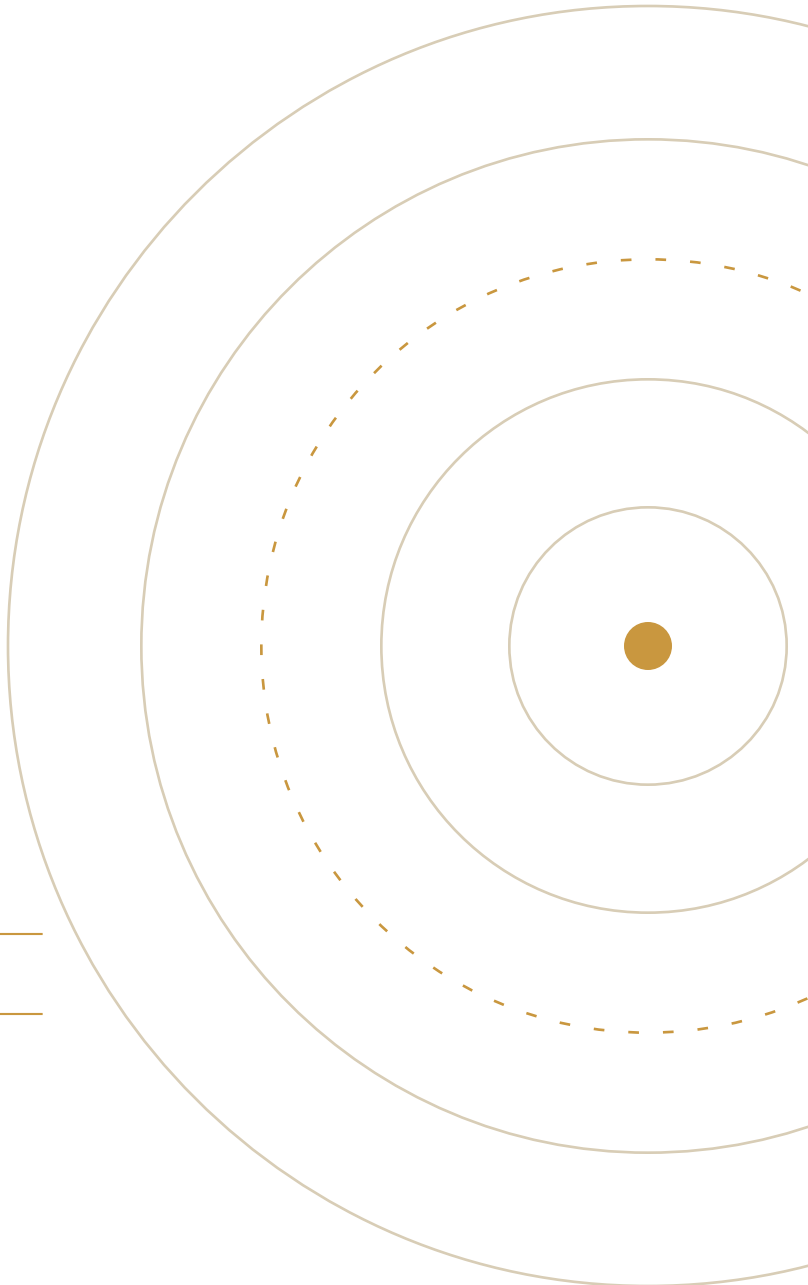
THE INDIVIDUATION JOURNEY

Companion Workbook

Module 0 · Welcome

Guided by the work of C. G. Jung and Edward F. Edinger



This workbook belongs to _____

I began on _____

Shawn Arnott · psychedelicbuddhist.com

BEFORE YOU BEGIN

How to use this workbook

This workbook accompanies the video presentations of *The Individuation Journey*. The videos teach the ideas; this is where you bring them into your own life. Each module follows the same simple rhythm.

01
Learn
Watch the module's presentation. One idea, one story, one image to carry with you.

02
Reflect
Open this workbook to the matching pages. Write slowly and honestly.

03
Return
Live with it for the week. Notice dreams, strong reactions and meaningful coincidences.

A few suggestions

- **Print it and write by hand.** Writing slowly on paper tends to reach deeper than typing.
- **Go slowly.** One module a week is plenty. If a module stirs a lot, stay with it longer.
- **There are no right answers.** Write what is true for you, even if it surprises you.
- **Keep it private.** This is for you. You never need to share what you write.
- **Look back often.** Earlier pages become more meaningful as the weeks go on.

A note on care

This workbook is a companion for reflection, not a substitute for therapy. Inner work can stir up strong feelings. If it ever feels like more than you can hold, please turn to the **Support** page at the back and reach out.

0

Welcome

Beginning the journey

IN THE VIDEO

- **Individuation** is the lifelong process of becoming a whole person: conscious of more of who you are, and in relationship with something larger than your everyday self.
- Your everyday self, the **ego**, is like one small, lit room in a very large house. Individuation is exploring the rest of the house.
- Our map is **Edinger's cycle**: inflation, alienation, a turning point and reconnection, all turning around the Self.
- Each module follows the rhythm **learn, reflect, return**.

In this section

- ☐ What brought me here ..... page 4
- ☐ The map of the journey ..... page 6
- ☐ My first “Where am I?” check-in ..... page 7
- ☐ Journal, week one ..... page 8
- ☐ Dream log and reaction log ..... page 12
- ☐ Looking back on Module 0 ..... page 14

REFLECT

What brought me here

Take your time with these. Write whatever comes, without editing. You'll look back on these pages at the end of the course.

1 What made you curious about this course, or about Jung? What was happening in your life when you decided to begin?

2 Picture the small, lit room in a very large house. Which parts of your own “house” do you suspect you haven’t explored yet?

3 Is there a pattern in your life that keeps repeating? Describe it simply, without judging it.

REFLECT

What brought me here, continued

4 Have any dreams stayed with you, recently or from long ago? Write down whatever you remember, even fragments.

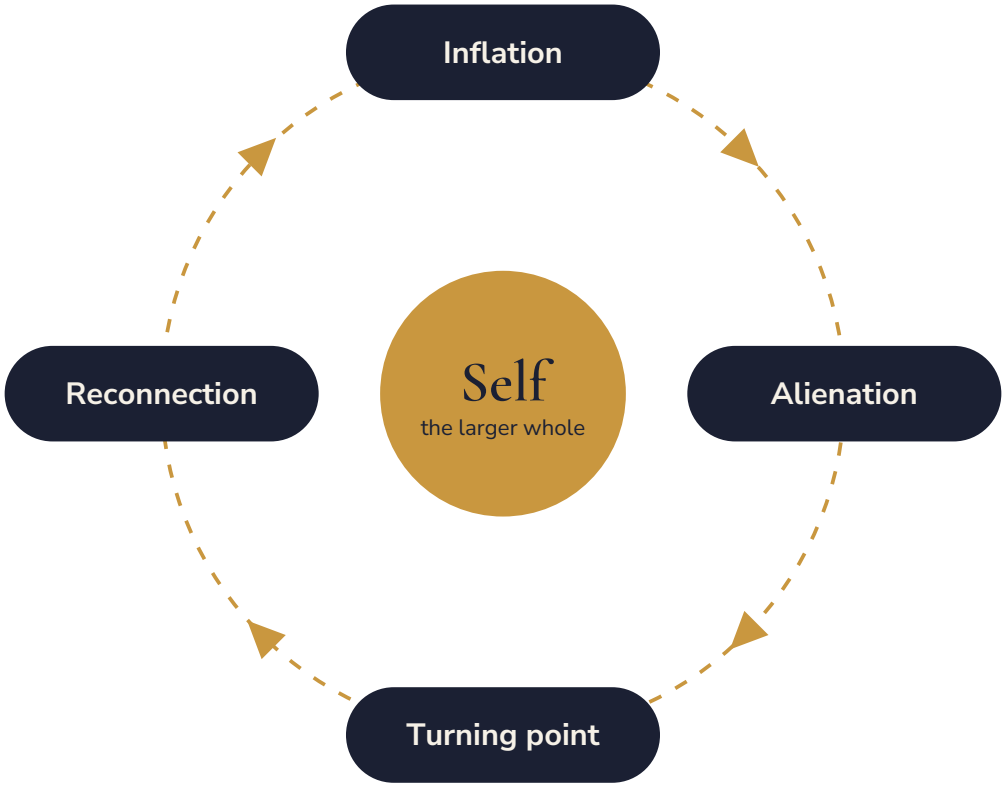
5 What do you hope for from this journey? Is there anything you feel hesitant or uneasy about?

6 A few lines to your future self: write to the person you'll be when you finish this course.

REFERENCE

The map of the journey

Growth moves in a cycle we travel many times, each turn adding a little more consciousness. Over time, the loop can give way to a conscious, ongoing dialogue between the ego and the Self. We'll explore each stage in its own module.



Inflation	The everyday self takes on too much: certainty, invincibility, or a sense that ordinary limits don't apply.
Alienation	Life pushes back. We feel rejected, exiled, empty, or cut off from meaning.
Turning point	A change of heart. We let go of something and begin to see differently.
Reconnection	A renewed sense of acceptance, and of being held by something larger.
The Self	Jung's word for the whole psyche and its deepest organizing centre.

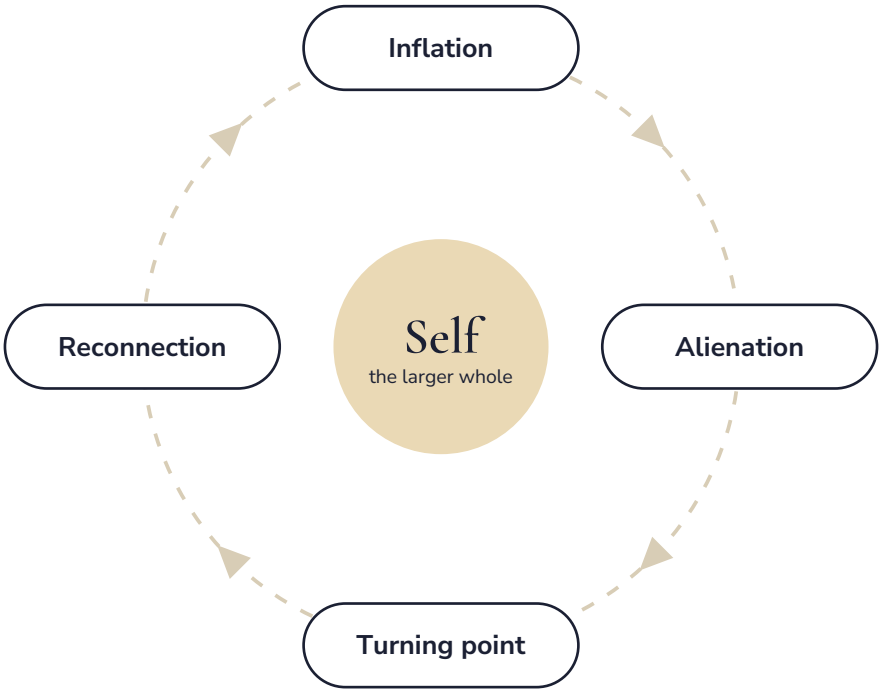
Adapted from Edinger, Ego and Archetype, ch. 2, "The Psychic Life Cycle," fig. 5, p. 41.

CHECK-IN

Where am I?

Date _____

Look at the cycle and mark an **X** wherever you feel you are right now, on a stage, between stages, or anywhere else on the page. Trust your first instinct.



What made you place your mark there?

What is happening in your life right now that feels important?

One word for how I feel today: _____

You'll return to a page like this at the start of every module.

PRACTICE

Your journal, week one

Five minutes a day is enough. Showing up regularly matters more than writing a lot.

1. **Date each entry** so you can trace patterns over time.
2. **Write three lines about your day:** what happened, and how it felt.
3. **Record any dream,** even a single image or a feeling on waking.
4. **Note one strong reaction,** a moment that stirred more than it seemed to warrant.

Day 1

Date _____

THREE LINES ABOUT MY DAY

A DREAM, EVEN A FRAGMENT

ONE STRONG REACTION

Day 2

Date _____

THREE LINES ABOUT MY DAY

A DREAM, EVEN A FRAGMENT

ONE STRONG REACTION

Day 3

Date _____

THREE LINES ABOUT MY DAY

A DREAM, EVEN A FRAGMENT

ONE STRONG REACTION

Day 4

Date _____

THREE LINES ABOUT MY DAY

A DREAM, EVEN A FRAGMENT

ONE STRONG REACTION

Day 5

Date _____

THREE LINES ABOUT MY DAY

A DREAM, EVEN A FRAGMENT

ONE STRONG REACTION

Day 6

Date _____

THREE LINES ABOUT MY DAY

A DREAM, EVEN A FRAGMENT

ONE STRONG REACTION

Day 7

Date _____

THREE LINES ABOUT MY DAY

A DREAM, EVEN A FRAGMENT

ONE STRONG REACTION

TOOL

Dream log

Keep this page, or your journal, beside your bed and write before you get up; dreams fade quickly. Record without interpreting. Meaning often reveals itself later. Print this page as often as you like.

Date _____ A title for this dream _____

WHAT HAPPENED

HOW I FELT, IN THE DREAM AND ON WAKING

IMAGES, PEOPLE OR PLACES THAT STOOD OUT

WHAT DOES IT BRING TO MIND? (MEMORIES, FEELINGS, ASSOCIATIONS)

TOOL

Reaction log

When your feelings run far stronger than a situation seems to call for (anger, envy, admiration, shame, attraction), something from deeper down may be stirring. Just capture it. There's no need to analyse it yet.

Date	What happened	What I felt	Strength 1–10	Does it remind me of anything?

RETURN

Looking back on Module 0

At the end of your first week, read back through your journal before answering.

1 What did you notice this week? Did anything in your journal, dreams or reactions surprise you?

2 Which idea or image from the video has stayed with you, and why do you think it has?

3 How did it feel to keep a journal? What would help you keep going?

4 Is there anything you want to carry with you into Module 1?

NEXT Module 1 · Foundations: the ego, the Self and the lifeline between them

SUPPORT

When you need more support

Inner work can stir up strong feelings and old memories. That's a natural part of the process, and it deserves care. Edinger observed that our connection to the deeper self is often restored through being genuinely accepted by another person. We aren't meant to do this alone.

Please reach out if you notice

- Despair or emptiness that doesn't lift
- Feeling cut off from reality or from the people around you
- Thoughts of harming yourself

If you're in immediate danger

Call your local emergency number right away (for example, 911 in Canada and the US, 999 in the UK, 112 across the EU, 000 in Australia).

Crisis lines

Canada	9-8-8 Suicide Crisis Helpline: call or text 988
United States	988 Suicide & Crisis Lifeline: call or text 988
UK and Ireland	Samaritans: call 116 123
Australia	Lifeline: call 13 11 14
Anywhere else	Find a helpline in your country at findahelpline.com

Ongoing support

A therapist or your doctor is a good place to start. To find a Jungian analyst, see the International Association for Analytical Psychology (IAAP) at iaap.org. The program keeps a fuller list at psychedelicbuddhist.com/support.html.

MY PEOPLE AND PLACES

Someone I trust _____

My therapist or doctor _____

My local crisis line _____

Numbers were accurate as of September 2026. Please check they're current for where you live.