

FINDING YOUR CENTER




Navigating by *SOUL*

This path explores an inner landscape.

It teaches a new and yet ancient way of being and seeing. Guided by your soul, you embark on an art-based journey into the depths of the unconscious. On this archetypal path you walk in the footsteps of the psychologist Carl Jung, the students he taught, and the unnamed multitude who he followed. In this undertaking the images that you create pave your way as stepping stones that lead to the center of your soul and Self as a whole.

While you come full circle in this journey, it may feel as if you are blindfolded and spun in circles. Like this website, which is designed to remember neural and ancestral pathways, art leads you by losing you. It realigns you to a new center. Simply put, your ego has to be disoriented to reorient to the soul's compass. Relinquishing the world of rational, linear thought and external sight, you learn to navigate by insight and intuition. This may seem unfamiliar, as you are guided by the starlit heavens reflected on earth. Embarking on a sea journey, you set sail from the familiar dry land of conscious thought in pursuit of buried treasure. Called to deep dive into the mythic and symbolic realm of the soul, you drop into your heart and body to enter the 95% of yourself that is unconscious and lies beneath the surface. You chart this territory in your art. By seeing thru art in this way, you learn the cartographic or map-making knowledge of the soul as you discover new lands.

Mapping the soul, you map your *SELF* and find your *WAY*.

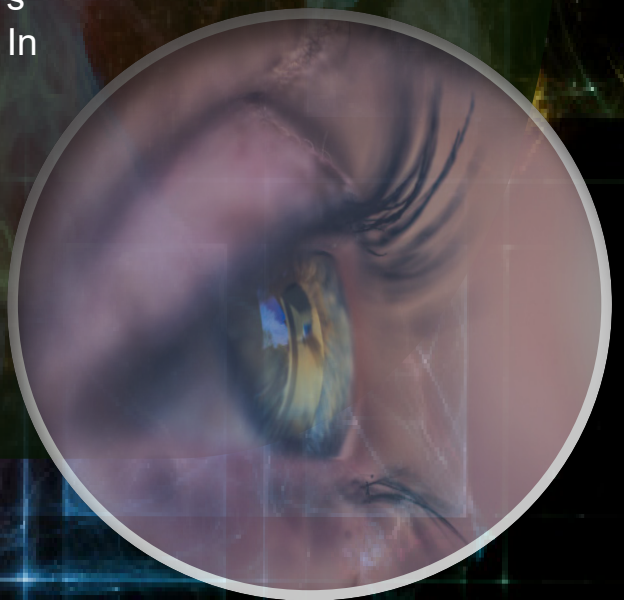


"Learn how to see.
Realize that
everything connects to
everything else."
Leonardo da Vinci



Learning to See

Jung said that he did everything in his power to teach those close to him a new way of seeing. This ability to perceive the interconnected whole is at the heart of this art-based process which remembers and reimagines visionary research. Reflected in the Latin root of idea (to "see") and the archetypal concept of the eye of the soul, sight is our primary function. Evolved over millenia, we intake over 90 % of information visually and process this data 60,000 x faster than words. Called the picture superiority effect, humans understand and remember information better if it has a visual component. This website attempts to bridge opposites of visual and verbal processing through this effect, creating a synthetic union that Jung called the transcendent function. Reconciling the tension of opposite ways of knowing (visual and verbal) in imaginal research and pictorial thought, a website can be seen as a modern day illuminated manuscript (a painted book like Jung's Red Book which includes visual and verbal art). In bridging opposites the site creates a third way. This third way can be seen in the third eye that unites the archetypally masculine right eye of the mind and the feminine left eye of the soul. Beyond theory, this is an ancient way of seeing that returns to the mystical participation of earlier, tribal people, uniting subject and object in harmonizing nature within and without.



Understanding the POWER of art Creation as “salvation” C G Jung

A Lived Example

To convey the power of art is to understand what Jung called the secret and effectiveness of art in a new (and ancient) way of seeing. This power connects us as a whole through the collective unconscious and the supraconscious of the soul. Ultimately, this power can only be conveyed through lived experience, and so I offer a number of my experiences from my dissertation. The first was the initial time that I created art in response to Jung's Red Book, and I was brought back to relive an experience of childhood abuse in a way that was profoundly real. This experience broke and healed me. The other examples are the 2 times that I worked with visual imagery in my class. In the first, a smaller group joined my cohort. We started class by sketching, and one of the new members inexplicably drew a picture of the most prominent image we had discussed over the previous year, unconsciously drawing upon collective roots to express the idiosyncratic image of the statue of liberty with a phallus baby. The second time was when cohort members were told to bring a symbol to class, and I brought a painting that I had started years earlier. Presenting last, I was shown that it contained all of my classmates symbols but one which I was painting at home. All 3 of these examples speak in different ways to the power of art to work and play with the unconscious in images as a form of communion or atONement.

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**Art offers us
a creative path of
healing and
wholeness.**



Art REMEMBERS our dismembered *soul*

Art Re-Members the Past

I dedicated my dissertation to Stephanie, a friend who died of cancer during my dissertation and whose creative life testified to the healing power of art. In creating a retrospective of her art, I was struck by how her images and titles spoke of childhood wounding, culminating in a series of golden eggs that presciently anticipated the locations of cancerous tumors years in advance. These golden eggs can be seen as the primary symbol of Jun-The Red Book and my art, and they testify to art's power to give birth to the soul's images and heal the past. When I considered not following art as a dissertation path, a dream told me that if I did not I would die like Stephanie. In a vision of dismembered children, poorly sewn together, my dream children beseeched me with haunted eyes to remember the past and heal their wounds. This is their golden egg.

What is your
wound?
What is your
golden egg?



Art is like an
Easter egg hunt to
gather the golden
eggs of your
ka or embodied
soul.



Embodying the *soul*

The soul is embodied in the images of visionary art and imaginal research. These images are both visual and verbal, real and imaginal. Image and imagination share a root, and an image can be seen as an imaginal body. Embodiment is essential, since the soul drops into the heart and art in this process. In a real way, this journey leads from the head to the heart, charting a path from above to below.

Coming Home

Alchemical Transformation

This process is fundamentally about embodiment. Art creates an alchemical container or vessel for transformation in our body. Just as you are the path and the way, you are the vessel for your soul. You are the embodied work of art. On this path, you follow your soul's guidance back home to the body. You come to your senses and your Self through the rebirth of the soul's images in the body.

On this journey, you circumnavigate the dark night of the soul to return to the mythic garden from whose rich soil you are reborn. Like the creation of Adam and Eve from the earth, this path is about getting your hands dirty. Dig. Explore. Play. There is no wrong way, there is only your way. Be free. Create.

As you navigate the website and path, soften your gaze and release your need to know. Loose yourself. Let your gaze unfocus to see the bigger picture and connect the dots beyond the seen to the unseen. Feel into the unknown. If you get lost, take a deep breath. Get comfortable with discomfort. Let go and reflect. Observe. If a block appears, see what is there. If you are particularly drawn or repelled by something you are called to create in art or navigate, move closer. Embody images and imagine. Open to the experience. Map your psychology.

**"Not all who
wander are lost."**

**J R R
Tolkein**

