



# C. G. JUNG FOUNDATION OF ONTARIO

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## PUBLIC EVENTS



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### 2014

Seminar	<b>Margaret Meredith</b>
<b>The Poetry Corner</b>	
Wed., Oct. 1, Nov. 19, Jan. 28, Mar. 18	Board Room, Bloor Street United Church, 300 Bloor St. W. 7-9pm

Jung realized that in addition to “the spirit of the time, characterized by use and value,” there is also a “spirit of the depths,” which leads “to the therapy of the soul” (*Red Book*, p. 48). In the Poetry Corner, there is time to ponder both levels reflected through the poems (selected by participants), thereby enriching our lives.

The series will begin with an introductory seminar entitled *Ways of Knowing*.

\$80 IN ADVANCE FOR THE SERIES; \$25 PER SESSION AT THE DOOR

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Seminar	<b>Andrew Benedetto</b>
<b>Iron Hans</b>	
Sat., Oct. 4	Lamps Room, Arts and Letters Club, 14 Elm St 10:00am-12:30pm

This seminar will focus on a symbolic interpretation of Grimm's tale, “Iron Hans”, providing the opportunity for further exploration of ideas discussed in the May 2014 lecture titled “Aspects of the Masculine.” All are welcome even if they did not attend the lecture.

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Lecture at 14 Elm

**Elisabeth Pomès**

**The Psychology of Performance**

Thurs., Oct. 23

[Board Room, Arts and Letters Club, 14 Elm St](#)

7:30-9:30pm

The act of performing is an act of giving of oneself to the world. It is also an act of creation where the artist brings out what is inside to the outer world. In this creative act, both introversion and extraversion are present.

There is no performance without an audience - an audience which has the power to posit a judgement on the performance, communicate the judgement to the performer and even write about it in a review. The fear of judgement may trigger complexes, often of authority figures and the performer may become overwhelmed by the parental imagoes. The artist encounters issues of stage fright, self-confidence and self-valuing. The creative output is at risk of being thwarted.

The challenge is then to be able to be oneself fully, whole, indivisible and distinct from the audience's expectations, which is nothing short of the individuation process.

The lecture will explore the notions of authenticity versus representation, essence versus persona, sharing versus excelling and performing versus being.

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SUSTAINING MEMBERS: FREE

NON MEMBERS: \$20 IN ADVANCE; \$25 AT THE DOOR

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Seminar Series

**Basic Principles of Jungian Psychology**

Sat., Nov. 1, 8, 15, 29

[Board Room, Arts and Letters Club, 14 Elm St](#)

10am-12:30pm

Nov. 1: "Complexes"

Nov. 8: "Typology"

Nov. 15: "Anima and Animus"

Nov. 29: "Shadow and Persona"

Tim Pilgrim

Mary Tomlinson

Robert Black

Graham Jackson

\$100 IN ADVANCE FOR THE SERIES; \$30 PER SESSION AT THE DOOR

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Seminar

**Elisabeth Pomès**

**Performance without Fear? Accessing the Space Within**

Sun., Nov. 9

[Studio, Arts and Letters Club, 14 Elm St](#)

1-4pm

The act of performing can take us from a place of terror to pure joy and elation. To be on that journey we need to access the Space Within: to be present in our body, our mind and our heart. This seminar is experiential: we will address the problems of stage fright and creative blocks. It will also offer possibilities for self-reflection and exploration of the most often experienced complexes and core negative beliefs.

In addition to considering the help provided by yoga practice, we will also spend time dwelling on the concept of a quiet and centred mind and doing simple yet powerful breathing exercises to anchor ourselves. We will also refer to some of C. G. Jung's writings on meditation, "Psychology of Eastern Meditation" and "A Commentary on *The Secret of the Golden Flower*". Please wear some loose, comfortable clothing.

*Elisabeth Pomès is a Jungian Analyst in private practice in Toronto. She is also a performing artist, voice teacher and yoga teacher. She has created the workshop, "Performance Without Fear", to help artists with stage fright and creative blocks.*

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Lecture at 14 Elm

**Roger LaRade**

**Handel's Enchanting Alcina**

Thurs., Nov. 13

[Board Room, Arts and Letters Club, 14 Elm St](#)

7:30-9:30pm

An exploration of the unconscious forces which rule of conscious living through a symbolic-psychological analysis of George Frideric Handel's enchanting opera *Alcina*. This opera is being produced by Toronto-based Opera Atelier from October 23 -November 1, 2014

MEMBERS: \$20 IN ADVANCE OR AT THE DOOR  
SUSTAINING MEMBERS: FREE  
NON MEMBERS: \$20 IN ADVANCE; \$25 AT THE DOOR

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Seminar **Robert Black**  
**The Psychology of Ritual**  
Sat., Dec. 6 [Board Room, Arts and Letters Club, 14 Elm St](#) 10:00am-12:30pm

A consideration of the possible roles, meanings and importance of symbolic activity in psychological functioning and development, with particular regard to the individuation process. Examples from C.G. Jung as well as the lecturer's clinical practice will be provided.

\$25 IN ADVANCE; \$30 AT THE DOOR

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## 2015

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Workshop **Beverly & Austin Clarkson**  
**Giving and Receiving**  
Sat., Jan. 24 [Studio, Arts and Letters Club, 14 Elm St](#) 10:30am-4:30pm

The workshop begins with the Giveaway Ceremony. According to Aboriginal tradition the gift that we give away leaves space for the gift that we need for the next phase of our life. Each participant brings a wrapped gift, something that has been of value (not necessarily monetary value) and that is ready to be passed on. During the ceremony the participants exchange gifts in such a way that they do not know who is the donor and who will be the receiver. "*There is, explicitly or implicitly, a personal claim bound up with every gift*" (C. G. Jung, *CW11*, par. 390). What are our gifts? How does giving and receiving make us feel? We shall work and play with these themes through active imagination and oil pastels. (Artistic experience not needed. Materials provided.)

\$50 IN ADVANCE; \$55 AT THE DOOR

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Seminar **Brian Mayo**  
**Graffiti**  
Sat., Feb. 7 [Lamps Room, Arts and Letters Club, 14 Elm St](#) 10am-12pm

This seminar will initially discuss the historical and cultural aspects of graffiti. The larger portion of the seminar will be devoted to discussing the psychological dynamics reflected in this fascinating phenomenon. Graffiti images will serve as a reference point for discussion.

\$20 IN ADVANCE; \$25 AT THE DOOR

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Seminar **Graham Jackson**  
**Tales of Disguise**  
Sat., Feb. 28, Mar. 7, 14 [Lamps Room, Arts and Letters Club, 14 Elm St](#) 10am-12pm

Sometimes disguise is absolutely necessary for survival, as the protagonists of three short tales can attest to. In looking at these tales, we will consider both the pros and cons of the masked life.

\$60 IN ADVANCE FOR THE SERIES; \$25 PER SESSION AT THE DOOR

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Seminar **Robert Gardner**  
**The Tree of Life: a Drama of Opposites Within**  
Sun., Mar. 29 Board Room, Arts and Letters Club, 14 Elm St 10:30am-3:30pm

Jung's central observations on the polarities within the psyche can do much to help us understand this Terrence Malick movie. Around midlife, Jack (Sean Penn) loses his brother, and is drawn to reflect on himself and the life they shared. "Mother, Father", he says to himself, "always you wrestle inside me." While his father is rigid, and seeks to control those around him, his mother is unconditionally loving. The film opens with a quote from the book of Job, and even includes a sermon on it, touching on a *leitmotiv* much deeper than the original family drama. The film leaves us much to talk about. N.B. The film will be shown in the morning. After a lunch break, we'll reconvene for discussion.

\$40 IN ADVANCE; \$45 AT THE DOOR

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Seminar **Robert Black**  
**The Symbol**  
Sun., Apr. 12 Board Room, Arts and Letters Club, 14 Elm St 10am-12:30pm

An investigation of the nature and function of the symbol in the thought of C.G. Jung. How does the psyche get across a connection or make a bridge between something consciously known and something simply unknown; and how might we develop our appreciation for and understanding of the symbolic function in our own unconscious life?

\$25 IN ADVANCE; \$30 AT THE DOOR

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Lecture at 14 Elm **Roger LaRade**  
**Werewolves: the Animal Within**  
Thurs., Apr. 23 Board Room, Arts and Letters Club, 14 Elm St 7:30-9:30pm

Werewolves have become a subject of popular entertainment in the last decade. What psychological purpose may this be serving? This lecture seeks the answer by way of a Jungian analysis.

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SUSTAINING MEMBERS: FREE

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Seminar **Caroline Duetz**  
**Sugar – Loving and Loathing**  
Sun., May 10 Lamps Room, Arts and Letters Club, 14 Elm St 10:30am-1:30pm

Sugar can be a source of pleasure and comfort as well as a necessary component of many celebrations such as the much anticipated birthday cake. At the same time, sugar creates numerous problems. Health practitioners are finally starting to recognize that too much sugar poses a danger to our health. What is not generally known is that sugar can also be addictive, setting up reactions in the brain that are identical to those observed when we ingest serious drugs such as heroin.

This seminar will examine the symbolism of sugar, explore the psychological needs that can be satisfied by sugar, discuss some of the health-care concerns about sugar, review what is now known about the influence of addictions on the brain and investigate the link between trauma and addictive behaviour

\$30 IN ADVANCE; \$35 AT THE DOOR

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Lecture at 14 Elm **Graham Jackson**  
**The War on Eros**  
Fri., May 22 Board Room, Arts and Letters Club, 14 Elm St 7:30-9:30pm

Jung wrote, "Where love reigns, there is no will to power; and where the will to power is paramount, love is lacking." (CW7, par. 22) A simple, verifiable statement, we might say, but what happens when the will to power through several seductive guises such as fashion, social media, and so-called technological superiority threatens the very existence of that "questionable fellow", Eros. This lecture explores his struggles for survival in a society increasingly addicted to one-upmanship and celebration of sentimentality.

MEMBERS: \$20 IN ADVANCE OR AT THE DOOR

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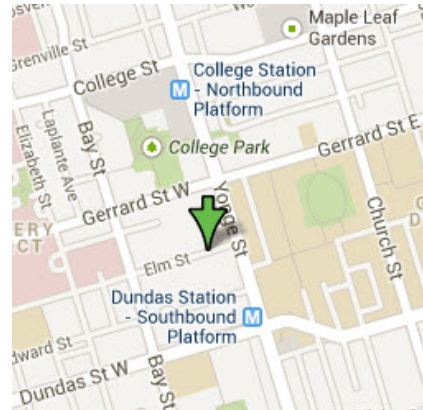
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## LOCATIONS AND MAPS

Arts and Letters Club:

Board Room, Studio, Lamps Room, 14 Elm St.:

- Enter north side of Elm Street
- Nearest subway stop: Dundas station at Yonge
- Limited parking on both sides of Elm Street.



Board Room, Bloor Street United Church, 300 Bloor St. W.:

- Enter church, north side of Bloor Street, between Huron and Madison
- Nearest subway stop: Spadina, on the Yonge-University-Spadina line
- Parking on Madison, Huron and Bloor

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