

## Archetypes and Psychological Development

"The reason why conscious exists, and why there is an urge to widen and deepen it, is very simple: **without consciousness things go less well.**" CGJ

"As far as we can discern, **the sole purpose of human existence is to kindle a light in the darkness of mere being.**" CGJ

**A knowledge of archetypes and archetypal patterns is a kind of blueprint, or background tapestry, against which our individual complexes are played out. True healing does not happen in the head; it occurs through feeling-toned realizations in response to lived experience, encountering archetypal dimensions of one's personal and collective Unconscious.**

**The archetypal elements in the personality are innate dispositions to react, behave and interact in certain typical and predictable ways.** They are inherited and not acquired, and they belong to each human being by virtue of being born human. They are experienced in everyday life through the experiences of complexes.

**Archetypes are systems of readiness for action, and at the same time images and emotions.** They are inherited with brain structure – indeed they are its psychic aspect."

**It is not...a question of inherited ideas but of inherited possibilities of ideas.** Nor are they individual acquisitions but, in the main, common to all, as can be seen from their universal occurrence. **Archetypes present themselves as ideas and images,** like everything else that becomes a content of consciousness.

### INSTINCTS-----

Physiological: body symptoms  
Instinctual perceptions, etc.

### ARCHETYPES-----

Psychological: spirit, dreams  
conceptions, images,  
fantasies

Like any archetype, the essential nature of the Self is unknown and possibly unknowable, but its manifestation – **archetypal images of the Self – are known to us all, in one form or another, as the content of dreams, myth and legend.**