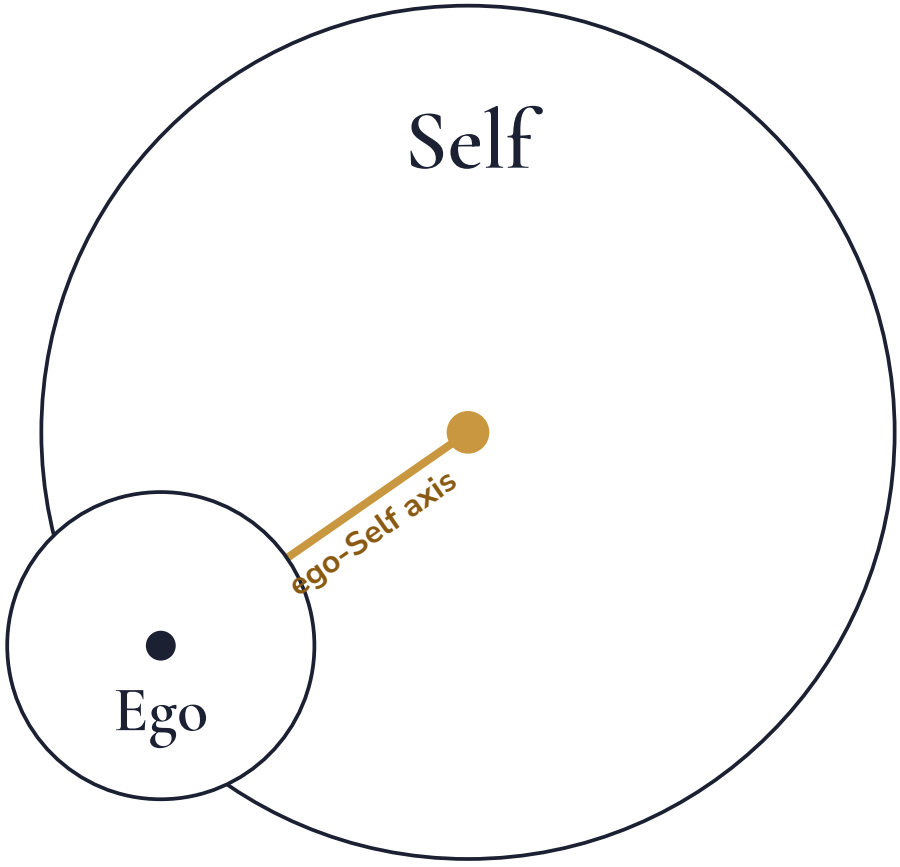
THE INDIVIDUATION JOURNEY

Companion Workbook

Module 1 · Foundations

The ego, the Self and the lifeline between them



Shawn Arnott · psychedelicbuddhist.com

1

Foundations

The ego, the Self and the lifeline between them

IN THE VIDEO

- The **ego** is the centre of consciousness, the part of you that says "I". It's necessary, but partial.
- The **Self** is both the whole of the psyche and its deepest organizing centre.
- The **ego-Self axis** (Neumann's term, developed by Edinger) is the lifeline between them. It keeps us steady, carries messages from the unconscious, and brings a sense of acceptance.
- The lifeline is first formed in **relationship**, and can be repaired through relationships of real acceptance.
- Our image: the **uroboros**, the serpent that swallows its tail, a symbol of original wholeness.

In this section

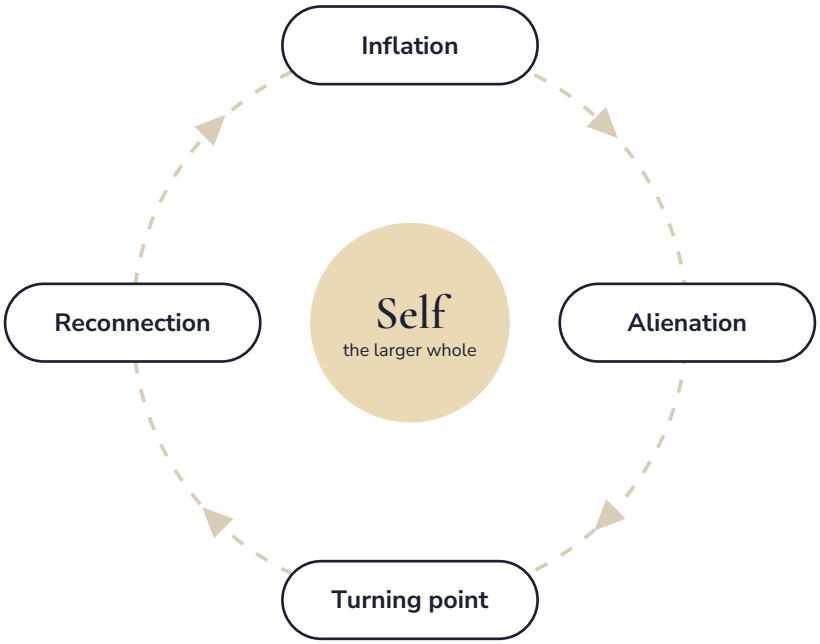
- ☐ Where am I? check-in ..... page 3
- ☐ Key ideas at a glance ..... page 4
- ☐ Reflect: the ego and the Self ..... page 5
- ☐ Reflect: my lifeline ..... page 7
- ☐ Practice: a circle a day ..... page 9
- ☐ Journal, week two ..... page 11
- ☐ Looking back on Module 1 ..... page 15

CHECK-IN

Where am I?

Date _____

Mark an **X** wherever you feel you are right now. Trust your first instinct.



What made you place your mark there?

Compared with your Module 0 check-in, has anything shifted?

Looking back through last week's journal, what stands out?

One word for how I feel today: _____

REFERENCE

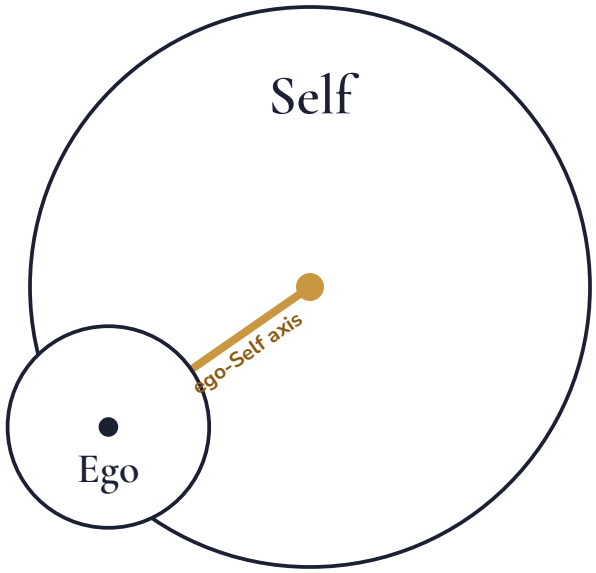
Key ideas at a glance

Conscious
Whatever you're aware of right now.

Unconscious
Everything in the psyche you're not aware of. It speaks indirectly, through dreams, strong reactions, fantasies and images.

Personal unconscious
Forgotten, pushed-away or unnoticed material from your own life.

Collective unconscious
Deep patterns shared by all humans, which Jung called archetypes.



Ego	The centre of consciousness: the part of you that says "I". Necessary and valuable, but partial. It easily mistakes itself for the whole.
Self	The totality of the psyche and its deepest organizing centre, at the same time. Experienced as something greater than "me" that is nonetheless most truly me.
Ego-Self axis	The living connection between ego and Self. It keeps the ego steady under stress, carries communication from the unconscious, and brings a sense of acceptance. The term is Erich Neumann's, developed most fully by Edinger.
Uroboros	The serpent that swallows its own tail: an ancient image of the original wholeness we all begin in.

Based on Edinger, Ego and Archetype, ch. 1, "Inflation and Original Wholeness"; ch. 2, "The Ego-Self Axis."

REFLECT

The ego: the one who says “I”

There are no right answers. Write whatever comes, and notice what surprises you.

1 If you had to describe yourself in five words, what would they be? Now notice: which parts of you did those words leave out?

2 Which parts of yourself do you readily show the world? Which do you tend to keep hidden, even from yourself?

3 Recall a time when your sense of “I” felt too small for what life asked of you, or too big, as if you were the centre of everything. What was happening?

REFLECT

The Self: the whole house

4 Have you ever had a moment of feeling part of something larger than yourself, in nature, music, love, prayer or a coincidence? Describe it as fully as you can.

5 Look back through your dream log. Have any circles, wise figures, precious objects or guiding presences appeared? What did they feel like?

6 Where, or with whom, do you feel most truly yourself?

REFLECT

My lifeline

Tick whatever has felt true for you lately. Most people find some ticks in both columns; that's normal. This is simply information.

When it feels connected

- ☐ I feel I'm allowed to be myself
- ☐ I bend under stress and recover
- ☐ Life feels meaningful, even when hard
- ☐ I'm curious about my inner life

When it feels strained

- ☐ I feel unworthy or unwanted
- ☐ I feel empty, as if nothing matters
- ☐ Small setbacks feel crushing
- ☐ I feel cut off from myself or others

1 Where or when did you feel held, steady or accepted this past week?

2 Where or when did you feel cut off, brittle or unwanted?

3 What helps you reconnect when you feel cut off? (People, places, practices, anything at all.)

REFLECT · OPTIONAL

Where my lifeline began

Go gently. These questions can touch tender memories. Skip any that don't feel right, or come back later. This isn't about blaming anyone; it's about understanding. If painful feelings stay with you, please see the Support page.

1 As a child, who helped you feel accepted, safe or seen? It might be a parent, grandparent, teacher, neighbour, or even a pet or a place.

2 How were mistakes and limits handled in your family? After you were told "no", how did you find your way back to feeling welcome?

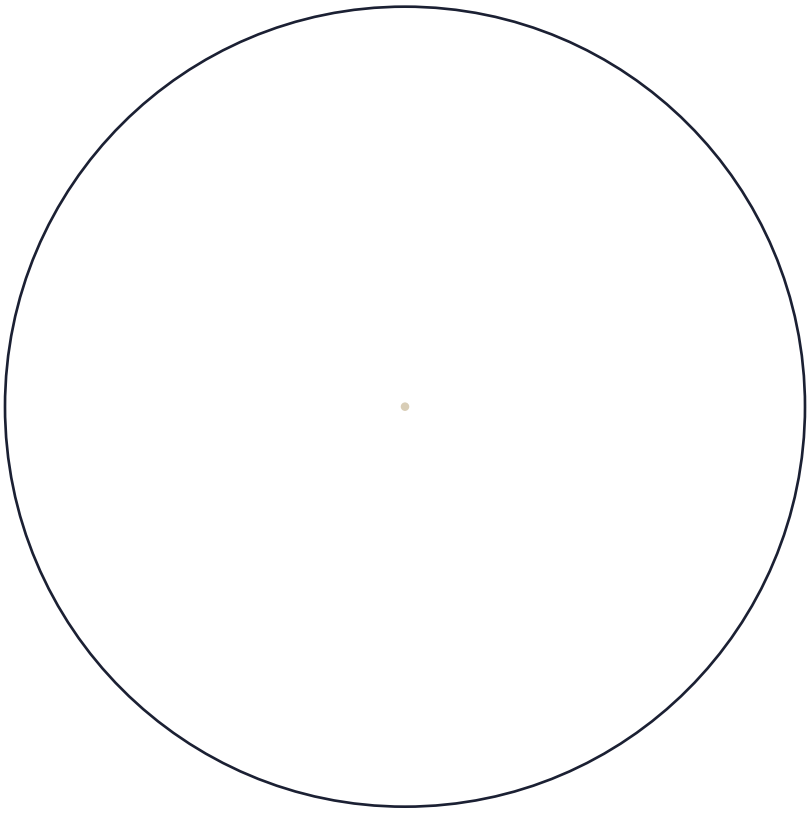
3 Where do you find genuine acceptance in your life now?

PRACTICE

A circle a day

Around 1918, after a long period of inner upheaval, Jung began drawing a small circular picture in a notebook each morning. He found the drawings mirrored his inner state and helped him find his centre again. This week, try it yourself.

1. **Start with an empty circle.** Use the circles on these pages, or draw around a cup or plate.
2. **Fill it without planning.** Shapes, colours, lines. Let your hand lead. No skill needed.
3. **Date it and add two words:** how you felt before, and how you felt after.
4. **At the end of the week,** lay your circles side by side and notice what changes.

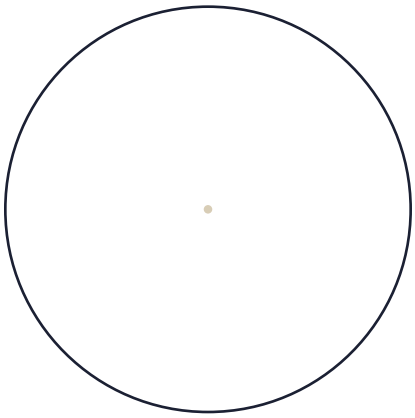


Day 1 Date _____

Before _____ After _____

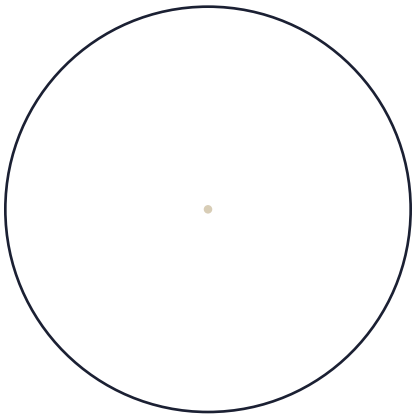
PRACTICE

A circle a day, continued



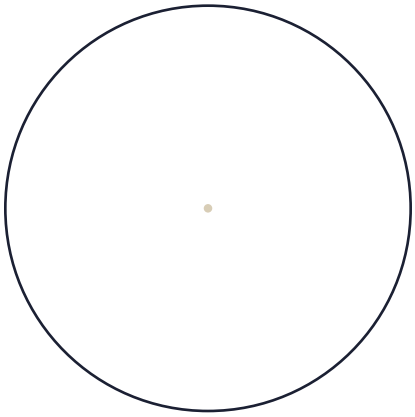
Day 2 Date _____

Before _____ After _____



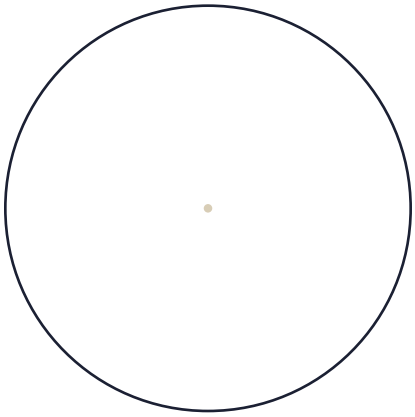
Day 3 Date _____

Before _____ After _____



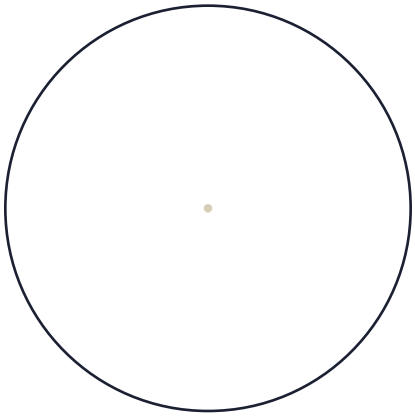
Day 4 Date _____

Before _____ After _____



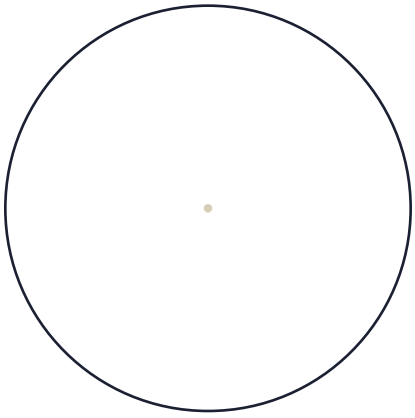
Day 5 Date _____

Before _____ After _____



Day 6 Date _____

Before _____ After _____



Day 7 Date _____

Before _____ After _____

PRACTICE

Your journal, week two

Same simple rhythm as last week, with one new question: **where did I feel held, and where did I feel cut off?** This is a way of noticing your lifeline in everyday life.

Day 1

Date _____

THREE LINES ABOUT MY DAY

A DREAM, EVEN A FRAGMENT

ONE STRONG REACTION

WHERE I FELT HELD, AND WHERE I FELT CUT OFF

Day 2

Date _____

THREE LINES ABOUT MY DAY

A DREAM, EVEN A FRAGMENT

ONE STRONG REACTION

WHERE I FELT HELD, AND WHERE I FELT CUT OFF

Day 3

Date _____

THREE LINES ABOUT MY DAY

A DREAM, EVEN A FRAGMENT

ONE STRONG REACTION

WHERE I FELT HELD, AND WHERE I FELT CUT OFF

Day 4

Date _____

THREE LINES ABOUT MY DAY

A DREAM, EVEN A FRAGMENT

ONE STRONG REACTION

WHERE I FELT HELD, AND WHERE I FELT CUT OFF

Day 5

Date _____

THREE LINES ABOUT MY DAY

A DREAM, EVEN A FRAGMENT

ONE STRONG REACTION

WHERE I FELT HELD, AND WHERE I FELT CUT OFF

Day 6

Date _____

THREE LINES ABOUT MY DAY

A DREAM, EVEN A FRAGMENT

ONE STRONG REACTION

WHERE I FELT HELD, AND WHERE I FELT CUT OFF

Day 7

Date _____

THREE LINES ABOUT MY DAY

A DREAM, EVEN A FRAGMENT

ONE STRONG REACTION

WHERE I FELT HELD, AND WHERE I FELT CUT OFF

RETURN

Looking back on Module 1

Before answering, lay out your week of circles and read back through your journal.

1 What do you notice when you look at your circles together? Any colours, shapes or moods that kept returning?

2 Did the practice change how you felt, even a little? When did it feel easy, and when was it hard?

3 What did you learn about your lifeline this week? When did it feel strongest?

4 Which idea from this module do you want to carry into Module 2?

NEXT Module 2 · Inflation: when the small self grows too large

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.

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.