**Resources from Friday July 21 Online Handheld Finger Labyrinth Walk**

**With Chuck Hunner on the theme of The Labyrinth & Individuation**

**Chuck Hunner:** [chuckhunner@gmail.com](mailto:chuckhunner@gmail.com)

<Https://goldenspirit.com/>

**Podcasts:** [#11 The Red Book by M J. Dorian - Creative Codex](https://open.spotify.com/episode/0N75v3F5m3JOuKxolCs70X?si=0abe68506aff44ce)

**Books:** [*The Path of the Holy Fool*](https://veriditas.org/Shop#!/Book-The-Path-of-the-Holy-Fool-How-the-Labyrinth-Ignites-Our-Visionary-Powers-by-Lauren-Artress/p/255462143/category=92456018) by Lauren Artress

*The Way of individuation* by Yolanda Jacobi

“It remained Jung's untiring scientific and psychotherapeutic endeavor to work out a methodological procedure for bringing these components to consciousness and associating them with the ego in order to realize the greater personality, which is potentially present in every individual.”

\*\*\*\*\*\*\*\*\*\*\*\*\*

**Carl Jung:**

“The difference between the natural individuation process which runs its course unconsciously, and the one which is consciously realized is tremendous.

In the first case, consciousness, nowhere intervenes. The end remains as dark as the beginning.

In the second case, so much darkness comes to life that the personality is permeated with light, and consciousness necessarily gains in scope and insight.”

“What on a lower level had led to the wildest conflicts and to panicky outbursts of emotion, now looks like a storm in the valley seen from the mountaintop.

This does not mean that the storm is robbed of its reality. But instead of being in it, one is above it.” It is expansive.

**Hafiz poem from Dropping Keys:**

“The small man builds cages for everything he knows, while the sage, who has to duck his head when the moon is low, keeps dropping keys all night long for the beautiful rowdy prisoners.”

**Music:**

"[*Still Return*](https://open.spotify.com/track/28KcS7Otucbm1uRQs8k21t)" by Harold Budd & Brian Eno

From the album "*The Pearl*" by Harold Budd and Brian Eno in 1984, remastered in 2005. Ambient Music.