



## Syzygy: Crossing the Bridge to Self

*Barbara Jennings*

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SYZYGY Latin: Conjunction Greek: Yoked together Yin and Yang and Shiva and Shakti are just two embodiments that represent sacred duos, the Divine inner marriage—or the syzygy— of the masculine and feminine. Founder of analytical psychology, Carl Jung, who coined this usage of ‘syzygy,’ “did not see the purpose of life as being the victory of light over dark. Rather his own vision was one of wholeness, of all elements of the Self moving in a complicated dance, in and out of balance, in an endless, unfolding creative drama of growth.” THE MEMOIR Do you ever get that nagging sensation that you forgot something or that something is missing or out of whack, but you don’t know what it is? If you do not recognize this “wounding” of your personality as a wake-up call from your higher Self, that is, if you look outside instead of inside for what is missing, a loss of soul may occur: The meaning and purpose of your life may escape you. As a quest, this memoir explores how one woman’s loss of soul occurred without her realizing it and her journey toward restoring it. This memoir scrapes the chalky topsoil off trenches and craters in my war-torn psyche, as it explores the layers of environmental destruction and psychological damage after decades of abuse and Self-annihilation to exhume what remains, if anything. In search for home, for Mama, for Truth, for something, I didn’t know what, I examine each piece of evidence under the light of prominent Jungian analysts—not to find fault but to find peace. Detonating explosives, long thought to be duds, forced me to rebuild the foundation of my psyche, a stone-by-stone metamorphosis. Resurrected through the lenses of hundreds of dreams, fairy tales, myths, news clips, fiction, scripture, songs, and poems, as well as quotes from numerous scholarly journals, spiritual works, and psychology textbooks, this memoir doesn’t just tell you a story, it invites you to live it. THE WEBSITE While the memoir excavates the debris of a past life (a kind of therapeutic process of sorting and sifting and cleansing), the website rebuilds, replants, and rewires. Like a reality television show, [www.syzygy-crossingthebridgeto-self.com](http://www.syzygy-crossingthebridgeto-self.com) chronicles a life now in progress. Sometimes comic, sometimes tragic, sometimes clawing its way out of an abyss of abuse and addiction, sometimes bold enough to descend into the belly of the beast, it’s a life that seeks Truth yet hides from it. Some days—as my life develops in a dark room of its own making—I cringe at the sight of me. Other days, I marvel. It’s both work and play. It is digging and burying, finding and losing, hurting and healing, loving and hating. It is dying and being reborn. Documenting this process of Self-discovery, which Jung coined “individuation,” this website explores avenues for expansion, such as memoir writing, active imagination, alchemy, archetypes, astrology, dream analysis, psychoanalysis, I Ching, mandalas, psychological types, and shadow work.

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