

Simple Vocabulary to Guide You



“A good word is like a good tree whose root is firmly fixed and whose top is in the sky.”
Quaran

Simple Words and Concepts

Active Imagination:

Active imagination is the activation of the image—both in ourselves and our art—that allows us to communicate with the soul through symbolism to make the unconscious conscious. Active imagination is the primary technique at play in the Soul of Creativity.

Alchemy:

Alchemy is an archetypal tradition in which people learn to transform or transmute their base, shadow material by embodying spirit in matter by making the unconscious conscious.

Ego:

Your ego is your personal sense of identity and self-esteem. The ego mediates or bridges between the conscious and the unconscious. The you that you orient to within is your ego. It is your “I” that goes on the journey with your soul and transforms.

Individuation:

Individuation is Jung’s word for the transformational journey from the self to the Self, from the little you to the larger or big you. In this process you both become distinct from humanity as yourself and a part of the world as a whole. The Soul of Creativity facilitates individuation.

Participation Mystique:

A term for the mystical participation with nature that older, tribal cultures embodied, participation mystique is a state in which you and the world around you are experienced as one. This state can be seen as a form of atONement and a mythic return of your nature in balance with nature. Returning to the mythic Eden is a metaphor for returning to yourself and accepting yourself, seeing yourself with the eyes of love not shame. Eden is being at home in the body.



Words represent ideas and images

Idea means “to see,” and words help us see through the language of the soul.

The soul has an embodied language. Know these words and ideas in your body.



Ensouled words are alive.
Words are tools of creation. They are another form of ART, animated or ensouled language.

Persona:

Your persona is your worldly identity—how you identify outwardly or are perceived. It can be seen as a mask that you wear or an adaptive role that you play in the world.

Shadow:

Like your shadow that is cast behind you, your shadow is the part of you that you cannot or will not look at. Repressed into the unconscious, the shadow is what you can't accept.

Self:

This is your Self with a capital S, the part of you that is connected to the larger whole. This can be seen as your higher Self and also your essential or whole Self—all of you.

Soul:

The soul is psyche from psychology. It means life breath and is symbolized by the butterfly that transforms. A lens that we see through, the soul mediates between ourselves and the world as well as above and below, spirit and matter. The soul is natural and transpersonal, guiding us toward wholeness through the symbolism of art and nature through creation.