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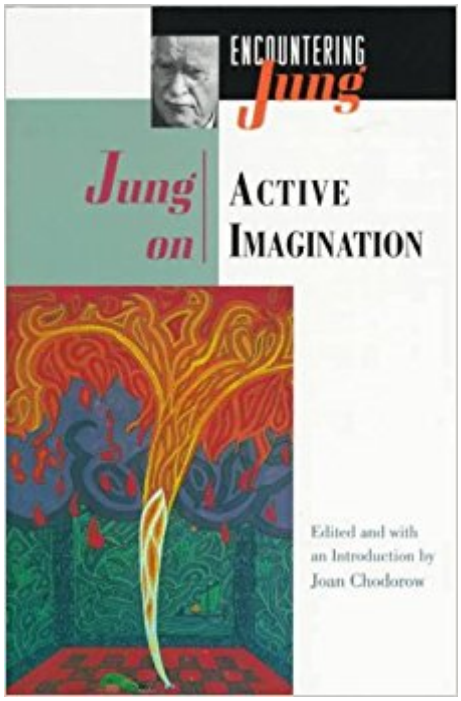
Jung On Active Imagination



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Synopsis

All the creative art psychotherapies (art, dance, music, drama, poetry) can trace their roots to C. G. Jung’s early work on active imagination. Joan Chodorow here offers a collection of Jung’s writings on active imagination, gathered together for the first time. Jung developed this concept between the years 1913 and 1916, following his break with Freud. During this time, he was disoriented and experienced intense inner turmoil --he suffered from lethargy and fears, and his moods threatened to overwhelm him. Jung searched for a method to heal himself from within, and finally decided to engage with the impulses and images of his unconscious. It was through the rediscovery of the symbolic play of his childhood that Jung was able to reconnect with his creative spirit. In a 1925 seminar and again in his memoirs, he tells the remarkable story of his experiments during this time that led to his self-healing. Jung learned to develop an ongoing relationship with his lively creative spirit through the power of imagination and fantasies. He termed this therapeutic method "active imagination." This method is based on the natural healing function of the imagination, and its many expressions. Chodorow clearly presents the texts, and sets them in the proper context. She also interweaves her discussion of Jung’s writings and ideas with contributions from Jungian authors and artists.

Book Information

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Customer Reviews

At last we have a collection of Jungs writings together in one clearly designed book. A valuable aid

to research and writing on this important and creative Jungian subject. An outstanding contribution. - Shelia Powell, Training Analyst in Private Practice --This text refers to an alternate Paperback edition.

Text: English (translation) Original Language: German

Jung on Active Imagination (1997) is a 200-page book that is a collection of writings and speeches from Dr. Jung on his technique of active imagination. Active imagination is a method for visualizing unconscious issues by letting them act themselves out. Active imagination can be done by visualization (which is how Jung himself did it), which can be considered similar in technique at least to shamanic journeying. Active imagination can also be done by automatic writing, or by artistic activities such as dance, music, painting, sculpting, ceramics, crafts, etc. Doing active imagination permits the thought-forms of the unconscious, or inner 'self', and of the totality of the psyche, to act out whatever messages they are trying to communicate to the conscious mind.The best part is that it is a relatively easy to understand book. It is much more accessible than many of Jung's other writings (e.g. The Red Book). Jung provides a good overview of his basic beliefs about the unconscious in this text. However, don't expect a step-by-step guide because some previous psychoanalytic experience is implied if you want good results (don't expect instant results when you do it yourself). There is essentially one page of technique surrounded by various speeches Dr. Jung made about the topic. Supplementary notes, results and case studies (perhaps added by Jungian analysts) could make the text even better now.For an intro to Carl Jung, check outÃ Â Man and His Symbols. Jung on Active Imagination has managed to hold its value.

This is a collection of essays on various themes related to imagination. All of these can be found elsewhere, but the whole book is a welcome summary of interesting subjects. Not for casual readers or self-help seekers.

Students of Jung, students of psychotherapy, students of psychology (and none of us ever stops being a student at some level) cannot afford to miss this excellent collection. I have everything Jung ever wrote and still found this an invaluable tool and reminder of past reading. I highly recommend it.

As it is the basis for many of the philosophies we have today. Here is the man who investigated the

ancient eastern and shamanic philosophies, melded them with his own psychological observations, and changed the course of western thought. The concept of active imagination, a way of tapping creative intuition and allowing inspiration to become conscious, has been tremendously influential and has been endlessly copied and written about. This is the source, or rather, the man who did the most to make these insights respectable within the western tradition. Important and relevant for any creative persons, those involved in meditation, and anyone interested in such subjects.

I've been a student of Jung for a long time. I can't in all honesty say how a novice might find this material. I find it more useful all the time. I would recommend it, but to whom, I'm not exactly sure.

Very educational.

It was not up to past readings of Jung's material..this book consisted mainly of lectures on patient's experiences with active imagination and a beginning description of the well known active imagination of Jung. Nothing new therefor if some reader is already familiar with Jung's life and his writings this will not be the book for them..

Wonderful journey into the dream world.He gives the direction how to walk back into dreams, asking, in a sense, "Why are you here?""What are you trying to say to me?". Definitely add this to your Jung library!

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