

Fashioned and formed as
earthen vessels,

Fragile and easily broken,

Yet holding a treasure,
a wealth untold,

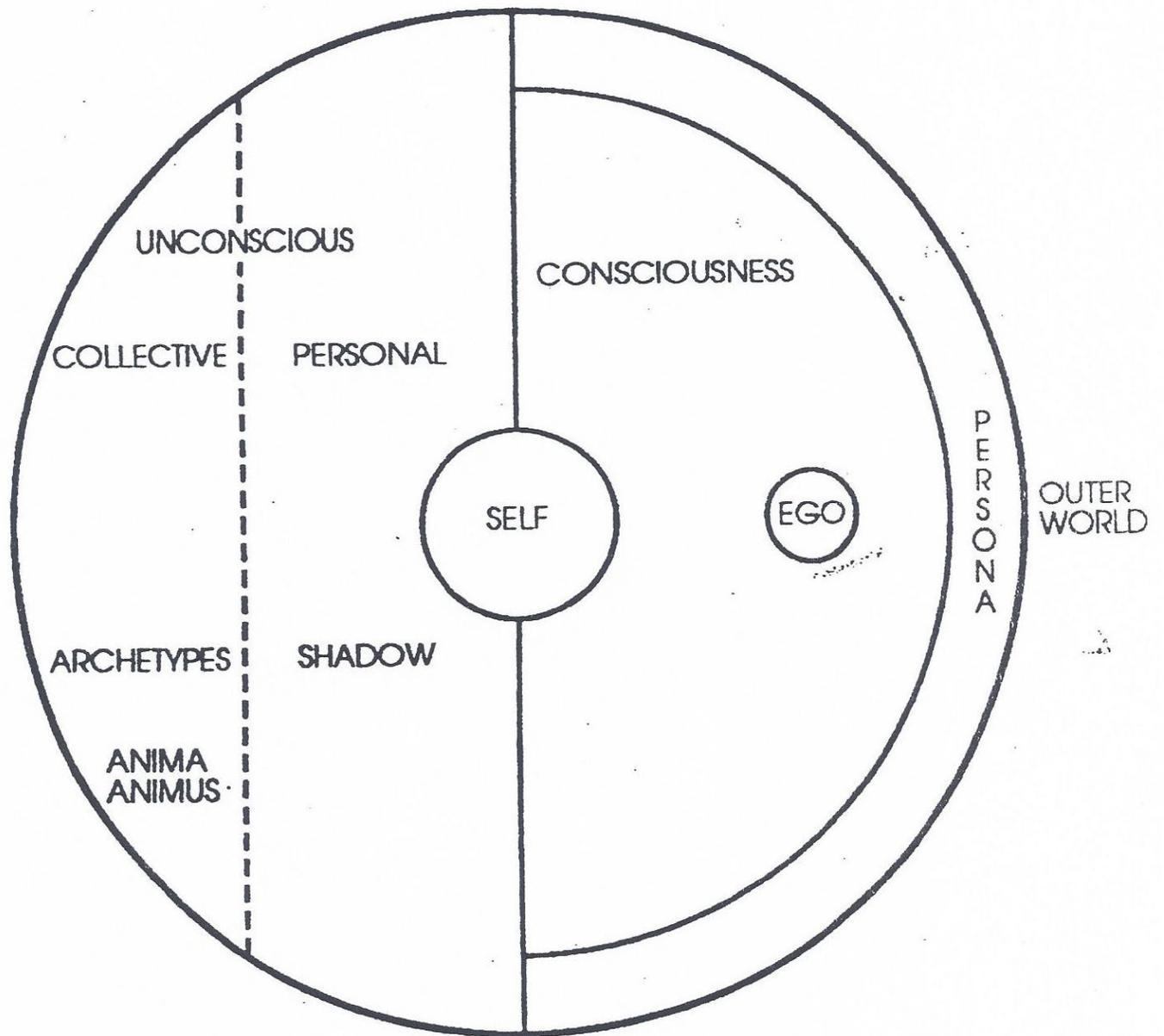
As earthen vessels we are,
as earthen vessels we are.

Jungian – Transpersonal Spiritual Direction

Don Bisson, FMS, D.Min.

The spiritual direction process is enhanced by a corresponding conscious journey towards individuation. As the spiritual journey coincides with individuation, there exists the potential for a profound conversion experience. Dreams are the symbol systems, which indicate the choices and dynamics, which are dimensions of the individuation process.

This transformation can be expressed within interior change, renewed and healthier relationships with others and God. The dreams illustrate the needs of the soul uniquely for the person at that time in their history. The director – directee relationship becomes a catalytic encounter of change for both. The prayer, which emerges from this relationship, draws from the inner and outer messages of the soul with new freedom and new images of God. By entering into this conversion, the directee can enter into the world more from the True Self and be generative and prophetic for others.



*Figure 2.1
Jung's Model of the Psyche*

False/Partial Self

The F.A.C.E. of EGO

The neurotic ego can be described as the F.A.C.E. – **Fear, Attachment, Control, and Entitlement** – we are trying to save.

To lose this “face” is a practice leading to the virtue of humility, the ability to accept reality as it is.

When facing a problem or when upset, we can ask ourselves these questions:

- What am I afraid of?
- What am I holding onto?
- How am I insisting I be in control?
- What do I believe I am so rigidly entitled to?

FEAR can be transformed by this triple A approach:

Admit we are afraid (to ourselves and to someone we trust).

Allow ourselves to feel the fear fully.

Act as if – or so that – fear does not stop or drive us.

Being trapped in fear can become moving through fear.

ATTACHMENT is transformed by letting go of our desire for, or expectation of, a particular outcome. We drop our rigid positioning and our possessiveness. This is how we relate to a person or situation rather than become possessed or obsessed by them.

CONTROL is transformed by allowing others full freedom and by letting the chips fall where they may, i.e., letting be.

- This is how neurotic control becomes healthy power, a power for, not over, others.

ENTITLEMENT means believing we are exempt from the ordinary conditions of existence that affect all humans: things change and end; things are not always fair; suffering is part of growth; sometimes people hurt us, betray us, or cheat us. None of that can direct us to retaliation. We go on loving. We plan or hope for the transformation of others, not their punishment.

- This is how neurotic entitlement becomes self-respect and we become more self-protective and more compassionate, too.

TRUE SELF / CHRIST SELF

The F.A.C.E. of the True Self

The ego-Self axis can allow the True Self to emerge as the F.A.C.E. – **Freedom, Acceptance, Compassion and Energy** – we are trying to share.

To gain this “face” is to allow the healing, powerful force of our center to emerge within us and the World. Through wrestling with the shadow sufficiently, I have enough humility to say, “It is no longer I, but Christ within me.”

The ego must still ask questions to negotiate choices:

- How free do I really want to be?
- What happens when I accept reality?
- How much suffering can I hold if I’m compassionate?
- How do I channel this energy in my life?

FREEDOM can be accepted as a lifestyle by letting go of addictions, by being open and trusting God, by letting go of false identity.

ACCEPTANCE is being in the flow of life, and being detached from the outcomes, letting God be God.

COMPASSION is allowed by learning from our suffering and allowing others to have their own journeys of individuation. We no longer have to fit people into our images.

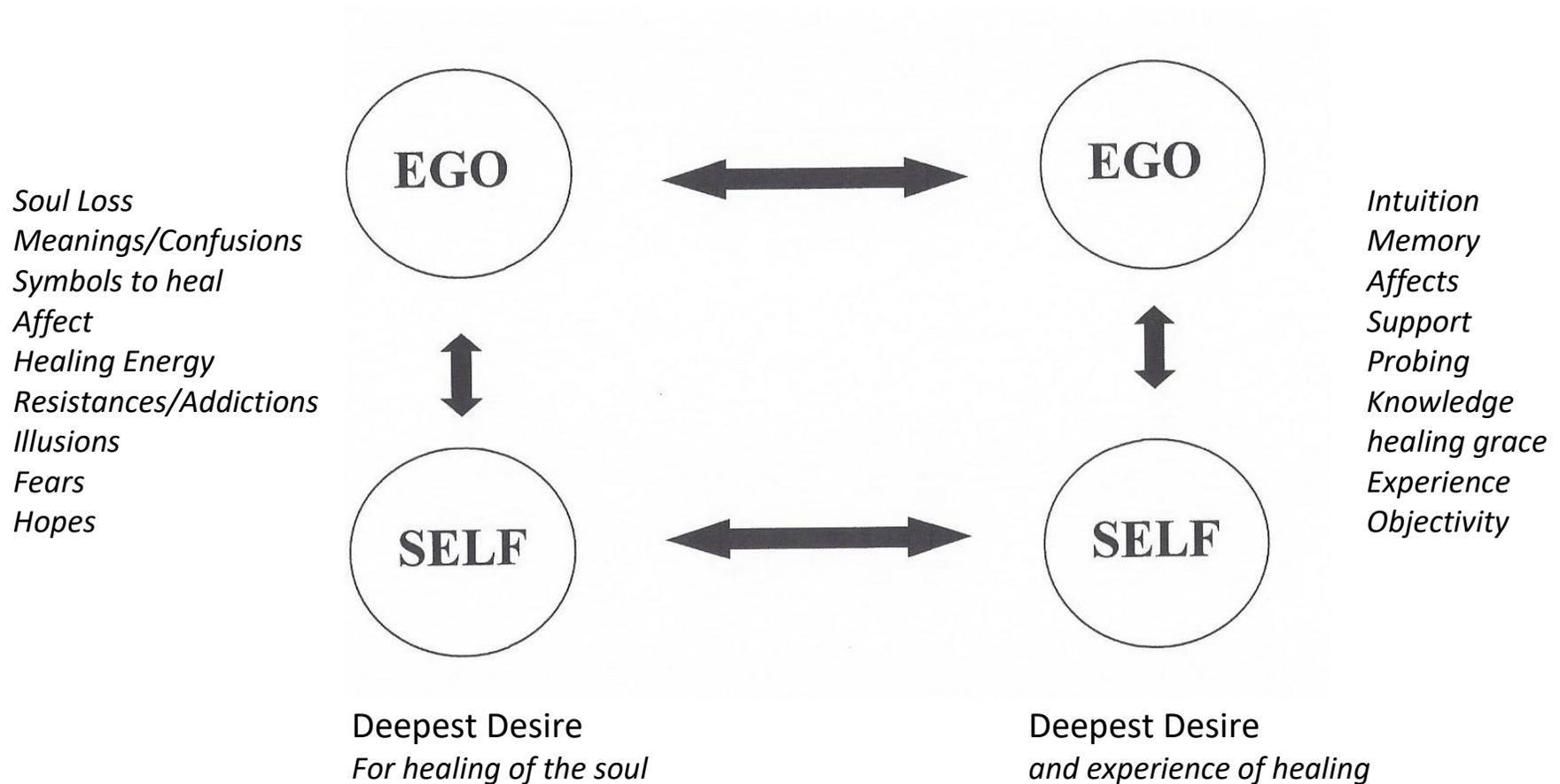
ENERGY is meaning and power. To allow the power of the Christ-Self to flow from a soul is to release healing and transformation. The person becomes a servant of the “Other,” and is obedient in that service.

The ego is the choice maker and is in dialogue with its egocentricity and cyclically dying to self for the birth of the Self.

- David Richo and Don Bisson

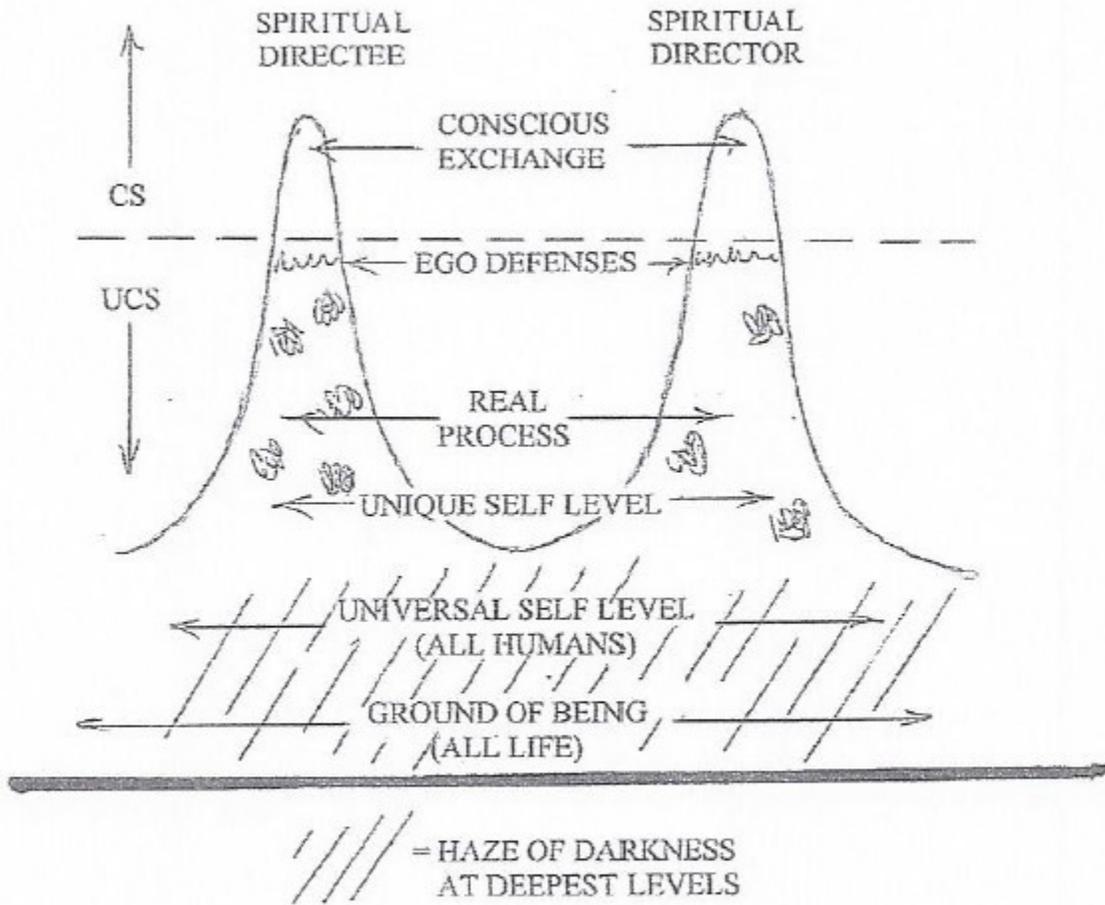
Spiritual Direction and Soul Revival: Wounded Healer

Don Bisson, FMS, D.Min



DEPTH SPIRITUAL DIRECTION

CS = CONSCIOUS
 UCS = UNCONSCIOUS
 = SHADOW BLOBS & COMPLEXES

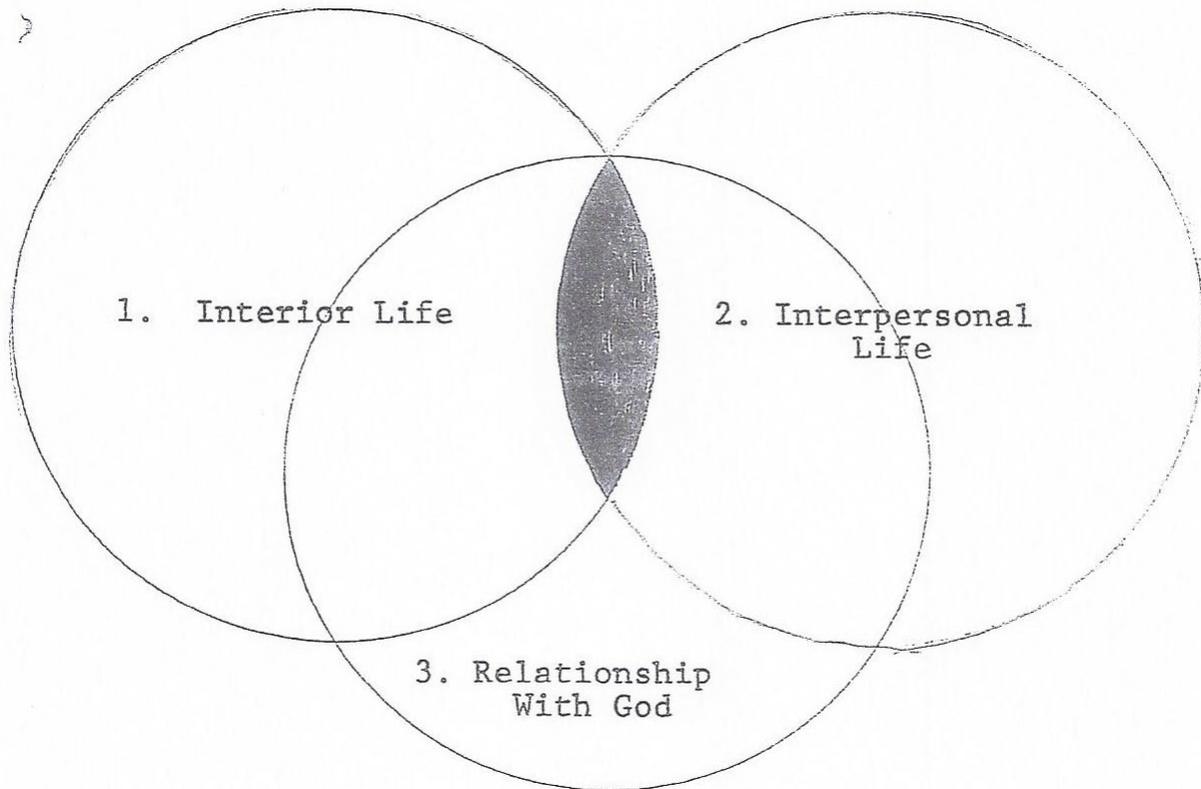


Real Process = Quantum Entanglement

Diagram of the interaction of "helper" and "client" whether in medicine, psychotherapy, or spiritual direction.

INDIVIDUATION AND INTEGRATION

Diagram V. Point of Convergence in Spiritual Direction: Conversion



Interior Life

1. Archetypal awareness
- symbolic reality
- dreams
- typology
- journal recording
- active imagination
- ritual expression

Interpersonal Relationships

2. worship life
- community life
- service to the poor and others
- withdrawal of shadow
- sexuality - love
- death/sickness
- ritual

Relationship with God

3. prayer life
- new humility
- self-knowledge
- imminent reality
- new images of God
- discernment ritual

INDIVIDUATION AND LIFE-LONG CONVERSION

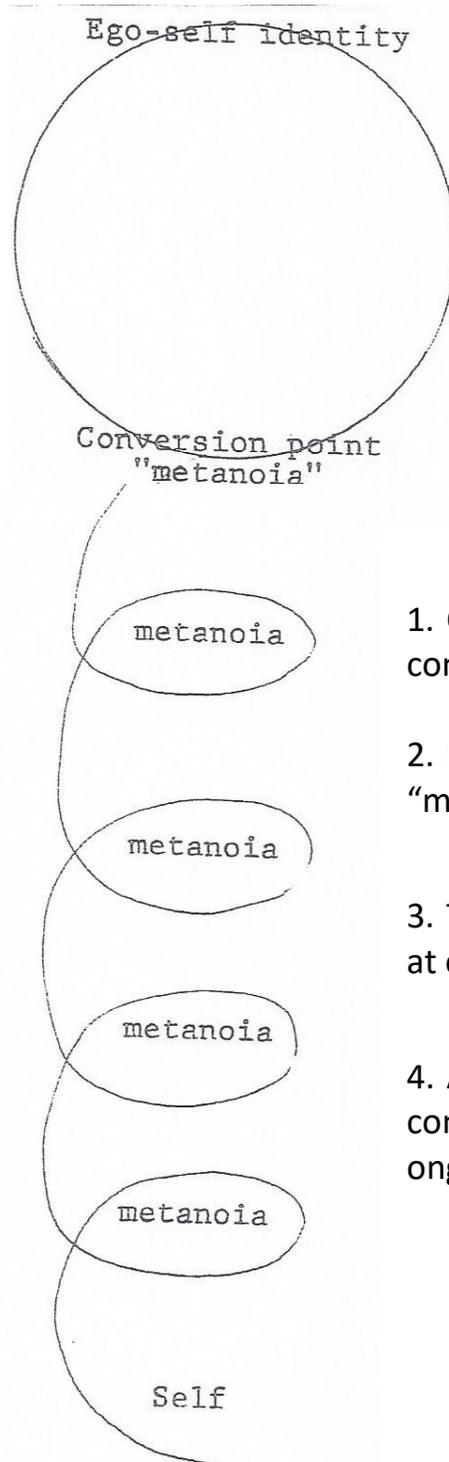
Diagram IV.

Cyclic Experiences of Rebirth and Conversion

Passive Inflation

Reconnection
with self

Acceptance



Active Inflation

Rejection

Alienation

1. Cyclic experience is rebirth in consciousness.

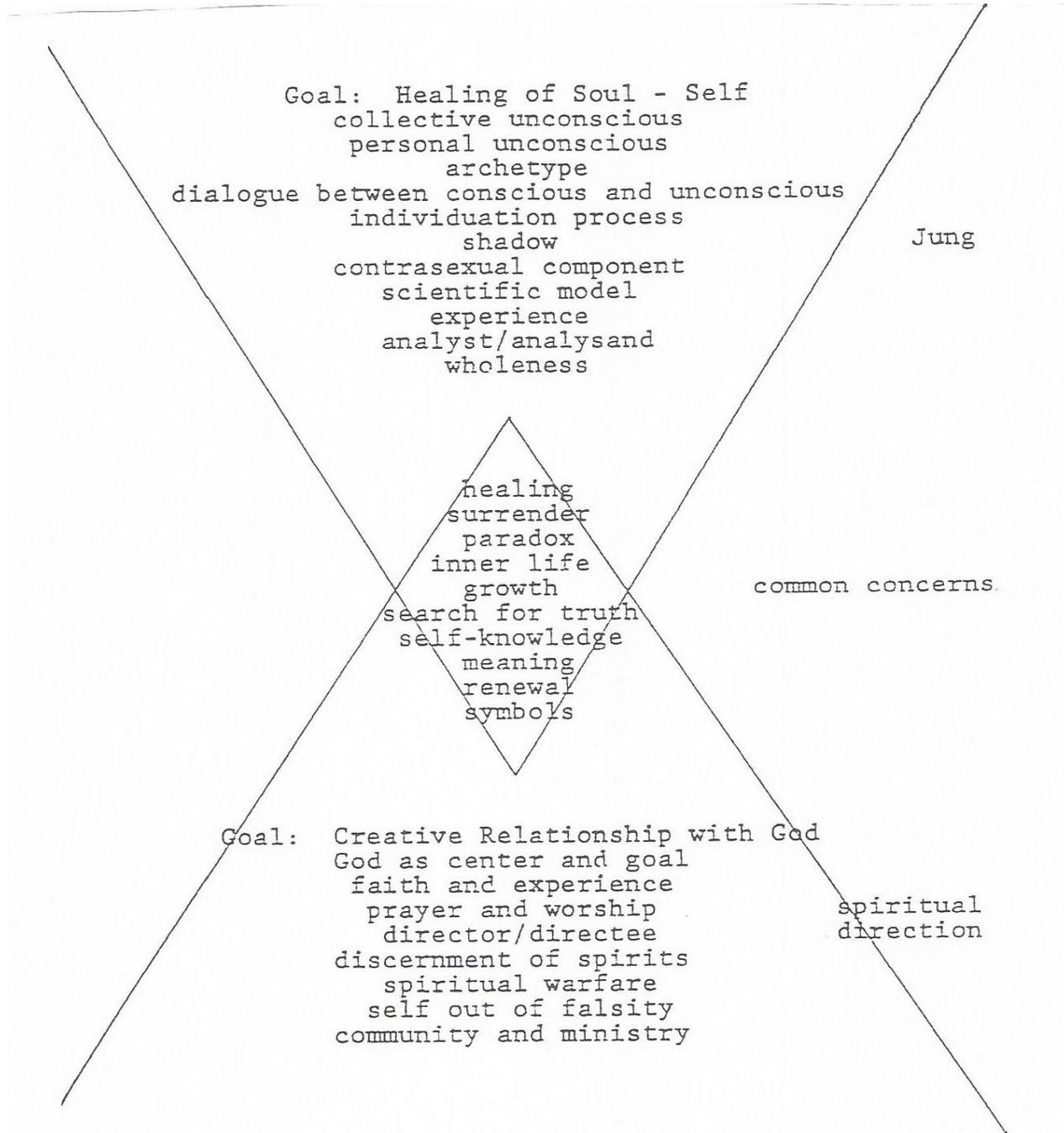
2. Each cycle demands a kind of "metanoia" or conversion.

3. The ego-Self axis strengthens at each cycle.

4. According to this model, conversion itself is seen as ongoing process.

JUNGIAN-CHRISTIAN SPIRITUAL DIRECTION

Diagram II. Spiritual Direction Intersecting with Jungian Psychology



Jungian – Transpersonal Spiritual Direction
Impact on the director / Training
Don Bisson, FMS, D.Min

1. Wounded Healer Process – Way of the Shaman
2. Willingness to contain and be cyclically transformed
3. Must be consistent and authentic in one's own journey within
4. Supervision is deeper since we are dealing with the forces of the unconscious.
5. Radical Detachment to where God is leading the person
6. Synchronicity and the forces of the unconscious are released, no longer merely my life.
7. Interior contemplation of the sacred
8. Reading, Study, Prayer over the movements of transformation
9. Integrate the marginalization from the experience
10. Speak for justice, truth and the prophetic voice within.

Jungian – Transpersonal Spiritual Direction
Some Issues which move us to the transpersonal
Don Bisson, FMS, D.Min

1. Numinous Breakthroughs
2. Traumatic Events
3. Childhood Abuse
4. Infatuations and Impossible Loves
5. Addictions
6. Sexual Identity Issues
7. Illnesses
8. Overwhelmed by Beauty
9. Having Achieved all our Goals
10. Divorce
11. Etc.

STRUGGLE

A man found a cocoon of the Emperor moth and took it home to watch it emerge. One day a small opening appeared, and for several hours the moth struggled but couldn't seem to force its body past a certain point.

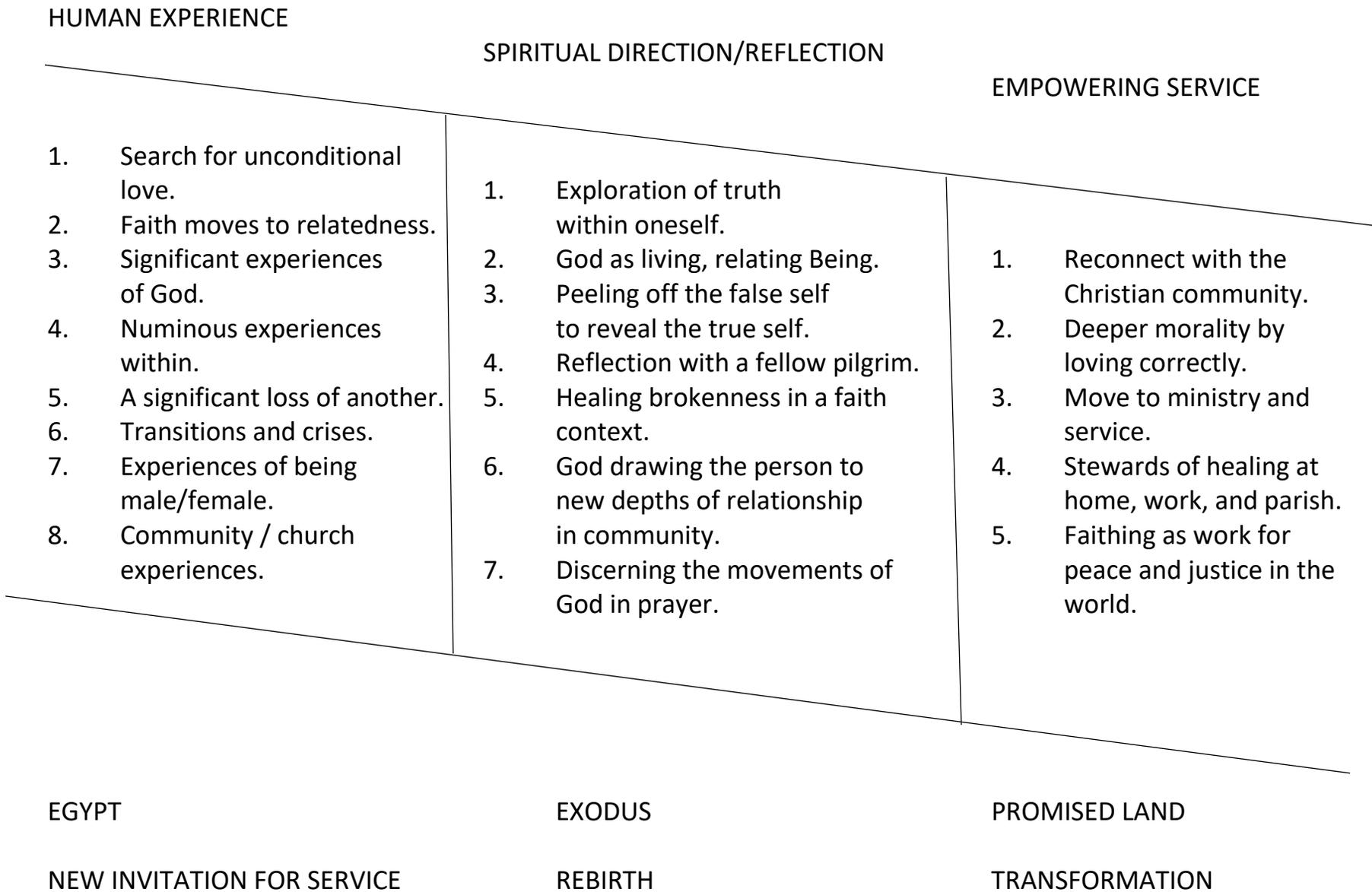
Deciding something was wrong, the man took scissors and snipped the remaining bit of cocoon. The moth emerged easily, its body large and swollen, the wings small and shriveled.

He expected that in a few hours the wings would spread out in their natural beauty, but they did not. Instead of developing into a creature free to fly, the moth spent its life dragging around a swollen body and shriveled wings.

The constricting cocoon and the struggle necessary to pass through the tiny opening are God's way of forcing fluid from the body into the wings. The "merciful" snip was, in reality, cruel. Sometimes the struggle is exactly what we need.

Source: Leadership, from "Quote" Magazine

Diagram I. Spiritual Direction Ministry Wedge



Spiritual Archetype of the Exodus

Don Bisson, FMS, D.Min

1. God promises to go with us on the journey and it will lead to freedom.
2. The journey is difficult.
3. The Israelites are not their best selves on the journey.
4. Moses has to revisit Egypt; he realizes the need to return to the pain.
5. The Israelites must journey through the wilderness. The journey is not neat and orderly and there are no maps.
6. From time to time, they ritualize their journeys.
7. God leads them by a roundabout way.
8. When they find a cozy place, they are tempted to nest.
9. They grumble along the way.
10. It is vital to pay attention to God's messengers, the angels along the way.

Liminality
Spiritual Direction
Don Bisson, FMS, D.Min

1. Life Transitions: midlife, new lifestyles
2. Breakdowns and Breakthroughs
3. Body – Illness Issues
4. Major Numinous Experiences
5. Vocational Reality
6. Traumatic Events
7. Unity Experiences
8. Retreat, Prayer, Spiritual Disciplines
9. Nature, Power, Beauty
10. Sexual Reawakening

Perfection versus Process

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Voices in Liminality

Superego Tendencies

Save / "safe"

Perfected here

Static

God only outside

Exclude to be pure

From the heights

Fear of soul movements

Soul of Self

Process

Discernment

Wound / Healing

"Voice of God" self

Source of energy

From depths

Transformation and wisdom

Spiritual Direction and Liminality

Don Bisson, FMS, D.Min

1. The spiritual director must trust in the inherent purpose and goodness of the liminal period.
2. The spiritual director cannot fix, hurry, or give the impression of failure during this period.
3. The spiritual director tends the brokenness and healing of the period by a loving presence.
4. The spiritual director witnesses and supports the dismemberment of old images of self and God.
5. The spiritual director allows the feelings of powerlessness and grief to be revealed and expressed.
6. The spiritual director encourages a spirit of listening and waiting, a quiet fidelity is needed.
7. The spiritual director need not have to know exactly where it is going, or the end results.
8. The spiritual director intuits the grace events in the midst of such periods – such as synchronicity.
9. The spiritual director becomes aware of old addictions and idols, which can emerge during these periods.
10. The spiritual director accepts the uniqueness of this story yet can get perspective from a larger story.

The Wounded Healer Archetype

“Anyone who wants to know the human psyche will learn next to nothing from experimental psychology. He would be better advised to put away his scholar’s gown, bid farewell to his study, and wander with human heart throughout the world. There, in the horrors of prisons and lunatic asylums and hospitals, in drab suburban pubs, in brothels and gambling halls, in the salons of the elegant, the stock exchanges, socialist meetings, churches, revival gatherings and ecstatic sects, through love and hate, through the experience of passion in every form in his own body, he would reap richer stores of knowledge than text books a foot thick could give him, and he will know how to doctor the sick with real knowledge of the human soul.” C.G. Jung CW 7:409

What have been your greatest teachers in life?

How has it revealed your own soul?

How has it influenced your ability to be with others?

Archetype of the Wounded Healer

Don Bisson, FMS, D.Min

Magician / Healer

Accessing the Healer Within:

Five Stages...

1. Recognizing when a guiding myth is no longer an ally, but an enemy.
2. Bringing conflicting myths into consciousness.
3. Evoking a new mythic vision.
4. Committing to a new myth.
5. Embodying the new myth of daily life.

Concrete steps in developing a connection with the inner Shaman...

1. Schedule your life with some periods of retreat and reflection on a regular basis.
2. Begin to work toward finding and ritualizing your own sacred place and time for inner work.
3. Work toward a disciplined utilization of dream interpretation and material from the unconscious.
4. Begin to keep a journal, to be a container for your inner work.