



VICTORIA
SHACKELFORD PHD

Archetypal Possession
Who Is There?
It is me, the Archetype!
Presented by
Victoria
Shackelford PhD

www.doctorvictoria.net

512.461.9544 and 210.602.3002



Archetypes: Who are they?

C.G. Jung:

“Archetypes belong to the realm of the activities of the instincts and in that sense they represent inherited forms of psychic behavior”

- ◆ **A true living experience**
- ◆ **An idea in psyche**
- ◆ **ancient symbolic image**
- ◆ **Their home is in the collective unconscious**
- ◆ **Dynamic energy**
- ◆ **Autonomy**
- ◆ **Numinosity**
- ◆ **Psychic pattern**
- ◆ **In all cultures**

***We are born carrying them
occurring as patterns of the Human
Situation since primitive times!***

**Archetypes present themselves as
personified:
“*typical modes of apprehension*”
(C.G.Jung)**

How Do We Know Them?

- By Possession
- “Archetypes have an emotional possessive effect, that can blind us” (Hillman).
- We act out archetypal pattern of behavior under their influence
- They have both a light and a shadow side (positive and negative)

How do we act them out?

- **Dreams,**
- **art forms,**
- **movement/dance,**
- **poetry,**
- **literature**
- **Overwhelming emotions:**
- **hate, rage, stuck, one sided, consumed, in love, powerful, powerless, grandiose, small**

Who is There?

•

- **In order to become aware of archetypal possession humans can do the psychological work by asking**
 - ***“Who is there?”***
- **We discover “Who is there?” by the symptom experienced in the body and mind!**
- **Every symptom comes from the image of some archetypal situation.**

Ancient Archetypes

- **Anima**
- **Animus**
- **Self**
- **Mother**
- **Father**
- **Puer/Boy**
- **Kore/Maiden**
- **Hero**
- **Wise Old Man**
- **Trickster**
- **Divine Child**
- **Shadow**
- **Coniunction**

Pan: Trickster God



Symbolic Image and Meaning

Through meaning: “ We become participating partners in the collective human experience.”

Jung wrote, “ Once made conscious each archetypal pattern yields numinous ideas ahead of our actual intellectual level”.

Insight emerges at this juncture between archetypal possession and archetypal consciousness.

No longer possessed---a shift in our experience happens

www.doctorvictoria.net

