

Hauntings: Dispelling the Ghosts Who Run Our Lives

{Jung Center of Houston, TX, Fall, 2013}

October 1: Introduction to Hauntings

October 8: Untold Stories as Spectral Presences

October 15: Hauntings as Complexes

October 22: Haunted Relationships

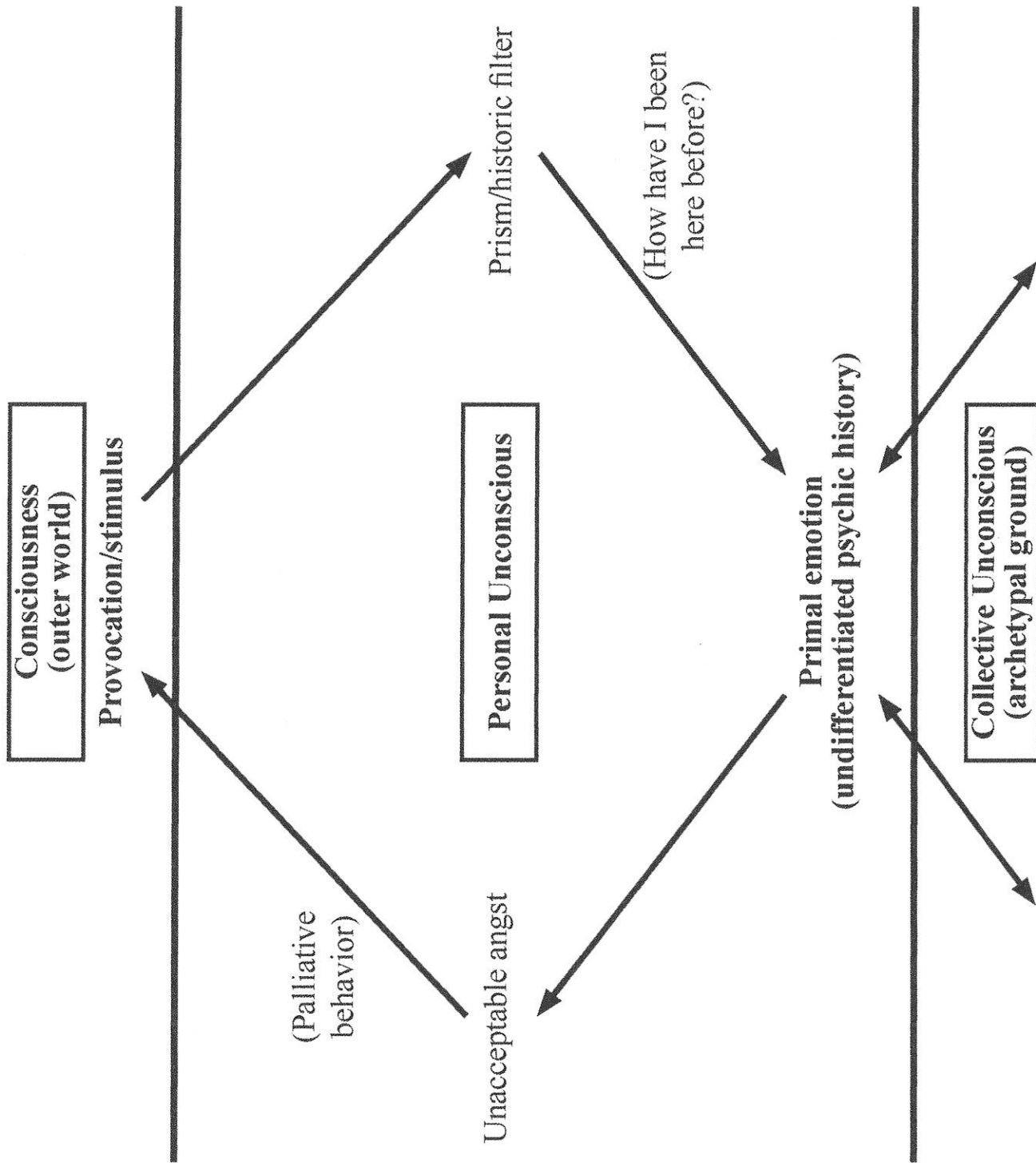
October 29: Bondage to the Past: Guilt, Shame, Betrayal

November 6: The Ghosts of Modernism

November 12: Dispelling Ghosts by *Going Through* Them

November 19: *Desiderata*: The Spectre of the Unlived Life

Course Text: James Hollis, *Hauntings: Dispelling the Ghosts Who Run Our Lives*. (2013)



Historic Stages of Psycho-Spiritual Locus

- I. **Animism**
- II. **Theogyny (Birth of the Gods)**
- III. **Theological (Humanization of the Gods)**
- IV. **Modern (Erosion of the *Imago Dei*)**
- V. **Post-Modern: (Secularism vs. Reappropriation of the Spirit by way of the Psyche)**

James Hollis

Hauntings Questions

Fate:

Where has life been unfair to you?

How has this unfairness affected you, stuck you, fixated you?

Where have you been especially blessed or fortunate?

And what have you done with that blessing?

Stuckness:

Where am I rigid, and resistant to change?

Where am I blocked by fear?

What is the fear beneath the fear?

What are my primary learned fears?

Where was my Father stuck, and where my Mother, and can I see that place operating in my life?

Where do I avoid conflict, and therefore avoid growth?

What three things: ideas, habits, behavioral patterns are holding me back?

From whence does each originate?

What secondary gain is derived from them?

What is the task each one of them poses for me?

Where am I still looking for “permission”?

Where do I need to grow up?

Destiny:

What were my phantasies of myself in childhood?

What have I always felt called to but did not attempt?

Where is that possibility still lurking in my life?

What is my calling to grow as a person?

What new life wants to emerge through me?

**James Hollis
Houston, TX**

21 Ways to Navigate the Second Half of Life More Consciously

1. *THE CHOICE IS YOURS:*

Realize that your life is something you choose every day, whether you are paying attention or not. And that it is *now* time to pay attention.

2. *ITS TIME TO GROW UP:*

Grow Up. Growing up means that we truly take responsibility for our lives, for how they are turning out, and stop expecting others to make those decisions for us.

3. *LET GO OF THE OLD:*

Pay attention to how much of your daily behavior is in service to old anxiety management systems that, once necessary, now bind you to a disempowering past.

4. *RECOVER PERSONAL AUTHORITY:*

Recover personal authority: what is true for you, *really*, and now find the courage to live that truth.

5. *SEEK TO MAKE AMENDS:*

Ask others where you have injured them, where they see you limiting yourself, and vow to change those behaviors.

6. *STEP OUT FROM UNDER THE PARENTAL SHADE:*

Consider where you are still carrying, or compensating for, the unlived life of your Mother, the unlived life of your Father.

7. *VOW TO GET UNSTUCK:*

Reflect on where you are stuck, and what old fear is keeping you stuck.

8. *COME BACK TO YOUR TASK:*

Identify what task you need to address, the flight from which will diminish your life.

9. CHOOSE THE PATH OF ENLARGEMENT:

Ask of any important life choice, relationship, commitment: does this path enlarge me or diminish me—and act on your conclusion.

10. WHAT GIFT HAVE YOU BEEN WITHHOLDING FROM THE WORLD:

What wishes to come into the world *through* you, and only your fears keep you from serving it?

11. SEE THE OLD SELF-DESTRUCTIVE PATTERNS:

Notice the patterns which keep showing up in your intimate relationships, and from whence do they arise in your history?

12. WHAT IS THE BIGGER PICTURE FOR YOU?

Where do you stand in relationship to what is larger than you, that which asks more of you?

13. CHOOSE MEANING OVER HAPPINESS:

A life of *happiness* is transient; the search for *meaning* is life-long.

14. HONOR, FINALLY, WHAT YOU LEFT BEHIND:

What parts of yourself did you leave behind, perhaps necessarily then, but which cry out for your recovery of them, for your honoring of them?

15. EXORCISE THE GHOSTS OF THE PAST WHICH BIND YOU:

What old guilts or shames inhibit you today, and how can you grow larger than their inhibiting powers?

16. FREE YOUR CHILDREN FROM YOU:

Free your children from your own unlived life, your expectations that they ratify your values, and release them as you wished released from the expectations of your parents.

17. BESTOW LOVE ON THE UNLOVEABLE PARTS OF YOU:

Accept that fact that we all are flawed, which does not mean that we are not worthy of love, of respect, and of the power to redo our lives.

18. HONOR THE DIFFERENCE BETWEEN DUTY AND CALLING:

Know the difference between *work* and *vocation*, that one is a duty and one is a calling, and that in the end, a *calling* is more important than anything.

19. EXPLORE WHAT ONCE MOVED YOU MOST:

What fired your imagination in the past, aroused your curiosity and passion? Those energies are still there, waiting for release and affirmation.

20. SIEZE PERMISSION TO BE WHO YOU REALLY ARE:

Where are you still looking for permission to live your life, and who do you think will give it to you today?

21. LIVE THE EXAMINED LIFE, LIVE THE QUESTIONS NOT THE ANSWERS:

Keep asking “what matters most,” lest you be living someone else’s life, or simply staying on automatic pilot.

Dr. James Hollis

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Author of *Finding Meaning in the Second Half of Life*, *What Matters Most: Living a More Considered Life* and *Hauntings: Dispelling the Ghosts Who Run Our Lives*.