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## GLOSSARY OF JUNGIAN TERMS

*Classification does not explain the individual psyche. Nevertheless, an understanding of psychological types opens the way to a better understanding of human psychology in general. C.G. Jung.*

**Anima.** The unconscious feminine side of an individual's personality. The inner female.

**Anima Mundi.** World unconscious. Soul of the world. Originally a Platonic term, later adopted by archetypal psychologists and mythologists.

**Animus.** The unconscious masculine side of an individual's personality. The inner male.

**Archetype.** Collective primary patterns in the universe and in ourselves. The basic content of myths, sacred stories, fairytales, and legends. They appear in dreams and the creative process in the individual.

**Coniunctio.** Alchemical term for the union of opposites.

**Depth Psychology.** Explores the relationship between the conscious and the unconscious and includes both psychoanalysis and Jungian archetypal psychology.

**Hieros Gamos.** Alchemical term. Symbolically, the Great Marriage, the harmonization of opposites.

**Individuation.** The conscious realization of one's unique identity. It leads to the experience of the Self as the center of the psyche.

**Kairos.** The right or opportune moment the supreme moment. Loaded time, as opposed to chronological sequential time.

**Myth.** The movement of the archetypes, how they play out in relationship to each other. Stories about the archetypes, gods and goddesses.

**Persona.** The face that the individual presents to the outside world. Can also conceal your true self.

**Projection.** The process whereby an unconscious characteristic of one's own is perceived and reacted to in an outer object or person. Projects of one's inner male or female onto another woman or man. Can be experienced as falling in love.

**Puer/Puella.** Indicates remaining too long in adolescent psychology. Peter Pan complex, the Eternal Maiden.

**Self.** Symbol of wholeness and the regulating center of the personality. It is experienced as a transpersonal power that transcends the ego.

**Shadow.** An unconscious part of the personality characterized by traits and attitudes which the conscious mind ego tends to reject. An imbalance of the archetype—too much or too little of the qualities or attributes.

**Synchronicity.** The relation that exists when acausal events occur simultaneously that seem to be related.

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**Carol Gustav Jung**

1875-1961. Swiss psychiatrist and founder of analytical psychology. Worked with archetypes, mythology, symbols and dream work.

**Joseph Campbell**

1904-1987. American comparative mythologist who popularized the study of myth, comparative religion and the Hero's Journey.

**Plato**

427-347 BC. Classical Greek philosopher and mathematician whose writings later inspired the field of archetypal psychology.