



Coalesce Podcast

Episode 042 – Making the Unconscious Conscious

Note, terms, scripture, practice



[Mark 1:13](#)

It takes more courage to examine the dark corners of your own soul than it does for a soldier to fight on a battlefield. —William Butler Yeats

[John 16:2-3](#)

One cannot live the afternoon of life according to the program of life's morning; for what was great in the morning will be of little importance in the evening, and what in the morning was true will at evening become a lie. —C. G. Jung

Meaning makes a great many things endurable—perhaps everything. No science will ever replace myth [the communicator of meaning], and a myth cannot be made out of any science. [Myth] is the revelation of a divine life in man. It is not we who invent myth, rather it speaks to us as a Word of God. —C. G. Jung

God is more intimate to me than I am to myself. —Augustine

Between God and the soul there is no distance. —Meister Eckhart

My deepest me is God. —Catherine of Genoa

[John 10:30](#)

As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being. —C. G. Jung

That is the meaning of divine service, of the service which man can render to God, that light may emerge from the darkness, that the Creator may become conscious of His creation, and man conscious of himself. —C. G. Jung

Our whole unconscious is in an uproar from the God who wants to know and to be known. —Edward Edinger

[Luke 23:34](#)

[Matthew 7:14](#)

[Zachariah 12:10](#)

[John 19:37](#)

[Luke 11:50](#)

[Ephesians 2:15, 4:13](#)

Only the wounded physician heals. —C. G. Jung

[John 3:14, 12:32, 19:37](#)

[2 Corinthians 12:7](#)

Practice: Shadow Work

Our unconscious reveals itself in many subtle ways. It takes a lifetime of intention and practice to notice our shadow and bring it into the light so that we are no longer controlled by it, but can integrate the shadow's energy and unique gifts into our conscious living.

Jungian analyst Noreen Cannon and theologian Wilkie Au offer the following ways to help us identify our shadow:

- Projection: "When we have a strong positive or negative reaction to someone, that person is likely to be carrying an aspect of our shadow."
- Inner Voice: "During times of decision making or inner conflict, that other voice engaging us in an inner debate may be the shadow voicing its desires. To make good decisions, we need the views of this 'other.' Bad choices or errors in judgment are often the results of not listening to the shadow."
- Freudian Slips: When we say one thing and we mean to say another, this may "reveal a hidden hurt or anger, some feeling that the shadow has carried for us until it found an opportunity to express it."
- Humor: "If we examine what we say in humor as well as what evokes our laughter we can often detect our shadow."
- Dreams: Observing our dreams closely, "we will see our shadow played out nightly and learn much about our unspoken motives, hidden faults and failures, unacknowledged virtues and vices, and undeveloped or unrealized potential." [1]

I hope you'll take every opportunity to befriend your unconscious, for, as another Jungian writer says, "The individual who can manage not to be psychologically infectious—that is, free of the unconscious necessity to project all of his inferior, dark qualities onto others or onto ideologies and causes—is the individual on whom the ultimate peace of the world rests." [2]

[1] Wilkie Au and Noreen Cannon, *Urgings of the Heart: A Spirituality of Integration* (Paulist Press: 1995), 33-36.

[2] Vernon E. Brooks, "What Does Analytical Psychology Offer Those with No Access to Analysis?" *Quadrant* 8, No. 2 (Winter 1975), 127.