



# SPRING 1997 NEWSLETTER

## The Journey of Individuation

In so far as the individuation process runs its course unconsciously as it has from time immemorial, it means no more than that the acorn becomes an oak, a calf a cow, and the child an adult. But if the individuation process is made conscious, consciousness must confront the unconscious and a balance between the opposites must be found. As this is not possible through logic, one is dependent on symbols which make the irrational union of opposites possible. They are produced spontaneously by the unconscious and are amplified by the conscious mind.

—C.G. Jung, “Answer to Job,” CW 11, ¶ 755

### *The Problem of Opposites*

Betty De Shong Meador, Ph.D.  
*How to Prepare for the Millennium*



In less than four years, the giant celestial clock will move us into the Age of Aquarius, leaving behind 2000 years of sunrises in the constellation of Pisces. The rapid social and psychological changes we are experiencing at the end of the millennium relate synchronistically to an apparent archetypal shift as we move from Pisces to Aquarius. The new archetype, Jung says, will pose the problem of the union of opposites, will challenge and stretch our ability to contain female and male, good and evil, light and dark. We will look at new images announcing this shift and search old maps to aid us in the crossing. Inanna, the last goddess to embrace the terrible oppositional pulls of nature, will be our guide.

### *Body & Psyche*

Using the alchemical process as a model, Jung has described three stages of individuation, all three involving aspects of bringing together opposing forces in the psyche. In this workshop we will review Jung's three stages of individuation and explore in depth the second stage, the union of body and psyche. After separating the aims of the soul and spirit from the tenacious hold of emotion and cravings in the first stage, the second stage involves learning to live with the desires of the body as the soul/spirit couple return to

—continued on page 2

#### **April 11 & 12**

Friday Lecture  
7:30 to 9:30 PM  
Good Shepherd  
Center, Room 202

Fees:  
\$10 members  
\$12 non-members

Saturday Workshop  
10:00 AM - 2:00 PM  
Good Shepherd  
Center, Room 204

Fees:  
\$30 members  
\$40 non-members  
\$25 student/senior  
members  
\$35 student/senior  
non-members

## May 9 & 10

Friday Lecture  
7:30 to 9:30 PM  
Good Shepherd  
Center, Room 202

Fees:  
\$10 members  
\$12 non-members

Saturday Workshop  
10:00 AM - 2:00 PM  
Good Shepherd  
Center, Room 202

Fees:  
\$30 members  
\$40 non-members  
\$25 student/senior  
members  
\$35 student/senior  
non-members

*Betty Meador, Body & Psyche, continued from page 1*

the physical realm. This conjunction of body and psyche epitomizes the problems the culture will confront in the coming millennium and presents a challenge to every individual searching for wholeness.

Betty De Shong Meador, Ph.D. is a Jungian analyst practicing in Berkeley, California. She is a past president of the San Francisco Jung Institute. Her work translating ancient texts of the Sumerian goddess Inanna is contained in her book *Uncursing the Dark*, and in the forthcoming *Inanna: Lady of Largest Heart*.

## *Embodying the Unconscious*

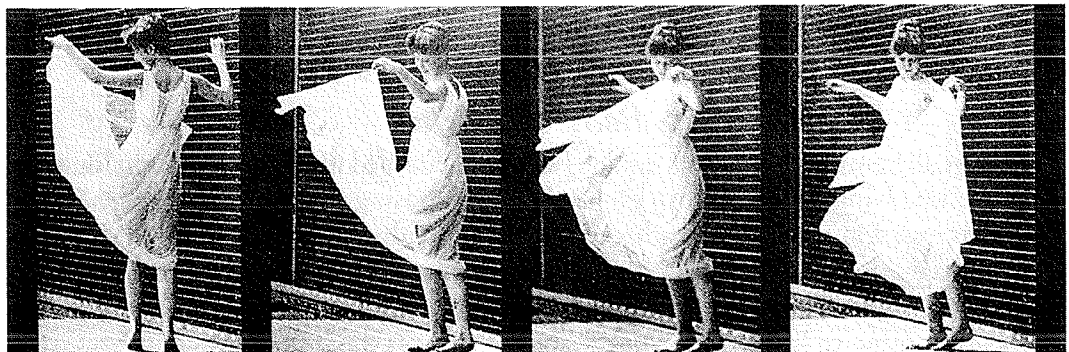
### Wendy Wyman-McGinty, Ph.D. *Authentic Movement & Witnessing in Analytic Practice*

Just as dreams and active imagination are used to bring to consciousness the symbolic, instinctive images of the psyche, we can also learn to become more aware of the somatic aspect of unconscious material. In this lecture we will explore authentic movement, a form of active imagination in which an individual begins to focus attention inward, on bodily sensations, images and feelings which are then allowed to develop into spontaneous movement. The role of the analyst is to act as a container and silent witness to what is emerging from the patient's unconscious. Drawing from clinical examples and analytic theory, we will address some ways of accessing the somatic level of the unconscious, the development of symbolization as a bodily experience, and the relationship of witnessing to the somatic counter-transference.

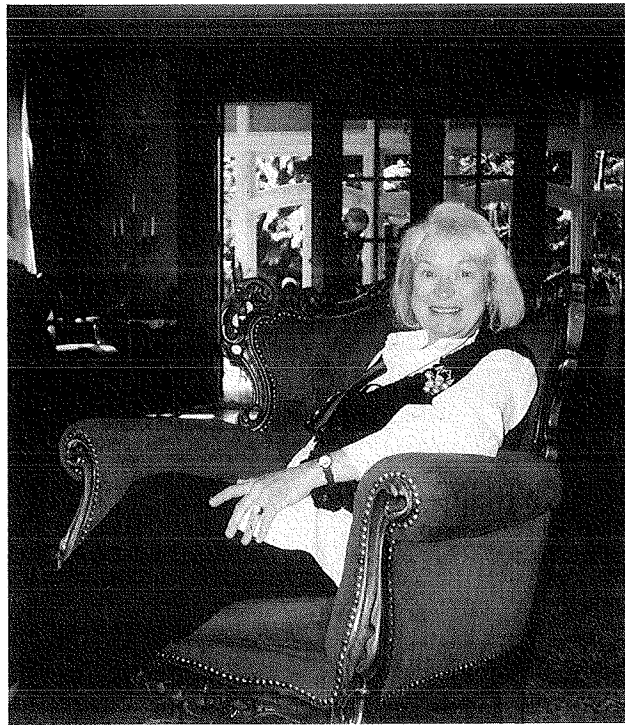
### *Authentic Movement: A Form of Active Imagination*

In this workshop we will explore some of the principles of authentic movement, with particular attention to focusing inward in order to more carefully attend to the unconscious as it is carried and experienced in the body. This work is done with one's eyes closed, and requires no previous movement experience. Please wear loose, comfortable clothing.

Wendy Wyman-McGinty, Ph.D., ADTR, is a Jungian analyst, clinical psychologist, and registered dance/movement therapist. In addition to her private practice in West Los Angeles, Dr. Wyman-McGinty supervises and trains clinicians in the practice and application of authentic movement.



Eadweard Muybridge, *Dancing Girl: A Pirouette*



*in memory of*

KATE MILLARD

March 27, 1946-June 6, 1996

The C.G. Jung Society is pleased to announce a major gift of cash and books to the Society, to establish the Kate Millard Memorial Library Collection. Mrs. Mary Irby, Kate Millard's aunt, has made this gift to honor the memory of Kate. Kate was a Jungian analyst, trained in Zurich, who had a deep commitment to the Jungian community here in Seattle. She served first as program chair, and then as president of our Society.

A committee, chaired by Darlene Hinton and including Nancy Alvord, Bunny Brown, and Dr. Charles Chavkin (advisory member), has been formed to select appropriate books. The committee intends to create a Collection having maximal benefit to the membership. **If you would like to suggest titles to be acquired, or donate books to the Collection, please contact Nancy Alvord at 523-3536, or leave a message for Bunny Brown at the Society office at 547-3956.**

The books purchased will be added to those from Kate's personal library, which includes a complete set of Jung's *Collected Works*. Mrs. Irby has also pledged an additional gift to purchase new bookcases for this Collection in the Society library.

The Board invites you to attend a celebration of this outstanding addition to our resources at the Society's annual meeting in June.

The library committee requests donations of the following books in hardcover:

- Campbell, Joseph. *Creative Mythology* from the *Masks of God* series published by Viking Press
- Eliade, Mircea. *Rites and Symbols of Initiation*
- \_\_\_\_\_. *Shamanism*
- \_\_\_\_\_. *Cosmos and History*
- \_\_\_\_\_. *Myths and Reality*
- \_\_\_\_\_. *Yoga*
- Fordham, Michael. *Jungian Psychotherapy*
- Henderson, Joseph. *Shadow and Self: Selected Papers in Analytical Psychology*
- Hillman, James and W. H. Roscher. *Pan and the Nightmare*
- Humbert, Eli. *C.G. Jung: Fundamentals and Theory and Practice*
- Jacobson, Helmuth, et al. *Timeless Documents of the Soul: The Curatorium of the C.G. Jung Institute*
- Jung, C.G. *Collected Works* volumes 2, 13, and 19
- \_\_\_\_\_. *Aspects of the Feminine*
- \_\_\_\_\_. *Aspects of the Masculine*
- Kawai, Hayao. *Japanese Psyche*
- Kerenyi, Karl. *Apollo: The Wind, the Spirit and the God*
- \_\_\_\_\_. *Eleusis: Archetypal Image of Mother and Daughter*
- \_\_\_\_\_. *Athena: Virgin and Mother in Greek Religion*
- \_\_\_\_\_. *Dionysos: Archetypal Image of Indestructible Life*
- \_\_\_\_\_. *Goddesses of Sun and Moon*
- Kluger, Rivkah. *Archetypal Significance of Gilgamesh*
- Kugler, Paul. *Anatomy of Discourse: Archetypal Approach to Literature*
- Luke, Helen. *Way of Woman: Awakening the Perennial Feminine*
- \_\_\_\_\_. *Old Age*
- \_\_\_\_\_. *Woman, Earth and Spirit*
- Neumann, Erich. *Art and the Creative Unconscious*
- \_\_\_\_\_. *Fear of the Feminine*
- Paris, Ginette. *Pagan Meditations*
- Perry, John Weir. *Lord of the Four Quarters*
- Pruyn-Reed, Jeanette. *Sand Magic: Experience in Miniature*
- Raine, Kathleen. *William Blake*
- Thompson, Helen. *Journey toward Wholeness*
- von Franz, Marie-Louise. *Alchemical Active Imagination*
- \_\_\_\_\_. *C.G. Jung: His Myths in our Time*
- \_\_\_\_\_. *Redemption Motifs in Fairytales*
- White, Robert, trans. *Interpretation of Dreams: Oneirocritica Artemidorus*
- Wilmer, Harry. *Understandable Jung*
- Wilhelm, Hellmut and Richard Wilhelm. *Understanding the I Ching*

The library committee requests donations of the following back issues of these periodicals:

- Spring*, issues from the years 1941-1948, 1952, 1953, 1957, 1958, 1963, 1964, 1965, 1966, 1967, 1968, 1989
- Journal of Analytical Psychology*, vols. 1, 2, 3, 5-19, and 26-34
- Parabola*, vols. 1, 2, 5, 6, 7, 8, 9

Call the Society office to arrange pick-up of your donations.

## *From the Jung Society President*

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I conclude my third term as president of the Seattle Jung Society this May. I reflect on the last three years with deep gratitude and appreciation to our membership at large and to each member's interest and support in the Jung Society. One of our major goals this year was to fill Board positions and to increase membership. At this time, we have volunteers for almost all essential Board positions. The Board is planning a membership drive for April and May of this year. Please see our special notice on page 4.

I am especially grateful to the many dedicated volunteers with whom I have worked and who are the lifeblood of this Society. From our roster of current volunteers, I would like to recognize two who have the most longevity with the Jung Society: **Bunny Brown** (since 1979) and **Diane Bogue** (since 1986). Bunny manages our office and library, and serves as our historian. Diane has volunteered on the membership committee, acted as treasurer, and for the last several years has been our cashier.

**Jean Butler** began as a library volunteer when our library was housed in the University Heights Center, and now serves as Society secretary.

**Bev Osband** has volunteered since 1993, first as treasurer, and, for the past two years, as vice president. Bev has given generously of her time; this year, until we were able to find a new treasurer, Bev performed the duties of both vice president and treasurer.

**David Steinmetz** served on the Board as newsletter editor for several years. In 1996, David created a web page for the Jung Society on the internet; David continues as our webmaster. He has done a great and innovative job.

**Karen Campbell** joined the Jung Society in 1992, and began editing our newsletter with the Autumn 1995 issue. Karen has continued the professional quality of the newsletter, and brings her unique touch to it.

**Cass Clark** has been an active and faithful member of the hospitality committee since 1993.

**Sherry Ruff** has served on both the hospitality and program committees. Sherry became active initially on the program committee in 1994.

**Lynn Hillberg** has been part of the Board since 1995. It is she who sends you your membership card, and when your membership expires, reminds you to renew.

**Pauline Erera** joined the hospitality committee in 1994. She continues as an active member of that committee.

**Milly Royce** joined the Board in 1994. She has generously contributed her ideas and talents to publicity for our Society and currently oversees our library.

**Linda Fieldhouse** has graciously helped with hospitality and as library volunteer since 1994.

**Fern Durand Martin** has volunteered to help in the library, and chaired the facility committee in 1996.

**Eberhard Riedel** served on the program committee in 1993-94. Since 1995, Eberhard assists as cashier for events.

**Peter Elting** arrived in Seattle in 1995. Soon after, he volunteered to chair our program committee. He has designed

and implemented the high quality programs Jung Society has offered the last two years.

**Barbara Kendziorski** became active on the hospitality committee in 1995. Currently she serves as hospitality chair. She also volunteered in the library in 1996.

**Chantel Thurman** joined our group this year and faithfully oversees the audio-visual functions for our programs. It's wonderful to have her skills on board.

**John Imre** has lended a helping hand, when needed, with audio-visual since 1995. He also provided some enjoyable piano music for our 1995 Twelfth Night event.

Since 1996, **Betty Davisson** has been one of the faithful library staff.

**Paul Fedorowicz** is a current library volunteer. Paul chaired our program committee in 1994, and served as vice president in 1993.

**Erwin Buske** graciously volunteered to relieve Bev Osband who has been acting as interim treasurer. The Board is very grateful to Erwin for the valuable analytic skills he lends to our organization.

**Daisy Lu** is one of our most recent volunteers. Daisy's enthusiasm is catching. She has agreed to chair publicity.

**Cory Schulz** recently became involved with Jung Society. He is actively looking for a 386 or 486 computer with a Windows program. Cory has also volunteered to set up a database for us when the Society procures a computer.

**Mary Huff**, another recent volunteer, will help Daisy Lu with publicity.

We welcome **Darlene Hinton** as chair of the Kate Millard Memorial Library collection. With her abundant library experience, she brings an extensive knowledge of books.

I wish to extend special thanks to **Buster and Nancy Alvord**, for their support and interest in the Jung Society while I have been president. Every year the Alvords graciously open their home for our Twelfth Night event. Nancy is also a wonderful supporter of our library.

Thanks also go to all the local analysts who have supported Jung Society by participating in our programs.

In addition, I extend thanks to **Gloria Hope Jacobsen** (1995 treasurer); **Lynn Mikel-Wyble** (membership, 1993); **Pat Prinz** (hospitality chair, 1994-95); **Art Hopkins** (newsletter editor, 1994-95); **Jim Barrett**, **Kelly Maloney**, and **James Bass** (audio-visual, 1994-95); **Marty Lyttle** (secretary and program committee, 1993-95); **Richard Johnson**, **John Kendziorski**, and **Dan Gruich** (library, 1996); **Jim Huskey** (facility, 1995); **Tamara Sweeney** (audio-visual, 1995); and **Anne Kinkaid** (Bosnak event).

I cannot thank all the Society's volunteers enough for their time and energy. For me, it has been a wonderful experience to work with each person and to see Jung Society grow.

If you can believe, we still need more volunteers. Help is needed in the following areas: facility, audio-visual, hospitality, membership, and programs. I hope you will add your name to the above list.

—Lucretia Devine

## Membership Drive

The C.G. Jung Society•Seattle offers a rare opportunity for new members this spring. New members who join the Society during April and May will receive complimentary admission to their choice of either Betty Meador's lecture or Wendy Wyman-McGinty's lecture. Bring your friends and join us!

## Autumn Program

In Fall, we will explore the theme of **Jung and Religion**. The focus will be Jung's approach to religion, and how this relates to institutional religion, the inner sacred, and community.

A panel discussion will open this program series on Friday, September 19, at 7:30 PM. The panelists will briefly introduce their views. Following the introduction, there will be extensive dialogue between audience and panel, as well as among panel members.

Panelists confirmed at the time of this newsletter's printing are: Terrill Gibson, Ph.D., Jungian analyst, Methodist minister; Donald Williamson, Ph.D., family therapist, Methodist minister; John van Eenwyk, Ph.D., Jungian analyst, Episcopalian minister. The panel will be moderated by Peter Elting, Ph.D., Jungian analyst.

Questions may be submitted in advance to Peter Elting at the Jung Society address, marked "panel discussion."

## Annual Meeting

Our annual meeting and potluck dinner will convene on June 7, 1997, 5:00 to 8:00 PM in the Good Shepherd Center, Room 202. The Kate Millard Memorial Library Collection will be dedicated at this meeting. This is a members-only event.

### Board of Directors

Lucretia Devine,  
President  
Bev Osband,  
Vice President  
Erwin Buske,  
Treasurer  
Diane Bogue,  
Cashier  
Bunny Brown,  
Office Manager  
Jean Butler,  
Secretary  
Karen Campbell,  
Newsletter  
Peter Elting,  
Program Chair  
Lynn Hillberg,  
Membership  
Barbara  
Kendziorski,  
Hospitality  
Milly Royce,  
Library

### C. G. Jung Society•Seattle

#### Pre-registration for Winter 1997 Workshops

Workshops are scheduled pending sufficient pre-registration. Pre-registration is due two weeks prior to the workshop date. Mail form and payment to C. G. Jung Society, 4649 Sunnyside Avenue North, Room 345, Seattle, WA 98103. Questions? Call the Jung Society office, (206) 547-3956.

I enclose \$\_\_\_\_\_ (check or credit card) for pre-registration for the following:

- ☐ Betty De Shong Meador's April 12 workshop, *Body & Psyche*  
(\$30 for Society members / \$40 for non-members  
\$25 for student/senior members / \$35 for student/senior non-members)
- ☐ Wendy Wyman-McGinty's May 10 workshop, *Authentic Movement: A Form of Active Imagination*  
(\$30 for Society members / \$40 for non-members  
\$25 for student/senior members / \$35 for student/senior non-members)

- ☐ Please renew my membership to the Society. Dues for one year are:
- |                            |               |
|----------------------------|---------------|
| Single member              | \$40          |
| Student/senior/low income  | 25            |
| Couple (same address)      | 65            |
| Sustaining member          | \$250 - 1,000 |
| Newsletter subscriber only | 8             |

Charge my VISA MC Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

**Payment must accompany your pre-registration. No refunds.**

*Uncursing the Dark:  
Treasures from the Underworld*

Betty De Shong Meador  
(Chiron Publications, 1992)

—a review by Bev Osband

*Uncursing the Dark* by Betty Meador is an inspiring work of rediscovery and reclamation of the archetypal feminine from ancient times to the present. The book is comprised of five essays, written over a period of twenty years and reflects Meador's own journey of discovery. She begins with her own early childhood experiences of seeing with eyes informed by the feminine, moves on to the Navajo Blessingway ritual, and then plunges into the beauty and terror of the myth of Inanna with her own beautiful translations of the poetry of this ancient myth of feminine initiation and individuation.

We are brought into the sacred archetypal feminine space of Changing Woman through the Blessingway ritual. In this ritual, the Medicine Man forges a connection between spirit and matter, using objects such as corn pollen. Meador leads us through the three days and two nights of the ritual, sitting, sleeping, and eating on the hard-packed dirt floor of the Navajo hogan, warmed by sheepskins and buffalo rugs and lulled by the chanting of the Medicine Man as he seeks to heal his patient. For Meador, this experience with the Navajo marked "the first stirrings of a long search for my roots as a woman in a religion based on the archetypal feminine premise that the divine infuses nature with her substance" (p. 6).

As I read *Uncursing the Dark*, I found myself thinking of an old nursery rhyme: What are little girls made of? Sugar and spice and everything nice! What are little boys made of? Snakes and snails and puppy dog tails! How early in life we are split, given to projecting our darkness out—onto men, onto others—denying and disowning the powerful and important parts of our feminine being. With Inanna we journey to the depth of the underworld to a place where she comes to discover her power, connection, and devotion to the cycles of all living things—not only the creative and productive, but the dying and rotting without which life cannot go on. We are challenged to find ways to reconnect with our own cycles—our menses—in relation to the waxing and waning moon, the fertile and fallow seasons of the earth and "the beauty of what is."

In Meador's work we find direction and guidance in our search for our long buried connections to the archetypal feminine. She invites us to plumb the depths of the unconscious, the dark resting place of those forces which bring both life and death. She tells us, "Inanna demands we bow down, become submissive to her as giver of our fate. If we are fully open to her, we cannot avoid suffering and tragedy that is woven into life. Inanna is not evil. She is the stark horror and beauty of what is" (p. 125).

This is a book for women of all ages. It validates our inner knowing, those glimmerings that come in dreams and visions, of the archetypal female and what it truly means to be a woman.

**Library Hours**

Saturdays  
11:00 AM to 4:00 PM  
and

March 10 & 24  
1:00 to 3:00 PM

April 14 & 28  
1:00 to 3:00 PM

**Closed Holidays**

(In case of poor weather conditions, please phone ahead to make sure the library is open.)

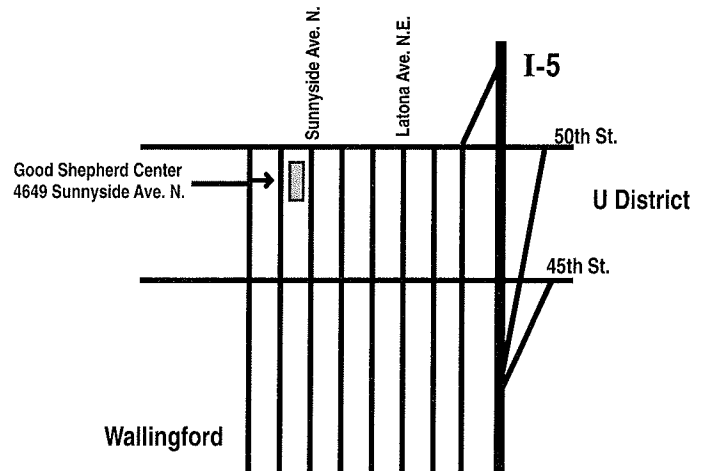
Books may be returned to the book drop across the hall from our library any time the Good Shepherd Center is open, Monday through Friday, 8:00 AM to 10:00 PM, Saturday 9:00 AM to 5:00 PM.

The library is located in Room 345 of the Good Shepherd Center.

## *Driving Directions*

### **Directions to the Good Shepherd Center 4649 Sunnyside Avenue North:**

From Interstate 5, take the 45th Street exit. Travel west toward Wallingford. Turn right from 45th onto Sunnyside Avenue North and travel to the Center on the left side of the street at 4649, just before Sunnyside intersects with 50th Street. Follow entry drive left to the parking lot south of the building. Enter the building at the main entrance.



**C. G. Jung Society, Seattle**  
4649 Sunnyside Avenue North, Room 345  
Seattle, WA 98103

(206) 547-3956 / [www.eskimo.com/~dcs](http://www.eskimo.com/~dcs)

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