



Southern Arizona Friends of Jung

SUSAN NEGLEY, MA, LPC

**Friday Lecture: May 15, 7pm
Holy Mole!**

non-members, \$15; members, \$10

**Saturday Workshop:
Writing Your Personal Myth**

Saturday May 16, 2015
9am to 1pm

Workshop Cost: \$60
Members: \$45

Paypal credit card payments at
<http://www.safoj.org/events.htm>
or pay at the door at 6:30pm

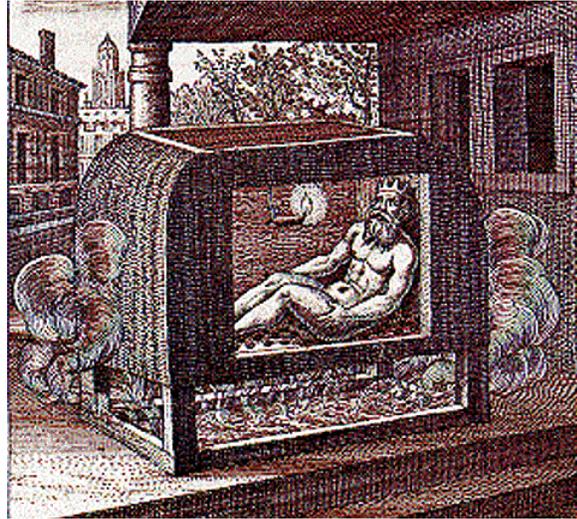
Location

Han University
2856 E Fort Lowell Road
Tucson, Arizona



SUSAN NEGLEY, MA, LPC, is a Jungian Analyst practicing in San Antonio, Texas. Previous to this she earned a Grande Diplome (le Cordon Bleu, Ecole de Cuisine, Paris, 1974). She was a chef de cuisine in New Orleans and Houston and operated her own cafe and catering business from 1977-1996.

COOKING AND ALCHEMY



Friday Lecture: May 15, 2015, 7 pm, Holy Mole!

Cooking has become the language of my soul. Like with the alchemists and their alchemical arts, my training in the culinary arts of French cooking and mastery of its processes has enhanced my understanding of spiritual transformation, what Jung calls individuation. As such there is a feast of metaphor and analogy when using the language of cooking and eating to talk about psychological development. The feast is an essential element of community, offering nourishment through creativity, preparation, serving, and sharing. The feast provides a framework for communion for those preparing and partaking. Who is or isn't at the table is an important question to ask about our complexes, shadow, and wholeness. Dreams about being at table or altar often supply the answer.

**Saturday Workshop, May 16, 2015, 9 am to 1 pm
Writing Your Personal Myth**

Using the language of cooking and eating to talk about psychological processes and development provides a feast of metaphor and analogy. The one makes the other real: embodied, imaged. By its very nature, understanding the psyche's processes in the processes of cooking heals the mind/body split that is the primary wound of modern life.

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