

## INDIVIDUATION

“The process by which a person becomes a psychological ‘individual,’ that is a separate, indivisible unity or ‘whole’.”

Carl Jung  
C.W., Vol.7, 175-76

“The one-sidedness of conscious life is corrected, compensated for, by the interaction of the conscious and the unconscious. This describes the striving for fulfillment which, Jung believes, is inherent in everyone. This may never be accomplished; but it is the aim of the process of individuation.... Success in the full sense requires the union of opposites. That is, when the process of individuation takes place the combination of the conscious and the unconscious leads to the assimilation of the ego in a wider personality, described as the self.”

E. A. Bennet  
*What Jung Really Said* 171-72

“Individuation is a spontaneous, natural process within the psyche; it is potentially present in every man, though most men are unaware of it... It is a process of maturation or unfolding, the psychic parallel to the physical process of growth and aging. The task of the first half [of life] is ‘initiation into outward reality.’ It aims at the adaptation of the individual to the demands of his environment. The task of the second half is a so-called ‘initiation into the inner reality,’ a deeper self-knowledge of humanity, a ‘turning back’...to the traits of one’s nature that have hitherto remained unconscious or become so.”

Jolande Jacobi  
*The Psychology of C. G. Jung* 107-08

“Psychological development in all its phases is a redemptive process. The goal is to redeem by conscious realization, the hidden Self, hidden in unconscious identification with the ego... Once the reality of the transpersonal center has been experienced a dialectic process between ego and Self can, to some extent, replace the previous pendulum swing between inflation and alienation... For the modern man, a conscious encounter with the autonomous archetypal psyche *is equivalent to the discovery of God*... He is released from the tendency to identify with any particular partisan faction which might lead him to live out the conflict of opposites in the outer world... Individuation seems to be the innate urge of life to realize itself consciously.... Transpersonal life energy, in the process of self-unfolding, uses human consciousness, a product of itself, as an instrument for its own self-realization.” [italics added]

Edward F. Edinger  
*Ego and Archetype* 103-04

“In the holistic mode, the individuating protagonist often moves through the archetypal spaces in the model of metaphors--or mandala--in a circular or a spiraling pattern, in either direction. The complexities and variations in this process are reduced by Joseph Campbell to a monomyth in *The Hero with a Thousand Faces*. The quest or spiritual journey into the Wilderness is a chief characteristic of literature in the holistic mode, usually leading to the attainment of transcendental values. In the vertical mode Wilderness is darkness, whereas in the holistic mode it may yield the most significant illumination. For in this mode, Nature is numinous; it is experienced as one with the Self, the outer unified with the inner. The result is an atonement and healing of puritan dissociation, often marked at a climax by the metaphorical union of Wilderness and Sky. Then all spaces are one.”

Michael Hollister  
“Model of Metaphors” 8