



# Elemental Psychology: Using Jungian Psychology and the Sacred Elements for Spiritual Development

*Katrina Messenger*

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"As a system, Jung's theories begin to approach some of the ancient wisdom teachings handed down for centuries by mystics, shamans, yogis, and wise elders. Using Jung's methodology and applying it toward the spiritual pursuits is part of a growing trend amongst educators and leaders within various indigenous and alternative faith-based communities. It is not so much a borrowing from psychology as a return to techniques that Jung so wisely borrowed from the Eastern and Western magickal paths. There is much to be learned by preserving the links between the psychological and the spiritual—in both directions. Linking the four ancient elements back into psychology returns a rich heritage. Ultimately it provides needed framing to the spiritual journey and the work of evolving the soul. " From the Epilogue

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