, etc.). He will also recognize without difficulty the famous medieval conundrum of the squaring of the circle, which belongs to the field of alchemy. Here it takes its rightful place as a symbol of individuation. The total personality is indicated by the four cardinal points, the four gods, i.e., the four functions which give bearings in psychic space, and also by the circle enclosing the whole. Overcoming the four gods who threaten to smother the individual signifies liberation from identification with the four functions, a fourfold *nirvandva* ("free from opposites") followed by an approximation to the circle, to undivided wholeness. This in its turn leads to further exaltation.

368 I must content myself with these hints. Anyone who takes the trouble to reflect upon the matter will be able to form a rough idea of how the transformation of personality proceeds. Through her active participation the patient merges herself in the unconscious processes, and she gains possession of them by allowing them to possess her. In this way she joins the conscious to the unconscious. The result is ascension in the flame, transmutation in the alchemical heat, the genesis of the "subtle spirit." That is the transcendent function born of the union of opposites. ←

369 I must recall at this point a serious misunderstanding to which my readers often succumb, and doctors most commonly. They invariably assume, for reasons unknown, that I never write about anything except my method of treatment. This is far from being the case. I write about *psychology*. I must therefore expressly emphasize that my method of treatment does not consist in causing my patients to indulge in strange fantasies for the purpose of changing their personality, and other nonsense of that kind. I merely put it on record that there are certain cases where such a development occurs, not because I force anyone to it, but because it springs from inner necessity. For many of my patients these things are and must remain double Dutch. Indeed, even if it were possible for them to tread this path, it

would be a disastrously wrong turning, and I would be the first to hold them back. The way of the transcendent function is an individual destiny. But on no account should one imagine that this way is equivalent to the life of a psychic anchorite, to alienation from the world. Quite the contrary, for such a way is possible and profitable only when the specific worldly tasks which these individuals set themselves are carried out in reality. Fantasies are no substitute for living; they are fruits of the spirit which fall to him who pays his tribute to life. The shirker experiences nothing but his own morbid fear, and it yields him no meaning. Nor will this way ever be known to the man who has found his way back to Mother Church. There is no doubt that the *mysterium magnum* is hidden in her forms, and in these he can live his life sensibly. Finally, the normal man will never be burdened, either, with this knowledge, for he is everlastingly content with the little that lies within his reach. Wherefore I entreat my reader to understand that I write about things which actually happen, and am not propounding methods of treatment.

370 These two examples of fantasy represent the positive activity of anima and animus. To the degree that the patient takes an active part, the personified figure of anima or animus will disappear. It becomes the function of relationship between conscious and unconscious. But when the unconscious contents—these same fantasies—are not “realized,” they give rise to a negative activity and personification, i.e., to the autonomy of animus and anima. Psychic abnormalities then develop, states of possession ranging in degree from ordinary moods and “ideas” to psychoses. All these states are characterized by one and the same fact that an unknown “something” has taken possession of a smaller or greater portion of the psyche and asserts its hateful and harmful existence undeterred by all our insight, reason, and energy, thereby proclaiming the power of the unconscious over the conscious mind, the sovereign power of possession. In this state the possessed part of the psyche generally develops an animus or anima psychology. The woman’s incubus consists of a host of masculine demons; the man’s succubus is a vampire.

371 This particular concept of a soul which, according to the conscious attitude, either exists by itself or disappears in a func-

tion, has, as anyone can see, not the remotest connection with the Christian concept of the soul.

372 The second fantasy is a typical example of the kind of content produced by the collective unconscious. Although the form is entirely subjective and individual, the substance is none the less collective, being composed of universal images and ideas common to the generality of men, components, therefore, by which the individual is assimilated to the rest of mankind. If these contents remain unconscious, the individual is, in them, unconsciously commingled with other individuals—in other words, he is not differentiated, not individuated.

373 Here one may ask, perhaps, why it is so desirable that a man should be individuated. Not only is it desirable, it is absolutely indispensable because, through his contamination with others, he falls into situations and commits actions which bring him into disharmony with himself. From all states of unconscious contamination and non-differentiation there is begotten a compulsion to be and to act in a way contrary to one’s own nature. Accordingly a man can neither be at one with himself nor accept responsibility for himself. He feels himself to be in a degrading, unfree, unethical condition. But the disharmony with himself is precisely the neurotic and intolerable condition from which he seeks to be delivered, and deliverance from this condition will come only when he can be and act as he feels is conformable with his true self. People have a feeling for these things, dim and uncertain at first, but growing ever stronger and clearer with progressive development. When a man can say of his states and actions, “As I am, so I act,” he can be at one with himself, even though it be difficult, and he can accept responsibility for himself even though he struggle against it. We must recognize that nothing is more difficult to bear with than oneself. (“You sought the heaviest burden, and found yourself,” says Nietzsche.) Yet even this most difficult of achievements becomes possible if we can distinguish ourselves from the unconscious contents. The introvert discovers these contents in himself, the extravert finds them projected upon human objects. In both cases the unconscious contents are the cause of blinding illusions which falsify ourselves and our relations to our fellow men, making both unreal. For these reasons individuation is indispen-

sable for certain people, not only as a therapeutic necessity, but as a high ideal, an idea of the best we can do. Nor should I omit to remark that it is at the same time the primitive Christian ideal of the Kingdom of Heaven which "is within you." The idea at the bottom of this ideal is that right action comes from right thinking, and that there is no cure and no improving of the world that does not begin with the individual himself. To put the matter drastically: the man who is pauper or parasite will never solve the social question.

IV

THE MANA-PERSONALITY

374 My initial material for the discussion that now follows is taken from cases where the condition that was presented in the previous chapter as the immediate goal has been achieved, namely the conquest of the anima as an autonomous complex, and her transformation into a function of relationship between the conscious and the unconscious. With the attainment of this goal it becomes possible to disengage the ego from all its entanglements with collectivity and the collective unconscious. Through this process the anima forfeits the daemonic power of an autonomous complex; she can no longer exercise the power of possession, since she is depotentiated. She is no longer the guardian of treasures unknown; no longer Kundry, daemonic Messenger of the Grail, half divine and half animal; no longer is the soul to be called "Mistress," but a psychological function of an intuitive nature, akin to what the primitives mean when they say, "He has gone into the forest to talk with the spirits" or "My snake spoke with me" or, in the mythological language of infancy, "A little bird told me."

375 Those of my readers who know Rider Haggard's description of "She-who-must-be-obeyed" will surely recall the magical power of this personality. "She" is a mana-personality, a being full of some occult and bewitching quality (*mana*), endowed with magical knowledge and power. All these attributes naturally have their source in the naïve projection of an unconscious self-knowledge which, expressed in less poetic terms, would run somewhat as follows: "I recognize that there is some psychic factor active in me which eludes my conscious will in the most incredible manner. It can put extraordinary ideas into my head, induce in me unwanted and unwelcome moods and emotions, lead me to astonishing actions for which I can accept no responsibility, upset my relations with other people in a very irritating

way, etc. I feel powerless against this fact and, what is worse, I am in love with it, so that all I can do is marvel." (Poets often call this the "artistic temperament," unpoetical folk excuse themselves in other ways.)

376 Now when the anima loses her mana, what becomes of it? Clearly the man who has mastered the anima acquires her mana, in accordance with the primitive belief that when a man kills the mana-person he assimilates his mana into his own body.

377 Well then: who is it that has integrated the anima? Obviously the conscious ego, and therefore the ego has taken over the mana. Thus the ego becomes a mana-personality. But the mana-personality is a dominant of the collective unconscious, the well-known archetype of the mighty man in the form of hero, chief, magician, medicine-man, saint, the ruler of men and spirits, the friend of God.

378 This masculine collective figure who now rises out of the dark background and takes possession of the conscious personality entails a psychic danger of a subtle nature, for by inflating the conscious mind it can destroy everything that was gained by coming to terms with the anima. It is therefore of no little practical importance to know that in the hierarchy of the unconscious the anima occupies the lowest rank, only one of many possible figures, and that her subjection constellates another collective figure which now takes over her mana. Actually it is the figure of the magician, as I will call it for short, who attracts the mana to himself, i.e., the autonomous valency of the anima. Only in so far as I unconsciously identify with his figure can I imagine that I myself possess the anima's mana. But I will infallibly do so under these circumstances.

379 The figure of the magician has a no less dangerous equivalent in women: a sublime, matriarchal figure, the Great Mother, the All-Merciful, who understands everything, forgives everything, who always acts for the best, living only for others, and never seeking her own interests, the discoverer of the great love, just as the magician is the mouthpiece of the ultimate truth. And just as the great love is never appreciated, so the great wisdom is never understood. Neither, of course, can stand the sight of the other.

380 Here is cause for serious misunderstanding, for without a doubt it is a question of inflation. The ego has appropriated

something that does not belong to it. But how has it appropriated the mana? If it was really the ego that conquered the anima, then the mana does indeed belong to it, and it would be correct to conclude that one has become important. But why does not this importance, the mana, work upon others? That would surely be an essential criterion! It does not work because one has not in fact become important, but has merely become adulterated with an archetype, another unconscious figure. Hence we must conclude that the ego never conquered the anima at all and therefore has not acquired the mana. All that has happened is a new adulteration, this time with a figure of the same sex corresponding to the father-imago, and possessed of even greater power.

From the power that binds all creatures none is free
Except the man who wins self-mastery! ¹

Thus he becomes a superman, superior to all powers, a demigod at the very least. "I and the Father are one"—this mighty avowal in all its awful ambiguity is born of just such a psychological moment.

381 In the face of this, our pitifully limited ego, if it has but a spark of self-knowledge, can only draw back and rapidly drop all pretence of power and importance. It was a delusion: the conscious mind has not become master of the unconscious, and the anima has forfeited her tyrannical power only to the extent that the ego was able to come to terms with the unconscious. This accommodation, however, was not a victory of the conscious over the unconscious, but the establishment of a balance of power between the two worlds.

382 Hence the "magician" could take possession of the ego only because the ego dreamed of victory over the anima. That dream was an encroachment, and every encroachment of the ego is followed by an encroachment from the unconscious:

Changing shape from hour to hour
I employ my savage power.²

¹ Goethe, "Die Geheimnisse: Ein Fragment," lines 191-92.

² *Faust*, trans. by Louis MacNeice, p. 282 (Part II, Act V), modified.

Consequently, if the ego drops its claim to victory, possession by the magician ceases automatically. But what happens to the mana? Who or what becomes mana when even the magician can no longer work magic? So far we only know that neither the conscious nor the unconscious has mana, for it is certain that when the ego makes no claim to power there is no possession, that is to say, the unconscious too loses its ascendancy. In this situation the mana must have fallen to something that is both conscious and unconscious, or else neither. This something is the desired "mid-point" of the personality, that ineffable something betwixt the opposites, or else that which unites them, or the result of conflict, or the product of energetic tension: the coming to birth of personality, a profoundly individual step forward, the next stage.

³⁸³ I do not expect the reader to have followed this rapid survey of the whole problem in all its parts. He may regard it as a kind of preliminary statement leading up to the more closely reasoned analysis which now follows.

³⁸⁴ The starting-point of our problem is the condition which results when the unconscious contents that are the efficient cause of the animus and anima phenomenon have become sufficiently assimilated to the conscious mind. This can best be represented in the following way: the unconscious contents are, in the first instance, things belonging to the personal sphere, similar perhaps to the fantasy of the male patient quoted above. Subsequently, fantasies from the impersonal unconscious develop, containing essentially collective symbols more or less similar to the vision of my woman patient. These fantasies are not so wild and unregulated as a naïve intelligence might think; they pursue definite, unconscious lines of direction which converge upon a definite goal. We could therefore most fittingly describe these later series of fantasies as processes of initiation, since these form the closest analogy. All primitive groups and tribes that are in any way organized have their rites of initiation, often very highly developed, which play an extraordinarily important part in their social and religious life.³ Through these ceremonies boys are made men, and girls women. The Kavirondos stigmatize those who do not submit to circumcision and excision as "animals." This shows that the initiation ceremonies are a mag-

³ Cf. Webster, *Primitive Secret Societies* (1908).

ical means of leading man from the animal state to the human state. They are clearly transformation mysteries of the greatest spiritual significance. Very often the initiands are subjected to excruciating treatment, and at the same time the tribal mysteries are imparted to them, the laws and hierarchy of the tribe on the one hand, and on the other the cosmogonic and mythical doctrines. Initiations have survived among all cultures. In Greece the ancient Eleusinian mysteries were preserved, it seems, right into the seventh century of our era. Rome was flooded with mystery religions. Of these Christianity was one, and even in its present form it still preserves the old initiation ceremonies, somewhat faded and degenerated, in the rites of baptism, confirmation, and communion. Hence nobody is in a position to deny the enormous historical importance of initiations.

³⁸⁵ Modern men have absolutely nothing to compare with this (consider the testimonies of the ancients in regard to the Eleusinian mysteries). Freemasonry, *l'Église gnostique de la France*, legendary Rosicrucians, theosophy, and so forth are all feeble substitutes for something that were better marked up in red letters on the historical casualty list. The fact is that the whole symbolism of initiation rises up, clear and unmistakable, in the unconscious contents. The objection that this is antiquated superstition and altogether unscientific is about as intelligent as remarking, in the presence of a cholera epidemic, that it is merely an infectious disease and exceedingly unhygienic. The point is not—I cannot be too emphatic about this—whether the initiation symbols are objective truths, but whether these unconscious contents are or are not the equivalents of initiation practices, and whether they do or do not influence the human psyche. Nor is it a question of whether they are desirable or not. It is enough that they exist and that they work.

³⁸⁶ Since it is not possible in this connection to put before the reader in detail these sometimes very lengthy sequences of images, I trust he will be content with the few examples already given and, for the rest, accept my statement that they are logically constructed, purposive sequences. I must own that I use the word "purposive" with some hesitation. This word needs to be used cautiously and with reserve. For in mental cases we come across dream-sequences, and in neurotics fantasy-

sequences, which run on in themselves with no apparent aim or purpose. The young man whose suicide fantasy I gave above was in a fair way to produce a string of aimless fantasies, unless he could learn to take an active part and to intervene consciously. Only thus could there be orientation to a goal. From one point of view the unconscious is a purely natural process without design, but from another it has that potential directedness which is characteristic of all energy processes. When the conscious mind participates actively and experiences each stage of the process, or at least understands it intuitively, then the next image always starts off on the higher level that has been won, and purposiveness develops.

387 The immediate goal of the analysis of the unconscious, therefore, is to reach a state where the unconscious contents no longer remain unconscious and no longer express themselves indirectly as animus and anima phenomena; that is to say, a state in which animus and anima become functions of relationship to the unconscious. So long as they are not this, they are autonomous complexes, disturbing factors that break through the conscious control and act like true "disturbers of the peace." Because this is such a well-known fact my term "complex," as used in this sense, has passed into common speech. The more "complexes" a man has, the more he is possessed; and when we try to form a picture of the personality which expresses itself through his complexes we must admit that it resembles nothing so much as a hysterical woman—i.e., the anima! But if such a man makes himself conscious of his unconscious contents, as they appear firstly in the factual contents of his personal unconscious, and then in the fantasies of the collective unconscious, he will get to the roots of his complexes, and in this way rid himself of his possession. With that the anima phenomenon comes to a stop.

388 That superior power, however, which caused the possession—for what I cannot shake off must in some sense be superior to me—should, logically, disappear with the anima. One should then be "complex-free," psychologically house-trained, so to speak. Nothing more should happen that is not sanctioned by the ego, and when the ego wants something, nothing should be capable of interfering. The ego would thus be assured of an impregnable position, the steadfastness of a superman or the sublimity of a perfect sage. Both figures are ideal images: Napoleon

on the one hand, Lao-tzu on the other. Both are consistent with the idea of "the extraordinarily potent," which is the term that Lehmann, in his celebrated monograph,⁴ uses for his definition of mana. I therefore call such a personality simply the *mana-personality*. It corresponds to a dominant of the collective unconscious, to an archetype which has taken shape in the human psyche through untold ages of just that kind of experience. Primitive man does not analyse and does not work out why another is superior to him. If another is cleverer and stronger than he, then he has mana, he is possessed of a stronger power; and by the same token he can lose this power, perhaps because someone has walked over him in his sleep, or stepped on his shadow.

389 Historically, the mana-personality evolves into the hero and the godlike being,⁵ whose earthly form is the priest. How very much the doctor is still mana is the whole plaint of the analyst! But in so far as the ego apparently draws to itself the power belonging to the anima, the ego does become a mana-personality. This development is an almost regular phenomenon. I have never yet seen a fairly advanced development of this kind where at least a temporary identification with the archetype of the mana-personality did not take place. It is the most natural thing in the world that this should happen, for not only does one expect it oneself, but everybody else expects it too. One can scarcely help admiring oneself a little for having seen more deeply into things than others, and the others have such an urge to find a tangible hero somewhere, or a superior wise man, a leader and father, some undisputed authority, that they build temples to little tin gods with the greatest promptitude and burn incense upon the altars. This is not just the lamentable stupidity of idolaters incapable of judging for themselves, but a natural psychological law which says that what has once been will always be in the future. And so it will be, unless consciousness puts an end to the naïve concretization of primordial images. I do not know whether it is desirable that consciousness should alter the eternal laws; I only know that occasionally it does alter them, and that this measure is a vital necessity for some people—which, however, does not always prevent these

⁴ Lehmann, *Mana* (1922).

⁵ According to popular belief, the Most Christian King could cure epilepsy with his mana by the laying on of hands.

same people from setting themselves up on the father's throne and making the old rule come true. It is indeed hard to see how one can escape the sovereign power of the primordial images.

390 Actually I do not believe it can be escaped. One can only alter one's attitude and thus save oneself from naïvely falling into an archetype and being forced to act a part at the expense of one's humanity. Possession by an archetype turns a man into a flat collective figure, a mask behind which he can no longer develop as a human being, but becomes increasingly stunted. One must therefore beware of the danger of falling victim to the dominant of the mana-personality. The danger lies not only in oneself becoming a father-mask, but in being overpowered by this mask when worn by another. Master and pupil are in the same boat in this respect.

391 The dissolution of the anima means that we have gained insight into the driving forces of the unconscious, but not that we have made these forces ineffective. They can attack us at any time in new form. And they will infallibly do so if the conscious attitude has a flaw in it. It's a question of might against might. If the ego presumes to wield power over the unconscious, the unconscious reacts with a subtle attack, deploying the dominant of the mana-personality, whose enormous prestige casts a spell over the ego. Against this the only defence is full confession of one's weakness in face of the powers of the unconscious. By opposing no force to the unconscious we do not provoke it to attack.

392 It may sound rather comical to the reader if I speak of the unconscious in this personal way. I hope I shall not arouse the prejudice that I regard the unconscious as something personal. The unconscious consists of natural processes that lie outside the sphere of the human personality. Only our conscious mind is "personal." Therefore when I speak of "provoking" the unconscious I do not mean that it is offended and—like the gods of old—rises up to smite the offender in jealous anger or revenge. What I mean is more like an error in psychic diet which upsets the equilibrium of my digestion. The unconscious reacts automatically like my stomach which, in a manner of speaking, wreaks its revenge upon me. When I presume to have power over the unconscious, that is like a dietary solecism, an unseemly attitude which in the interests of one's own well-being were better avoided. My unpoetical comparison is, if anything, far too

mild in view of the far-reaching and devastating moral effects of a disordered unconscious. In this regard it would be more fitting to speak of the wrath of offended gods.

393 In differentiating the ego from the archetype of the mana-personality one is now forced, exactly as in the case of the anima, to make conscious those contents which are specific of the mana-personality. Historically, the mana-personality is always in possession of the secret name, or of some esoteric knowledge, or has the prerogative of a special way of acting—*quod licet Jovi, non licet bovi*—in a word, it has an individual distinction. Conscious realization of the contents composing it means, for the man, the second and real liberation from the father, and, for the woman, liberation from the mother, and with it comes the first genuine sense of his or her true individuality. This part of the process corresponds exactly to the aim of the concretistic primitive initiations up to and including baptism, namely, severance from the "carnal" (or animal) parents, and rebirth *in novam infantiam*, into a condition of immortality and spiritual childhood, as formulated by certain mystery religions of the ancient world, among them Christianity.

394 It is now quite possible that, instead of identifying with the mana-personality, one will concretize it as an extramundane "Father in Heaven," complete with the attribute of absoluteness—something that many people seem very prone to do. This would be tantamount to giving the unconscious a supremacy that was just as absolute (if one's faith could be pushed that far!), so that all value would flow over to that side.⁶ The logical result is that the only thing left behind here is a miserable, inferior, worthless, and sinful little heap of humanity. This so-

⁶"Absolute" means "cut off," "detached." To assert that God is absolute amounts to placing him outside all connection with mankind. Man cannot affect him, or he man. Such a God would be of no consequence at all. We can in fairness only speak of a God who is relative to man, as man is to God. The Christian idea of God as a "Father in Heaven" puts God's relativity in exquisite form. Quite apart from the fact that a man can know even less about God than an ant can know of the contents of the British Museum, this urge to regard God as "absolute" derives solely from the fear that God might become "psychological." This would naturally be dangerous. An absolute God, on the other hand, does not concern us in the least, whereas a "psychological" God would be *real*. This kind of God could reach man. The Glurch seems to be a magical instrument for protecting man against this eventuality, since it is written: "It is a fearful thing to fall into the bands of the living God."

lution, as we know, has become an historical world view. As I am moving here on psychological ground only, and feel no inclination whatever to dictate my eternal truths to the world at large, I must observe, by way of criticizing this solution, that if I shift all the highest values over to the side of the unconscious, thus converting it into a *summum bonum*, I am then placed in the unfortunate position of having to discover a devil of equal weight and dimensions who could act as the psychological counterbalance to my *summum bonum*. Under no circumstances, however, will my modesty allow me to identify myself with the devil. That would be altogether too presumptuous and would, moreover, bring me into unbearable conflict with my highest values. Nor, with my moral deficit, can I possibly afford it.

395 On psychological grounds, therefore, I would recommend that no God be constructed out of the archetype of the mana-personality. In other words, he must not be concretized, for only thus can I avoid projecting my values and non-values into God and Devil, and only thus can I preserve my human dignity, my specific gravity, which I need so much if I am not to become the unresisting shuttlecock of unconscious forces. In his dealings with the visible world, a man must certainly be mad to suppose that he is master of this world. Here we follow, quite naturally, the principle of non-resistance to all superior forces, up to a certain individual limit, beyond which the most peaceful citizen becomes a bloody revolutionary. Our bowing down before law and order is a commendable example of what our general attitude to the collective unconscious should be. ("Render unto Caesar. . .") Thus far our obeisance would not be too difficult. But there are other factors in the world to which our conscience does not give unqualified assent—and yet we bow to them. Why? Because in practice it is more expedient than the reverse. Similarly there are factors in the unconscious with regard to which we must be worldly-wise ("Resist not evil." "Make to yourselves friends of the mammon of unrighteousness." "The children of this world are in their generation wiser than the children of light." *Ergo*: "Be ye therefore wise as serpents and harmless as doves.")

396 The mana-personality is on one side a being of superior wis-

dom, on the other a being of superior will. By making conscious the contents that underlie this personality, we find ourselves obliged to face the fact that we have learnt more and want more than other people. This uncomfortable kinship with the gods, as we know, struck so deep into poor Angelus Silesius' bones that it sent him flying out of his super-Protestantism, past the precarious halfway house of the Lutherans, back to the nethermost womb of the dark Mother—unfortunately very much to the detriment of his lyrical gifts and the health of his nerves.

397 And yet Christ, and Paul after him, wrestled with these same problems, as a number of clues still make evident. Meister Eckhart, Goethe in his *Faust*, Nietzsche in his *Zarathustra*, have again brought this problem somewhat closer to us. Goethe and Nietzsche try to solve it by the idea of mastery, the former through the figure of the magician and ruthless man of will who makes a pact with the devil, the latter through the masterman and supreme sage who knows neither God nor devil. With Nietzsche man stands alone, as he himself did, neurotic, financially dependent, godless, and worldless. This is no ideal for a real man who has a family to support and taxes to pay. Nothing can argue the reality of the world out of existence, there is no miraculous way round it. Similarly, nothing can argue the effects of the unconscious out of existence. Or can the neurotic philosopher prove to us that he has no neurosis? He cannot prove it even to himself. Therefore we stand with our soul suspended between formidable influences from within and from without, and somehow we must be fair to both. This we can do only after the measure of our individual capacities. Hence we must bethink ourselves not so much of what we "ought" to do as of what we *can* and *must* do.

398 Thus the dissolution of the mana-personality through conscious assimilation of its contents leads us, by a natural route, back to ourselves as an actual, living something, poised between two world-pictures and their darkly discerned potencies. This "something" is strange to us and yet so near, wholly ourselves and yet unknowable, a virtual centre of so mysterious a constitution that it can claim anything—kinship with beasts and gods, with crystals and with stars—without moving us to wonder, without even exciting our disapprobation. This "something"

claims all that and more, and having nothing in our hands that could fairly be opposed to these claims, it is surely wiser to listen to this voice.

399 I have called this centre the *self*. Intellectually the self is no more than a psychological concept, a construct that serves to express an unknowable essence which we cannot grasp as such, since by definition it transcends our powers of comprehension. It might equally well be called the "God within us." The beginnings of our whole psychic life seem to be inextricably rooted in this point, and all our highest and ultimate purposes seem to be striving towards it. This paradox is unavoidable, as always, when we try to define something that lies beyond the bourn of our understanding.

400 I hope it has become sufficiently clear to the attentive reader that the self has as much to do with the ego as the sun with the earth. They are not interchangeable. Nor does it imply a deification of man or a dethronement of God. What is beyond our understanding is in any case beyond its reach. When, therefore, we make use of the concept of a God we are simply formulating a definite psychological fact, namely the independence and sovereignty of certain psychic contents which express themselves by their power to thwart our will, to obsess our consciousness and to influence our moods and actions. We may be outraged at the idea of an inexplicable mood, a nervous disorder, or an uncontrollable vice being, so to speak, a manifestation of God. But it would be an irreparable loss for religious experience if such things, perhaps even evil things, were artificially segregated from the sum of autonomous psychic contents. It is an apotropaic euphemism⁷ to dispose of these things with a "nothing but" explanation. In that way they are merely repressed, and as a rule only an apparent advantage is gained, a new twist given to illusion. The personality is not enriched by it, only impoverished and smothered. What seems evil, or at least meaningless and valueless to contemporary experience and knowledge, might on a higher level of experience and knowledge appear as the source of the best—everything depending, naturally, on the use one makes of one's seven devils. To explain them as meaningless robs the personality of its proper shadow, and with this it loses its form. The living form needs deep shadow if it is to

⁷ Giving a bad thing a good name in order to avert its disfavour.

appear plastic. Without shadow it remains a two-dimensional phantom, a more or less well brought-up child.

401 Here I am alluding to a problem that is far more significant than these few simple words would seem to suggest: mankind is, in essentials, psychologically still in a state of childhood—a stage that cannot be skipped. The vast majority needs authority, guidance, law. This fact cannot be overlooked. The Pauline overcoming of the law falls only to the man who knows how to put his soul in the place of conscience. Very few are capable of this ("Many are called, but few are chosen"). And these few tread this path only from inner necessity, not to say suffering, for it is sharp as the edge of a razor.

402 The conception of God as an autonomous psychic content makes God into a moral problem—and that, admittedly, is very uncomfortable. But if this problem does not exist, God is not real, for nowhere can he touch our lives. He is then either an historical and intellectual bogey or a philosophical sentimentality.

403 If we leave the idea of "divinity" quite out of account and speak only of "autonomous contents," we maintain a position that is intellectually and empirically correct, but we silence a note which, psychologically, should not be missing. By using the concept of a divine being we give apt expression to the peculiar way in which we experience the workings of these autonomous contents. We could also use the term "daemonic," provided that this does not imply that we are still holding up our sleeves some concretized God who conforms exactly to our wishes and ideas. Our intellectual conjuring tricks do not help us to make a reality of the God we desire, any more than the world accommodates itself to our expectations. Therefore, by affixing the attribute "divine" to the workings of autonomous contents, we are admitting their relatively superior force. And it is this superior force which has at all times constrained men to ponder the inconceivable, and even to impose the greatest sufferings upon themselves in order to give these workings their due. It is a force as real as hunger and the fear of death.

404 The self could be characterized as a kind of compensation of the conflict between inside and outside. This formulation would not be unfitting, since the self has somewhat the character of a result, of a goal attained, something that has come to pass very

gradually and is experienced with much travail. So too the self is our life's goal, for it is the completest expression of that fateful combination we call individuality, the full flowering not only of the single individual, but of the group, in which each adds his portion to the whole.

495 Sensing the self as something irrational, as an indefinable existent, to which the ego is neither opposed nor subjected, but merely attached, and about which it revolves very much as the earth revolves round the sun—thus we come to the goal of individuation. I use the word "sensing" in order to indicate the apperceptive character of the relation between ego and self. In this relation nothing is knowable, because we can say nothing about the contents of the self. The ego is the only content of the self that we do know. The individuated ego senses itself as the object of an unknown and supraordinate subject. It seems to me that our psychological inquiry must come to a stop here, for the idea of a self is itself a transcendental postulate which, although justifiable psychologically, does not allow of scientific proof. This step beyond science is an unconditional requirement of the psychological development I have sought to depict, because without this postulate I could give no adequate formulation of the psychic processes that occur empirically. At the very least, therefore, the self can claim the value of an hypothesis analogous to that of the structure of the atom. And even though we should once again be enmeshed in an image, it is none the less powerfully alive, and its interpretation quite exceeds my powers. I have no doubt at all that it is an image, but one in which we are contained.

406 I am deeply conscious that in this essay I have made no ordinary demands on the understanding of my reader. Though I have done my utmost to smooth the path of understanding, there is one great difficulty which I could not eliminate, namely the fact that the experiences which form the basis of my discussion are unknown to most people and are bound to seem strange. Consequently I cannot expect my readers to follow all my conclusions. Although every author naturally prefers to be understood by his public, yet the interpretation of my observations is of less moment to me than the disclosure of a wide field of experience, at present hardly explored, which it is the aim of this book to bring within reach of many. In this field, hitherto so

dark, it seems to me that there lie the answers to many riddles which the psychology of consciousness has never even approached. I would not pretend to have formulated these answers with any degree of finality. I shall, therefore, be well satisfied if my essay may be counted as a tentative attempt at an answer.