

Group Assignments-Friday-July 25

**Group B-Judith Tashner-presenter- Mary Greene-mentor--Hedwig Weiler –
convener-Betty Bosdell and Mary Eileen Kiniry-scribes-
Edwin Miller, John Coan**

Topic: Unconscious

Talking Points

Roberto's ideas- As with Jung's beliefs

- 1) unconscious is an exclusively psychological concept and includes all the psychic elements, contents and processes not associated with the "I" or Ego in a conscious way**
- 2) unconscious has no personal centre-not an entity of the unconscious-an adjective not a noun-**
- 3) Indicates a temporary condition of the psychic contents, many of which have been conscious and may become so again**

Our Points

1) moving from personal unconscious into the collective-question of whether the collective unconscious exists

*** there is a transmission of energy between the I/self and everything in the unconscious**

***Elements of presentation:**

Hypothesis: collective consciousness not collective consciousness

Truth of experience is colored by language

Consciousness constructs can be held lightly to allow something new to emerge-constructs and concepts are tools

This is the anatomy & physiology charts not the body! Diagram of the egg not the ineffable whole!

Presentation/Experience

Present the diagram of the Egg diagram and didactic piece as above.

Experiential Piece

Individual sharing of facilitator-first time I did an exercise on the unconscious, I was unconscious!

Set the container to hold the individual and group energy-make sure people are ready to begin-get comfortable in chairs.

Pay attention to where group energy goes-

Start

Let yourself go into your own special meadow-allow yourself-feel the ground-the air, smells, the warmth of the sun-spend a few minutes exploring and enjoying the meadow.

You're drawn to explore-notice the differences between the meadow and forest-Interaction with your guide-notice your relationship with each other.

And with your guide you go and explore deeper into the woods-critters, beings, life in the forest-smell the smells etc.

The guide has something significant to show you. Let the guide show you-an insight, an object, being whatever it is. Take a little while to relate to this significant thing. Know you'll have more time later to relate to it and put it away and take the path through the forest.....

To an open area etc. (repeat same steps as above)

To an upward grade (repeat same steps as above)

Come back into the room

Take some time for writing, drawing, reflecting on the experience...

Two questions:

1) What were the significant things you found and what did you learn from them?

1) What was your relationship to lower, middle and higher unconscious in the exercise?