

Introduction to Jungian World

Part III.

Fundamentals of Dream Analysis

Wirklichkeit ist, was wirkt

“Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes”



Dream

- *To the civilized man dreams as a rule appear valueless, though there are some people who attach great significance to certain dreams on account of their weird and impressive character.*
The dream has for the primitive an incomparably higher value than it has for civilized man. Not only does he talk a great deal about his dreams, he also attributes an extraordinary importance to them, so that it often seems as though he were unable to distinguish between them and reality.
- *The dream shows the inner truth and reality of the patient as it really is: not as I conjecture it to be, and not as he would like it to be, but as it is*

Autonomy of the Dream

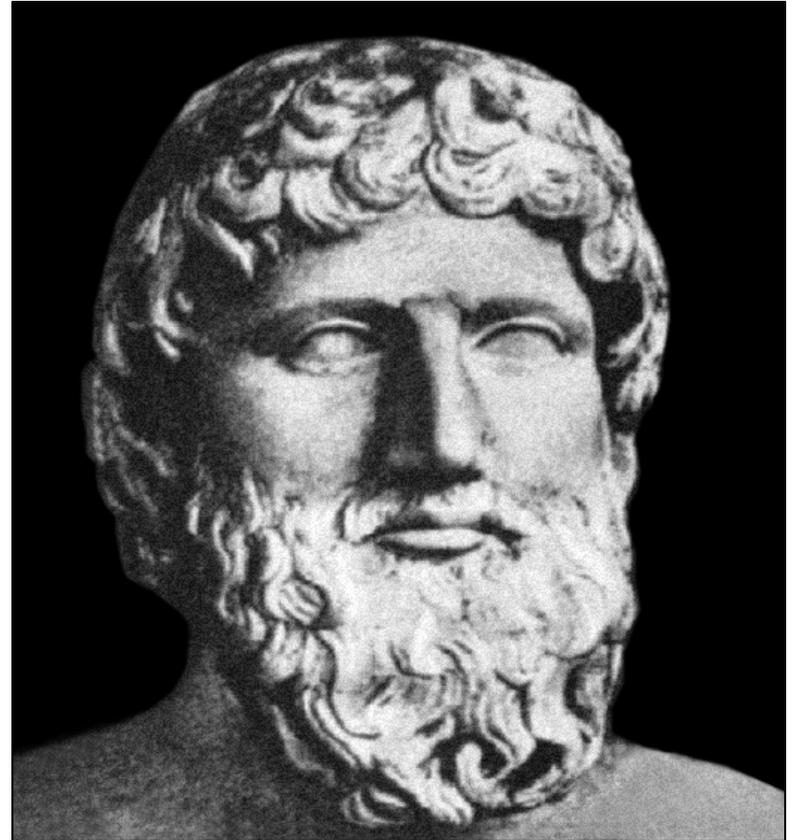


“Dreams are impartial, spontaneous products of the unconscious psyche, outside the control of the *will*. They are pure nature; they show us the unvarnished, natural truth, and are therefore fitted, as nothing else is, to give us back an attitude that accords with our basic human nature when our consciousness has strayed too far from its foundations and run into an impasse”

**The dream is the small hidden door
in the deepest and most intimate
sanctum of the soul, which opens to
that primeval cosmic night that was
soul long before there was
conscious ego and will be soul far
beyond what a conscious ego could
ever reach**

Aesop's Fables

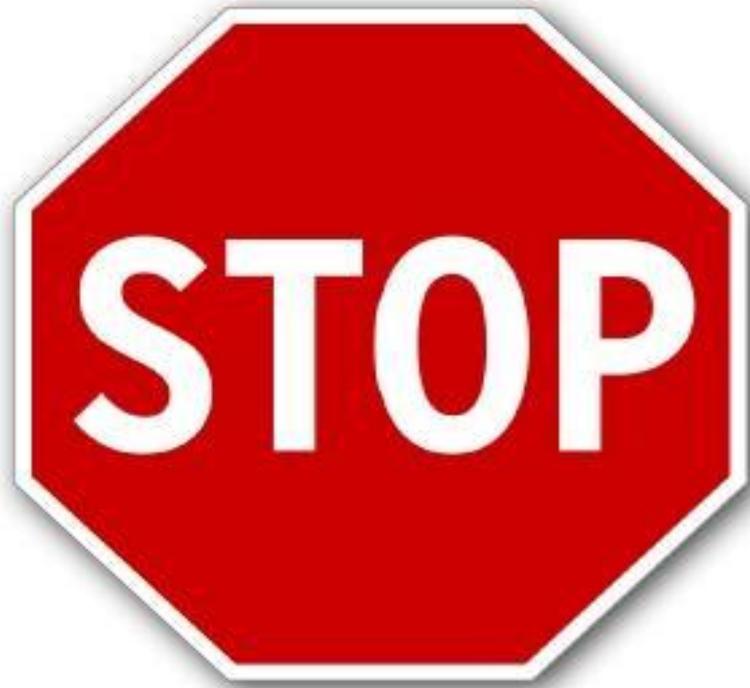
A boy playing near a pond, saw a number of Frogs in the water and began to pelt them with stones. He killed several of them, when one of the Frogs, lifting his head out of the water, cried out: "Pray stop, my boy: what is sport to you, is death to us."



Transcendent versus Reductive



Sign



Symbol



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*Sinnbild: Sinn (meaning) and Bild
(image)*



*Symbol: Energy
transformer*



Symbol: expressive and

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: WHY?

(INFANTILE REGRESSION)

Jung : TO WHAT PURPOSE ?

(LAND OF CHILDHOOD)

Psyche: self-regulating system (nothing gets lost in the psyche)

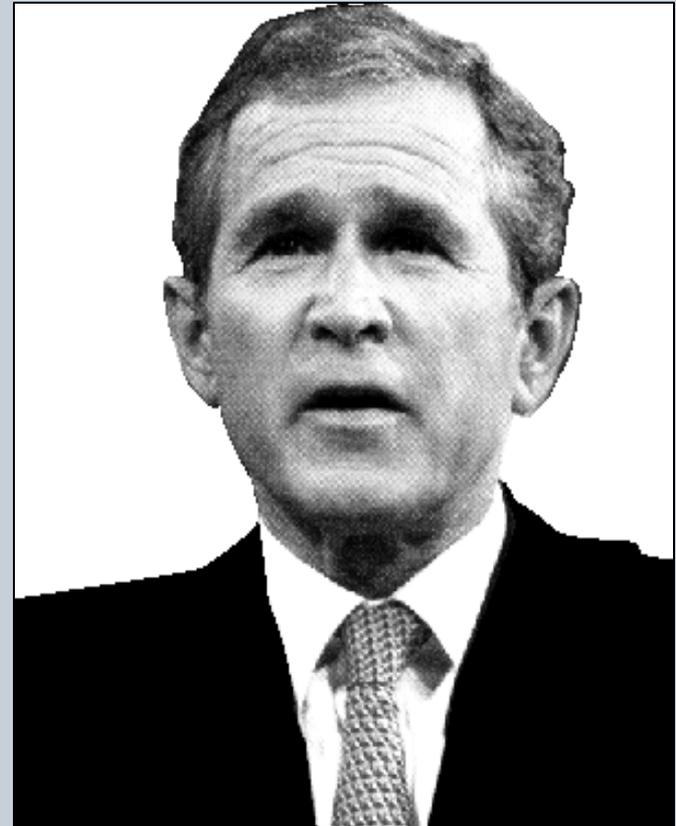
Unconscious is:

“continually active, creating combinations of its materials; these serve to indicate the *future path* of the individual. It creates prospective combinations just as our consciousness does, only they are considerably superior to the conscious combinations both in refinement and extent.”

“unparalleled guide for human beings... ”

“containing all the material that has *not yet* reached the level of consciousness. These are the germs of future conscious contents.”

Compensation



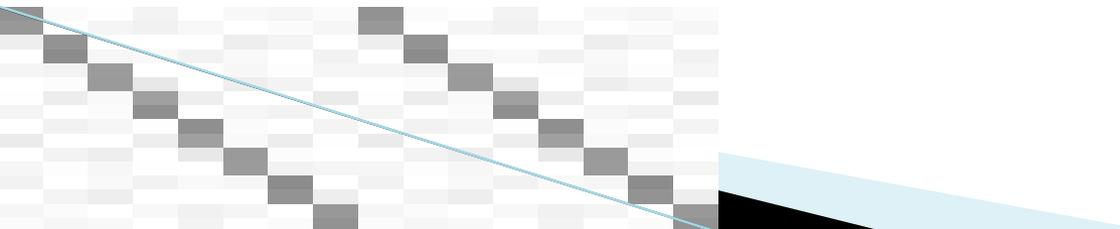
Compensation = balancing, supplementing (Adler)



Inherent self-regulation of the psychic apparatus

- Activity of the unconscious is balancing the one-sidedness of the general attitude of the consciousness
- The more one-sided is the conscious attitude the more antagonistic are the contents of arising from the unconscious
- *Aim of therapy*: realization of the unconscious contents in order to re-establish compensation

Types of dreams

1. *Compensatory*
 2. *Parallel (with conscious attitude)*
 3. *Prospective (plan)*
 4. *Reductive (negative compensation)*
 5. *Reactionary*
 6. *Psycho-somatic*
 7. *Telepathic*
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amplification

Personal associations with the image (direct association). In order to discover the feelings evoked by a particular dream image or symbol. The meaning and significance of a particular word or image can vary greatly between individuals depending on the effect it has had on his/her life.

- *Cultural* significance of the image
- *Archetypal*: parallels from the symbolism contained in folklore, history, fairytales, religion, mythology, rituals etc.

- **Free association: *reductio in primam figuram***

Stages of the dream



1. ***Dramatis Personae*** (time and place, locality) - The opening scene which introduces place, characters and the situation that the dreamer will face (an issue or problem expressed metaphorically)
2. ***Exposition*** - statement of the dream problem (unconscious makes it pronouncement)
3. ***Peripety*** (Culmination) - Something significant happens, the main character responds.
4. ***Lysis*** - The conclusion of the dream. The ending of the dream is regarded as the most important stage. It signifies how the dreamer might deal with the problem or issue that was expressed in the first stage (exposition).

A girl and a rainbow

1. Dramatis
Personae
2. Exposition
3. Peripety
4. Lysis

