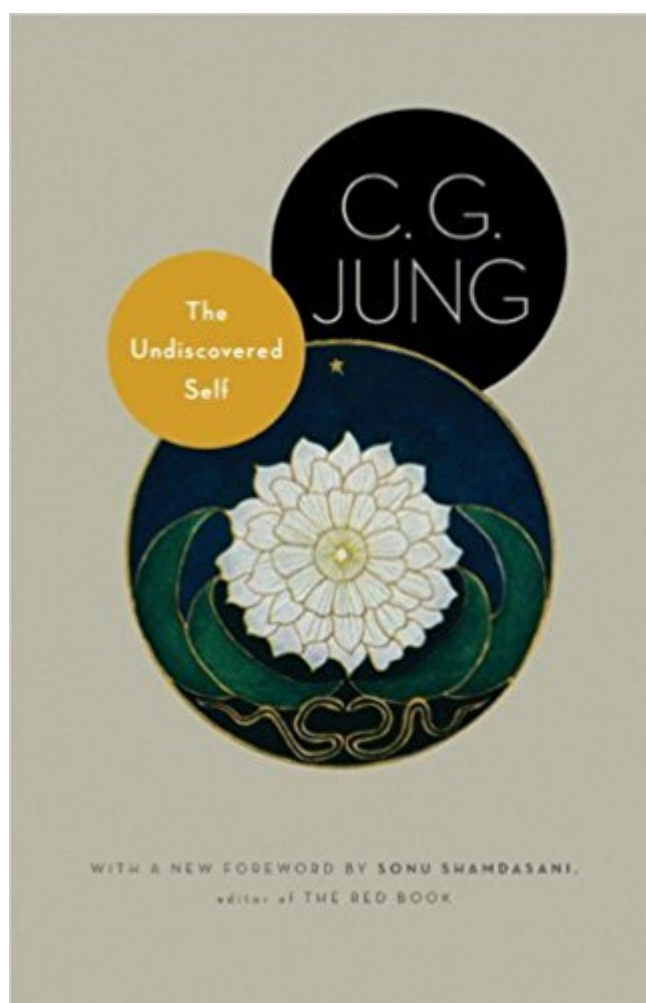


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The Undiscovered Self: With Symbols And The Interpretation Of Dreams (Jung Extracts)



Synopsis

These two essays, written late in Jung's life, reflect his responses to the shattering experience of World War II and the dawn of mass society. Among his most influential works, "The Undiscovered Self" is a plea for his generation--and those to come--to continue the individual work of self-discovery and not abandon needed psychological reflection for the easy ephemera of mass culture. Only individual awareness of both the conscious and unconscious aspects of the human psyche, Jung tells us, will allow the great work of human culture to continue and thrive. Jung's reflections on self-knowledge and the exploration of the unconscious carry over into the second essay, "Symbols and the Interpretation of Dreams," completed shortly before his death in 1961. Describing dreams as communications from the unconscious, Jung explains how the symbols that occur in dreams compensate for repressed emotions and intuitions. This essay brings together Jung's fully evolved thoughts on the analysis of dreams and the healing of the rift between consciousness and the unconscious, ideas that are central to his system of psychology. This paperback edition of Jung's classic work includes a new foreword by Sonu Shamdasani, Philemon Professor of Jung History at University College London.

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Customer Reviews

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Sonu Shamdasani is editor of The Red Book and Philemon Professor of Jung History at University College London.

The new Kindle app for iPad is a terrific tool for delivering books to me! Makes it easy to read what I want on the road. Carl Jung has always interested me and I've read many quotes of his that have really hit home with me and made me curious about his life and works. Now that I've begun to discover him and I'm finding a strong connection with his ideas and feelings about the incredible uniqueness of individual life - and our untested potential. I recommend this book for my friends who love psychology, type theory, coaching and spirituality. Jung claims no easy pattern or theory for interpreting dreams and the symbols they use. Instead, he advises the first task for the professional psychologist is to understand "the dreamer," and that involves a lot of listening, NOT a lot of one-way interpretation. It reminds me a lot of what we are taught as professional coaches. Jung cautions that our psyche, our unconscious, and our dream symbols are the last frontier, so to speak, yet one that our "scientific, reasonable society" ignores at its own peril. He has started me feeling something new, and I've already purchased my next Jung eBook!

An interesting combination of essays or texts, this edition has a relatively brief essay marked by the effect of its date of composition -- 1956 -- with a longer, more complex argument as to the nature of symbols and their revelatory role in uncovering the "collective unconscious," a concept perhaps inherited by Jung from some earlier figures in the history of psychoanalysis, but fully developed in his later thinking. The 1956 book is underlined by the collapse of the Soviet empire in Hungary, which happened at the same time as the Egyptian closing of the Suez Canal, and its rescue for international shipping by what he ironically calls, "the Charge of the Light Brigade" of the Israeli army to re-open this major shipping Channel, from the Mediterranean to the Red Sea and back. Was this an effect of a continuing cause of modern man's continuing lack of a discovered, fully individual Self, still in the grip of the "mass man," which to Jung was a major cause of the Second World War, still fresh in European affairs? It is, of course, difficult to untangle one's thinking from this combination of historical events, although it is equally obvious that the discovery of one's true self continues to the present day, with the continuation of nationalism and the claim of American exceptionalism as the current day's news continues in a drumbeat of victories and defeats in the pursuit of al-Qaeda by drone warfare. The two works, together, work as an exceptional introduction to Jung's thought, where the translations perhaps reduce Jung from the knotted

difficulty of his German composition. Some readers do not see it that way; you will be the judge for yourself.

I learned a lot about things I was avoiding. Archetypes have consequences. The primitive mind is the lost Eden hidden inside all of us that we unwittingly seem to walk away from.

I have to say, after reading this that I cannot understand why he is not more widely taught. His insights are almost prophetic in scope and the warning for the practicing therapist are clear. Know yourself, know your environment and know your patient, but steer carefully between them all keeping yourself vigilant. I'm not clear on why the title of the original essay "Present and Future" was changed, but I can also see the appeal to the more do-it-yourself/new age holistic/self-healing crowd. I just hope this little gem isn't overlooked by those desperate to avoid appearing as one of those in the new age movement. Highly recommended especially in discussion groups or with others so as to gain a better insight into his thoughts and thus into yourself.

First is about society and how we have lost contact with our unconscious. Conscious thought is the rule. Second is about dreams and symbols they use. Useful if you are recording and analyzing your dreams.

I am confident that many neurologists would appreciate a long discussion with Carl Jung if he was still alive. I recently graduated with a degree in psychology. This book helps the reader to understand and appreciate the dimensions in the human experience that, like shadows in the night and mysteries that grow into angels, anomalies and demons, haunt most of us. Carl's contributions were frequently formed from his own introspection. His passionate integrity, brutal self-examination and lengthy discussions with colleagues helped both others and him to write about the importance of questioning all aspects of human behaviors. The simplest of questions and some of the most complex ones are explored and answered in this book; I use it to examine me and as a reference text. Steven D. Brown. Ogden, Utah

A great pairing of Jungian materials in a single volume--Jung's critique of the worst government as that which is opposed to the potential of the individual (written in the 1950's but still sounding pertinent to our own time), and Jung's approach to dream work, a must for anyone aspiring to a deeper understanding of self, even in the 21st Century where such self-understanding remains rare.

Jung's work entitled *The Undiscovered Self* asks the question, what is our unconscious? He follows up with other great questions such as "what is our unconscious for?" And "why do we know so little about our unconscious?" To this day, we don't study the human psyche. We ignore it and plow forward with our pursuit of money and power. Amazing how little has changed in 2,000 years. Or more. Jung challenges us to become more conscious of who we really are by getting in touch with our unconscious. Extremely well written and simple to comprehend in lay terms. A fascinating study of who we really are.

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