

Ep 21 Show Notes: JUNG, Shadow, and Dreams on The Edge with Joseph Lee of This Jungian Life POdcast | 9/16/2024

Today's episode was recorded in January of 2022 and it is a wonderful conversation I had with my college friend, Joseph Lee, Jungian analyst and creator of the wildly popular podcast, This Jungian Life.

Joe and I met in our freshman year at Carnegie Mellon University in the BFA performing arts program, wide-eyed 18 year-olds fresh out of high school, tossed into an intense cauldron of creativity, confrontation, and uncompromising work.

It was a joy to revisit our conversation...we reminisced, laughed, told stories, and talked about shadow work and projection and how it can applied to our current polarized political landscape and to the human collective in general. Joseph gave a mini master class in Jungian psychological wisdom. I'm thrilled to share it with you today. Enjoy!

In this conversation...

- Joseph shares his youthful discovery of esoterica + acting, how it led to healing + somatic work, and further into Jungian psychology.
- Joseph shares how and why he, along with 2 of his colleagues co-created their podcast, This Jungian Life.
- Shadow work from a Jungian perspective, projection, judgement, and the "othering" of people.
- We touched This Jungian Life Dream school - and Joseph analyzed one of my own dreams.

* All this, and so much more...join us.

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JOSEPH LEE is a Jungian analyst, educator, national lecturer and podcast co-host.

Shortly after graduation, his interest shifted to integrative movement therapies, and he relocated to Charlottesville, VA, to train as an Alexander Technique Teacher. For the following 20 years, he focused on rehabilitative work with injured classical musicians. As his work with students progressed, his curiosity about the interface of somatic and psychological issues deepened. In service to that, he attained a master's degree in clinical social work and a diplomate [/'diplə,māt/] in Analytical Psychology.

Today Joseph Lee is a Jungian Analyst in private practice in Southern VA, focusing on masculine psychology and men's issues. He is co-host and co-creator of the popular podcast *This Jungian Life* - and the online learning platform DreamSchool, where people learn how to interpret their own dreams.

In addition, he is president emeritus of The Philadelphia Association of Jungian Analysts that provides analytic training. He has lectured nationally on the Hermetic Qabalah and Western Mystery School traditions.

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