



*The Analytical Psychology Club of New York, Inc.*  
~ A Gathering Place for Self-Discovery ~

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## PRESIDENT'S REFLECTIONS

JOSEPH MOORE: PhD, LCSW, PSYCHOTHERAPIST

These are not easy times. The activities at the Jung Center and at APC have been suspended as they have throughout the country. I doubt we will be back to our full schedule of activities until the Fall. I, personally, have little energy except this morning I felt like writing "President's Reflections".

On March 7, the New Directions Program presented: "Music-Quest II". Frank Braio, Vice President of the Club led the group. The idea of the presentation was "to sing and listen to songs that have brought you to consciousness from unconsciousness." Unfortunately, my auto-immune disease flared up and I could not attend. If I had attended my song would have been: "On the Road Again" by Willie Nelson.

I first became aware of this song in a taxicab on my way to LaGuardia Airport. I was a consultant for a national child welfare agency and I was literally on the road 100 days a year - from Boston to Salt Lake to San Antonio to Miami. Most of the agencies I consulted with were in Illinois and Ohio. The song has stayed with me throughout the years and has burst into my consciousness over the last few weeks. I am sure that the virus and social distancing have brought the song to my attention. The first lines of the song are:

On the road again  
I just can't wait to get on the road again  
The life I love is makin' music with my friends  
And I can't wait to get on the road again

Certainly those of us who are in self isolation yearn for "making music with our friends." We all want to be able to be free to go to restaurants, theaters, concerts or just walking and talking face to face with family and friends.

But "On the Road Again" has meant more to me because it speaks to my process of individuation. James Hollis writes about living life as a question and not towards a goal. This means constantly being on your path towards consciousness. Your trail often has obstacles – like COVID-19 – but we need to be able to deal with the pitfalls and continue on our road.

There is another line of the song that grabs me. "Going places that I've never been." To me this means exploring my shadow – places that I have not seen before. While it is scary to investigate these dark places of mine, it is also exciting to see what is there. More information about what my individuated self looks like and who I truly am.

As we go through the next weeks and months, it is important that we remain calm or, at least, not let fear take over. It is vital that we stay in touch with family and friends through the phone or the newer virtual systems like Skype, Zoom, etc..

## Quotes, Jung's Mind

These quotes that APC President, Dr. Joe Moore selected were discussed in APC Board meetings last year. We would like to share these with all of you.

“Mistakes are, after all, the foundations of truth, and if a man does not know what a thing is, it is at least an increase in knowledge if he knows what it is not.”

— **Carl Jung: Memories, Dreams and Reflections**

“ But what if I should discover that the least among them all, the poorest of all the beggars, the most impudent of all the offenders, the very enemy himself -- that these are within me, and that I myself stand in need of the alms of my own kindness -- that I myself am the enemy who must be loved -- what then? As a rule, the Christian's attitude is then reversed; there is no longer any question of love or long-suffering; we say to the brother within us "Raca," and condemn and rage against ourselves. We hide it from the world; we refuse to admit ever having met this least among the lowly in ourselves.”

— **Carl Jung, Memories, Dreams, Reflections**

“Great talents are the most lovely and often the most dangerous fruits on the tree of humanity. They hang upon the most slender twigs that are easily snapped off.” – **Carl**

**Jung**

“It will be good for your humility if you can accept the gifts of your unconscious guide that dwells in yourself, and it is good for your pride to humiliate itself to such an extent that you can accept what you receive.” -- **Carl Jung**, Letters Vol. I, Page 459

“The greatest and most important problems of life are all fundamentally insoluble. They can never be solved but only outgrown.” – **Carl Jung**

## **Check Out APC's Website: <http://jungclubnyc.org>**

Our website contains information about the Club, our programs, the on-line Bulletin, and information about the Kristine Mann Library. There are two other areas that we feel members might find especially interesting:

**Community:** Here members can add their personal writings to our website, whether poetry or prose. We hope members will feel free to write about what Jung has meant to their growth to individuation. Please sent submissions to: [contact@jungclubnyc.org](mailto:contact@jungclubnyc.org) and note Website Submission in the Subject Line.

**Jung's Mind:** Once a week, quotes from Jung are uploaded to this blog located on the website. We hope that this offers members an opportunity to communicate with each other about Jung's writings. Short comments are great because they lead to online conversations.

## **TUESDAY EVENING DISCUSSION**

The next Tuesday Evening Discussion meeting will be on May 5th at 6:30 pm. We explore interesting quotes of Jung every month. Wine and cheese will be served.

## **SAVE THE DATE**

Following guidelines from the CDC regarding social distancing, we regret to cancel both the April 4<sup>th</sup> workshop and April 21<sup>st</sup> Tuesday Evening Discussion. However, we hope to be able to have the May 30<sup>th</sup> KML Research winner workshop and the June 6<sup>th</sup> APC Annual Meeting.

## Quotes from Lao-tzu's Tao Te Ching\*

Knowing others is intelligence;

Knowing yourself is true wisdom.

Mastering others is strength;

Mastering yourself is true power.

If you realize that you have enough,

You are truly rich.

If you stay in the center

And embrace death with your whole heart,

You will endure forever.

\*Lao-Tzu (1988). tao te ching. (1988) (Stephen Mitchell. Trans.)



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