Heraclitus: Tension of Opposites

Filling the conscious mind with ideal conceptions is a characteristic of Western theosophy, but not the confrontation with the shadow and the world of darkness.

One does not become enlightened by imagining figures of light. But by making the darkness conscious. The latter procedure, however, is disagreeable and therefor not popular.

C. G Jung Vol. 12 par. 335

While awake, men share a world in common, but asleep, each possesses a separate universe.

Heraclitus of Ephesus

Heraclitus(fil.c) 500 b.c.

- Heraclitus conceived the universe as a conflict of opposites controlled by eternal justice. In this conflict he found the apparent relativity of nature and her hidden unity. He was the first mental philosopher. (Oxford Classical Dictionary, page 415.)
- Every psychosocial extreme contains it own opposite or stands in intimate and essential relation to it. Indeed, it is from this tension that it derives its peculiar dynamism. There is no hallowed custom that cannot turn on its opposite, and the more extreme position is, an enantiodromia, a conversion of something into its opposite.
- Enantiodromia regulates mental processes that turn into their opposites to achieve balance as if through a kind of self-regulation.

Jung talking about Enantiodromia

"I use the term enantiodromia for the emergence of the unconscious opposite in the course of time. This characteristic phenomenon practically always occurs when an extreme, one-sided tendency dominates conscious life; in time an equally powerful counter position is built up, which first inhibits conscious performance and subsequencely breaks through conscious control. A good example is the conversion of St. Paul…"

Jung also mentions pithy, enigmatic propositions of Heraclitus:

Men do not know what is at variance agrees with itself. It is the attunement of opposite tensions, like that of the bow and the lyre.

It is the opposite that is good for us.

The way up and the way down are the same.

Thus, the rational attitude of the culture necessarily runs into its opposite...the only person who escapes the grim law of enantiodromia is the man who can separate himself from the unconscious, not repressing it…distinguishing what is ego and non-ego and gaining insights and signals from the collective unconscious. the deeper layer beneath the personal unconscious where the archetypes reside.

The Emergence of the Unconscious opposite characterizes every extreme psychological tendency- Jung-Psychological Types

A classic example is an outwardly adapted person who reaches middle age and suddenly experiences emptiness or a crisis, personal or professional, not realizing that the unconscious is activated to compensate for a one-sided personality.

Jung also feared a kind of psychic reversal in the culture that becomes excessively one-sided, emphasizing materialism, science, technology, and a logic that is detached from nature and a symbolic and spiritual life.

It was also Jung's belief that the rational attitude of a culture necessarily runs into its opposite, casting a shadow that irrationally fosters tribalism and resentment from collective forces who turned to totalitarian regimes in Germany and Russia early in the 20th Century.

Homer's Odyssey features enantiodromia as a core theme about a clever man (polytropos) who tricked the Trojans by building a HORSE. But it took him 20 years to get back to Ithaka, his home. Do you think Christpher Nolan's film, Odysseus, emerged from his unconscious telling him to metaphorically share a story that reflects the tension in our nation now, causing a psychological shadow in civics?

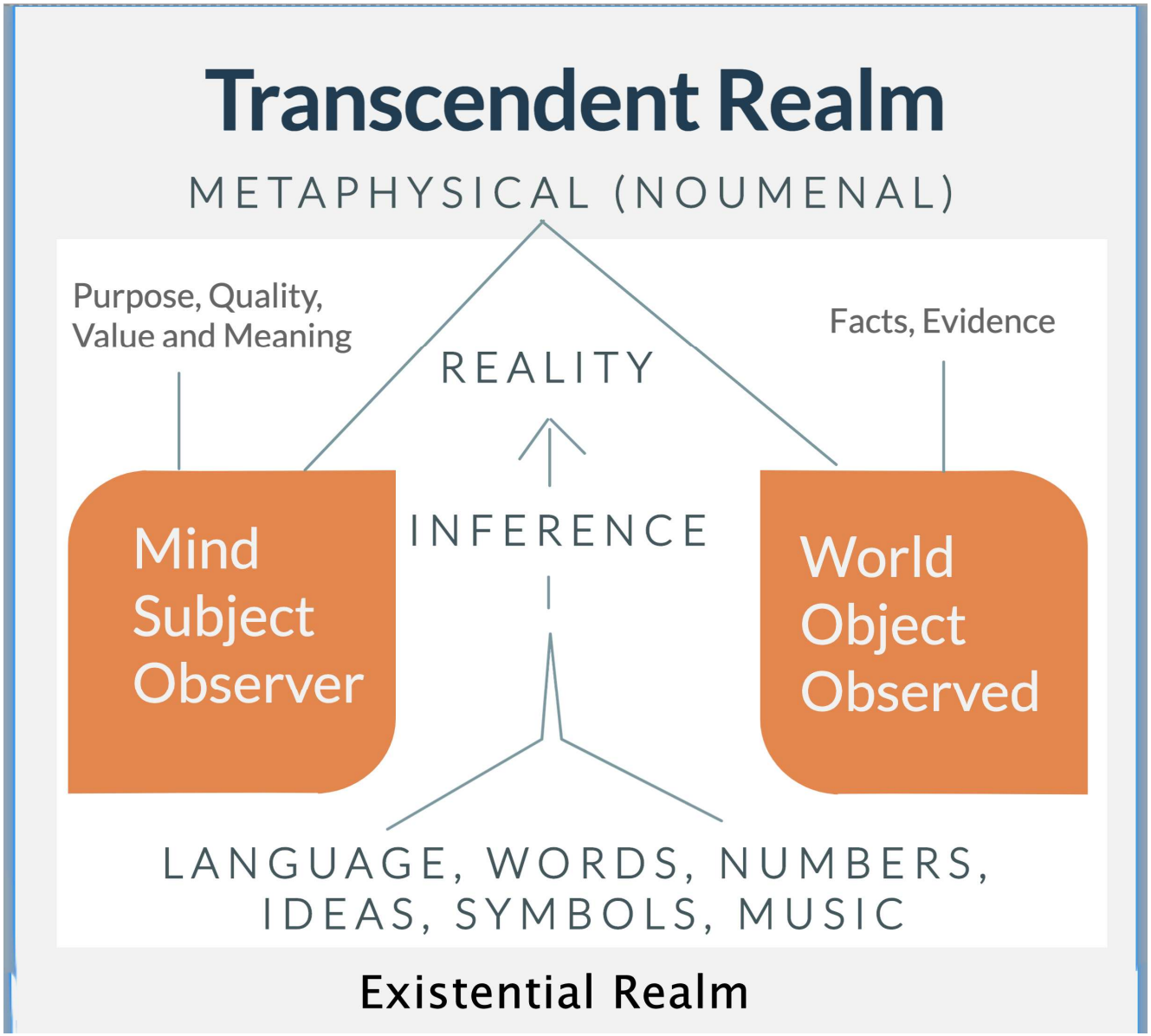
But who, has fully realized that history is not contained in thick books, but lives in our very blood? C.G. Jung Vol. 10, para 266



Bee Hive Tomb-Agamemnon






Transcendent Realm
METAPHYSICAL (NOUMENAL)
Purpose, Quality,
Value and Meaning
REALITY
Facts, Evidence
Mind
Subject
Observer
INFERENCE
World
Object
Observed
LANGUAGE, WORDS, NUMBERS,
IDEAS, SYMBOLS, MUSIC
Existential Realm

https://www.facebook.com/reel/2033230237391715instagram.com/reels/DW_wcYFDl12/

Jung said the shadow can contain up to eighty percent gold.

"The shadow and the hero are the archetypes, meaning prime imprinter. Archetypes are composed of potentials for oppositeness, and there we are back to old enantiodromia. The cycle of initiation of the hero, hero redeemer, and hero trickster reveals that the hero is always at risk of regression, the low ebb of the cycle is tricksterism, and the high point, redeemer. The cyclic flow is like a river: As all flowing rivers find peace in the ocean where they lose their name and form (Upanishad)." Harry Wilmer, Practical Jung. Chiron Publish…

Poem: Odysseus's Secret, Stephen Dunn, from Different Hours, p. 32-3.

https://www.instagram.com/reels/DW_wcYFDl12/

Prelude to a Dream-A company completes a profitable sale.

- A board member (THINKING TYPE) silently questions an unusual compensation plan from the finance office.
- He confers with a fellow board member with similar misgivings, but the fellow board member admits he does not know the numbers.
- The board member realizes he is on his own, if he decides to question the plan.
- He spends hours reviewing a pile of documents three feet high to locate a key memo.
- He finds it and see the flaw in the logic from the finance office.
- He carries the memo into the next board meeting where a unanimous vote of approval is anticipated. A dream fortifies his resolve to avoid an injury to core values and his shadow prepares him to protest.
- In an outburst of emotion, he swears, “this is not fair or right-I oppose this compensation plan.” The plan is shot down.

The Hero Has This DREAM

I am walking down the street, and I see a man standing on the corner with two big dogs on a leash. The dogs are Rottweilers, and they appear to me to be a threat to the welfare of a small dog a short distance away. I am very concerned that the little dog may get hurt, but the Rottweilers turn their attention towards me. They come closer to me, and when I turn to face them, they grow in size to the point where we are staring at each other eyeball to eyeball. The Rottweilers shrink in size, and I walk over to the man tending the dogs to see if I can identify him. I ask him: Who Are You? The light in the man's eyes begins to change, as he becomes more recognizable. He answers by saying: Don't you recognize me? I am you?

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Asclepieia: Healing Temples

- In Ancient Greece sleep was a distinctive healing practice with Asclepius, the Greek god of medicine and the tradition of therapeutic sleep incubation.
- Patients sought healing practices for physical aliments, psychological distress and lingering illnesses that remedies failed to resolve.
- A major source of treatment was therapeutic sleep incubation as a way of communication with the divine, and to provide comprehensive treatment that offered psychological reassurance.
- Patients entered a special sleeping area where they spent the night awaiting a healing dream or a divine appearance from the god Asclepius to provide remedies, (diet, rest, exercise, medication) or an understanding of their suffering and support for a pathway toward recovery.
- Asclepias's healing did not depend on miracles; it was holistic care informed by the meaning (symbol) of the healing dream and the support of the priests.