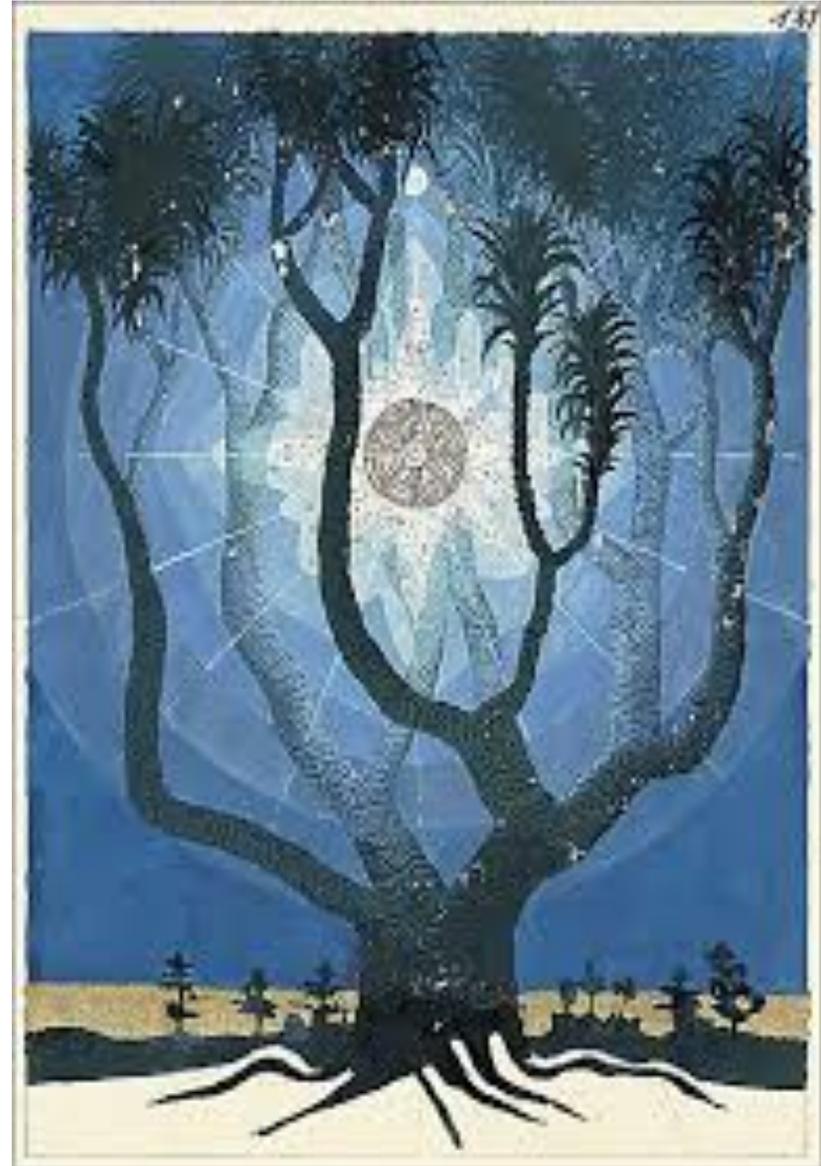


C. G. Jung Society of Victoria 

The Language of Nature
June 23rd, 2019 Beacon Hill Park



The Blue Willow pattern, Royal Doulton



This Language of Nature Event and booklet is designed to add a Jungian perspective to our understanding of nature. This booklet is a guide to be used as you like- read along at each point on the map or take in the beauty of the park in the moment and read the material at your own leisure.

If you have any quotes, literature, or insights that you feel would improve the booklet or this experience, please email your contributions to JungSocietyVictoria@gmail.com

NOTES

1. Begin at the Sundial



The first sundial was a person's shadow. Another name for a sundial is a shadow clock. Sundials developed independently in many cultures and marked the first tool in counting time.

<https://en.wikipedia.org/wiki/Sundial>

“It is not only possible but fairly probable, even, that psyche and matter are two different aspects of one and the same thing”
Carl Jung ([2], para. 418)

“All things are numbers”
“The entire cosmos is harmony and number.”
Pythagoras

The Raven and the Sun

“Once the sky had no day. When the sky was clear there was some light from the stars but when it was cloudy it was very dark. Raven had put fish in the rivers and fruit trees in the land but he was saddened by the darkness. The Sun at that time was kept in a box by a chief in the sky. The Raven came to a hole in the sky and

went through. He came to a spring where the chief's daughter would fetch water. He changed himself into a cedar seed and floated on the water. When the girl drank from spring she swallowed the seed without noticing and became pregnant. A boy child was born which was really Raven. As a toddler he begged to play with the yellow ball that grandfather kept in a box. He was allowed to play with the Sun and when the chief looked away he turned back into Raven and flew back through the hole in the sky, bringing the Sun to our world.”

<http://solar-center.stanford.edu/folklore/Solar-Folklore.pdf>

Jung proposed a profound truth: To appreciate the whole of our experience we must reach beyond causality and temporal linearity, to develop an approach that allows for multidimensional and synchronistic experiences.
Yiassemides, A. Time and Timelessness: Temporality in the theory of Carl Jung”

“When you recognize how connected you are to your future and past selves, the only response is love. Love for yourself-for all the things you did even though you didn't understand why, only later to discover the purpose of those steps, and for all the events that will happen in the future as you move toward what inevitably calls you. And this includes love for other people, as you see their words and deeds as related to their own paths, called from their own futures which have nothing to do with you or your worth.”

Cheung, T., Mossbridge, J. The Premonition Code: the Science of Precognition. P. 29

Follow a small path into the woods directly north of the sundial area.

2. Forest

	<p>“In the middle of our walk of life, I found myself within a forest dark, for the straightforward pathway had been lost.” Dante, The Divine Comedy</p>
<p>“If I accept death, then my tree greens, since dying increases life. If I plunge into the death encompassing the world, then my buds break open. How much our life needs death!” - Carl Jung, The Red Book, P. 275</p>	<p>“What you seek is seeking you.” Rumi</p>

“So into the woods you go again, you have to every now and then.

Into the woods, no telling when,
Be ready for the journey.

Into the woods, but not too fast or what you wish, you lose at last.

Into the woods, but mind the past.

Into the woods, but mind the future.

Into the woods, but not to stray,
Or tempt the wolf, or steal from the giant--

The way is dark, The light is dim,
But now there's you, me, her, and him.

The chances look small,
The choices look grim,

But everything you learn there
Will help when you return there.”

Sondheim, S. Into the Woods. Lyrics- Finale: Children Will Listen

“Trees in particular were mysterious and seemed to me direct embodiments of the incomprehensible meaning of life. For that reason the woods were the place where I felt closest to its deepest meaning and to its awe-inspiring workings.”

Carl Jung, MDR, P. 68

Continue toward the aviary- a round blue building.
Looking up you may see or hear herons in their nests.

3. Aviary/Heron's Nest



Jung identified four elements that have undergone the most severe repression in the Judeo-Christian world: nature, animals, creative fantasy, and the “inferior” or primitive side of humans, which tends to be mistakenly conflated with instinct or sexuality.
Hannah, 1991, pg.150-153

Like Native peoples, Jung felt that the animal was sublime, that it was indeed the “divine” side of the human psyche. Animals live in much more contact with a “secret” order within nature itself and – far more than man - live closely connected with the “absolute knowledge” of the unconscious. In contradistinction to man, the animal is the living being that follows its own inner laws beyond good and evil. Presumably out of similar reflections, Marie Louise von Franz expressed the idea that the utmost fulfillment is that human ritual follows the order of the animal, for here we experience absolute harmony with nature.

Barbara Hannah, *The Archetypal Symbolism of Animals*, P. VIII

“The Creator, the Grandfather of all things, created the earth, he made all animals and birds and put them in a large shell. When the earth was ready, he set the shell along the backbone (mountains) of the earth. “When the timing is right,” he told the animals, “the shell will open and you will all crawl out.

Someone or something will crack the shell and you must all take your respective places on the face the earth.” The Creator then sealed up the shell and left, hoping the Panther (his favorite animal) would be first to emerge.

Time passed, and nothing happened. Alongside the shell stood a great tree. As time passed, the tree grew so large that its roots started encircling the shell. Eventually a root cracked the shell. The Wind started enlarged the crack and reached down to help the Panther take its place on earth. Next to crawl out was the Bird. The Bird had picked and picked around the hole, and, when the time was right, stepped outside the shell. Bird took flight immediately. After that, other animals emerged in different sequences: Bear, Deer, Snake, Frog, Otter. There were thousands of others, so many that no one besides the Creator could even begin to count them all. All went out to seek their proper places on earth. Meanwhile, as Bird was flying around looking for a place to live on earth, the Creator was watching. He watched each animal and did not intervene, but left the animals on their own. The Creator often allows things to happen along their own sequences. Sometimes a thing must happen on its own merits. The Bird, for being able to take flight, will be ruler of the earth, said the Creator: “The Bird will make sure that all things are put in their proper places on earth.”

<http://www.semtribe.com/culture/Legends.aspx>

Follow the path to the right leading towards a stone bridge

4. Bridge



Faith—is a Pierless
Bridge Supporting what
We see
Unto the Scene that We do
not—
Too slender for the eye

It bears the Soul as bold
As it were rocked in Steel
With Arms of Steel at
either side—
It joins—behind the Veil

To what, could We
presume
The Bridge would cease to
be
To Our far, vacillating Feet
A first Necessity.

Emily Dickson

Collective representations can form a bridge to the unconscious. Between conscious and unconscious there exists a compensatory relationship, and the unconscious always tries to make whole the conscious part of the psyche. The unconscious produces compensating symbols which are meant to replace the broken bridges. These symbols must, if they are to be effective, be assimilated and integrated. A dream, understood, becomes a living experience.

(Jung. "Fundamental Questions of Psychotherapy,"
Collected Works.)

The Bridge in the Blue Willow pattern:

There was once a wealthy bureaucrat whose daughter fell in love with her father's kind and humble assistant. The bureaucrat did not favour a marriage between his daughter and the office assistant, so he dismissed the young man and built a high fence around his house and garden to keep the two apart. The daughter often walked at the water's edge, looking out to sea and admiring the small islands that she could not reach. One hot spring day she saw a beautifully carved ship arrive, on it a powerful Duke who brought her gifts of expensive jewels and hoped to marry her. The bureaucrat agreed that the wedding would take place on the day the first blossom fell from the willow tree.

On the eve of the daughter's proposed wedding to the Duke, the young girl sat at the water's edge, when the tiniest boat she had ever seen came bobbing toward her, pushed along by the waves. The vessel was made of a tiny shell, with cedar shavings as sails, and it carried a love poem. The young woman knew that her beloved was nearby. Then the young man burst into the garden, disguised as a servant. The young woman quickly disguised herself and wrapped her jewels and treasure in a cloth bag. The two slipped silently out of the palace. All would have been well had a dog not barked, alerting the guards. The young lovers were chased across a bridge, but jumped onto the Duke's ship and escaped to safety. On a beautiful secluded island, they spent many years living simply and happily. When they died of old age in each other's arms, the gods, moved by their love, transformed them into a pair of immortal doves.

Follow the path to the top of the hill

5. Hilltop



Peace will not come on Earth until the circle of humanity is complete. Until all four colours sit in the circle and share their teachings.

Cherokee Elder on medicine wheel prophecy

It is often reported that aboriginals called the hill “Meeacan,” meaning belly, because in profile the bare hill looked like the fat stomach of a person lying on his back. A different version is attributed to Lekwungen elder Jimmy Fraser, who said “Meegan” (some write it Meeqan or Meecan) means “warmed by the sun” and that the open meadow in Beacon Hill Park is “where the people sat to have their bellies warmed in summer.”

Anthropologist Wilson Duff presents that version. His informants also told him the area of the hill was a “‘playing field’ for the shinny-like game called qoqwialls, which is played with oak sticks hollowed spoon-fashion at the end, a ball which was propelled along the ground and goals at each end of the field.”

(Duff, “The Fort Victoria Treaties,” p. 45)

Sit down on the ground, on a bench, or whatever works for the space you are in. Spread out in order to feel like you have your own space.

Close your eyes and take a few deep breaths. Put your attention on the sounds around you - focus on the calls and movements of birds or any other natural sounds within earshot. Your attention will naturally dip back into thoughts -- gently bring your focus back to the sounds every minute or two.

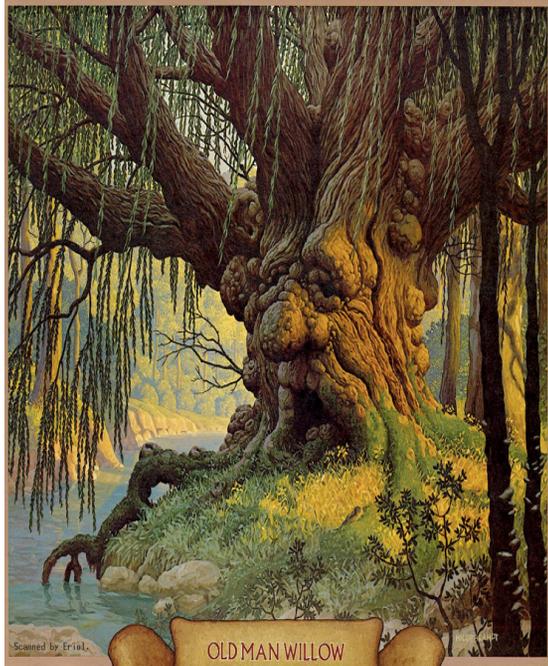
When the timing feels right, feel the sun on your skin – your face, hands, arms or any place exposed to the sun. Keep your attention on all the parts where you can feel the sun, remind yourself that all the life and energy on earth comes from the power of the sun. Feel the air moving across your skin. After doing this for a minute or two, concentrate on a specific part of your body where you can feel the wind -- the tip of your nose, your hands, or the back of your neck.

Feel your body sitting on the earth. Focus on any part of the body that is touching the earth – connect with the earth and feel the earth supporting you. Connect with your breath. Focus on your breath for 1-2 minutes, paying close attention to each inhalation and exhalation. Focus on each breath while thinking of how the air passing in and out of your lungs comes from the trees.

End with a gratitude practice. Send thoughts of gratitude to this place. You are part of this special place. Consider what came up for you during this experience before gently opening your eyes.

<https://www.edutopia.org/blog/outdoor-mindfulness-exercises-earth-day-patrick-cook-deegan>

6. Pond with willow tree and fountain



Thus an army
without flexibility
never wins a battle.
A tree that is
unbending is easily
broken.

**Tao Te Ching - Lao
Tzu - chapter 76**

What did you do as a child that made the
hours pass like minutes? Herein lies the
key to your earthly pursuits.

Carl Jung

“We are one.
Everything in the
universe is within
you. Ask all from
yourself.”

Rumi

(Mr. Mole) thought his happiness was complete when, as he meandered aimlessly along, suddenly he stood by the edge of a full-fed river. Never in his life had he seen a river before—this sleek, sinuous, full-bodied animal, chasing and chuckling, gripping things with a gurgle and leaving them with a laugh, to fling itself on fresh playmates that shook themselves free, and were caught and held again. All was a-shake and a-shiver—glints and gleams and sparkles, rustle and swirl, chatter and bubble. The Mole was bewitched, entranced, fascinated. By the side of the river he trotted as one trots, when very small, by the side of a man who holds one spellbound by exciting stories; and when tired at last, he sat on the bank, while the river still chattered on to him, a babbling procession of the best stories in the world, sent from the heart of the earth to be told at last to the insatiable sea.

Kenneth Graham- The Wind in the Willows

7. Mud maiden



“When you can appreciate nature’s power to break through all barriers, you will discover that this same power is within you.”
I Ching Hexagram 30

“The doors to the world of the wild self are few but precious. If you have a deep scar, that is a door; if you have an old, old story, that is a door. If you love the sky and the water so much that you almost cannot bear it, that is a door. If you yearn for a deeper life, a full life, a sane life, that is a door.”
- Clarissa Pinkola Estés

Sophia is the stillness at the center of the whirlpool, the eye of the hurricane. Without her, there is no dance....Sophia wants things moving, breathing, touching, creating.”
- Marion Woodman, on the divine feminine in *Coming Home to Myself*

The **Lost Gardens of Heligan**, near Mevagissey in Cornwall, are one of the most popular botanical gardens in the UK. The gardens are typical of the 19th century Gardenesque style with areas of different character and in different design styles.

Created by members of the Cornish Tremayne family, the gardens have formed part of the family's Heligan estate from the mid-18th century to the beginning of the 20th century, The gardens were neglected after the First World War and restored only in the 1990s, a restoration that was the subject of several popular television programmes and books.

The gardens include aged and colossal rhododendrons and camellias, a series of lakes fed by a ram pump over 100 years old, highly productive flower and vegetable gardens, an Italian garden, and a wild area filled with subtropical tree ferns called "The Jungle". The gardens also have Europe's only remaining pineapple pit, warmed by rotting manure, and two figures made from rocks and plants known as the Mud Maid and the Giant's Head.

Wikipedia

Just as the Heligan gardens fell into neglect for generations, so has the value of nature and the feminine. Yet, is it not amazing the power of wilderness to reclaim the neglected for itself?

8. Bandshell



"If music be the food
of love, play on"
-William Shakespeare

Deeply listening to music opens up new avenues of research I'd never even dreamed of. I feel from now on music should be an essential part of every analysis.

Carl Jung

The soul has been given its own ears to hear things the mind does not understand.

Rumi

The bandstand was first built in 1888. The original structure remains as an information center in the park after being used as an aviary for 60 years. The Cameron Bandshell continues to be a hub of music, storytelling, and culture for our community- free concerts and events start June 28th.

Apollo and Dionysus represent two side of musical experience. As described by Nietzsche in the Birth of Tragedy, Apollonian music uses structure and elegance to make a differentiated statement. While a Dionysian experience would be one of undifferentiated, chaotic enthusiasm and ecstasy.

The rhythm is below me, The rhythm of the heat, The rhythm is around me, The rhythm has control, The rhythm is inside me, The rhythm has my soul." – Peter Gabriel (from "Rhythm of the Heat")

This song was inspired by Carl Jung's experience in Africa. While entranced by a drumming dance, he experienced "the stillness of the eternal beginning, the world as it had always been, in the state of non-being...There the cosmic meaning of consciousness became overwhelmingly clear to me."

Listening suggestions-

The Rites of Spring- Igor Stravinsky

Orpheus in the Underworld Overture-Jacques Offenbach

Peter Gabriel (self titled album) by Peter Gabriel

9. Fountain lake



“If you make your heart like a lake, life will continuously fulfill you.”

I Ching Hexagram 55

Of the Alchemical fountain Jung wrote (paraphrased): Fluid substance can signify the unconscious that has been projected onto it. The “sea” is its static condition, the “fountain” its activation, and the “process” its transformation. The gushing up and flowing back of the Mercurial Fountain within its basin completes a circle. The fountain is like a circular sea with no outlet, which perpetually replenishes itself by means of a spring bubbling up in its centre. (From Carl Jung, CW 16)

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer’s day, listening to the murmur of water, or watching the clouds float across the sky, can be the best use of one’s time.”

John Lubbock

Touch the water with your hand. Feel renewed and purified:

When one dreams of baptizing, taking a bath, the ocean or in water generally- you must realize you are being pushed into the unconscious for purification: you have to go into the water for the renewal. –Carl Jung

Follow the path towards the parking lot- follow the road up to the flag pole over looking the ocean

10. Flag pole over looking burial cairns



James Deans, “Victoria’s first notable archaeological enthusiast,” counted twenty-three cairns on the sides and the summit of Beacon Hill in 1871. These cairns were visible until 1877. When he returned in 1897, many of the surface boulders of the cairns had been removed by white immigrants.

Can you hear it
She calls to her pod
mournful echoing
against the vast
mountain walls
through the valleys
I hear her call
She slaps the calm water
with her sleek, merciless
tail.
Tear drops of the sea
fall upon her shiny, black
head.

Wanda Marie John, Cree poet, uses writing as a therapeutic medium through which to understand and to respond to the near decimation of First Nations culture, language, and tradition.

Carl Jung talked about the concept of the 'shadow'—which is the part of ourselves that we won't acknowledge. We bury this in our unconscious mind and deny that it exists. Canada's shadow, in the Jungian sense, is the belief of several generations that white people are superior to those of other races.

The story of the wounded healer offers hope—Recognizing our own wounds can lead to healing ourselves and helping the world.

Chiron was born under unusual circumstances. His father, the titan Kronos, was coupling with the nymph Philyra when Rhea, Kronos’ wife, suddenly appeared. Kronos turned himself into a stallion to escape her notice, and nine months later, Philyra gave birth to a half-horse baby, whom she reared (or abandoned, depending on the myth) on Mount Pelion. Chiron grew up to be just, kind and wise in many arts, including medicine, gymnastics, prophecy, hunting and music. Because of this, he was much sought after as a tutor of heroes, and his charges eventually included Peleus, Jason, Aesclepius and, of course, Achilles. While visiting the centaur, Heracles accidentally pricked Chiron with one of his arrows poisoned with the blood of the Hydra. The poison’s virulence made the wound incurable, despite Chiron’s skill in healing, and the centaur was doomed to an eternity of agony. So Chiron went to Zeus and offered to give up his immortality in exchange for the freedom of Prometheus. The king of the gods agreed, Prometheus was freed, and Chiron’s soul was placed among the stars, where he became the constellation Sagittarius.

<http://madelinemiller.com/myth-of-the-week-chiron/>

Follow the path through the trees to return to the parking lot. Proceed back to the Robert Burns statue for visiting and discussion