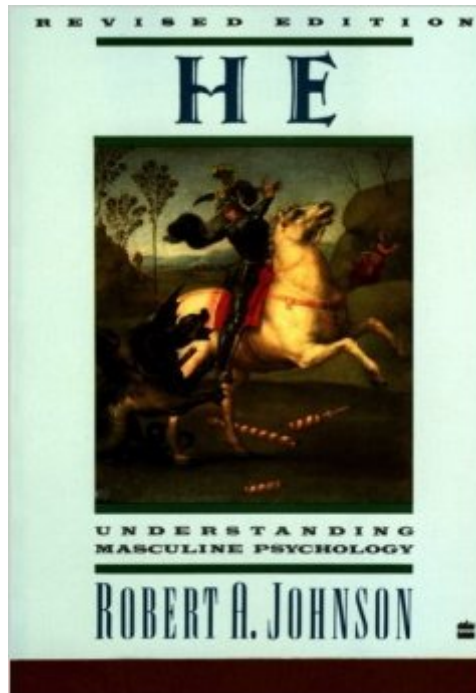


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# He: Understanding Masculine Psychology



## Synopsis

Robert A. Johnson, noted lecturer and Jungian analyst, updates his classic exploration of the meaning of being a man, and adds insight for both sexes into the feminine side of a man's personality.

## Book Information

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## Customer Reviews

This small book actually began with 10 lectures given by Robert Johnson at an Episcopal Church. Thus they are concise and do not offer a broad array of examples. I found the book to be excellent and found it much more to the point than Emma Jung's long study of the Holy Grail myth in all its permutations. Of course, as a Jungian, Johnson sees mythology as reflecting underlying psychological and spiritual processes that take place in the human psyche. These myths are spontaneous images from the unconscious and contain both psychological and spiritual truths. Myths allow the interaction of archetypes, which are patterns of life that are universally true for humans. Myths are to mankind as dreams are to an individual. Therefore a dream shows the dreamer a truth about themselves whereas the myth shows mankind a truth that applies to all of us. Individuation is a process that Jung describes as a life long movement toward wholeness and completion. It involves the life long expansion of consciousness and the ability of the conscious ego or personality to reflect the total self. One interpretation of Jesus Christ is that of a man who has been able to allow the unconscious to fill up the self and be always present in the personality. Because God the Father moves through and emerges in the world through the human unconscious, Christ may say that he and the Father are one. A primary first step in the individuation process is the

confrontation with the Shadow. Actually the confrontation with various aspects of the Shadow continue throughout a lifetime, but the first encounter is usually of great psychological power.

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