



**SOUTHERN ARIZONA FRIENDS OF JUNG
PRESENTS:**

Personal Alchemy & Family Constellations

A Lecture & Workshop with John Dore, PhD

Sat, March 17, 2018

Lecture 10:00-12:00 • Members: \$15, Non-Members: \$20
Workshop 1:00-4:00 • Members: \$50, Non-Members: \$65

Grace St Paul's Episcopal Church (Bloom Room)
2331 E Adams St, Tucson, AZ

Pre-register at <http://www.safoj.org>

Morning Lecture & Discussion (10:00-12:00 pm)

Rather than changing base lead into gold, the goal of alchemy can be seen simply as change for the better. Jung, for example, saw his concept of individuation as an “alchemical” process. It focuses on personal development from undifferentiated, unconscious (often problematic or challenging) mental states toward integrated, well-functioning whole being. This inner alchemy transforms our “baser” nature into wiser, healthier ways of being. Individuation includes the forces of darkness and light competing for influence over the ego. Jungian work supports the ego’s willingness to learn from the core Self in order to avoid being overtaken by shadow-instincts.

Personal alchemy is a system of methods for shifting mental states (e.g., defenses, judgmentalness, various psychic disturbances, down to our deepest fears) into the wisdom and compassion of our true Self. Methods include alchemical/archetypal meditations, active imaginal journeys, shamanic rituals, mind-clearing/calming practices, etc. which help to mitigate or transform symptoms like depression, anxiety, shame or low self-esteem, fears and guilt, as well addressing moral and spiritual issues.



Afternoon Workshop (1:00-4:00 pm)

The methods of personal alchemy compliment the larger framework of family constellations. On the level of collective consciousness, constellations activate a “knowing field” of ancestral wisdom beyond individual knowing. They resolve inherited “entanglements” which create symptoms in the family lineage — analogous to “sins of the fathers visiting sons” — on the premise that the family conscience demands justice across generations. In the constellation circle volunteers take turns being Clients who then ask others to Represent family members, or parts of themselves (child, shadow, anima, “god”), the issues addressed, or larger factors of history, spiritual or cosmic matters. Many invisible/unconscious/archetypal forces activate to create insight, deep emotion, and kinds of resolutions for Clients, Representatives and members of the constellation circle.



John Dore, PhD is a retired professor of psychology, literature and linguistics at CUNY. He has many publications in human development journals and is a Jungian therapist and family constellation counselor in Tucson, AZ.