

justis

2005

For so long now, we have all been waiting. Waiting for something, whether it's God. Love. An answer. Waiting for proof, or for someone to help us. All of these things.

We have waited for the world to shift. For people to simply get it. Get 'what' you might ask? Getting a conscience would be a good place to start. Getting aware would be even better. Getting awake enough so that we can stop using our unconscious darkness to rule everything and see that we are heading down a dangerous path in our history if we continue to remain asleep.

Many have waited for some kind of inter-stellar consciousness to fix it all—a "higher" intelligence to come forward and solve everything. Some are waiting for a super-human being, perhaps from another race or dimension to arrive and give us the technology to solve not only our everyday problems, but also the problems affecting the globe.

We are at crisis point. We have been waiting for it to break. I don't know whether anyone else has noticed, but the build-up to this elusive shift has been trying to get our attention to warn us to wake up and change our attitudes now, change the way we are thinking and feeling, and move us towards a more complete consciousness of life on Earth, which includes acknowledging the unacknowledged.

Many people have asked me how to begin looking into something that cannot be seen, felt, heard or touched. How do you know your unconscious? If it is exactly that, unconscious. Carl Jung (1875-1961), the Swiss psychotherapist was one of the first to begin directing us towards how to look at our unconscious, yet he himself had no idea of how to access it.

He knew there was something called the collective unconscious, or the shadow, and from memory had actually seen visions of his own shadow through the dream state. He was terrified at first, describing his unconscious shadow as his anti-self.

In his shadow, Jung saw everything demonic about his nature and everything demonic about how it affected his surroundings, all rolled into one. Jung left behind a huge body of work as testimony to what he had discovered, but did not know how to fully access his unconscious and consciously work with it. I think he died still trying. Now some 44 years later, the effects of his theory are becoming more obvious.

So how do you access your shadow? How do you see something that is supposedly unseeable? The collective unconscious works through the language of signs or reflections, the mirror world so to speak. If you want to start looking at your shadow, all you need to do is to look around you. What do you react to? What or who fires you up? Think of the Shakespeare quote from Hamlet, "The lady doth protest too much." What you react to gives you a good idea of where to begin. How accepting are you really? How 'positive' are you? How quickly do you react even when you think that you aren't reacting? Beginning to look at yourself in such a light reveals many things. Our shadow, not only personally, but collectively, has an amazing way of being able to attract our attention.

Have you ever been in a situation where everything is moving along nicely, all is flowing, then all of sudden it all starts to go pear shaped? Just when you need to drive your car down to the local supermarket to pick up something urgently, you discover you have four

flat tyres and are incapable of going anywhere. Welcome to the world of the shadow.

On a personal level it is easy to see when something like that happens. Sometimes it's a physical event, or in some cases, it's a person. You know when you meet or bump into someone who has a profound effect on your life. Whether it's positive or negative is irrelevant. All of a sudden, that person becomes locked into your subconscious. You start seeing them everywhere. Suddenly their face is superimposed upon the checkout person in the supermarket. You dream about them at night. You watch a movie and the main character morphs into them. Once again, you can welcome an opportunity to enter the shadow lands of the unconscious.

The unconscious has a particular way of being able to point things out. Oftentimes it is dramatic. It has to be to get our attention. We spend most of our adult lives walking around in a state of being psychically half asleep. Therefore, the unconscious has to do something dramatic to wake us up, to help us see who we really are and to fully incorporate our unconscious self and thus become more complete.

The shocking thing about this incorporation process is that it changes us. It reflects back to us our opposite self, and brings it into balance with what is already conscious. This gives us a more complete version of who we are. Our conscious selves, or the bits that we are aware of begin to have a reaction to this change. It is alchemical in a way. It happens on a cellular level and we feel like pieces of ourselves are being ripped apart. This process normally manifests in our emotional body, meaning we feel it.

Of late, our unconscious has been demanding a hurrying up of this process. It is time for everything to shift now. There has been enough growth and enough awareness of our unconscious on a global, collective scale that it has forced the unconscious out with a power so intense that we are feeling it more than ever. We may not understand it completely, but we certainly feel it happening.

Let's look at some examples, stepping away from a personal level and looking at it more globally.

The recent events in Indonesia are a good example, with the creation of the tsunami that just hit Sri Lanka, India, Thailand and surrounding areas. The tectonic plates underneath the Earth went through a huge shift bringing massive destruction in their wake. This tsunami is reflective of the global consciousness shifting, with positive and negative forces interacting together to create a change. Not only did this effect a physical change, but it also created a massive wave of emotion around the planet. This is only the beginning. The planet wobbled an inch on its axis.

For those of you who have been following such events, or waiting for some kind of sign, you are likely aware that for the past 15 years at least, many, many people have pointed to a pole shift as being the one episode that would change the world as we know it, and move everyone towards a more complete, conscious way of living. Well, it just happened. The Earth itself, inspired by the desire of the collective unconscious to become conscious, created this huge event. From here, many things will begin to happen.

The entrance of the God force into our conscious world is not going to be akin to a great being coming down from the sky throwing lightning bolts. Instead, the entrance of the God force will be within the physical structure of the earth, consequently in the human emotions and right down to the very blood pumping around our bodies. The conscious looking at the unconscious.

Many prophecies have spoken of a required number of people to enact this change: a critical mass. The bible talks about that number as being 144,000 troops of 13. This number when multiplied adds up to 1,872,000 people. Now in the grand scheme of things, considering the Earth's population is officially around 6.6 billion (personally, I think it's probably closer to 8.8 billion) then this number seems rather small to effect such a change.

I always held the belief that it would be a fairly easy scenario to create. The new age alone could have been responsible for example. However, it is not just 1,872,000 people being “aware”. It is 1,872,000 people all being aware of the exact same thought, at the exact same moment in time, and for the same purpose. That in effect, is virtually impossible.

People are strange. They do not all think the same way, let alone are they capable of moving their own personal desires out of the way long enough to come together, in the same state and hold that energy long enough for the shift to take place. Even if you could gather everyone in the same place, all feeling the same kind of love for the planet or a circumstance for example, then it brings forth the question, “what kind of love are they feeling?” However, if you look at the opposing force, the power and energy of negativity, that negativity has a way of being able to take everyone to zero point.

Looking at it now, it makes sense that the opposing force, the collective unconscious is demanding incorporation. Therefore, that energy would come from a place of unconsciousness, rather than a conscious place of awareness and acceptance and love.

Fear would do it. Fear is very base. It unifies, terrifies and horrifies all at the same time, in the same way. We have a tendency to react with a survival instinct and the ‘flight or fight’ impulse is universal in everyone. The recent tectonic plate shift is just one example, creating a tidal wave of fear and destruction so great it is unavoidable. I always believed that the transformation of the planet was going to come from the positive. Yet, my entire life’s work has been presenting the case for the negative. To quote the Oracle from The Matrix, “Not too bright, though.”

The great shift has begun. If the prophecies are true, and taking into account that someone has seen them and been brave enough to record them in more than one place, such as the bible, Nostradamus, Edgar Cayce and others...and have a certain number of people believe them, then, what we believe consciously will, in effect, according to the nature of

our unconscious, come to pass. What we think, we believe.

Over the last 2000 years, humanity has become dangerously unbalanced and this is glaringly obvious. The story of Christ was given to us by our unconscious and enabled one part of us, generalised as Christian, to race in one direction, to become “sophisticated”. Without this story it wouldn’t have happened, as it provided those generations directly involved in this “race to sophistication” with a means of absolving themselves from any direct responsibility for their actions. But a dreadful toll was inflicted on others in the family of humanity and on this planet, our birthplace and home, which we must now put right by our conscious action and reconciliation, and the collective unconscious is pointing this out in a very graphic manner. It needs to do so, as while sophistication has made our physical life more comfortable, our spiritual life has atrophied. And the Christian countries are en masse astoundingly spiritually dumb. There are, at present, some leaders in the Christian world who want to pursue a never-ending war on something called ‘Terror’. The motives for and results of such a war are highly questionable. Given this present situation, the story of Christ, which has been shanghaied and turned into a recruiting tool by the fundamentalist and religious right organisations has little meaning—it has lost its unconscious power – in effect handing the power over to the negative “dark”.

The fact that over two billion people in the world call themselves followers of Jesus Christ via a multitude of churches, evangelists and other organisations, whether or not the story is actually true, makes no difference. The collective unconscious becomes the mirror reflecting what the conscious must look at. Therefore, making the global planetary awakening a true event happening according to appropriateness of timing and of having the greatest effect. So, based on this, let’s make a prediction.

The number alluded to is 1,872,000 people, or 144,000 troops of 13. If this happens in the negative, then it would mean 13 events, happening in fairly

quick succession to awaken global consciousness. If we take the recent tsunami as one of those events, then it would make sense that we will see 12 more fairly consecutive events. These events would presumably be natural disasters, so no one can avoid the awakening or blame anyone, i.e., “The terrorists did it”, “Islam is responsible”, or, “It’s America’s fault”.

Bear in mind, there would have to be enough time for the planet to receive this series of shocks and not be able to avoid the outcomes of each. The death toll in Indonesia, India and surrounding areas could easily approach 144,000 (As of the date of this article, January 1, 2005, the toll has surpassed 135,000). I believe it is a sign of the coming year.

It is about time that everyone woke up. Our collective soul is tired of being unacknowledged and undervalued as a force in the nature and growth of the universe. It is also mathematical in nature. There is a formula. Positive plus negative combining to realise the nature of reality as having 26 dimensions in depth, breadth and width. 13 major shocks, bringing in two aspects (one positive and one negative in each event) would do it. It is 26-D, presented in its opposing forces, through the emotional body of humanity.

It will truly be the coming of angels. Not the ones with wings and halos singing “hallelujah!” But cosmic, planetary tones that cause huge movement within the Earth’s crust itself, consequently within the very nature of the human bloodstream and cells themselves.

I have seen these tones, coming forward from the mirror world or the unconscious, over the past four years. The presentation of those tones completed in December 2004. I am presuming now, that for the planet to begin listening to the voice of our collective souls, each one of these tones will have their say. I have listed them below for you to contemplate and for you to keep your eyes and ears open to receive. Each one relates to a particular emotional event. Make no mistake. You will know when these things

have touched you, not only personally, but there will also be a global reflection of it.

We are in for a fantastical year, one filled with completeness so awe-inspiring that we will marvel at who we are and what we are capable of.

It’s something worth thinking about.

With Love and Happy New Year,

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Rage	Holy Spirit	Peace
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Doubt	Listening	Intuition
Stupid	Free	Courage
Pain	Flow	Temperance
Fear	Life	Pure Will
Terror	Knowledge	Power
Horror	Wisdom	Freedom
Ignorance	Vision	Divine Guidance
Wrong	Divine Judgement	Commandment
Nothing	Purpose	Matter
Take	Worthy	Deliverance
Cursed	Divine Grace	Redemption
Victim	Liberty	Pride
Avoidance	Faith	Time
Boring	Sense	Intelligence

Carl Jung and the Collective Unconscious

Carl Jung was a student and follower of Freud. He was born in a small town in Switzerland in 1875, and all his life he was fascinated by folk tales, myths and religious stories. Although he had a close friendship with Freud early in their relationship, his independent and questioning mind soon caused a break.

Jung did not accept Freud's contention that the primary motivation behind behaviour was sexual urges. Instead of Freud's instinctual drives of sex and aggression, Jung believed that people are motivated by a more general psychological energy that pushes them to achieve psychological growth, self-realization, psychic wholeness and harmony. Also, unlike Freud, he believed that personality continues to develop throughout the life span.

It is for his ideas of the collective unconscious that students of literature and mythology are indebted to Jung. In studying different cultures, he was struck by the universality of many themes, patterns, stories and images. These same images, he found, frequently appeared in the dreams of his patients. From these observations, Jung developed his theory of the collective unconscious and the archetypes.

Like Freud, Jung posited the existence of a conscious and an unconscious mind. A model that psychologists frequently use here is an iceberg. The part of the iceberg that is above the surface of the water is seen as the conscious mind. Consciousness is the part of the mind we know directly. It is where we think, feel, sense and intuit. It is through conscious activity that the person becomes an individual. It's the part of the mind that we "live in" most of the time, and contains information that is in our immediate awareness. Below the level of the conscious mind, and the bulk of the iceberg, is what Freud would call the unconscious, and what Jung would call the "personal unconscious". Here we will find thoughts, feelings, urges and other information that is difficult to bring to consciousness. Experiences that do not reach consciousness, experiences that are not congruent with who we think we are, and things that have become "repressed" would make up the material at this level. The contents of the personal unconscious are available through hypnosis, guided imagery, and especially dreams. Although not directly accessible, material in the personal unconscious has gotten there sometime during our lifetime. For example, the reason you are going to school now, why you picked a particular shirt to wear or your choice of a career may be a choice you reached consciously. But it is also possible that education, career, or clothing style has been influenced by a great deal of unconscious material: parents' preferences, childhood experiences, even movies you have seen but about which you do not think when you make choices or decisions. Thus, the depth psychologist would say that many decisions, indeed some of the most important ones that have to do with choosing a mate or a career, are determined by unconscious factors. But still, material in the personal unconscious has been environmentally determined.

What is the Collective Unconscious?

The collective unconscious is different. It's like eye colour. If someone were to ask you, "How did you get your eye colour," you would have to say that there was no choice involved – conscious or unconscious. You inherited it. Material in the collective unconscious is like this: inherited. It never came from our current environment. It is the part of the mind that is determined by heredity. So we inherit, as part of our humanity, a collective unconscious; the mind is pre-figured by evolution just as is the body. The individual is linked to the past of the whole species and the long stretch of evolution of the organism. Jung thus placed the psyche within the evolutionary process.

What's in the collective unconscious?

Psychological archetypes. This idea of psychological archetypes is among Jung's most important contributions to Western thought. An ancient idea somewhat like Plato's idea of Forms or "patterns" in the divine mind that determine the form material objects will take, the archetype is in all of us. The word "archetype" comes from the Greek "arche" meaning "first, and "type" meaning "imprint or pattern". Psychological archetypes are thus first prints, or patterns that form the basic blueprint for major dynamic counterparts of the human personality. For Jung, archetypes pre-exist in the collective unconscious of humanity. They repeat themselves eternally in the psyches of human beings and they determine how we both perceive and behave. These patterns are inborn within us. They are part of our inheritance as human beings. They reside as energy within the collective unconscious and are part the psychological life of all peoples everywhere at all times. They are inside us and they are outside us. We can meet them by going inward to our dreams or fantasies. We can meet them by going outward to our myths, legends, literature and religions. The archetype can be a pattern, such as a kind of story. Or it can be a figure, such as a kind of character.

What are some common archetypes?

In her book 'Awakening the Heroes Within'; Carolyn Pearson identifies twelve archetypes that are fairly easy to understand. These are the Innocent, the Orphan, the Warrior, the Caregiver, the Seeker, the Destroyer, the Lover, the Creator, the Ruler, the Magician, the Sage, and the Fool. If we look at art, literature, mythology and the media, we can easily identify some of these patterns. One of the most familiar to contemporary western culture is the Warrior. We find the warrior myth encoded in all the great heroes who ever took on the dragon, stood up to the tyrant, fought the sorcerer, or did battle with the monster: and in so doing rescued himself and others. The true Warrior is not just macho. The macho man (or woman) fights to feel superior to others, to keep them down. The warrior fights to protect and ennoble others. The warrior protects the perimeters of the castle or the family or the psyche. The warrior myth is active in each of us any time we stand up against unfair authority, be it a boss, teacher or parent. The highest-level warrior has at some time confronted his or her own inner dragons. We see the Warrior archetype in the form of pagan deities, for example the Greek god of war, Mars. David, who fights Goliath, or Michael, who casts Satan out of Heaven are familiar Biblical warriors. Hercules, Xena (warrior princess) and Conan the Barbarian are more contemporary media forms the warrior takes. And it is in this widely historical variety that we can find an important point about the archetype. It really is unconscious. The archetype is like the invisible man in the famous story. In the story, a man invents a potion which, when ingested, renders him invisible. He becomes visible only when he puts on clothes. The archetype is like this. It remains invisible until it dawns the clothing of its particular culture: in the Middle Ages this was King Arthur; in modern America, it may be Luke Skywalker. But if the archetype were not a universal pattern imprinted on our collective psyche, we would not be able to continue to recognize it over and over. The love goddess is another familiar archetypal pattern. Aphrodite to the Greeks, Venus to the Romans, she now appears in the form of familiar models in magazines like "Elle" and "Vanity Fair". And whereas in ancient Greece her place of worship was the temple, today is it the movie theatre and the cosmetics counter at Nordstrom's. The archetype remains; the garments it dawns are those of its particular time and place.

This brings us to our discussion of the Shadow as archetype. The very clearest and most articulate discussion of this subject is contained in Johnson's book 'Owning Your Own Shadow'. The Shadow is not a difficult concept. It is merely the "dark side" of the psyche. It's everything that doesn't fit into the Persona. The word "persona" comes from the theatre. In the Roman theatre, characters would put on a mask that represented who the character was in

the drama. The word “persona” literally means mask.” Johnson says that the persona is how we would like to be seen by the world, a kind of psychological clothing that “mediates between our true selves and our environment” in much the same way that clothing gives an image. The Shadow is what doesn’t fit into this Persona. These “refused and unacceptable” characteristics don’t go away; they are stuffed or repressed and can, if unattended to, begin to take on a life of their own. One Jungian likens the process to that of filling a bag. We learn at a very young age that there are certain ways of thinking, being and relating that are not acceptable in our culture, and so we stuff them into the shadow bag. In our Western culture, particularly in the United States, thoughts about sex are among the most prevalent that are unacceptable and so sex gets stuffed into the bag. The shadow side of sexuality is quite evident in our culture in the form of pornography, prostitution, and topless bars. Psychic energy that is not dealt with in a healthy way takes a dark or shadow form and begins to take on a life of its own. As children our bag is fairly small, but as we get older, it becomes larger and more difficult to drag.

With this in mind, it is not difficult to see that there is a shadow side to the Archetypes discussed earlier. The shadow side to the warrior is the tyrant, the villain, the Darth Vader, who uses his or her skills for power and ego enhancement. And whereas the Seeker Archetype quests after truth and purity, the shadow Seeker is controlled by pride, ambition, and addictions. If the Lover follows his/her bliss, commits and bonds, the shadow lover is a seducer a sex addict or interestingly enough, a puritan.

But we can use the term “shadow” in a more general sense. It is not merely the dark side of a particular archetypal pattern or form. Wherever Persona is, Shadow is also. Wherever good is, is evil. We first know the shadow as the personal unconscious in all that we abhor, deny and repress: power, greed, cruel and murderous thoughts, unacceptable impulses, morally and ethically wrong actions. All the demonic things by which human beings betray their inhumanity to other beings is the shadow. Shadow is unconscious. This is a very important idea. Since it is unconscious, we know it only indirectly, projection, just as we know the other Archetypes of Warrior, Seeker and Lover. We encounter the shadow in other people, things, and places where we project it. The scapegoat is a perfect example of shadow projection. The Nazis projection of shadow onto the Jews gives us some insight into how powerful and horrific the archetype is. Jung says, “That when you are in the grips of the archetype, you don’t have it, it has you”.

This idea of projection raises an interesting point. It means that the shadow stuff isn’t “out there” at all; it is really “in here”; that is inside us. We only know it is inside us because we see it outside. Shadow projections have a fateful attraction to us. It seems that we have discovered where the bad stuff really is: in him, in her, in that place, there! There it is! We have found the beast, the demon, the bad guy. But does Evil really exist, or is what we see as evil all merely projection of our own shadow side? Jung would say that there really is such a thing as evil, but that most of what we see as evil, particularly collectively, is shadow projection. The difficulty is separating the two. And we can only do that when we discover where the projection ends. Hence Johnson’s book title, “Owning Your own Shadow”.



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