

# Keeping Austin SOULFUL

EVENTS & EDUCATION CATALOG FOR THE JUNG SOCIETY OF AUSTIN



## Moving Forward

### An Open Letter from Our President, Jo Todd, PhD

One of the best ways to consider moving forward is to pause, glance back, and appreciate all the effort and energy in 2016. Thank you to each member, participant, volunteer and presenter. We would not be here but for you. Thanks for bringing your friends, taking time, and stepping in. Thanks to Trinity's hospitality. Thank you to our hardworking Board of Directors who are the role-up-your-sleeves-and-help kind of board. As you can see we exist because gifts of the enthusiasm, kindness and energy we share with one another.

In 2016 Jung Society of Austin offered a rich and varied smorgasbord. We had a wonderful community panel on Soul and Food. There were 6 Lectures by Jungian Analysts and Pacifica Graduate Institute graduates. Rattling the Bones was an exciting Fundamentals class. And we had an enormously popular lecture and workshop with our Keynote Dennis Slattery. Five roundtables, an informal dialogue and invitation for connection, were held, and one event we think of as engaged Jung. We launched the popular Psyche and Cinema in the Spring and followed up with another by request in the

Fall. There was also Jung's birthday party and a members meeting.

I hope you notice a theme in JSA programming. We are listening and want to know what intrigues you, feeds you and helps wake you. The current catalogue seeks to respond to many of your requests. Did I already ask you to join, volunteer and lend your voice? If not, please do.

JSA has a new membership system. Your membership lasts for 12 months no matter when you join! You will receive a membership reminder a month before it is time to renew. Your membership card will be the automatic letter you receive when you join. We hope this will streamline one of the challenging parts of a 100% volunteer organization. If you have questions let us know. Our membership goal for 2017 is 125 people. Membership supports special programs, student rates and underwrites some of our special events cost.

We will continue mailing catalogues to our members. If you do not want to receive USPS catalogue there is a place on your membership registration to opt out. We will also continue to have

Spring/Summer 2017

catalogues available at our events. You can also read or download the calendar on our website [www.jungsociety.org](http://www.jungsociety.org)

What does moving forward with JSA look like? Is it a straight line that takes us from point A to B? Sometimes. And sometimes not. Sometimes moving forward asks us to pause, reflect, appreciate, and value complexity. It usually propels us past our comfort zone, into new possibilities. It asks us to face what may have been hidden, ignored and denied in ourselves and our world.

JSA offers you an invitation. Join us in our practice – moving forward and growing toward wholeness.

Let us know if you have any questions. We look forward to seeing you soon. I hope you will be enthusiastic about our catalogue and upcoming events.

# One Psyche Indivisible: Political Movements and the Tension of Opposites in the Age of Trump

**Jason Sugg MA, LPC**

**LECTURE March 31st, 7-9PM 6:30 (Social Alchemy), Trinity UMC**

Jung often talked of the necessity of holding a psychic tension of the opposites, without collapsing too quickly toward either pole. In Hegelian fashion, out of that tension a new third thing could emerge, distinct from either of the poles but somehow bridging them - a process Jung referred to as the transcendent function. When that tension collapsed towards one or the other pole, it could produce an enantiodromia, in which "an equally powerful counterposition is built up, which first inhibits the conscious performance and subsequently breaks through the conscious control."

The transcendent function and the concept of enantiodromia provide a fascinating lens through which to view our current political climate. In this last election cycle, that tension collapsed to one side, and we are now witnessing a counter-formation springing up in the form of the Indivisible movement and other resistance movements. This roundtable will examine these growing movements from this perspective, with an eye towards understanding the directions in which they might be developing going forward.

**ROUND TABLE: Suggested Donation \$10/1.5 CEUs available**

**Jason Sugg, MA, LPC** is an Austin-area counselor and a Ph.D. candidate in Pacifica Graduate Institute's Depth Psychotherapy program, who has a strong interest in the cultural and political applications of depth psychological theory. In January 2017, he started TX21Indivisible, an Indivisible chapter focused on Texas's 21st Congressional district. He also holds B.S. and M.Eng. degrees in Computer Science from the Massachusetts Institute of Technology. He lives in south Austin with his wife and two children.



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## IMAGE AS A LENS INTO THE UNCONSCIOUS **Charting Your Dream Body**

**VICTORIA SHACKELFORD PhD, LPC**

**LECTURE APRIL 21st, 6:30 (Social Alchemy), 7-9PM, TRINITY UMC**

**WORKSHOP APRIL 22nd, 9-12PM, TRINITY UMC**

This lecture-discussion and therapeutic arts workshop is based on Jungian analyst, Arnold Mindell's book, *The Dream Body: The Body's Role in Revealing the Self* (SIGO Press, Santa Monica CA., 1982).

In the book, Mindell introduces the concept of meaningful connections between nighttime dreams, myths, and body experiences, this work traces attitudes toward the body in Eastern and Western thought and illustrates the connections between body experiences and universal patterns evident in philosophical systems, fairy tales, and myths. The second edition locates the original dreambody concept within later developments in process work, including work with relationships, addictions, coma, movement, and worldwork, and theoretical links to modern physics.

Starting with a review of Arnold Mindell's perspective on the relationship between the soma/body, our dreams and the unconscious, the discussion leads naturally

into the morning workshop. Using image via therapeutic creative arts processes and through the somatic experience of the dream body, we have the opportunity to engage the place between consciousness and unconsciousness.

**Victoria Shackelford PhD, LPC-S** is a licensed psychotherapist specializing in individual, couples, and families using various modalities of Jungian/depth psychology including archetypal, sand tray and expressive arts as well as cognitive restructuring, CBT and anger management. Dr. Shackelford maintains a private practice in Austin and San Antonio. She is a Distinguished graduate from St. Mary's University with a MA in Community Counseling, holds an MFA from UT-Austin, and a PhD in Depth Psychotherapy with emphasis in advanced supervision.

Other topics of interest for Dr. Shackelford include: (a) The archetype of creative chaos: How to recognize when this archetype is operating and manifesting in your body and psyche; (b) the mythology of the dark feminine in the fairytale: Recognizing in mythic tales how repressed feminine energy aids in recovery and regeneration from trauma; and, (c) The image of the chaotic mandala: How to use this image as a viewfinder into the psyche when working with trauma.



**Lecture: \$15 Members/\$20 Non-Members/  
\$10 Students/1.5 CEUs Available**

**Workshop: \$55 Members/\$65 Non-Members/  
\$45 Students/ 3 CEUs Available**

# Grief Tending with Dreams | Kay Todd, PhD

LECTURE MAY 5th, 6:30 (Social Alchemy), 7-9PM, TRINITY UMC

Jung's definition of the dream as "a harbinger of fate, a portent and comforter, the messenger of the gods" evolves from academic theory into embodied insight in this lecture on the chronicles of those grieving and their encounter with the transforming power of grief.

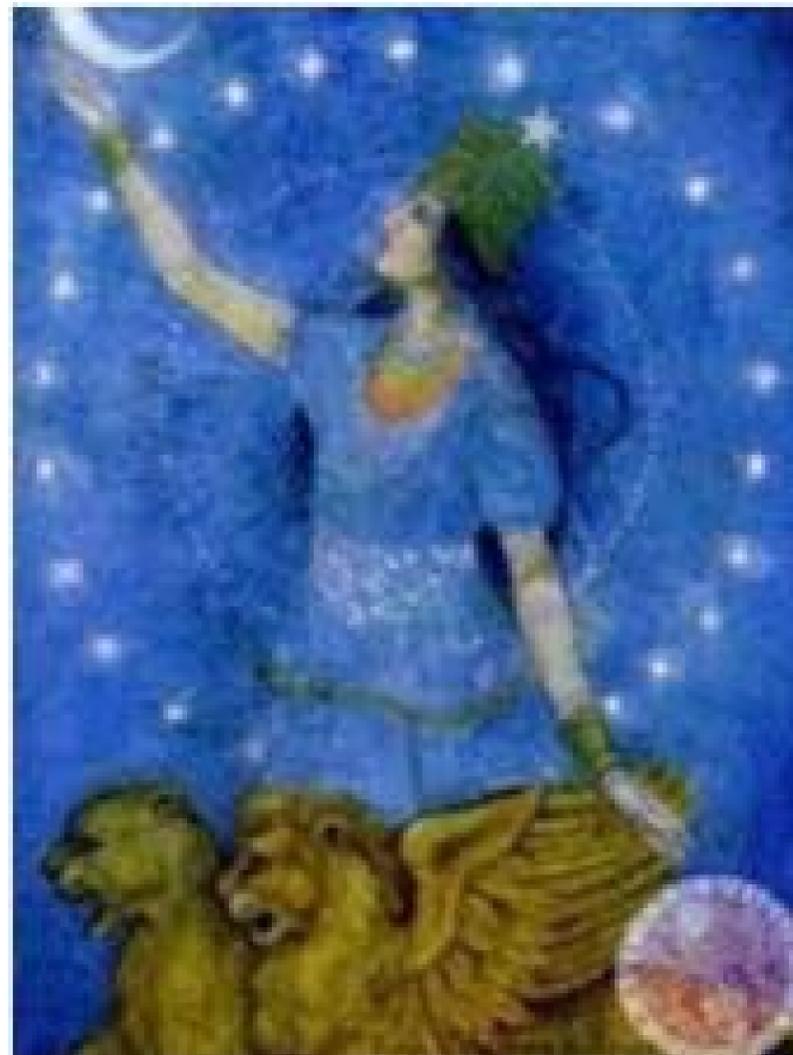
From personal stories, this lecture expands to include premonitory and grief dreams of other mourners, dreams cited in Jung's memoirs, and selections from mythology and literature.

On the archetypal level, the Greek myth of the goddess Demeter and her daughter Persephone evokes the universal and timeless experience of loss and renewal in the crucible of grief.

The dreams and stories recounted, together with some provocative hints from Jung's work, suggest that death may usher us through the open

door into a world beyond time and space. Dreams of the dead comfort the bereaved, offer tantalizing glimpses of the "hereafter," and deepen our reverence for the eternal mystery of death and rebirth. Recommended reading for this lecture is *By Grief Transformed: Dreams and the Mourning Process* by Susan Olson.

**Lecture: \$15 Members/\$20 Non-Members/\$10 Students/1.5 CEUs Available**



**Kay Todd, PhD** received her doctorate in mythological studies with an emphasis in depth psychology from Pacifica Graduate Institute. She completed the Grief, Loss and Trauma certificate program, designed by Janet Schreiber and Elizabeth Kubler-Ross, at Southwestern University in Santa Fe, New Mexico. Kay has certificates in Dream Tending Techniques offered by Stephen Aizenstat, PhD, Chancellor Pacifica Graduate Institute. She has taught as an adjunct professor in religion and interpersonal communication at the University of Oklahoma and Tulsa Community College. She has presented at Jung Societies in Houston, Seattle, Austin and Denver.

# Dark Matter: The Strife and Crimes of Thomas X

by Thomas X, JSA Member Spotlight

ROUND TABLE MAY 19th, 6:30 (Social Alchemy), 7-9PM, TRINITY UMC

ThomasX is an INFJ, the rarest of all personality types. He's a sober survivor of the highest order. Once you hear him speak you'll know what we mean. He started going to jail when he was ten. The same year he saw his first dead body. Much like Dickens, Thomas penned a stark letter on Christmas eve warning his son about his behavior and a nefarious, drug addled life of mania and debauchery. Unfortunately, his 200 page

**It's a gift from the deepest reaches of the universe in a timeless war of balance. A hero's journey through the abyss. The hero has a thousand faces. Give it one more—yours.**

The letter, now a book, is written in first-person conversation and speaks directly to you, the reader. It's a tribute to everyone from Joseph Campbell to Carl Jung and all manner of stoics, Greeks and German philosophers in between. In fact, it's a tribute to you.

Oddly, the book is a behavioral health and psychological study

cloaked in a theoretical physics lesson, grounded in theology. It's also a songbook and a double CD was recorded to support *Dark Matter* called; *Ennuu Go Light and Dark*. It's 14 songs and the title track's about the state of depression in Millennials. There's also a great deal about music, art and the Bible being a book to help curb depression at any age.

Thomas knows all too well about depression and the severity of the most dangerous and virtually invisible disease. After being released his son moved back in with him and a few months after they decided to publish the book Thomas' son was found dead in Lady Bird Lake.

Thomas has unique insight into four and a half decades of hardship, loss and reanimation. Full of wit and humility, *Dark Matter: The Strife and Crimes of ThomasX*, speaks as a painful trek through the birth of a star, it's subsequent implosion and radiant redemption. It's a gift from the deepest reaches of the universe in a timeless war of balance. A hero's journey through

the abyss. The hero has a thousand faces. Give it one more—yours.

Thomas indicates the fundamental flaws in every facet of life stem from the rigid notion of duality. In a nutshell, we've been lied to our whole lives about our brains and how they work. Forcing us into a left or right, up or down, red or blue grouping. Patterns, systems and words are important. Come hear and see.

**SPECIAL NOTE:** All attendees will get a copy of the book and two music CDs for any donation. Books go to at-risk teens at Life Works, friends of SIMS and the homeless population in South Austin as well as leaders in this field—at no charge. To the tune of nearly 800 copies given away in just one year. And more than 500 copies of the CDs. Thomas leaves personally inscribed books in coffee shops and restaurants on South First from US 71 to the river, where his son's body was found—at no charge.

Leave your judgement and come hear one of the most powerful testimonies to hope you've ever heard.

**ThomasX** is an award winning creative director, author, poet, painter, musician and visual/fine artist currently working on a 27 song rock opera that he wrote as a teen-ager and finishing another 10 song CD with Austin's most talented musicians.

[www.DieDarkMatter.com](http://www.DieDarkMatter.com)  
[www.SaintThomasX.com](http://www.SaintThomasX.com)

# C.G. JUNG | LETTERS

WITH PETER GEYER

LECTURE JULY 21st 7-9PM (Social Alchmey 6:30), TRINITY UMC

The focus of this presentation will be on particular insight into the ideas and personality of C.G. Jung, using his own words, by presenting excerpts from the two volumes of his Letters, published in 1973 and 1975.

These letters tell us about Jung as a person, how he saw himself and his ideas, and something of his correspondents. Importantly, many of these letters were originally written in English, in which Jung was notably fluent; other letters contained in these volumes have been translated into English from the original German and French.

A number of Jung's statements contained in this selection appear to have been either ignored or not consulted by various authors

and so the objective is to increase and broaden knowledge, as well as challenge certain presumptions.

Discussions will center on categories (e.g. Jung on himself, Education, Groups, Individuation, the Modern World, Names and Labels, Religion, Science, Typology, Un/Consciousness). There are also sub-headings of interest, such as Noise, Archetypes, Nations and National Characteristics, beginning with Jung's self-identification (e.g. scientist and empiricist, not philosopher or theologian). For example the Names and Labels category invites discussion on interpreting Jung's typology and other constructs; and, the Religion and Jung's specific definition impacts interpretation and criticism.



Lecture: \$15 Members/\$20 Non-Members/  
\$10 Students/1.5 CEUs Available

Peter Geyer is an independent scholar and thinker who researches, writes and presents inside, around and outside C.G. Jung's ideas of personality. An Australian, he holds qualifications in history, religions, education, organisations and philosophy of science. He used these multidisciplinary perspectives in teaching authorised MBTI Qualifying Workshops over 13 years (later the MajorsPTI) well as at postgraduate level. Peter is known internationally for original thinking in this field's theory and practice and has presented and written on his ideas, research and experience in various countries since 1993. His work is based within the history of ideas; a particular interest is in personality and society.

## The Story of The Rainmaker | We are talking about the alchemy of personal and cultural synchronicity, right?

Richard Wilhelm, Chinese scholar and theologian, told the story of the Rainmaker to Carl Jung while at a gathering of the Psychological Club in Zurich in the 1920s. It is a story that so impressed Jung that throughout the rest of his life he repeated it as often as he could, sometimes annoying his audience with the endless retelling. But good stories should be retold, over and over, penetrating our dim consciousness a little deeper each time. Wilhelm referred to the story as true, and although truth comes in many forms.

During this time of polarization, splitting, and projection, perhaps it is time to pause.

Can we wonder if Wilhelm's claim is not a plea for legitimacy, but rather a call for deliberate attention?

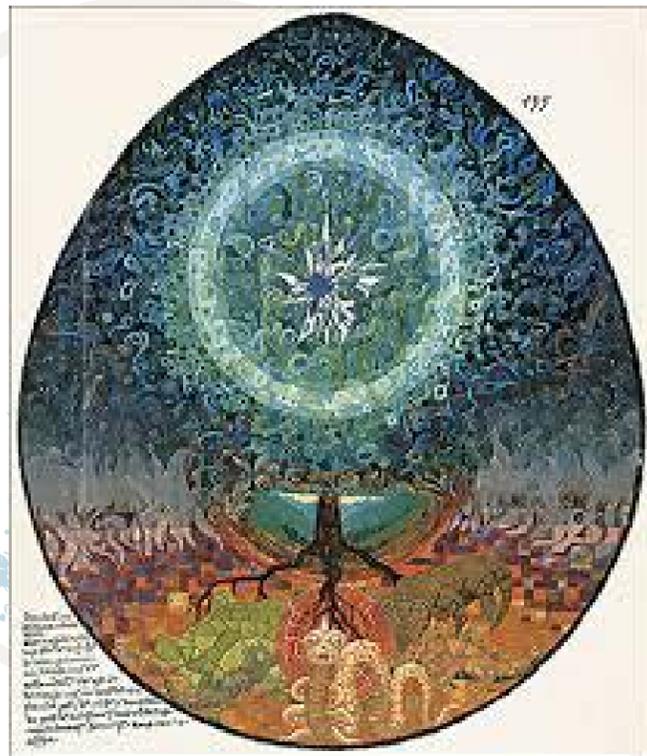
And so the story goes:

*In the ancient Chinese province of Kiaochou there was a drought so severe that many people and animals were dying. All the religious leaders attempted to solicit relief from their gods: the Catholics made processions, the Protestants said their prayers, and the Chinese fired guns to frighten away the demons of the drought. Finally, out of desperation, the town's people called upon the Rainmaker, and from a province far away there appeared a shriveled up, old man. The old man immediately requested a small hut on the outskirts of town, where he locked himself up for three days and nights in solitude, and then, on the fourth day, it rained. In fact, it snowed at a time when snow was not expected.*

*Wilhelm, who was allowed to interview the Rainmaker, asked him*

*how he made the rain, and the old man responded by exclaiming that he did not make the rain, that he was not responsible! Not satisfied with this response, Wilhelm pressed on, "Then what did you do for these three days?" And the old man explained that he had come from another province where things were in order with nature, but here, in Kiaochou, things were out of order, and so he himself was also out of order. Thus, it took three days to regain Tao and then naturally, the rain came.*

(Adapted from C.G. Jung, CW 14, pp. 419-420, note 211). Excerpted from *Musings on Psyche and Nature* by Betsy Perluss, PhD.



Set the egg before you,  
the God in his beginning.

And behold it.

And incubate it  
with the magical warmth  
of your gaze.

C.G. Jung  
Red Book

### Starting in April/ Book Group

## ANATOMY OF THE PSYCHE | ALCHEMICAL SYMBOLISM IN PSYCHOTHERAPY BY EDWARD EDINGER

Please Join in the on-going reading group focusing on a Jungian classic *Anatomy of The Psyche: Alchemical Symbolism in Psychotherapy* by Edward Edinger (1985).

The group will be starting in April, on the first and third Saturdays of the

month at New Life Institute at 7:00 PM. The address is 607 Rathervue, 78705.

Please contact our librarian, Sherrie Tatum at [sherrietatum11@yahoo.com](mailto:sherrietatum11@yahoo.com) or 512-221-7547 for a link to a scanned copy of the text and for more information.

**Sherrie Tatum**, has been volunteering on Saturdays for JSA at The Edith J Nisley Library held at The New Life Institute.

**BOOK GROUP: There is no cost associated with this event.**

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- Psyche & Cinema Quarterly Round Table



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