

## DEFINITION OF JUNGIAN TERMS

**INDIVIDUATION:** The process of moving toward your totality; fulfilling your potential; moving away from conformity and becoming a unique psychological/spiritual individual.

**WHOLENESS:** A state of completion of the human soul that comes from psychological awareness, self-knowledge, self-acceptance, and Self-acceptance.

**THE UNCONSCIOUS:** Everything about yourself that is not known to you; everything not related to your ego.

**PERSONAL UNCONSCIOUS:** The part of your unconscious that is the product of your unique, subjective experience. Your shadow lives here.

**COLLECTIVE UNCONSCIOUS:** The part of your unconscious that you share with many or all humans. The archetypes live here.

**ARCHETYPES:** Psychic imprints or forms that you inherited and that influence your recurring psychological patterns. Examples: Mother, Father, Hero, King, Evil Witch, Tree, Devil.

**EGO:** The center of your consciousness. The aspect of your personality with which you consciously identify; the seat of your will power and decision-making abilities. In dreams, your ego is represented by you, the dreamer.

**PERSONA:** Your mask. Your social appearance and behavior. The part of yourself that your ego is willing to reveal to others. In dreams, the persona is represented by clothes, makeup, etc.

**SHADOW:** The repressed aspects of your personality. Things about yourself your ego does not wish to see or admit to; qualities you consider inferior. The shadow can contain positive and negative content. In dreams, your shadow is represented by people of the same sex as you.

**ANIMUS:** A woman's masculine side -- her known and unknown, developed and undeveloped masculine potential. In dreams the animus is represented by males.

**ANIMA:** A man's feminine side -- his known and unknown, developed and undeveloped feminine potential. In dreams the anima is represented by females.

**SELF:** The central archetype of the human soul that expresses psychic wholeness; the totality of your personality, as well as its center and circumference. Often associated with the deity; the God-image within humans. The autonomous regulating force within you which urges you toward wholeness.