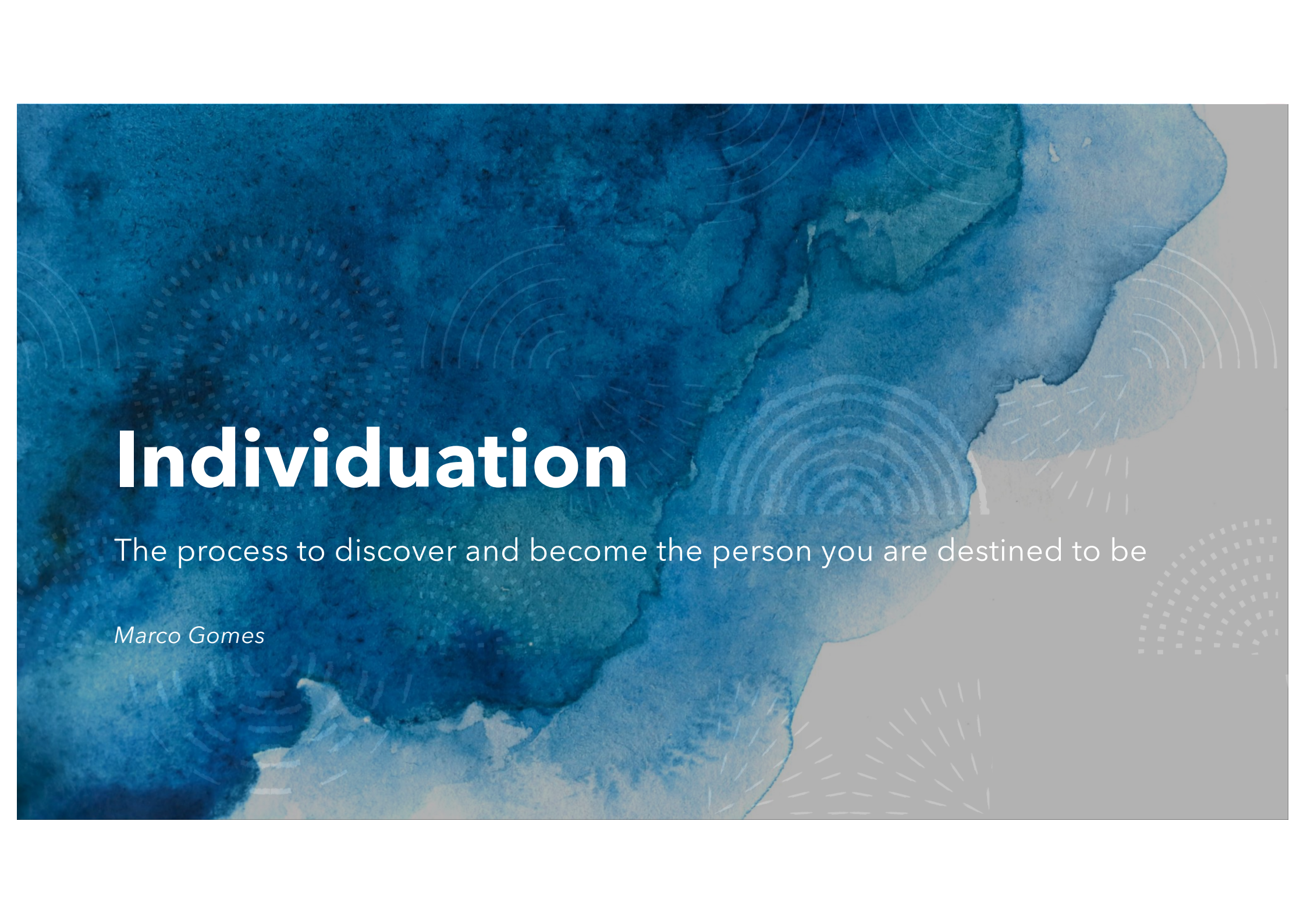




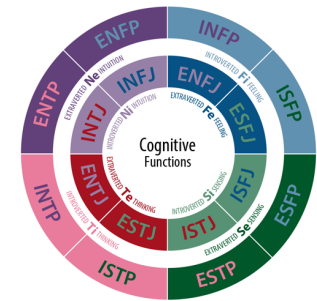
Individuation

The process to discover and become the person you are destined to be

Marco Gomes

About me

- Specialized in behavioral theory and coaching
 - MBTI and Socionics intertype dynamics
 - NEO-PI-R "Big Five" behavioral model
 - EMCC certified practitioner coach
- Experienced team manager in technology
- Passionate about spiritual enlightenment
- 15 years part of the Jungian Fanclub



Classical human life cycle

Ptolemy's Life Stages of (Wo)man

- Early life (0-22): Logical and Bodily Formation
- Early adulthood (22-41): Production and Achievement
- Middle adulthood (41-56): Desire to Accomplish
- Late adulthood (56-death): Thoughtfulness and Dignity

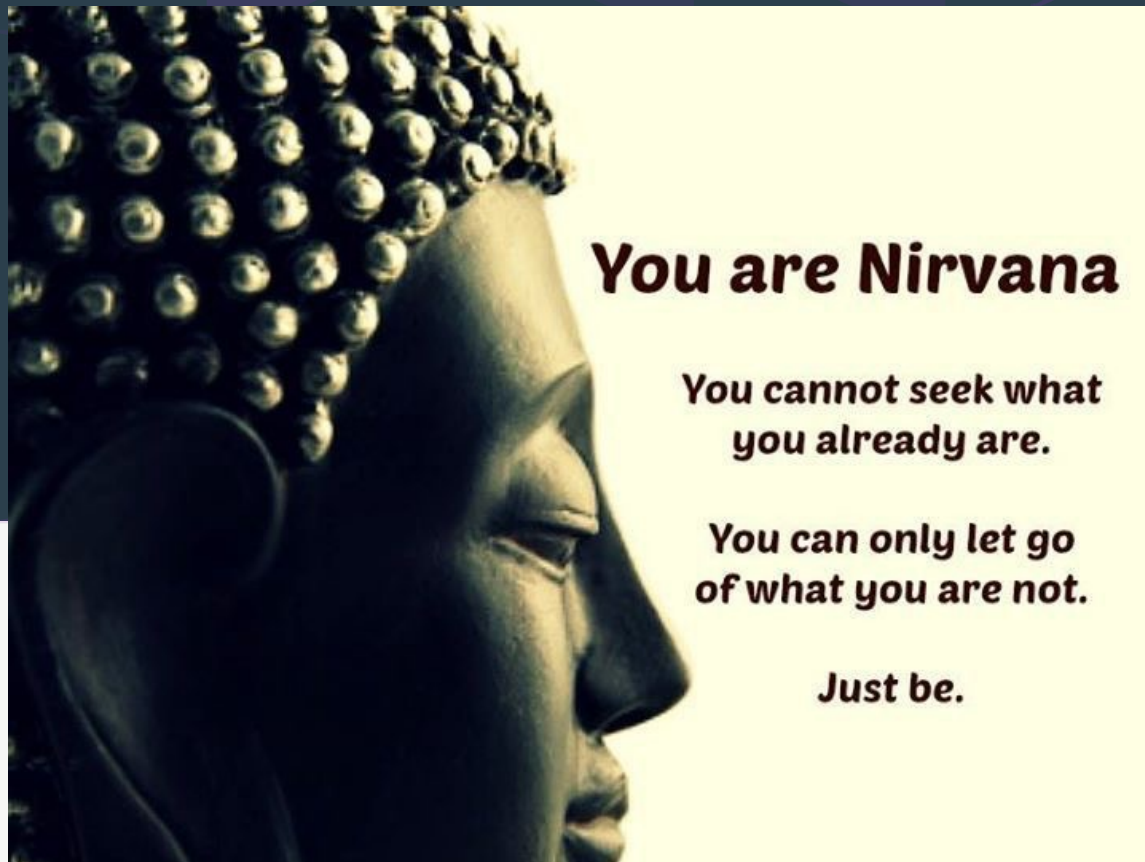


Theoretically, individuation is the **conscious** realization of our unique personality, including its strengths and weaknesses—and the living with this complexity which makes us a **unique** and **differentiated** person.

Harris, Bud. Becoming Whole: A Jungian Guide to Individuation (p. 12). Daphne Publications. Kindle Edition.

What is Individuation?

- Identified by Carl Jung as a spiritual development process in his early years, around 1921
- A natural transformation to integrate the unconscious into conscious self-realization in order to become psychologically whole
- Completely natural but not automatic



**Become who
you already
were**

A step-wise journey to the inner world

Persona

- The mask you project onto yourself

Shadow

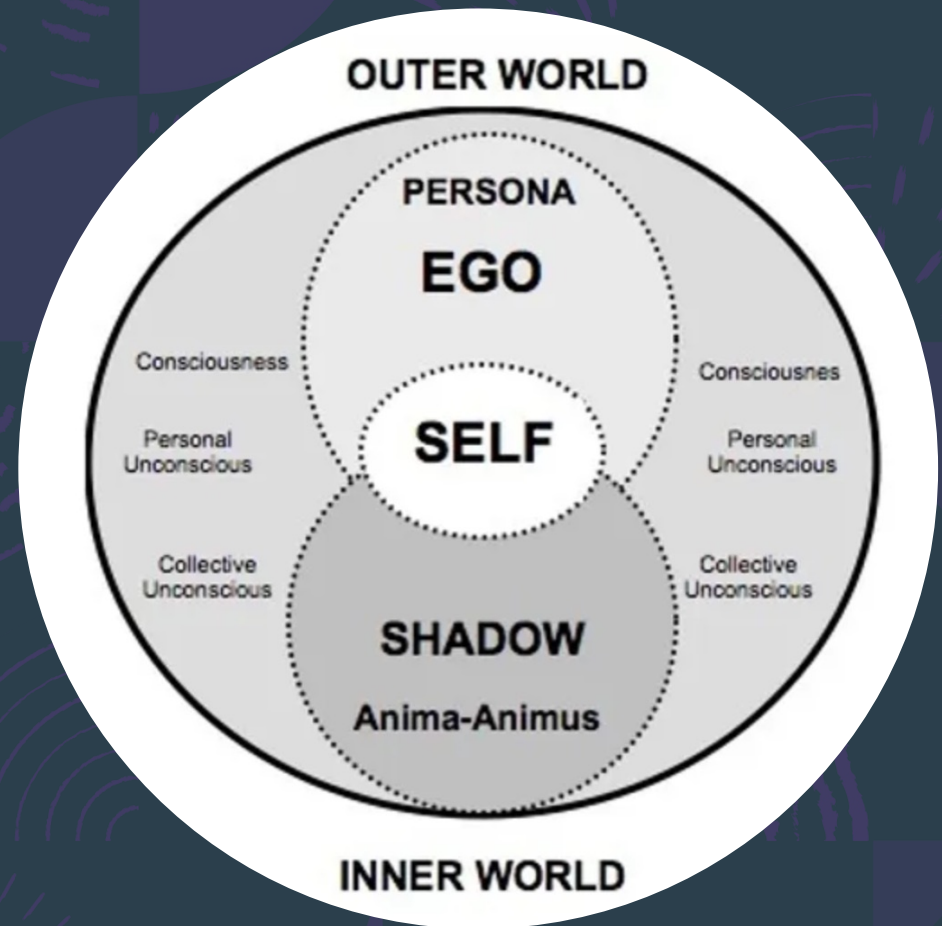
- The repressed elements of you

Anima / Animus

- The masculine and feminine side in us all

The Self

- The Whole of the Psyche



Persona Awareness

- The Persona is the image of ourselves that we like to become, the Ego-consciousness
- The Ego is implanted during childhood through a combination of our genetic make-up and our societal environment
- Most people live in the Ego their entire life, limited to achieving only their masked self
- "The Persona is 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."



A close-up photograph of a typewriter keyboard. The focus is on a single key, which has a comma and apostrophe symbol on it. The key is slightly raised and shows signs of wear. The background is filled with other keys, which are blurred, creating a sense of depth. The lighting is soft, highlighting the metallic texture of the keys.

Question 1

What do you do in daily life?

The Shadow

- All features of you that do not fit into your Ego
- Repressed, old matter
- Unconscious in nature
- Visible by allergies and emotional overreactions





The cave you fear to enter
holds the treasure that you seek.
—Joseph Campbell

“One does not become enlightened by imagining features of light, but by making the darkness conscious” (Carl Jung)

Shadow work involves the effort to expose properties and complexes residing in the unconscious, repelled personality:

- Dream Interpretation
- Hypnosis and Meditation
- Inner Child Healing
- Active Imagination

Complexes

"The fear of complexes is a rooted prejudice, for the superstitious fear of anything unfavorable has remained untouched by our vaunted enlightenment. This fear provokes violent resistance whenever complexes are examined, and considerable determination is needed to overcome it."

(Carl Jung, Collected Works Volume 8)

- Imprints due to early (traumatic) experiences
- Serve to protect the innocent child
- Commonly built on relationships
- Cause us to act in ways that protect us from past emotions

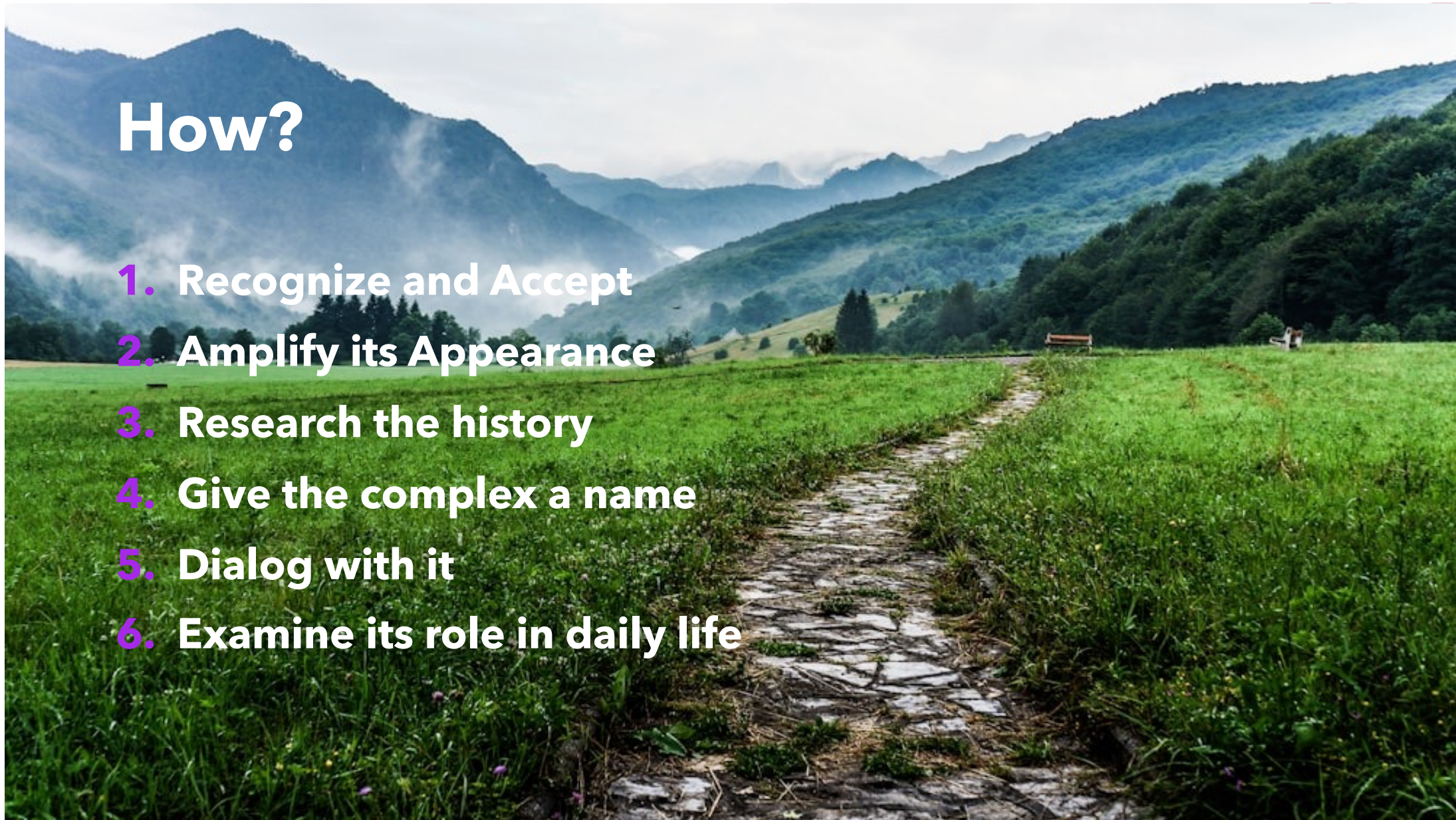
Accepting your Shadow

- **Moving forward in Individuation**
 - Requires time to recognize your vices
 - Gradual full acceptance of it
- **Embracing and Integrating**
 - Become more complete by allowing your shadow to be a part of your conscious realization rather than repressing what you do not want to see



How?

1. Recognize and Accept
2. Amplify its Appearance
3. Research the history
4. Give the complex a name
5. Dialog with it
6. Examine its role in daily life





Question 2a

What is your biggest **virtue**?



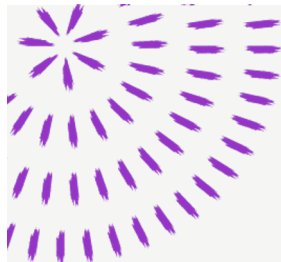
Question 2b

What do you **fear** the most in yourself?



- Jung states that polarities are common in the universe. Every characteristic in people is coupled with an equally strong opposite characteristic. Rather than opposing these forces within, Individuation focuses on developing and balancing these polarities
- Within every man, a fully developed female attributes sensitive, caring and nurturing energy to the man.
- Vice versa does a fully developed male reside in every woman, providing strength, action and goal-oriented energy.

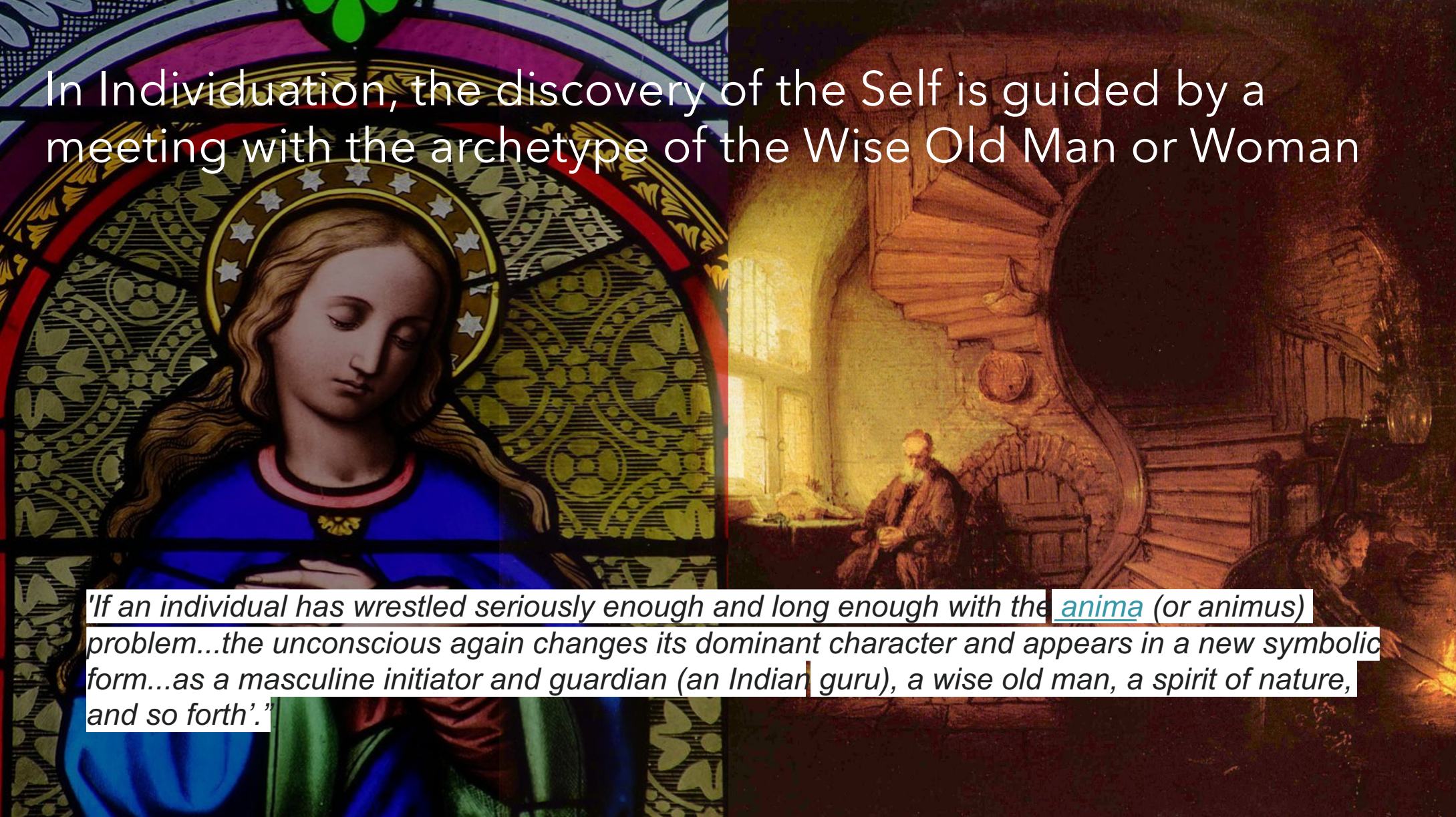
Animus / Anima Energy



Question 3

What motivates you more: Achievement or Care?





In Individuation, the discovery of the Self is guided by a meeting with the archetype of the Wise Old Man or Woman

'If an individual has wrestled seriously enough and long enough with the anima (or animus) problem...the unconscious again changes its dominant character and appears in a new symbolic form...as a masculine initiator and guardian (an Indian guru), a wise old man, a spirit of nature, and so forth.'

Jungian Archetypes

- 12 universal mythic character archetypes that reside in our collective unconscious.
- They seek actualization as we live our lives. They drive us.
- Archetypes guide the individuation process towards self-realization.

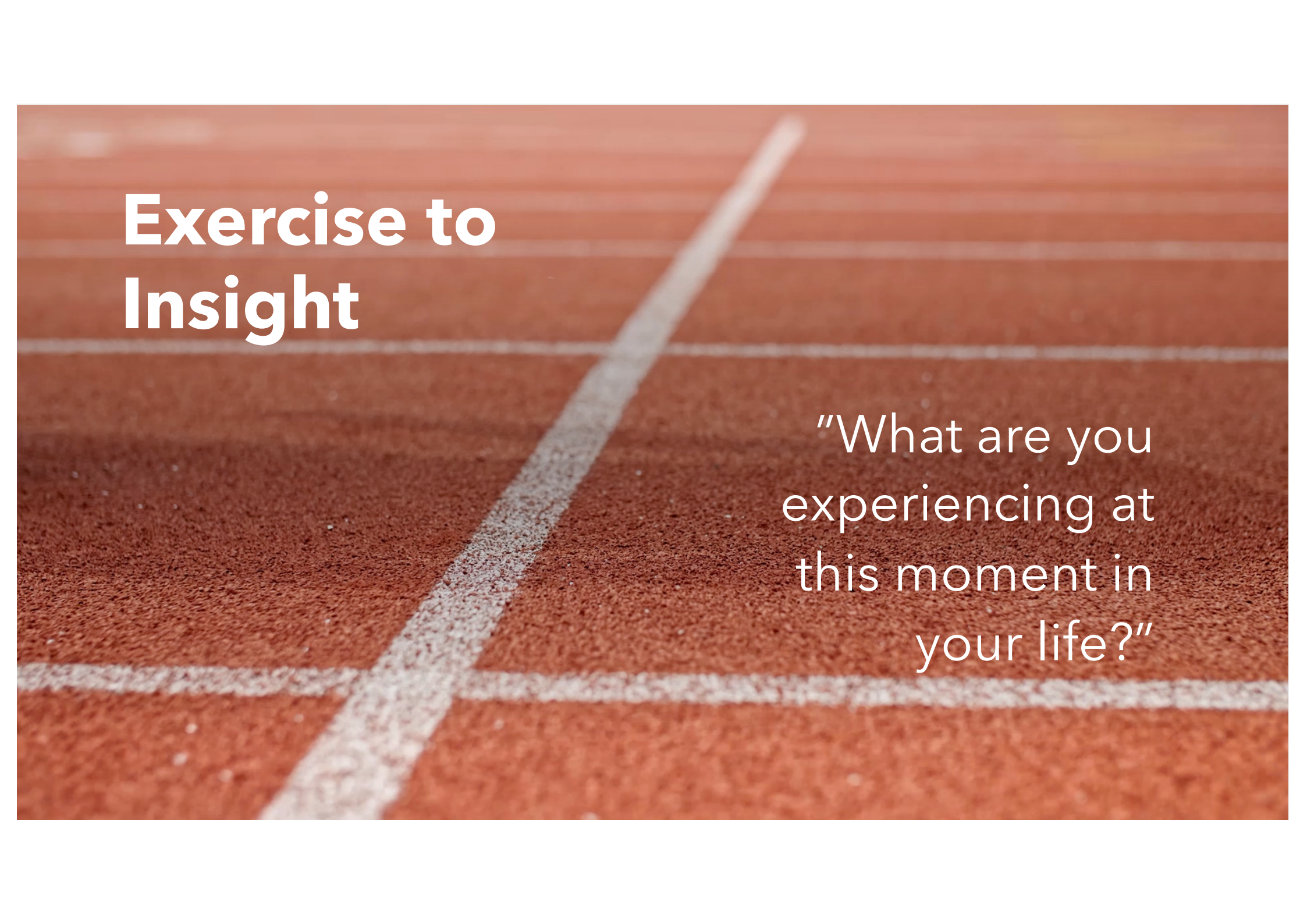




The Self

The Self signifies the unification and integration of all aspects of the conscious and unconscious psyche

The Self represents your Essence: that what you are and meant to be in the Universe



Exercise to Insight

"What are you
experiencing at
this moment in
your life?"

Who am I?

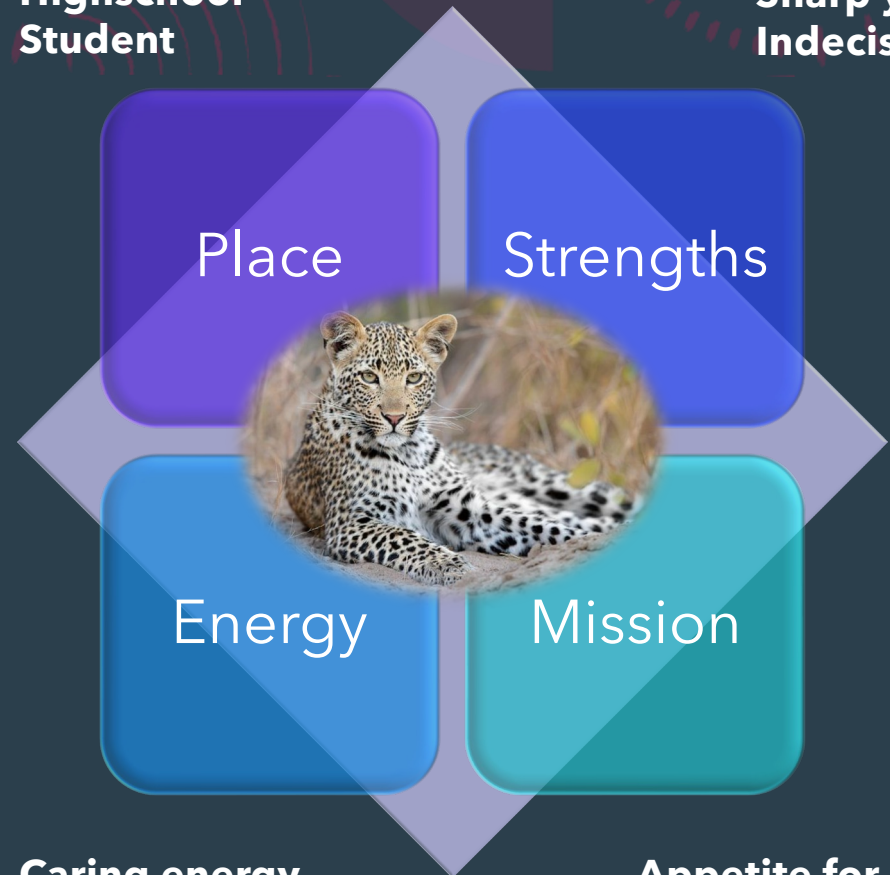
- Choose your spirit animal based on the questions in this Meetup:

- Your place in society
- Your unique strengths
- Your energy balance
- Your mission

The animal will set your path

**Highschool
Student**

**Sharp yet
Indecisive**



Caring energy

**Appetite for more
(Sage Explorer)**

Thank you!



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