

Incline Your Ear

- or -

How I Conquered Road Rage and Learned to Love my Commute

by

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Every disciple of the Buddha in early Buddhism was technically called sravaka, "hearer," since the Lord had advised: "One should listen to the Doctrine as a sick man to the words of a physician." Furthermore . . . if one did listen, one could go beyond natural "insight" and achieve the "insight consisting of hearing" (srutmayi-prjna), that is, a higher level of awareness that comes from listening to profound truths.

- George Elder, Ph. D *The Body: An Encyclopedia of Archetypal Symbolism*, Ear chapter, p. 186

"Listen, that we may live," Isaiah reminds us in the Old Testament. "Whatever is pleasant to the ear . . . fixes itself deeply within the breast," St. Benedict later echoes. And the Zen master Hui-neng in his *Platform Sutra* relates how his sudden enlightenment was achieved by merely *listening* to someone else recite scripture. The spoken word has a long been understood as a powerful channel for the psyche's deeper energies.

There seems to be something about hearing a speaker's intonation, pauses, and struggles to formulate his thoughts that brings the psyche's messages more vividly alive.

Is it only chance then that we live in a city with one of the largest and most accessible collection of recorded lectures on state-of-the-art psychology, spirituality and religion? Is this just an accident, or are we caught up in some archetypal energy and, like the *sravaka*, on the road to higher awareness through listening?

At 700 tapes, over 100 speakers lecturing on topics from Alchemy to Tarot, occupying 16 feet of shelf space, it would seem that the Seattle Jung Society is indeed on the *via audimus*. Two-thirds of these lectures were given here in Seattle, the remainder consists of commercial cassettes purchased by or donated to the library. Of the Seattle-based tapes, Friday night introductory lectures have been preserved most frequently, but in many cases we have the entire weekend seminars. All 700 are available for borrowing.

Researchers would need to travel to Los Angeles, Chicago or, New York City to find an audio collection as large and as diverse as ours here in Seattle; and similar collections in other cities would likely be less available and accessible.

An Explorer's Club for the Psyche

The Society's audio-visual library is an Explorer's Club for the Psyche, a concept inspired by the Society's recording of Claire Douglas' 2001 **Visions Seminar**. In the lecture, Douglas tells the story of how one of Jung's analysands, Christina Morgan, catalyzed the development of Jung's concept of Active Imagination.

Jung could be viewed as having returned from having mapped an unknown continent where Morgan and he had traveled together and he was sitting in some explorer's club of the psyche, regaling fellow enthusiasts with stories of the incredible sights he'd seen, riches he'd found and amazing similarities he discovered across time space and culture.

The efforts of our volunteer library staff have preserved a thirty year record Seattle's own "Explorer's Club." In our collection, we hear the experience of people who have been inspired by, wrestled with, and massaged Jungian thought deeply into their own lives. We have lecture material which has yet to make it into book form (Murray Stein's and Robert Moore's lectures are examples), and are a fertile ground where we can observe creative ideas in the process of growth. We have informative Q and A periods where we can hear the clash of different viewpoints as they joust with one another. I love for instance the exchange between Lawrence Jaffe and an audience member:

Question: [Christianity?] That was *progress*?

Jaffe: Oh, it was progress over paganism.

Q: It *was*?

Jaffe: Oh, definitely. Why do you think people grabbed on to it? A meaningless brutish life – exchange that for a knowledge that you are loved by God?

Q: Alright, we just have to agree to disagree.

Jaffe: What is it we are disagreeing on?

Q: I *honestly* don't think Christianity was a form of progress.

Jaffe: Maybe we just have to assume that it got the momentum and spread throughout the world – it's got to have advantages over what superseded it.

Audience member: You're interpreting Christianity in a theological way and we mean here the psychological god.

Jaffe: Oh, you mean like George Bernard Shaw: "We can't say Christianity has failed, it's never been tried."

Not Your Ordinary Love Goddess

Live exchanges have energy to generate rich images which are useful tools to help us connect with our unconscious, for instance these images of Emer and Boudicca in Anne de Vore's scholarly 1993 ***Courage for Women***:

One of the great Celtic myths is about Cúchulainn and Emer. Cúchulainn had at his side his queen as he rode into battle – she drove the chariot – and when he lay wounded over the side of the chariot, she took up the bow. They called her his "wild haired queen," screaming she came at the enemy as though she were a man. And you remember Boudicca. She burned cities to get rid of the Romans. She survived her rape and the rape of her four daughters and it inflamed her so that she could lead peasants into war. So these are very interesting women.

These images appearing sometimes spontaneously out of the exchanges in the question periods make the Society's audio collection all the more important as a source of research material for people interested in healing the psyche, and probing the psyche.

A huge round of applause is due the volunteers who built and continue to maintain the audio collection, from **Linda and Mike Sheaffer**, who do the heavy lifting of inventorying the books and electronizing the catalog, to **Todd Boyle** and **John Emery** who, over many years, have donated their time and A-V skills to preserving the Society's lecture series. An ovation is particularly due to the foresight of head librarian **Bunny Brown**, who insisted on the preservation of the Society's Friday night lectures. Their work has resulted in a rare and remarkable collection of research material which I believe can be found nowhere else.

Where to Begin

If you want to start down the path of the *svavaka*, you might want to begin with some of the lectures which provide an overview of Jungian theory about the structure and dynamics of the psyche. The Jungian viewpoint, with its conception of the unconscious as a kind of "nuclear atom," or "treasure-house" of powerfully positive as well as negative energy necessitating a conscious and *deliberate* relationship -- as a "kind of "inner partner toward whom one's attention is continually turned" -- is a unique, and not yet widely understood, contribution to the science of psychology. Lectures such as Urs Mehlín's 2003 ***Persona***, John Radecki's 1995, ***Projection: A Jungian Perspective***, or Murray Stein's ***Structure of the Psyche and Its Relationship to Dreams*** may provide a good starting point.

We also have tapes from other Jung Societies around the country: ***Intensive Overview of Analytical Psychology***, recorded by the C.G. Jung Institute of Chicago, a group of many tapes, containing, for instance, Robert Moore's ***The Ego***

and Its Relation to the Unconscious, Thomas Lavin's *Psychological Types*, and John Van Eenwyk's *Analysis and Individuation* might be especially useful to those seeking an overview of Jung's thought.

(We might at some time want to round out our collection with some of the audio lectures of Marie-Louise von Franz and Edward F. Edinger, such as von Franz's *An Informal Afternoon of Reflection on Jungian Psychology* or her *The Transformed Berserk*, or Edinger's *The New Myth of Meaning*, which are available but are not in our collection.)

Perhaps the only obstacles preventing people from diving into our collection of audio gems are the sheer number of cassettes, and the inability to browse a cassette tape the way you can leaf through the pages of a book. Perhaps I could alleviate some of the difficulty here by offering here a "virtual peek" inside a few of the outstanding tapes in the collection:

I played Lawrence Jaffe's 1996 *Individuation Through Marriage: Revolution in the Love Relationship* until it almost wore out. "The honest attempt of marriage partners to work out their differences day-to-day," Jaffe states, "will become a modern western form of yoga."

The ongoing dialog which it forces upon the partners inevitably faces each of them with their most dreaded weakness, their worst enemy, and, in the encounter with their deepest darkest most frightening aspect, work is done on resolving God's tragic contradictoriness The partners contribute to the task of resolving the opposites, which are of God, but are carried consciously only by conscious human beings.

[The term] "consciousness" should not be misunderstood as purely intellectual. Like "conscience," it derives from the Latin roots "con" – meaning with "with", and *scire*, meaning "to know." So you see, "conscious" is like "conscience" a little bit. "Con –science; it's a "knowing-with." Religion sought linkage, science sought knowledge. The new world view will seek "linked-knowledge."

In her 1985 lecture *A Priest Responds to Jung's Treatment of Christianity* (a response to Murray Stein's lecture and book of the same title), Laura Cameron Fraser offers a critique which speaks from vast "field experience" as the first woman Episcopal priest in the Pacific Northwest. I was drawn in by the empathic manner in which Fraser describes Paul's conversion experience, as if she were standing in his shoes:

There was a lot of anger in Paul [before his conversion] to any kind of threat to the way his world was ordered. . . . He was given the power of life and death over Christian offenders. He was a person who was defending the only world that he knew and in the only way that he knew.

Later Fraser comments on the state of Christianity:

For Christianity to become relevant it will have to assimilate its shadow side. It's lopped off into its shadow all the heresies that man did in fact have a direct and open line with God and was the beloved son, the beloved daughter.

Crazy to Calm in 60 Seconds

I have discovered that listening to these lectures has a deeply meditative effect. When I first moved to Seattle from rural Hawaii, the traffic drove me nearly insane. Every morning and evening in an hour long stop-and-go traffic jam? You've got to be kidding! Where was the morning meditation? Where was chat with a friend over a cup of herbal tea? In the first weeks of commuting I preserved my sanity only by becoming a witness to the rapidity with which I lost whatever pretense to spiritual enlightenment I imagined I possessed.

For the mere price of a used cassette player and rechargeable batteries plugged into the CD outlet on my car radio, my battle with "those 'other people' incapable of even driving their car across the bridge" transformed into an exploration of the depths of the psyche with new mentors as my guides. And again on the evening return trip, I actually found myself feeling "Ah! A traffic jam! Wonderful! I can finish this morning's lecture!"

(Caution: I don't play lectures whenever I'm moving over 5 mph, unless perhaps I were on a long, daylight, interstate trip.)

I ran out of gas (not psychic gas; motor fuel on Interstate 520) listening to Georgette Kelly's *Jung and Buddhism* where she spoke of Eastern Buddhism *developing* ego rather than leading to an egoless state:

Egolessness in Eastern terms has more to do with ontology than psychology, referring to a process of experience rather than a personality construct. In fact, meditation *develops* the ego function of focusing, bearing witness to oneself, rather than getting rid of it.

I originally began my exploration of the collection with some of the 41 tapes (the most for any one speaker) by Robert Moore, the professor of Comparative Psychology, Psychoanalysis and Spirituality at the Chicago Theological Seminary. I admire Moore's scholarly agility with different psychological concepts, and have never failed to learn something from his lectures. "I have been working," Moore states, "on trying to develop an understanding of the deep structures of the archetypal self."

[A]n understanding which is consistent with Jung's work and which does not try to do something else other than what Jung did. My work is . . . trying to carry his research forward in a way that is as faithful to his meta-theoretical and meta-psychological vision as is possible, utilizing . . . a tremendous amount of research that we have available to us today in anthropology and history of religions and comparative psychologic theory that Jung did not have."

- Robert Moore, *"The Trickster Archetype,"* 1990

Those interested in the para-psychological end of the psychological spectrum might find Jess Grossbeck's heartfelt 1992 *When a Healer Dies* lecture to be a faithfully documented case history:

In that blessing I was rather shocked. . . . For the first time I made a recommendation in the faith that this demonic personality be taken away . . . and . . . she described a virtual reorganization within her whole inner life. She claimed that the demonic personality had left. And most importantly . . . she felt that for the first time she could face what lay ahead, without running, without dissociating, listening to her daughter go through her anger about a mother who had never been there.

For people who want to know more about Jung, we have the entire Frank McLynn *Biography of Carl Gustav Jung* in an eight tape set.

Hopefully, the above virtual peeks inspire you to investigate the Seattle Jung Society's audio collection and continue (or begin) your journey "beyond natural insight" along the path of the *svavaka*.

Next Issue: Part II: The history of the Jungian Speakers in Seattle, and a breakdown by category of selected tapes.

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Part II A list of tapes in the collection

More investigation is needed about the exact time the Society began to preserve lectures, but a possible historical starting point would be Joseph Campbell's June 13th, 1982 **Visionary Journey** weekend seminar. The mid 80's saw the lecture series flourish with the arrival in January and February of 1984 of June Singer who traveled to Seattle to give 2 lectures – one on Archetypes, a second on Love. Anthony Stevens was also here that year and also spoke on **Archetypes: The New Synthesis**. Jean Shinoda Bolen made several visits to Seattle, lecturing in 1985 on **Goddesses in Everywoman**.

In the early 90's the frequency of the lecture series (or at least the preservation of the lectures) increased with lecturers such as Louise Bode in January 1990 on **The Wonder of Synchronicity** and again in February on the **Anima and the Animus**. Janet Dallet spoke in 1991 on **Encounter with the Dark Gods**, and Terrill Gibson shared his knowledge of **Jung and the Mystical Soul of the West** in 1992. Allan Chinen lectured on **Mid-Life** in 1993 (Dr. Chinen lectured once per year through the 90's) and John Van Eenwyck spoke in 1995 on **Psychological Development**. Polly Young-Eisendrath helped kick off the new millennium with a lecture entitled **What Women Really Want** in March 2000.

The collection continues to grow with recent additions such as Phil Cousineau's **Stoking the Creative Fires** and James Hollis' November 2008 lecture **Why Good People do Bad Things**.

Finally, here is a table of a few of the tapes in the library's collection, categorized by topic.

(By the way, this does not cover the library's video collection which numbers around 90 videos!)

Date	Speaker	Structure and Dynamics of the Psyche		# Tapes
		Individuation		
2/3/1995	Van Eenwyck, John	Individuation: Blessing or Curse?	CGJI/Seattle	1
1/10/1997	Kirsch, Thomas	Uses and Abuses of Individuation	CGJI/Seattle	1
12/9/1991	Radecki, John	Individuation's Most Dangerous Servant: The Psychopath	CGJI/Seattle	2
2/13/1998	Qualls-Corbett, Nancy	Dionysus and the Individuation Process (last half of lecture only)	CGJI/Seattle	1
4/20/2001	de Vore, Anne	Power of Naming: individuation in Egyptian and Archaic Greek Texts	CGJI/Seattle	1
12/16/1985	Frantz, Gilda	Fate, Suffering and Individuation	CGJI/Seattle	1
12/7/2007	Kirkhard, Larry and Elizabeth	Jung, Psychological Types and Individuation	CGJI/Seattle	1 DVD
		Dreams		
6/2/1905	Kreinleder, Albert	Dream Interpretation	CGJI/Los Angeles	1
	Khan, Lois	Dreams and Active Imagination (Overview of Analytical Psychology Series)	CGJI/Chicago	2
3/11/1991	Millard, Kate	Comparison of Jungian and Freudian Dream Theory	CGJI/Seattle	1
4/7/1995	Besheer, Kimbrough	Dreams in the Analytical Process	CGJI/Seattle	1
3/10/1995	Chinen, Allan B., M. D., & Karen Signell	Gifts of the Night: Ways of Working With Dreams	CGJI/Seattle	1
4/14/2000	Elting, Peter H., Ph. D.	Dreams and Their Enactment	CGJI/Seattle	1
10/8/1999	Hinton, W. Ladson	Dreams through a Glass Darkly	CGJI/Seattle	1
1999	Grubbs, Geri	Dreams of the Bereaved		1
9/10/1993	Michals, Patricia Kelly	Dreams and Dolphins	CGJI/Seattle	1
4/21/1995	Morris, Randy	World Dreams	CGJI/Seattle	1
2/19/1986	Vasaveda, Arwind, Ph. D.	Lifework of C. G. Jung: Lecture 6 - DREAMS	CGJI/Seattle	1
	Woodman, Marion	Dreams: Language of the Soul		2
		Anima/Animus		
2/11/1990	Bode, Louise	Anima	CGJI/Seattle	1
2/18/1990	Bode, Louise	Animus	CGJI/Seattle	1
	Beebe, John	Father's Anima as a Clinical and Symbolic Problem	Chiron	1
	Stein, Murray	Masculine Development: Midlife and the Anima	CGJI/Seattle	1
	Wyly, James	Anima and Animus - B (Overview of Analytical Psychology Series)	CGJI/Chicago	2 of 2

		Complexes		
6/10/1991	Besheer, Kimbrough	Complexes: Building Blocks of Jung's Theory of Neurosis	CGJI/Seattle	1
1/22/1986	Early, Emmett	Lifework of C. G. Jung Lecture Series - Complexes: The Impish Tricks of Our Mind	CGJI/Seattle	1
3/18/1991	Millard, Kate	Introduction to Jungian Complex Theory	CGJI/Seattle	1
		Introversion/ Extroversion		
4/6/1992	Besheer, Kimbrough	Introversion and Meaning in an Extroverted Life	CGJI/Seattle	1
		Child Development		
10/3/1992	Feldman, Brian	Developmental Approach in Analytical Psychology, The : A Survey of New Developments and Future Pathways		3
9/12/1992	Ammann, Ruth	Child, The: Sandplay		4
11/29/1993	Devine, Lucretia	Child Archetype, The: From the Ordinary to the Sublime	CGJI/Seattle	1
2/1/1989	Fordham, Michael	Reflections on Maturation in Infancy and Childhood		1
4/21/2006	Grubbs, Geri	Children and Jung	CGJI/Seattle	1
		Men		
	Corbett, Lionel	Iron Hans - Discovery of the Deep Masculine	CGJS/Seattle	1
1992	Lavin, Thomas Patrick	Fatherhood - 1 (Psychological Development in Men Series)	CGJI/Chicago	1
	Moore Robert	Psychology of the King	CGJI/Chicago	1
	Moore Robert	Rediscovery of Masculine Potentials	CGJI/Chicago	4
	Moore Robert	Psychology of the King	CGJI/Chicago	7
	Moore Robert	Masculine Selfhood	CGJI/Chicago	7
	Stein, Murray	Masculine Development		6
	Stein, Murray	Friendship Between Men and the Transcendent Function	CGJI/Chicago	1
		Women		
1990	Mudd, Peter	Jung and the Split Feminine		1
10-Mar-	Young-Eisendrath, Polly	What Women Really Want	CGJI/Seattle	4
1/16/1993	de Vore, Anne	Exercise in Courage for Women Only, An	CGJI/Seattle	1
1/15/1993	de Vore, Anne	Maude Gonne: Ireland's Joan of Arc	CGJI/Seattle	1
4/25/1985	Frazer, Laura Cameron	Feminine Aspect of God in the Judaeo-Christian Tradition	CGJI/Seattle	1
6/5/1992	Schwartz, Susan	Handless Maiden, The	CGJI/Seattle	4
2/24/1990	Smith, Betty	Not Without Aphrodite	CGJI/Seattle	6
		Relationships		
5/17/1996	Jaffe, Lawrence	Individuation Through Marriage: Revolution in the Love Relationship	17-May-96	1
6/10/1991	Robinson, Carl	When Psyches Do the Tango: Conflict, Healing, and Growth in Relationships	CGJI/Seattle	1
7/7/1999	Odermatt, M.	Couple Relationship and Couple Therapy	CGJI/Seattle	1
1992	Dalrymple, David	Marriage and the Problem of Intimacy - 1 (Psychological Development in Men Series)	CGJI/Chicago	1
	Jacobson, Neil	The Incompatible Couple: Strategies for Acceptance of Others in Couples Therapy ("Tolerance Interventions", "Dysfunctional Interaction Patterns" "Colleague of John Gottman; passed away in 1999)	CGJI/Seattle	3
	Moore, Robert	Archetypal Self and the Dynamics of Relationship, The:	CGJI/Chicago	1
		Myths and Fairy Tales		
2/12/1986	Gibson, Terrill L.	Myths and Fairytales	CGJI/Seattle	1
	Corbett, Lionel and Rives, Cathy	Myth Analysis - Ovid's Narcissus		1
2005?	Corbett, Lionel and Rives, Cathy	Fairytales Analysis from Self Psychology: The Fisherman and his Wife		1
10/5/1992	Sandner, Donald, M. D.	Active imagination - Mythic Imagination (seminar)	CGJI/Seattle	1
1981	Campbell, Joseph	Greek Mythology	Esalen Workshop	1
1990	Campbell, Joseph	World Mythology Series	Dolphin Tapes	10 tapes
1992	Moore, Robert	Cosmos as Myth and Human Possibility		5 Tapes
4/15/1991	Joram, Bette	Fairy Tales, Folk Tales	CGJI/Seattle	1
		Religions (Christianity /Buddhism)		
2/5/1989	Sanford, John	Lost Psychology of the New Testament - Sin	CGJI/Seattle	2
	Stein, Murray	Jung's Green Christ		1
9/16/1985	Stein, Murray	Jung's Treatment of Christianity	CGJI/Seattle	2
10/26/1985	Frazer, Laura Cameron	A Priest Responds to Jung's Treatment of Christianity	CGJI/Seattle	4
5/10/2002	Kelly, Georgette	Jung and Buddhism	CGJI/Seattle	1
10/10/1997	Stein, Murray	Religion & the Problem of Psychological Inflation	CGJI/Seattle	

Jungian (Biographical Information on Jung)				
10/2/1992	Feldman, Brian	Jung's Infancy and Childhood and Its Influence on the Development of Analytical Psychology	CGJI/Seattle	1
5/14/2004	Lammers, Ann	Jung and Victor White	CGJI/Seattle	1
1/15/1986	Herbig, Marla and Johnson, Harold	Lifework of C. G. Jung Lecture Series - Why Carl Jung?	CGJI/Seattle	1
1980		Jung in Retrospective - IDEAS(CBC Radio Program w/ Marilyn Powell)	CBC RADIO BROADCAST	1
5-14-2004	Lammers, Ann	Jung and Victor White	CGJI/Seattle	2
Midlife				
5/7/1993	Chinen, Allan B., M. D.	Once Upon a Mid-Life: Fairy Tales and the Psychology of Men and Women at Mid-Life	CGJI/Seattle	2
1992	Stein, Murray	Individuation and the Midlife Crisis - 1 (Psychological Development in Men Series)	Chicago	2
	Stein, Murray	Masculine Development: Midlife and the Anima	CGJI/Seattle	1
11/10/2006	Hollis, James	Finding Meaning in the Second Half of Life	CGJI/Seattle	1
Nature				
1/20/1986	Chamberlain, Rebecca	Lessons From Mother Earth	CGJI/Seattle	1
5/19/1995	Jay, Tom	Language and Nature: The Mythic Edge and Reinhabitation	CGJI/Seattle	
5/2/2008	Plotkin, Bill	Eco-Centric Individuation: Nature and the Human Soul	CGJI/Seattle	1
Shadow				
10/6/1973	Brook, Crittendon	Shadow as Friend CGJI/Seattle Seminar tape	CGJI/Seattle	1
10/10/1989	Vaughan-Lee, Llewellyn	Vaughan-Lee, Llewellyn Transformation of the Shadow		1
9/13/1991	Frey-Wehrin, C. T.	Dr. C. G. Jung: Light and Shadow	CGJI/Seattle	2
1/7/1995	Yandel, James	Too True to be Good: The Shadow and Wholeness	CGJI/Seattle	2
	Plaut, Alfred	Shadow, This Thing of Darkness, The	CGJI/Seattle	1
1991	Van Eenwyk, John	Persona and Shadow - A (Overview of Analytical Psychology Series)	CGJI/Chicago	1
Alchemy				
11/17/1989	Nathan Schwartz - Salant,	Alchemy - Borderline States	CGJI/Seattle	1
	Keating, Gordon, M. D.	Alchemy and Healing		1
10/6/1995	Hoeller, Stephan A.	In the Wake of Jung the Alchemist		1
9/22/1995	Elting, Peter H., Ph. D.	Alchemy of the Heart	CGJI/Seattle	1
11/10/1995	Hufford, David	Alchemy of Desire	CGJI/Seattle	1
11/17/2000	Gibson, Terrill L.	Eros & Alchemy: A Multi-Media Jungian Essay on Western Soul and Culture	CGJI/Seattle	1
Other				
2001	Douglas, Claire	Visions Seminar: what it can teach us about the psyche	CGJI/Seattle	1
1/12/2001	Brook, Crittendon	What is Psychotherapy	CGJI/Seattle	1
	Moore, Robert	Psychology of Satan:	Chicago	8
10/18/1991	Zaslove, Arnie	Mask as the Gateway of the Self	CGJI/Seattle	1
3/18/2005	Hillman, James	In Defense of Jung: Soul Psychology for the 21st Century	Pacifica Masters	7 CDs