

Carl Jung: Quotations (1875 - 1961)

Freud said that the goal of therapy was to make the unconscious conscious. He certainly made that the goal of his work as a theorist. And yet he makes the unconscious sound very unpleasant, to say the least: It is a cauldron of seething desires, a bottomless pit of perverse and incestuous cravings, a burial ground for frightening experiences which nevertheless come back to haunt us. Frankly, it doesn't sound like anything I'd like to make conscious!

1. We cannot change anything unless we accept it. 2.

Condemnation does not liberate, it oppresses.

3. Nobody, as long as he moves among the chaotic currents of life, is without trouble.

4. Synchronicity is an ever-present reality for those who have eyes to see.

5. We should not pretend to understand the world only by the intellect; we apprehend it just as much by feeling. Therefore, the judgment of the intellect is, at best, only the half of truth, and must, if it be honest, also come to an understanding of its inadequacy.

Source: *Psychological Types, or, The Psychology of Individuation* (1921) Conclusion, p. 628

6. As far as we can discern, the sole purpose of human existence is to kindle a light of meaning in the darkness of mere being. !

Source: *Memories, Dreams, Reflections* (1963) p. 326

7. Emotion is the chief source of all becoming-conscious. There can be no transforming of darkness into light and of apathy into movement without emotion. **Source:** *Psychological Aspects of the Modern Archetype* (1938)

8. The unconscious is not just evil by nature, it is also the source of the highest good: not only dark but also light, not only bestial, semi-human, and demonic but superhuman, spiritual, and, in the classical sense of the word, "divine." **Source:** *The Practice of*

Psychotherapy, p. 364 (1953)

9. . . . even the enlightened person . . . is never more than his own limited ego before the One who dwells within him, whose form has no knowable

boundaries, who encompasses him on all sides, fathomless as the abysses of the earth and vast as the sky. **Source:** *Answer to Job: Collected Works* 11: 758

10. Knowing your own darkness is the best method for dealing with the darkness of other people.

11. Intuition (is) perception via the unconscious. 12. There is no birth of consciousness without pain. **Source:** *Wisdom for the Soul*

13. ...the growth of the mind is the widening of the range of consciousness, and that each step forward has been a most painful and laborious achievement. **Source:** *Wisdom for the Soul*:

14. Without this playing with fantasy no creative work has ever yet come to birth. The debt we owe to the play of the imagination is incalculable. **Source:** *The Inspired Workspace*

15. I am not what happened to me, I am what I choose to become.

16. Enlightenment doesn't occur from sitting around visualizing images of light but from integrating the darker aspects of the Self !into the conscious personality.

17. We can never fully know. !I simply believe that some part of the human Self or Soul! is not subject to the laws of space and time.

18. The archetype is increasingly detached from its dynamic background and gradually turned into a purely intellectual formula. In this way it is neutralized, and you can then say 'one can live with it' quite well. *Letters*, vol. 2, p. 259.

19. One does not become enlightened by imagining figures of light, but by making the darkness conscious.

20. When an inner situation is not made conscious, it appears outside as fate. 21. You meet your destiny on the road you take to avoid it.

22. What you resist persists.

23. I feel very strongly that I am under the influence of things or questions which were left incomplete and unanswered by my parents and grandparents and more distant ancestors. It often seems as if there were an impersonal karma within a family which is passed on from parents to children. It has always seemed to me that I had to answer questions which fate had posed to my forefathers, and which had not yet been answered, or as if I had to complete, or perhaps continue, things which previous ages had left unfinished. *Memories, Dreams, Reflections* (Vintage)

24. A complex is a cluster of energy in the unconscious, charged by historic events, reinforced through repetition, embodying a fragment of our personality, and generating a programmed response and an implicit set of expectations.

25. It is really the mistake of our age. We think it is enough to discover new things, but we don't realize that knowing more demands a corresponding development of morality. **Source:** *Jung's letter to a father*.

26. Archetypes, in spite of their conservative nature, are not static but in *a continuous dramatic flux*. Thus the self as a monad or continuous unit would be dead. But it lives inasmuch as it splits and unites again. There is no energy without opposites! **Source:** *Jung's letter to a father*.

27. Projection [of our own shadow] makes the whole world a replica of our own unknown face.

28. Whenever there is a reaching down into innermost experience, into the nucleus of personality, most people are overcome by fear and many run away. . . The risk of inner experience, the adventure of the spirit, is in any case alien to most human beings. The possibility that such experience might have psychic reality is anathema to them. **Source:** *Memories, Dreams, Reflections* (Vintage)

29. People will do anything, no matter how absurd, to avoid facing their own soul.

30. The most dangerous things in the world are immense accumulations of human beings who are manipulated by only a few heads.

31. That I feed the hungry, forgive an insult, and love my enemy.... these are great virtues. !But what if I should discover that the poorest of the beggars and the most impudent of offenders are all within me, and that I stand in need of the alms of my own kindness; that I myself am the enemy who must be loved? What then?

32. Who looks outside, dreams. Who looks inside, awakens.

33. In knowing ourselves to be unique, we possess the capacity for becoming conscious of the infinite. But only then!

34. It is only our deeds that reveal who we are. 36. To confront a person with his own shadow is to show him his own light.

37. The healthy man does not torture others - generally it is the tortured who turn into torturers.

38. If one does not understand a person, one tends to regard him as a fool. **Source:** *Mysterium Coniunctionis* (1955-56)

39. Show me a sane man and I will cure him for you.

40. Sentimentality is a superstructure covering brutality.

41. The images of the unconscious place a great responsibility upon a man. Failure to understand them, or a shirking of ethical responsibility, deprives him of his wholeness and imposes a painful fragmentariness on his life. **Source:** *Memories, Dreams, and Reflections*, chapter 6 (1963)

42. The greatest and most impossible problems of life are all in a certain sense insoluble. They can never be solved but only outgrown.

43. Knowledge rests not upon truth alone, but upon error also. 44. The least of things with a meaning is worth more in life than the greatest

of things without it. **Source:** *Modern Man in Search of a Soul*.

45. The meeting of two personalities is like the contact of two chemical substances; if there is any reaction, both are transformed.

46. Mistakes are, after all, the foundations of truth, and if a man does not know what a thing is, it is at least an increase in knowledge if he knows what it is not.
47. Our blight is ideologies - they are the long-expected Antichrist!
Source: *Psychological Commentaries on 'The Tibetan Book of the Great Liberation'* (1954)
48. Every form of addiction is bad, no matter whether the narcotic be alcohol or morphine or idealism. **Source:** *Memories, Dreams, Reflections*, chapter 12 (1963)
49. This whole creation is essentially subjective, and the dream is the theater where the dreamer is at once: scene, actor, prompter, stage manager, author, audience, and critic.
50. The most terrifying thing is to accept oneself completely.
51. We meet ourselves time and again in a thousand disguises on the path of life.
52. Religion is a defense against a religious experience.
53. Often the hands will solve a mystery that the intellect has struggled with in vain.
54. Resistance to the organized mass can be effected only by the man who is as well organized in his individuality as the mass itself.
Source: *The Undiscovered Self*, chapter 4 (1957)
- It is the individual's task to differentiate himself from all the others and stand on his own feet. All collective identities . . . interfere with the fulfillment of this task. Such collective identities are crutches for the lame, shields for the timid, beds for the lazy, nurseries for the irresponsible. . . .**Source:** *Memories, Dreams, Reflections*.
55. All the works of man have their origin in creative fantasy. What right have we then to depreciate imagination.
56. Instead of being at the mercy of wild beasts, earthquakes, landslides, and inundations, modern man is battered by the elemental forces of his own psyche. This is the World Power that vastly exceeds all other

powers on earth. The Age of Enlightenment, which stripped nature and human institutions of gods, overlooked the God of Terror who dwells in the human soul. **Source:** *The Development of Personality* (1934)

57. In all chaos there is a cosmos, in all disorder a secret order.

Source: *Archetypes of the Collective Unconscious* (1959)

58. Follow that will and that way which experience confirms to be your own. <http://blog.gaiam.com/quotes/authors/carl-jung>.

59. It is a matter of balance, oneness, wholeness, "the ultimate unity, the community of the Masculine and the Feminine in their totality in God."

60. Celibacy is not harmful provided it is not just an escape from the necessities and responsibilities of life and fortune.

61. (Celibacy] must be freely willed and based on religious convictions: all other motivations are too weak and produce a lack of interior unity along with neurosis. Jung wrote about a process of individuation and integration necessary for a person to become whole. It meant integrating the conscious with the unconscious while sustaining self-governance.

Great Sayings by Carl Jung

1. A man who has not passed through the inferno of his passions has never overcome them.

2. The sole purpose of human existence is to kindle a light in the darkness of mere being.

3. Children are educated by what the grown-up is and not by his talk.

4. Even a happy life cannot be without a measure of darkness, and the word happy would lose meaning if it were not balanced by sadness. It is far better take things as they come along with patience and equanimity.

5. Every form of addiction is bad, no matter whether the narcotic be alcohol or morphine or idealism.

6. Everything that irritates us about others can lead us to an

understanding of ourselves.

7. Follow that will and that way which experience confirms to be your own.

8. Great talents are the most lovely and often the most dangerous fruits on the tree of humanity. They hang upon the most slender twigs that are easily snapped off.

9. I have treated many hundreds of patients. Among those in the second half of life – that is to say, over 35 – there has not been one whose problem in the last resort was not that of finding a religious outlook on life.

10. If one does not understand a person, one tends to regard him as a fool.

11. If there is anything that we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves.

12. In all chaos there is a cosmos, in all disorder a secret order.

13. In my case Pilgrim's Progress consisted in my having to climb down a thousand ladders until I could reach out my hand to the little clod of earth that I am.

14. It all depends on how we look at things, and not how they are in themselves.

15. It is a fact that cannot be denied: the wickedness of others becomes our own wickedness because it kindles something evil in our own hearts.

16. Knowing your own darkness is the best method for dealing with the darkness of other people.

17. Knowledge rests not upon truth alone, but upon error also. 18. Man needs difficulties; they are necessary for health.

19. Man's task is to become conscious of the contents that press upward from the unconscious.

20. Mistakes are, after all, the foundations of truth, and if a man does

not know what a thing is, it is at least an increase in knowledge if he knows what it is not.

21. Nobody, as long as he moves about among the chaotic currents

of life, is without trouble.

22. One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feelings. The curriculum is so much necessary raw material, but warmth is the vital element for the growing plant and for the soul of the child.

23. Shrinking away from death is something unhealthy and abnormal which robs the second half of life of its purpose.

24. Sometimes, indeed, there is such a discrepancy between the genius and his human qualities that one has to ask oneself whether a little less talent might not have been better.

25. The greatest and most important problems of life are all fundamentally insoluble. They can never be solved but only outgrown.

26. The least of things with a meaning is worth more in life than the greatest of things without it.

27. The man who promises everything is sure to fulfill nothing, and everyone who promises too much is in danger of using evil means in order to carry out his promises, and is already on the road to perdition.

28. The most intense conflicts, if overcome, leave behind a sense of security and calm that is not easily disturbed. It is just these intense conflicts and their conflagration that are needed to produce valuable and lasting results.

29. The shoe that fits one person pinches another; there is no recipe for living that suits all cases.

30. There is no coming to consciousness without pain.

31. Understanding does not cure evil, but it is a definite help, inasmuch as one can cope with a comprehensible darkness.

32. We cannot change anything until we accept it. Condemnation does not liberate, it oppresses.

33. We deem those happy who from the experience of life have learnt to bear its ills without being overcome by them.

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

