



Psychology of the Unconscious: A Study of the Transformations and Symbolisms of the Libido, A Contribution to the History of the Evolution of Thought

C. G. Jung

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AN INTRODUCTION TO PSYCHOANALYSIS AND ANALYTIC PSYCHOLOGY

WHEN Professor Freud of Vienna made his early discoveries in the realm of the neuroses, and announced that the basis and origin of the various symptoms grouped under the terms hysteria and neuroses lay in unfulfilled desires and wishes, unexpressed and unknown to the patient for the most part, and concerned chiefly with the sexual instinct, it was not realized what far-reaching influence this unpopular and bitterly attacked theory would exert on the understanding of human life in general.

For this theory has so widened in its scope that its application has now extended beyond a particular group of pathologic states. It has in fact led to a new evaluation of the whole conduct of human life; a new comprehension has developed which explains those things which formerly were unexplained, and there is offered an understanding not only of the symptoms of a neurosis and the phenomena of conduct but the product of the mind as expressed in myths and religions.

This amazing growth has proceeded steadily in an ever-widening fashion despite opposition as violent as any of which we have knowledge in the past. The criticism originally directed towards the little understood and

much disliked sexual conception now includes the further teachings of a psychology which by the application to it of such damning phrases as mystical, metaphysical and sacrilegious, is condemned as unscientific.

To add to the general confusion and misunderstanding surrounding this new school of thought there has arisen a division amongst the leaders themselves, so that there now exist two schools led respectively by Professor Sigmund Freud of Vienna and Dr. Carl Jung of Zurich, referred to in the literature as the Vienna School and the Zurich School.

It is very easy to understand that criticism and opposition should develop against a psychology so difficult of comprehension, and so disturbing to the ideas which have been held by humanity for ages; a psychology which furthermore requires a special technique as well as an observer trained to recognize and appreciate in psychologic phenomena a verification of the statement that there is no such thing as chance, and that every act and every expression has its own meaning, determined by the inner feelings and wishes of the individual.

It is not a simple matter to come out boldly and state that every individual is to a large extent the determiner of his own destiny, for only by poets and philosophers has this idea been put forth—not by science; and it is a brave act to make this statement with full consciousness of all its meaning, and to stand ready to prove it by scientific reasoning and procedure.

Developed entirely through empirical investigation and through an analysis of individual cases, Freudian psy-

INTRODUCTION - ix

chology seems particularly to belong to that conception of Max Müller's that u An empirical acquaintance with facts rises to a scientific knowledge of facts as soon as the mind discovers beneath the multiplicity of single productions the unity of an organic system." *

Psychoanalysis is the name given to the method developed for reaching down into the hidden depths of the individual to bring to light the underlying motives and determinants of his symptoms and attitudes, and to reveal the unconscious tendencies which lie behind actions and reactions and which influence development and determine the relations of life itself. The result of digging down into the hidden psyche has been to produce a mass of material from below the threshold of consciousness, so astonishing and disturbing and out of relation with the previously held values, as to arouse in any one unfamiliar with the process the strongest antagonism and criticism.

Although originally studied only as a therapeutic method for the sick it was soon realized through an analysis of normal people how slight were the differences in the content of the unconscious of the sick ...

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