

Girl with the Legacy Necklace: Kissing the Wound to Reclaim the Legacy

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8:45 a.m. – 4:15 p.m.



Jung emphasized the primacy of emotions as the central organizing principle of psychic life. He declared, “The essential basis of our personality is affectivity. Thought and action are, as it were, only symptoms of affectivity” (CW 3, para. 78). Jung explained emotional experiences as the *clearest signs of unconscious content* breaking through into consciousness, organizing and structuring the psyche. When emotional pain is dissociated and driven down into the “bottom of the sea,” these structures can become pathological and very distressing.

Jung wrote, “In the intensity of the disturbance *itself* lies the value, the energy ... in order to remedy the state of reduced adaptation” (CW 8, para. 166), suggesting that the medicine, the healing, (the magic!) is hidden within the wound itself.

Individuation invites us to compassionately “kiss the wounds” to reclaim the treasures and healing magic *hidden* within them. We will discuss this living experience through an obscure fairy tale called “Girl with the Legacy Necklace.” Together, we will explore how to touch the wound, and go through it without discarding the legacy detained within it that is wanting to be realized.

Participants will explore the following questions:

1. How did Jung conceptualize and work with emotional pain in the psyche? What benefit did he see in relating to it?
2. What is the relationship between being emotionally triggered and the activation of a complex or archetype? What is it wanting?

3. Must emotional woundings be addressed or would it be better to avoid the suffering? Are there different ways to suffer?
4. How do energetic clusters of associations, images, and other psychic contents form? How are they held together?
5. How can the alchemical transformation of emotional wounds be engendered? What might that look like experientially?

Assignments:

1. Consider your opinions to the questions above and bring them for us to explore together through discussion and practicum.
2. Please reflect beforehand on an emotional disturbance that trips you up (or a client's) so that we are discussing this phenomenon from real experience (not just theory); and, if it feels safe to you, to speak from.

Required Reading:

- Jung, C. G. (1960). "The feeling-toned complex and its general effects on the psyche" (paras. 77–106) part of "The Psychology of Dementia Praecox" in *CW 3: The psychogenesis of mental disease*, Princeton University Press.
- Jung, C. G. (1934/1969). "A review of the complex theory" (paras. 194–219) in *CW Vol. 8: The structure and dynamics of the psyche*, Princeton University Press.

Suggested Reading: (not required, but enhancing)

- Shalit, E. (2002). *The complex: Path of transformation from archetype to ego*. Inner City Books.