

*From the Individuation of Western Psychology To  
the Enlightenment in the Zen Buddhism*

- 1. Individuation: the five stages from infancy to old age*
- 2. The middle and old age stage of the Individuation*
- 3. How to view the enlightenment in Zen from the perspective of the individuation in western*
- 4. A discussion on the film <Master Sheng Yen> from the perspective of Jungian analysis*

Lecturer | Dr. Murray Stein

In Western psychology, we see how humans grow from infancy and how personalities to be formed and shaped. However, this discourse of psychology only goes to adulthood. The latter half of life was rarely discussed in western psychology, and Jung was the exception.

After his separation from Freud, Jung and his analytical psychology took a completely different path. In contrast to Freud and his successors, Jung was more concerned with the latter half of life of development, which is the psychological development of middle and old age. Jung used the word “Individuation” to describe the process.

Relatively speaking, the Eastern way of thinking may not concern that much about the sequence of development stages from infancy to old age like the way it is in western psychology. Nevertheless, the Asians talked a lot about self-cultivation, spiritual practice, enlightenment, and so on. Some people may start this path at a young age, but many do not start to realize it until middle age. These discussions could also be said to be about Oriental Psychology on the human after middle age, although not so systematic but abundant. Perhaps we could put it this way, the west emphasizes how the mind grows, while the east emphasizes how the mind matures. Jung’s thoughts, different from other great psychologists, span across life from beginning to end.

After the 1980s, the west began to talk about women’s personal growth,

mainly under the influence of Jung in psychology, which also affected a lot of body-mind-spiritual work, surely including psychotherapy. Meanwhile, these also spread to Taiwan in the 1990s. At that time, Jungian analyst Murray Stein delivered a related speech in Chicago in 1985, in which he thoroughly combined Jung's concept of Individuation and developmental psychology to describe the personal growth. With male as the subjectivity, which was a less discussed point of view by then, Murray divided the individuation process into five stages from a developmental view which are childhood, adolescence, middle age, late adulthood, and old age (including the transitional or liminal in-betweens). He believes the developmental stages corresponding to the five important roles as male, which are son, husband/father, hero, missionary, and wise old man.

It is 35 years after his speech in 1985, Murray Stein, now 79 years old. He has embarked on the latter half of life after middle age, especially the pursuits on entering old age, and he'd like to elaborate it with the complete 20 pictures from the *Rosarium philosophorum*. We know that *Rosarium philosophorum* is frequently illustrated in Jung's work, but he only cited to the 12<sup>th</sup> piece at most, there was no discussion about the others after. Follow Jung's concept, Murray tries to construct more profound thinking. Hence, this first public presentation is quite unusual, we could say it's the result of his whole-hearted research over these years after his retirement.

Jung was a Western psychologist who studied a lot of Eastern philosophy, and so is Murray Stein. As Asians, if we look at Jung's concept of Individuation, how can we look at many traditional statements about self-cultivation that we are familiar with? Murray chooses the *Ten Ox-Herding Pictures* which has been familiar in Zen, hoping to compare the theory of Individuation with the enlightenment in Zen and discuss the similarities and differences.

No matter what kind of religious orientation we are, Master Sheng Yen (聖嚴法師) and his life-long self-cultivation and attainment are highly respectable. Under the leadership of the Sheng-Yen Foundation, the biographical documentary film *Master Sheng Yen 《本來面目》* shot by director Chang Chao-Wei (張釗維) was released in 2020. After watching it, Murray Stein was very touched and also inspired his thinking in this field. He wants to use Mater Sheng Yen depicted in the film to illustrate the final stage of the individuation process which Jung used the term "wise old man" and Murray

uses the term "sage", the latter is also close to the Chinese meaning of transcendence. Such a speech, like a dialogue transcending time and space, is extremely exciting.

### **About Dr. Murray Stein**

Murray Stein was born in 1943 in a small city north of central Canada. In the 1960s, he studied at Yale University (B.A. in English Literature) and met the great literary critic Harold Bloom, with whom he formed a mentor and friend relationship. In 1969, Murray began studying theology and received a master's degree in theology from Yale University.

Murray was exposed to the work of Jung and Erich Neumann in the late 1960s and was also influenced by Russell Becker (a student of Carl Rogers) to study psychotherapy. It was with Becker's encouragement that Murray and his wife went to Zürich to study Jungian Analysis. He was analyzed first by Richard Pope and then by Hilde Binswanger, the daughter of Ludwig Binswanger, the renowned psychiatrist, psychoanalyst, and founder of Daseinanalysis. With his abundant academic experiences, thoughts of literature, theology, humanistic psychology, psychoanalysis, existential analysis, and analytical psychology have converged in his mind.

In 1973, he received his diploma from the C. G. Jung Institute in Zürich, and later received a doctorate in religion and psychological studies from the University of Chicago. In 2001, he served as President of the IAAP.

Murray now resides in Goldiwil on Lake Thun and carries out his clinical, teaching, lecturing and supervisory work worldwide.

Murray Stein's book "Men Under Construction: Challenges and Prospects" was translated and published by Psygarden Publishing in early 2021, which gathered the essence of Murray's 40-year speech on male individuation. About the lifelong process of male psychological growth, Murray's thinking and creation are worth its weight in gold.

On the occasion of the publication of this book, the Taiwan Society of Analytical Psychology(TSAP), Taiwan Institute of Psychotherapy(TIP), Psygarden Publishing, and Yue-zhi Psychotherapy make a special effort to re-subtitle, with both English and Chinese, the recordings of the two lectures delivered by Murray through internet to TSAP and TIP four months ago. After

that, Hao-Wei Wang, the chairman of the Taiwan Institute of Psychotherapy, would conduct two online Q&As in Mandarin without simultaneous translation. Additionally, it is our honor to invite Murray to give us three more online lectures on male individuation, which would be provided with simultaneous interpretation.

People could see the first two video at any time they preferred. And the coming three lectures would follow the first two, becoming more systematic and advanced discussion on the issue of later stage of Individuation.

### **Murray Stein**

Former president of the IAAP  
Founding member of ISAPZURICH  
Founding member and first president of the  
Chicago Society of Jungian Analysts

Yale Divinity School. Master of Divinity.  
University of Chicago. Ph.D. in Religion and  
Psychological Studies.  
Was the president of the Chicago Society of  
Jungian Analysts



### **Books**

*The Principle of Individuation: Toward the  
Development of Human Consciousness  
Transformation: Emergence of the Self  
In Midlife: A Jungian Perspective  
Minding the Self: Jungian Meditations on Contemporary Spirituality  
Men Under Construction: Challenges and Prospects*

The simultaneous translation from English to Mandarin would be offered in the three new lectures.

### **Interpreters**

#### Chu Hui-Ying

Has a doctorate of Psychology from The School of  
Professional Psychology at Forest Institute, Missouri USA.  
Specializes in field of forensic Psychology and child and  
adolescent Psychology. She is a counseling psychologist,  
clinical Psychologist, assistant professor at Department of



Guidance & Counseling of National Chiayi University, director of Taiwan Association of Psychotherapy, director of Taiwanese Sandplay Therapy Association.

### Tsai Xin-Hao

A Counseling psychologist (Bachelor of Chemistry from National Taiwan University, Doctor of Molecular Biology at University of Edinburgh, master of Department of Thanatology and Health Counseling of National Taipei University of Nursing and Health Sciences)

" Accidentally exposed to popular science books and documentaries translation when thinking about the meaning of life in the experiments and went into the world of translation and interpretation since then. Has been devoted as an interpreter for years in lectures on psychodrama, EMDR (Eye Movement Desensitization & Reprocessing), Jungian orientation...etc. Also, a Counseling psychologist."



### **Time**

1. Five Stages of Male Individuation Process I: recording video of lecture (2hrs)

2. Five Stages of Male Individuation Process II: recording video of lecture (2hrs)

The attendees could see these two whenever they are convenient in one month. After registration, the way of availability will be told.

8:30-9:30 pm, Saturday, 27<sup>th</sup> February 2021

Discussions **Mandarin** of the Lecture 1: Five Stages of Male Individuation Process I

Host and Speaker: Dr. Wang Hao-Wei

\*The time schedule above is for online Q&A with Dr. Wang Hao-Wei, attendees are required to watch the recording video in advance.

8:30-9:30 pm, Saturday, 6<sup>th</sup> March 2021

Discussions **Mandarin** of Lecture 2: Five Stages of Male Individuation Process II

Host and Speaker: Dr. Wang Hao-Wei

\*The time schedule above is for online Q&A with Dr. Wang Hao-Wei, students are required to watch the recording video in advance.

**3.**

8:30-10:30 pm, Saturday, 13th March 2021

Lecture 3 – Online lecture (80mins lecture with 30mins Q&A)

Speaker: Murray Stein

The Union of Anima and Animus in the Individuation Process

Discussed with The Rosary of the Philosophers

**4.**

8:30-10:30 pm, Saturday, 20th March 2021

Lecture 4 – Online lecture (80mins lecture with 30mins Q&A)

Speaker: Murray Stein

Individuation and Enlightenment: Some Points of Convergence and Some Differences

Discussed with the Ten Oxherding Pictures in Zen

**5.**

8:30-10:30 pm, Saturday, 27th March 2021

Lecture 5 – Online lecture (80mins lecture with 30mins Q&A)

Speaker: Murray Stein

The Life of Master Sheng-yen: A Story of Individuation and Enlightenment

Discussed with the biographical film Master Sheng Yen

\*Will provide film watching for one week before the lecture .

**\*All these lectures could be available through recording video in one month if you could not attend on time.**

**Participation**

Online Platform: Zoom, Yue-zhi Psychotherapy online platform and YouTube

**Language**

The first and second lectures are recording videos with Chinese and English subtitles, online Q&As are in Chinese; lectures 3 to 5 are delivered in English with simultaneous interpretation. Students could watch the recording videos afterward with English or Chinese subtitles.

**Certificate**

A study certificate issued by the Taiwan Society of Analytical Psychology after the lectures.

### **Lecture Pre-Announcement**

1. Chie Lee, a Jungian analyst from the CG Jung Institute of Los Angeles, will continue to bring another series of lectures about Dr. Edinger's "Ego and Archetype".
2. John Beebe, a Jungian analyst from the CG Jung Institute of San Francisco. Seminar on Psychological Types, including 8 lectures, the coming September and October.

Welcome to Registration.

### **Registration**

Please register with Taiwan Society of Analytical Psychology by email, and inform the number of lectures you'd like to register, your identity (member, non-member or router), name, email (an account can log in to YouTube), mobile phone number. Please make the remittance within 3 days and send an email to inform the remittance name, date, and amount, only then is the registration procedure completed.

Taiwan Society of Analytical Psychology email address: analyticalpsy.tw@gmail.com

### **Registration Fees**

※ Register for 5 lectures  
None-member: \$168USD  
Member: \$136USD  
Routers: \$118USD

※ Had registered the two lectures in September 2020, now register for the latter 3 lectures  
None-member: \$133USD  
Member: \$97USD  
Routers: \$80USD

### **Remittance Information**

E.SUN Commercial Bank, Ltd.(玉山銀行)

HO PING BRANCH(和平分行)

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