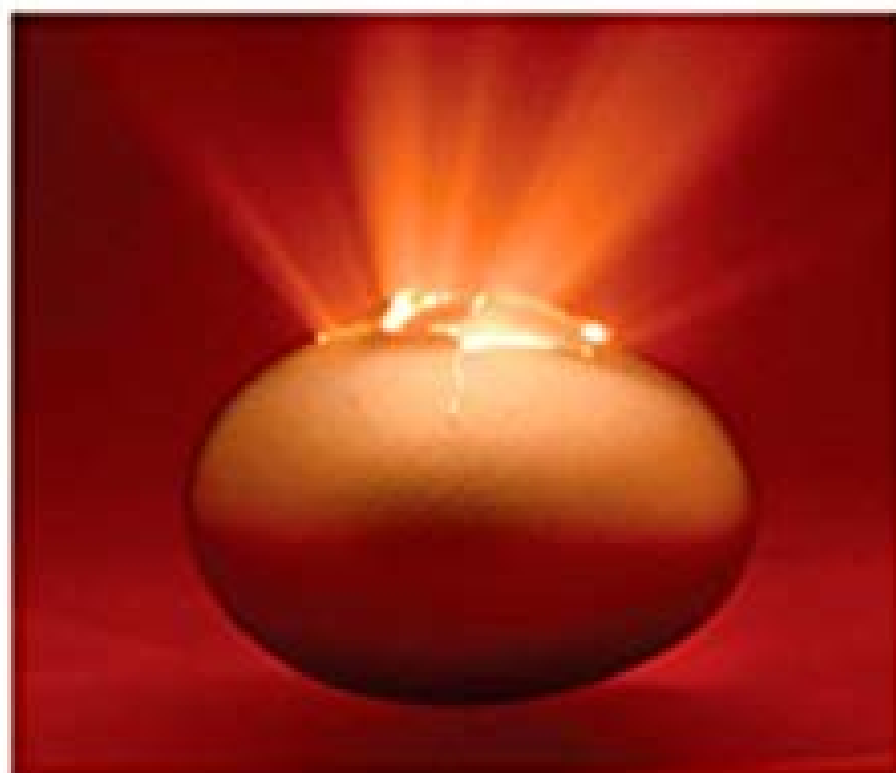


"As one grows older and life's choices seem to diminish, it's easy to regret the roads not taken. . . . A remedy can be found in this wonderfully insightful, possibly even life-changing book." —*Publisher Weekly* (starred review)

Living Your Unlived Life

Coping with Unrealized Dreams and Fulfilling
Your Purpose in the Second Half of Life



Robert A. Johnson
and Jerry M. Ruhl, Ph.D.

Robert A. Johnson

Living Your Unlived Life: Coping with Unrealized Dreams and Fulfilling Your Purpose in the Second Half of Life



[continue reading](#)

When our unlived lives are brought to consciousness, however, they can become the fuel that may propel us beyond our limitations? Ruhl, offers a straightforward but transformative premise: Our abandoned, unrealized, or underdeveloped talents, when they are not fully built-into our lives, can become profoundly troublesome in midlife, leading us to depression, suddenly hating our spouses, our careers, or even our lives. Johnson, composing with longtime collaborator and fellow Jungian psychologist Jerry M. In Living Your Unlived Lifestyle, the renowned therapist Robert A. The esteemed Jungian psychologist counsels on how to deal with feelings of failure or regret in the latter half of existence and how exactly to open to a more meaningful existence, even if external circumstances can't be changed. even if our outer circumstances cannot continually be visibly altered.



[continue reading](#)

Wow! Why can't I meet men who think like this! Seriously, I have studied these concepts for many years and am an aspiring writer, but this guy just put it in a context that just about just wrapped everything up in such an exquisite package with a fairly blue ribbon and gifted us with it. The next part of life or middle-age is a time period when we seek authenticity, to be true to who we are, and to express ourselves in a manner that reflects our inner truth. A Zen approach to life, basically. Helps the reader assimilate the regrets that appear in later years I've read other, previous books by this author. He has taken Jung's principles and brought it to the table in timely elegance. Thank you for this extraordinary present. Blessings the right path. My alters and parts are experiencing a field day! There is gold in the shadow This is simply not a book to just read within the ordinary sense of the term. Also, some of the exercises were a little bit odd, like asking yourself about the unlived lives of your parents. I browse the book. That is the question, isn't it? Although Jungian Psychology is very much indeed Christian and spiritual, there is a good deal of elements which could conflict with orthodox Christian beliefs because, aside from the concept of emotional soul, the book is definitely infused in Zen and Eastern Philosophies and Antiquity Greek religion. For that reason, the following essay is as much a testimonial as an assessment. We all have unlived lives. In the process of earning the decisions that described our destinies, we decided not to do other stuff, which often were things we quite definitely wanted to do, but for circumstantial reasons we're able to not really. The requires that we pause and reflect, rather than doing what we usually do, i. They could, and often do proceed underground, into our subconscious thoughts, which silently remind us of unfinished business, of stuff we have been "incomplete" with, or of things--sometimes we don't even know what they are--that have to be "set" before we have been worthy of enjoying an ocean look at. I think everyone who is 50 yrs . old or old should read this book. Or not go. You might ask why myths are still relevant for Western Culture, and the answer is because "Mythic stories, therefore, portray a collective image— they tell us about things which are true for all people. Eye opening. You commence to see that there is a shadow within you, a repository of your unlived lives.3/ We have to apply meta-consciousness to your thoughts, and to analyse our behaviour, in order that we don't act automatically or repeat patterns of behaviour that aren't good or harmful for us. !WHAT? You commence to see how these possess impelled the trajectory that your daily life has followed. You might even see how these unlived lives affected the way you got to what your location is, and where you imagine you want to proceed from there. Or they can be found as a set of values and beliefs about ourselves and the globe that limit our choices as we discover them and lock us into a state of bland resignation to a life that appears destined to fall short, maybe by a long way, of the expectations and expectations we had when we were youthful. I did so the work. Wise but not specific for midle age Living Your Unlived Lifestyle is a brief Jungian book that synthesises and evolves many of Johnson's prior books on shadow function, dreamwork and active imagination, and mixes it with some reflections on archetypes, complexes, and Depth Psychology from Ruhl." It is useful in this connection to let proceed of the idea that people are "one," that people are unitary, integrated beings with an individual persona that is always in charge and always constant, whether we have been asleep or awake, conscious or on automatic pilot. The simple truth is that most folks are simply psycho-physical apparatuses playing the part of the rope in a tug-of-war between your gang of selves that live within us. usually, they business lead nowhere. In response to the authors' invitation, I came across a couple of these entities and had conversations (in some recoverable format) with them. Some points came to brain for my parents about items they said they wished to do and couldn't due to poverty or because their partner took them on a different route. I reviewed a couple of long-standing associations in my life that got masqueraded as friendships for years and decided how to proceed about them. It helped me with my entire life review with techniques I hadn't anticipated. If you are into Jungian and Depth Psychology, you will find great applications of Jung's teachings to the problems that your psyche and existence face regardless of your age. we ought to ask Why can be the

right thing in the incorrect place? There are a variety of other exercises, even more effective than others (for me). Congrats! I resisted performing this at first since I am not much of an artist. I did it anyhow. To my surprise, the effort produced an attractive group of drawings that became the foundation of a robust moment of awareness concerning the way I approached my work. Is it an age? This is an excellent thing, too.

Living Your Unlived Life isn't for beginners on the road. Readers who already are familiar with Jungian concepts, or who've invested serious amount of time in one or another technique of meditation, or who've already done fairly considerable "focus on themselves" could have a much easier time with this book than newcomers. With that said, I believe anyone can benefit from this book, as long as it is treated even more as a study than as an exam. In "*Living Your Unlived Existence*" Robert A. Johnson's book arrived to my life at an ideal time, about when I celebrated my 80th birthday. This book arrived to my life at the perfect time, about when I celebrated my 80th birthday. That was liberating, as well. I felt mystified on the an incredible number of "slender threads" that influenced my options. In the center of the book you are invited to create a dialogue with yourself, or rather, between two of your "selves.")

However, the book feels entire and coherent. Johnson's impromptu is clear in case you have examined others works by him, though. As generally in most of Johnson's books, a Greek myth is used as a conductor, in this instance the story of Castor and Pollux. The authors take this universal facet of individual experience as their point of departure. Besides, this is actually the only chapter where later years and death are considered. I just bought 6 even more of his books. That is also a period of upheaval and reflection when, as part of your, we start searching for meaning to obtain a sense of inner fulfillment. The main quest in the next section of existence is the look for wholeness, which means to end up being "hale, healthy and holy" (p. 5) also to honour our higher self, this understood as "the propensity of psyche to dynamically look for greater degrees of integration, organisation, romantic relationship, and creative expression" (notice 2).

Johnson & however, the chapter is a fragrant breeze for all those of us who tend to be more spiritual than religious. Why didn't I understand about him till right now?

2/ We need to produce the unconscious conscious, by connecting with this inner symbols, our internal secrets and paying attention to life and our method of being. . These wishes may not just disappear completely. And incidentally, it was fun to accomplish. leave our unconscious to perform its hidden agenda. I would like to know, precisely, how do we know we are for the reason that

second part.

4/ We need to figure out how to separate which elements of us are not really us but just a by-product of our culture, country of birth, gender and interpersonal class or simply a projection of our families.

5/ We must live our unlived lives (those elements of our character and psyche that we consciously or unconsciously repress, which are both luminous and dark) by doing shadow function, dream work and active imagination. We also need to start asking ourselves the proper questions: instead of What should I do to eliminate this wrong part of me? They were all good stuff.;

> we should ask What is needed currently for higher wholeness, integration, and creative expression? What acts the higher good?

.6/ We need to learn to look at the world with less polarity, with much less duality, with much less judgement, more through a coloured lens and much less through a dark and white one. There is absolutely no set of virtues that cannot be contradicted; that is a truth which can be liberating and frightening simultaneously. We have to synthesise the opposites, tempering one with the additional, and accept that both are useful and essential to live a balanced lifestyle.

> Johnson shows a more reflective look at of life, a look at that comes from growing old.

8/ We need to try and get a new mindset, as the old solutions to our mid-age problems will work against us the old we become.

9/ Let's have strong ethics and walk the talk. "People who behave ethically are those that make an honest effort to conform their behaviour to their values. When your conduct is at odds together with your essential character, it displays a fragmentation of the character. Shirking of ethical responsibility deprives us of wholeness." (p. 125). Amen!

10/ We have to improve our capacity of response to the challenges of life with more flexibility, passionately, and in a robust way by going into the previous

steps. This book is filled with wisdom, with some philosophical and spiritual reflections that are wonderful to reflect on, no matter the stage we are in life. I in fact think that this type of book ought to be read by those who are old than 25. to allow them to start doing something to have much less neurosis and more fulfilling lives if they get to middle age. My favourite chapter is quantity 10, Returning House and Knowing It for the First Time. This chapter is very believed provoking, lyrically spiritual and touching, and also very confronting in ways. It won't be an easy read if you are a hardcore Christian or simply very attached to any established spiritual or creed; Ruhl's suggestions to accomplish wholeness and authenticity is certainly serious inner work, not really fluff: 1/ We have to 'be' more and 'do' much less, or simply to alternate 'being' and 'doing' more frequently. In ways, this chapter is usually a call to arms, to the real spirit that lives within us, to liberate from the chains that constrict and restrict our soul actually if those are part of a set of religious beliefs and structures." "Mythic stories tell us holistic, timeless truths, as they are a particular kind of literature, not really written or produced by way of a single individual but produced by the creativity and experience of a whole culture". The chapter is definitely a contact to the go back to the divine also to oneness, and tap on the back to reclaim our personal paradise, as heaven lives within us. If this were my first book by Johnson, I'd be intrigued plenty of to read his more detailed methods to the Owning Your Own Shadow: Understanding the Dark Part of the Psyche and Inner Function: Using Dreams and Active Imagination for Personal Growth. Not least, I made an important career decision. a big surprise I absolutely loved this book. I've a problem with the expression "the next part of life". Although the book has great wisdom and is usually well written, it will disappoint everyone, who might come to the book because it has the "second part of existence" in its title plus they might expect exact concise answers on how to solve or face middle age issues, however they won't find but challenging inner work.,>> The structure of the book makes the message complicated. To me. they ought to have began explaining what an unlived life is, specifically, and how it affects our lifestyle. I learned SO very much about how exactly I handle my entire life, and why I act just how I do. Filled with great, useful wisdom. As a tool to remember and note down your dreams, the authors recommend a "voice-activated tape recorder also can be handy (p. Simply my opinion, of course.>> Aside from some parts, this reserve is not specific for folks in the second section of life. The bits about old age are truly therefore, but the majority of the book focus on doing things that are as helpful for folks of all ages and so are thinking about doing inner function.> rather than What's in it for me?> Great job! My grandmother died old and wretched in her 40s, so her middle age was in her 20s. Depending on the nation or area of the world we reside in, we have a longer or shorter life span, and we marry and settle sooner or later. So middle age group or second section of life sounds extremely vague to me. The authors state that to disarm a complex we must figure out how to move our ego right into a placement of witness, the goal being not that of eliminating our patterned thoughts and behaviour but rather loosening them up sufficiently. I attained additional clarity on that career decision I mentioned previous. Circumstances of mind? A state of the soul? Getting settled in life? What exactly? 142). 7/ We have to make an effort to keep a balance between the archetype of the Eternal Youth and that of the Wise Elder, by using an attitude of tinkering, discovery and play. Although the language is accessible, the book reads better in the event that you already have an understanding of basic Jungian principles, like ego, shadow, projection and archetypes. The authors possess a particular reader as a target, if you aren't one of those, you can find lost without the help of a teacher or mentor.> Stick to what you love (OK. I gained some splendid benefits. Consequently, the book is probably not for readers who've a set of ideals deeply ingrained in established churches and religions, and believe in the value and need for right and wrong, good and bad, and light and dark." Time to wake-up, most people would have a smart-mobile phone with a voice documenting app included, tape recorders died, like a few decades ago, no? Unlived resided inventory (adapted from the Roland Evans' model, quite interesting and surprising. (good)> What are you trapped at?> The Performing/ Being Shuffle (good)>

Who am I? (good, needs of a partner or conductor).> The living symbol (not practical, need of somebody or conductor who understands what s/he does.)> Speaking it over with yourself (interesting nonetheless it will be great if an expert did it around the 1st time for we to learn.)> Dream tending (superb.)>> The narrators utilize the first person, so one cannot distinguish what originates from whom. Dissolving the split perspective (truly interesting and fun!)A few of the exercises are great if however you have helpful information, a psychoanalyst or mentor who includes a mastery in those; It will be good, actually empowering to learn more about the associates of this gang, and that is where we have been led by the authors and the exercises they invite us to accomplish. This is a book that is best judged by the results it creates for the reader, and the reader will need to work, not just read, to realize them. It was one of the more effective exercises in self-awareness I have ever done: I was liberated immediately from a complex I got carried for some of my life concerning money. Yet, I am not my parent's psychoanalyst, so there should be many stuff they wanted to live that they haven't mentioned to me because of embarrassment, because they are very personal, or because their unlived lives aren't even conscious to them. Therefore, how can I know if some parts of my unlived lifestyle are even unfamiliar to me?RENDERING FOR KINDLEI find upsetting paying for a brief digital book to get that the notes aren't from the text they relate to, that the index is not linked possibly, and that some of the links usually do not work either.It generally does not cost much fixing that in the e-book, so I always question why editors don't give a damn.other people's unlived lives, too. . I think in this way the whole book could have conveyed the same message in a far more clear way.Brain>EXERCISES IN THE Reserve > Five Stars Great reserve for the next half of life! Then, I'd have explained how exactly to access the unlived lives (shadow work, dreamwork, active creativity, and archetypes, in this precise order) and how to deal with our old years. Obviously my higher Personal was conserving him for me till I really was ready to have someone tell me what I already know for total conformation. Be sure that you perform the exercises and take them seriously. Minus the Eternal Youth we become morally rigid, dogmatic, judgemental, and authoritarian, but if we are too attached to the Eternal Youth we may exhibit immaturity, narcissism and an inability to grow and attain psychological maturity. I like his openness today to even more traditional symbols and ideals. He offers a practical way of dealing with the regrets that come to us at this stage of life. Five Stars Very good read. In the early chapters of the book, they help you to become aware of this also to apply it to yourself.THE SHORTCOMINGS> Robert Johnson will be able to make use of his Jungian background to address the problems we face in the second fifty percent of our lives. It really is beautifully written, but has practical application. "To live our unlived lives" is repeated ad nauseam, but never obviously defined. I have used his suggestions each day since completing the publication. They find methods to seep out folks, in little works of self-sabotage, in disruptions to your concentration when we're trying to work, in unexpected uncontrollable obsessions, or in strange dreams. It will offer you incredible insight and comfort. One included creating drawings, one on each part of a bit of paper, of the contrary ends of a polarity in your daily life. What is definitely that likely to mean?



[continue reading](#)

download free Living Your Unlived Life: Coping with Unrealized Dreams and Fulfilling Your Purpose in the Second Half of Life epub

download Living Your Unlived Life: Coping with Unrealized Dreams and Fulfilling Your Purpose in the Second Half of Life fb2

[download free The Astrology of Midlife and Aging epub](#)

[download Doing the Right Thing: Taking Care of Your Elderly Parents, Even If They Didn't Take Care of You mobi](#)

[download free The Hard Questions: 100 Essential Questions to Ask Before You Say "I Do" txt](#)