



“In all chaos there is a cosmos, in all disorder a secret order.”  
Carl Jung

Carl Gustav Jung, 1875-1961, was a Swiss psychiatrist and founder of analytical psychology. His most notable ideas include the concept of psychological archetypes, the collective unconscious and synchronicity. Jung emphasized understanding the psyche through exploring the worlds of dreams, art and mythology, and his overarching goal, for the person, called individuation, was to become whole (as opposed to moral or perfect) which involves a struggle to integrate and relate to the unconscious shadow side, while still maintaining conscious autonomy.