

Best regards syndicals

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Financial Times' top feminist men help women succeed in business and beyond
(Sept 2015)

Antony Jenkins/Barclays bank
Vivek Wadhwa/'Innovating Women: changing face of Technology'
Sir Richard Branson/Virgin Group
Sir Win Bischoff/Financial Reporting Council
Jean-Pascal Tricoire /Schneider Electric
Joseph Keefe/ Pax World Management
James Turley/ Ernst & Young
Josh Leys/ 'How our work-first culture fails Dads, families...'
Matt Groening /'The Simpsons & Futurama'
Sigmundur David Gunnlaugsson /Iceland's prime minister



GROUP DYNAMICS

'Everything that irritates us about others can lead us to an understanding of ourselves' Jung

J. Kullander : "For Jung, the individuation process involves integrating our shadow side, that part of us we disown because we fear it, don't like it, are ashamed of it. Why is that?"

Jan Bauer, MA (Jungian analyst—Quebec, University Montreal, ...) I think for Jung the individuation process involved integrating more than the shadow. I think it involved creating a veritable democracy of the psyche. In other words, we need to be open to all the different people and energies we carry within us.

I like Jung's image of the psyche as a boat in which the captain is the ego who must make all final decisions but only after taking into consideration the reality of the weather—our inner moods and outer circumstances— and the voices of the other sailors, the inner figures. Of course, there are particular energies, or bad sailors, we consider negative and have trouble integrating, such as the shadow parts. These are shameful because they do not correspond to our ego ideal or to the image we have been taught by culture and family to cultivate in order to be acceptable.

JK: How do we begin to go about integrating our shadow side?

JB : It's very important to learn to be conscious of our shadow parts and to be open to integrating them because they contain vital life energies, without which we remain simply collective products of our society.

Our shadow is also our uniqueness. As for how we integrate it, well, that could start by imagining a person we absolutely loathe or absolutely adore. Either way, the traits of that person represent certain aspects of our un-lived negative or positive shadow that we have banned and need to allow in.

The alchemical trick, so to speak, is to look upon those loathed or adored traits and see beyond the form they appear to be in the other person to see into the essential core of these traits and imagine how they could transfer to us and add to and expand our consciousness and possibilities.

JK: Relationships of all kinds—intimate, familial, professional—are key to the individuation process. How so ?

JB: Relationships are key to the individuation process because they confront us with the Other, whether it be a partner, lover, child, neighbor, or even pet. They both invite and force us to leave our comfort zone and open up to new ways of being and growing.

{...}" www.NYJUNGCENTER.ORG/interviews/
'(Personal growth) consists of three parts: insight, endurance, and action. Psychology is needed only in the first part, but in the second and third parts moral strength plays the predominant role ... The Shadow side of ourselves represents a moral problem that challenges the whole of the ego-personality, for no one can become conscious of the Shadow without considerable moral effort. To become conscious of it involves recognizing the dark and anxious aspects of the personality as present and real.' Jung

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Dates with the European History

Rome March 1957 – Treaty of Eur. Atomic Energy Community

REALISING that nuclear energy constitutes the essential resource for ensuring the expansion and invigoration of production and for effecting progress in peaceful achievement, **CONVICTED** that only a common effort undertaken without delay can lead to achievements commensurate with the creative capacities of their countries, **RESOLVED** to create the conditions required for the development of a powerful nuclear industry which will provide extensive supplies of energy, lead to the modernisation of technical processes and in addition have many other applications contributing to the well-being of their peoples, **ANXIOUS** to establish conditions of safety which will eliminate danger to the life and health of the people, **DESIROUS** of associating other countries with them in their work and of co-operating with international organisations concerned with the peaceful development of atomic energy, **HAVE DECIDED** to establish a European Atomic Energy Community ...



MEN / WOMEN : Anima, Animus

"The Red Book" by C G Jung 1957

«What about masculinity ? Do you know how much femininity man lacks for completeness? Do you know how much masculinity woman lacks for completeness? You seek the feminine in women and the masculine in men. And thus there are always only men and women. But where are people? You, man should not seek the feminine in women, but seek and recognize it in yourself, as you possess it from the beginning. It pleases you, however, to play at manliness, because it travels on a well-worn track. You, woman, should not seek the masculine in men, but assume the masculine in yourself, since you possess it from the beginning. But it amuses you and is easy to play at femininity, consequently man despises you because he despises his femininity. But humankind is masculine and feminine, not just man or woman. You can hardly say of your soul what sex it is. But if you pay close attention, you will see that the most masculine man has a feminine soul, and the most feminine woman has a masculine soul. The more manly you are, the more remote from you is what woman really is, since the feminine in yourself is alien and contemptuous.

If you take a piece of joy from the devil and set off on adventures with it, you accept your pleasure. But pleasure immediately attracts everything you desire, and then you must decide whether your pleasure spoils or enhances you. If you are of the devil, you will grope in blind desire after the manifold, and it will lead you astray. But if you remain with yourself, as a man who is himself and not of the devil, then you will remember your humanity. You will not behave toward women per se as a man, but as a human being, that is to say, as if you were of the same sex as her. You will recall your femininity. It may seem to you then as if you were unmanly, stupid, and feminine so to speak. But you must accept the ridiculous, otherwise you will suffer distress, and there will come a time, when you are least observant, when it will suddenly round on you and make you ridiculous. It is bitter for the most masculine to accept his femininity, since it appears ridiculous to him, powerless and tawdry.

Yet, it seems as if you have lost all virtue, as if you have fallen into debasement. It seems the same way to the woman who accepts her masculinity. Yes, it seems to you like enslavement. You are slave of what you need in your soul. The most masculine man needs women, and he is consequently their slave. Become a woman yourself, and you will be saved from slavery to woman. You are abandoned without mercy to woman so long as you cannot fend off mockery with all your masculinity. It is good for you once to put on women's clothes: people will laugh at you, but through becoming a woman you attain freedom from women and their tyranny. The acceptance of femininity leads to completion. The same is valid for the woman who accepts her masculinity. »

Editor E. Malouta –Member of the Staff Cttee 2014-2016