Jungian Perspectives
—Kaye Lindauer

Several major ideas associated with Depth Psychology will be explored. The program will include reference to famous paintings, video clips, and traditional stories. Carl Jung's comments about God and Soul will be reviewed. Come and celebrate the profound complexity and mystery of the human experience.

Kaye Lindauer, MLS, MDiv has been studying and teaching Jungian interpretation of stories for over forty years. She is presently teaching courses at OASIS and spends the summers teaching at the Chautauqua Institution. She and her husband John attended the “Jung in Ireland” conference a few years ago and also a retreat with Jungian analyst James Hollis, author of Creating a Life (2000), Finding Meaning in the Second Half of Life (2005), and What Matters Most (2009). Kaye also hosts a 3-day Goddess Retreat at Chautauqua with participants from all over the country, including many from the Syracuse area.

Date: Saturday, May 9, 2015
Dinner: 6:00-7:15
Bring: Food/drink to share.
Community Meeting/Announcements: 7:15
The Gift: 7:30
Place: First Unitarian-Universalist Society
109 Waring Road
Syracuse, NY 13224
446-5940

Directions: FUUS is very close to where Sue Savion lives. Here is a link for detailed directions and a map. http://firstuusyr.org/contact/

From 81 S: take the Brighton Exit. Turn right onto State Street and go several blocks to Colvin (.3 mi.). Turn right onto Colvin and take it to end (2mi.) (Waring Road). Or turn right at TOPS and continue up the hill. FUUS is at the corner of Waring. Tecumseh Elementary is across the street.

From Dewitt: From E. Genesee turn left onto Jamesville Rd. Take Randall Road (becomes Tecumseh) to Waring (St. Sophia's).

From 481 S take the Jamesville Exit: Turn right off exit. Turn left onto Nottingham. Veer right onto Waring.

May Meeting Fee: $8.00
Depth Psychology refers to approaches to therapy that are open to the exploration of the subtle, unconscious, and transpersonal aspects of human experience. A depth approach may include therapeutic traditions that explore the unconscious and involves the study and exploration of dreams, complexes, and archetypes. Depth psychology is non-pathologizing and strength affirming.

Carl Gustav Jung (1875-1961), a Swiss psychiatrist who developed Analytical Psychology is one of the founding fathers of "Depth Psychology," the study of the unconscious, along with Sigmund Freud, Eugene Bleuler, Pierre Janet, and William James. This approach focuses on the psyche, human development, personality formation, and individuation. Individuation is a process of bringing our unconscious potential into a concrete living reality. This process helps to secure a bridge between an individual and the unconscious as well as the individual and his/her wider community. By incorporating both an inner and outer exploration, one discovers a more potent sense of meaning and purpose in life.

Carl Jung believed that psychological distress is a result of an imbalance within the individual that often is experienced as an alienation from the deeper personality, or what he calls the Self. Jungian psychotherapy seeks to restore the individual's connection to the Self. This effort can be achieved through the therapeutic relationship, dream interpretation, active imagination, and work with expressive therapies.

While Depth Psychology has gone on to embrace more broadly fields like ecopsychology and psychologies of liberation and draws heavily from philosophy, anthropolopology, cultural studies, feminist thought, as well as the new sciences like biophysics, quantum theory, complexity theory, and even neuroscience, Jungian psychology has stayed mostly focused on the study of the unconscious and ways in which we can dialogue with it for greater understanding of self and world.

Jung's work with archetypes and symbols as a way to understand the invisible domain that is at work in our lives at all times, lends itself to the study of dreams, myth, and fairy tales--as well as to practices such as active imagination, art therapy, or dreamwork.

Jungian psychotherapy, offered by licensed clinical psychologists specifically trained to be Jungian analysts, involves talk therapy using Jungian techniques. Each analyst undergoes years of psychoanalysis of their own during the certification process.
The Universe and I agree, “It’s still fun!”

It’s still fun to catch raindrops on my tongue, to walk through archways because they are there, to roll around in the sand at the lake, at the beach.

It’s still fun to go to a small store to purchase one item or to buy a tiny treat. It’s still fun to lie on the grass looking for “God” in the clouds, and to make scary monster faces in my mirror.

It’s still fun to watch the stars because they are winking at me and to count flowers in my garden. It’s still fun to welcome family, friends and strangers through my door and into my heart.

It’s still fun to read a good book or to write a short poem. It’s still fun dreaming what future events will bring and to bask in the present moment feeling grateful for life and the many gifts it holds.

It’s still fun to wake up at dawn and to retire at night with my love at my side and still fun to realize the oneness I share with All That IS in this amazingly beautiful and marveling universe.

**It’s still fun to know that I am light and love and power and so are YOU.**

It’s still fun to sing and dance and knit, crochet and sew buttons on my husband’s pants.

It’s still fun to remember all the wonderful people I’ve had the pleasure to meet and come to know. It’s still fun anticipating all the wonder and the marvel I’ve yet to experience and the endless grace and beauty that is waiting for me at some point when my day is done.

It’s still fun to play Pacman and Burgertime with my grown kids.
It’s still fun to watch them grow older and wiser and to see them also realize and appreciate what’s really significant and important in life.

**It’s ALL still Fun, more fun with every passing day.**

In truth, I just can’t seem to get enough of it.

LIFE is FUN and I’m grateful to every bit of it!

—Nancy Nunziata Gallagher 2015

THANK YOU EVERYONE FOR CELEBRATING MY BIRTHDAY WITH ME!
Drumming & Autism Training

Learn to Engage Those With Autism Using the Power of Rhythm

Le Moyne College, Syracuse, NY
Monday June 8, 2015 9:00 AM


with

Jim Donovan
M.Ed., Award winning Educator, Author, 3X platinum Musician from the band Rusted Root. “Send Me on My Way.”

You Receive
5 Contact Hours  New Skills
Certificate of Completion  90 Page Manual
Normal Cost: $99  Your cost: $25

Focus
Socialization
Stress Reducing
Fun
Engaging

Space is limited

This event and the reduced cost of the training are made possible by the BNY Mellon Community Partnership and the Madden School of Business at Le Moyne College

Register: http://DrummingAutismTraining.Eventbrite.com

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MADDEN
School of Business at Le Moyne

For More Information
Phone: 315-488-3606
Email: syraDRUM@gmail.com

This training is coming to Le Moyne. Please help get the word out. This is a 5-hour class with Jim Donovan, who does a fantastic job as a trainer. The company I work for is helping defray some of the cost of the training... so the $99 class will only be $25. The class is a fun and creative way to reach kids with autism. The training is not for the kids, but for the caregivers, professionals and parents of children with autism. Jim has worked on studies involving rhythm and autism and it really does help. There are links in the PDF that will take you to the studies he has worked on at St. Francis University. Space is limited and we are hoping to fill the room... Please share this to anyone that you feel may be interested. Thanks and I hope to see you there, Mike Dermody
.......Edie Cook presented a program that reminded us all about how very special and sacred our state of New York is. We all also enjoyed the “friendly” atmosphere of the Friends Meeting House as our venue. Two birthday cakes helped celebrate three birthdays: Monica Fricke, Nancy Gallagher and Edie Cook herself. Nancy & Dale’s son Thomas and his girlfriend Phoebe were there to celebrate and many of us continued the upbeat night by going dancing at a club on Teall Ave!

.....Joanne Verone:  We enjoyed Edie Cook's presentation on The Spiritual rivers and Lakes of NY. It was wonderful to see Thomas Gallagher and Phoebe at the meeting. It is nice when we can acknowledge members birthdays especially Nancy, Monica and Edie. It was nice to meet Wanda and to go out dancing after the meeting. Visiting Nancy's father's carved ships was very inspirational. Nancy gave us the explanation about her father's love of the sea. Also, the display will be at the MOST in May. Take the time to go see it.

....Nick Poulos is offering the following workshop at the Roseheart Center: "Introduction to the Monroe Institute and Hemi-Sync Technology" at 7:00 p.m. on May 8th. A presentation on the history of The Monroe Institute and an experience with using the Hemi-Sync technology. Please call: 315-440-8210 to reserve a seat. Fee: A good will offering is suggested to cover the cost of materials.

........Sue Savion is participating in a Local Author Showcase at Barnes & Nobles on Thursday, May 7th from 6:00-7:30 Come check out her and many other local authors! The event will also be held on the 8th with yet more authors,