

of the unconscious and any preoccupation with it is unwelcome. It was not so long ago that we were living in a primitive state of mind with its "perils of the soul"—loss of soul, states of possession, etc., which threatened the unity of the personality, that is, the ego. These dangers are still a long way from having been overcome in our civilized society. Though they no longer afflict the individual to the same degree, this is certainly not true of social or national groups on a large scale, as contemporary history shows only too clearly. They are psychic epidemics that destroy the individual.

722 In face of this danger the only thing that helps is for the individual to be seized by a powerful emotion which, instead of suppressing or destroying him, makes him whole. This can only happen when the unconscious man is added to the conscious one. The process of unification is only partly under the control of our will; for the rest it happens involuntarily. With the conscious mind we are able, at most, to get within reach of the unconscious process, and must then wait and see what will happen next. From the conscious standpoint the whole process looks like an adventure or a "quest," somewhat in the manner of Bunyan's *Pilgrim's Progress*. Esther Harding, in a detailed study,²³ has shown that in spite of the difference of language and outlook Bunyan was speaking of the same inward experiences which also befall people today when they choose the "strait and narrow" path. I would recommend her book to anyone who wants to know what the individuation process really is. To the constantly reiterated question "What can I do?" I know no other answer except "Become what you have always been," namely, the wholeness which we have lost in the midst of our civilized, conscious existence, a wholeness which we always were without knowing it. Esther Harding's book speaks such a simple and universal language that any man of good will, even though he lack specialized knowledge, can get an idea of what it is all about. He will also understand why, despite the fact that his question, "What on earth can I do in the present threatening world situation, with my feeble powers?" seems so important to him, it were better for him to do nothing and to leave things as they are. To worship collective ideals and work with the big

²³ *Journey into Self*.