

Chicago Class (9/21/38)  
Lesson X 7

I. Questions and answers

II. Outline of what is determined in the connection between analytic psychology and Yoga.

- A. Yoga is realization of identity in the Atman.
  - 1. In psychological terms this is directing of the libido into the Subject in intense degree, i.e., high powered introversion.
  - 2. It implies becoming self-conscious of the subjective Root of Consciousness.
    - a. When this is attained, and while in that state, the individual is freed from bondage to the Object and, therefore, above Karma.
- B. The predominant conscious attitude of each individual is either introvert or extravert.
  - 1. The complementary attitude of the unconscious of each individual is extravert or introvert in the reverse order.
  - 2. As a consequence the Yoga Path of the individual varies with his attitude type.
    - a. If his conscious attitude is introvert his attainment is primarily dependable upon the consciously disposable Libido.
      - (1) Implying the primary importance of conscious discipline.
    - b. If his conscious attitude is extravert his attainment is primarily dependent upon the Libido at the disposal of the Unconscious.
      - (1) In this case the Awakening is most likely to occur unexpectedly and spontaneously without apparently being related to the activity of objective consciousness.
  - 3. We would expect the extravert to be more susceptible to induction than the introvert.
  - 4. We would expect the introvert to be more susceptible to conscious discipline of the thought and the feelings.
    - (a) These latter points await more complete verification.
- C. The capacity for active functioning of introvert intuition seems to be the common denominator of those who are attracted to Yoga.
  - 1. On this point both a priori ~~and~~ considerations and the results of the class-examinations agree substantially.
  - 2. It is significant that the most highly developed function of the class appears to be Intuition.
- D. Where the conscious process is the primary means, as with the introvert, the function which controls the most of the disposable Libido is most important.
- E. To acquire a state of self-control in the subjective Sea of Consciousness requires a strong development of one of the Judgment Functions, i.e., Thinking or Feeling.
- E. The first great objective is the capacity to enter the state of Quiescence after death.
- F. The next great possibility is the attainment of the status of Bodhisattva through Renunciation of the continued enjoyment of this state of Quiescence.

III. The three-fold meditation for the state of Quiescence.

- a. The cutting off of the thoughts as they arise.
- b. Letting the thoughts flow, doing nothing about them but simply observing them
- c. The ignoring the stream of thoughts.
  1. Neither seeking to repress nor observe them with any interest, attraction nor repulsion.
  2. This involves a 'splitting of consciousness.

(Note: Every effort to stop thought binds one to thought, for he is bound to the thought of trying to stop thought.)

IV. The spacial visualization.