

## **Session 2: Mythic Archetypes and the Collective Unconscious**

*How*

### **Ancient Patterns of the Psyche**

Ancient patterns still move quietly through our lives. The Hero, the Trickster, the Shadow, the Great Mother - these are not merely the cast of old myths, but living shapes of human experience. We encounter them in the stories we tell, the roles we play, and even in the dreams that visit us at night. We may not always recognize their faces, yet they continue to inform our fears, our aspirations, and the dramas of our psyche...

### **The Collective Unconscious**

If archetypes are the ancient patterns, the collective unconscious is the vast, hidden repository where those patterns reside. Jung conceived of the collective unconscious as a deep layer of the psyche common to all human beings - a kind of universal memory or blueprint of human experience...

### **Archetypes in Modern Life**

Even in the bustle of the 21st century, we are never far from mythic characters. Our movies and novels are filled with unmistakable archetypes: heroes discovering their power, wise mentors guiding them, trickster companions provoking laughter (and insight)...

### **Myth and the Modern Soul**

We live in an era of immense technical knowledge, yet many feel something essential is missing. That missing element is often a sense of meaning and depth - a soulfulness our ancestors found in mythic vision...

### **Facing the Shadow and Finding Depth**

For all the hope and guidance myth offers, it also demands something of us: honesty about our whole selves. One of the greatest risks in a disenchanted age is to assume we have no myths - to imagine we are 'past all that.' In reality, the archetypal forces we ignore do not disappear; they only operate behind our backs...

### **Reflection & Journaling**

- Where do you notice archetypal themes or characters showing up in your own life or imagination?

- What stories (film, myth, or memory) have deeply shaped you? What archetypes do you see at work in them?
- If a personal fear or struggle in your life took on a symbolic form, what might it look like? What might it be asking of you?
- Is there a mythic figure or archetypal character you feel especially drawn to or inspired by? What qualities does that figure embody, and how might they speak to your own journey?