

# NEW TOOLS NEW INVENTIONS

## UPDATING THE WAYS TO TAP INTO THE ENERGIES

Nobody involved in Type should be resting on their laurels or complacent in their awareness. Type Theory as proposed by Carl Jung (1875-1961) certainly contained universal truths but the world from which he obtained his data has changed dramatically. Jung's world contained political boundaries that strongly proposed a "them and us" mentality based on Nationalism. This has been somewhat replaced by what is called as Global Village mentality where boundaries are more permeable and Multi Culturism is the norm.

These far reaching changes have not occurred in a vacuum. Huge forces including two World Wars have pulsed a former static situation into constant movement and change. Some may even describe it as chaotic where many people feel marginalized and even disenfranchised. Contemporary writers claim there exists an identity crisis caused by a lack of meaning. Any workable definition of Depression includes a reference to loss of meaning where former stability has been replaced by a vague sense of uncertainty and angst.

It is questionable whether meaning can be encapsulated in the everyday language of words and numbers. In fact, philosophy may suggest that meaning is always outside the parameters of language. If this is so, could mark making as in person's signature contribute to re-vitalising language or provide an alternative communication system?

In my private Art School I encourage people to be themselves via Jungian theory plus the quantifying framework of the MBTI. Then taking marks as a starting point I demonstrate how mark making as a signature, doodles, analog drawings or what is known as Fine Art, can graphically mirror a person's type. To the extent clients identify with and allow the energy of the Universe (archetypes) to flow through, around and in them, they experience meaning in their mark making.

A definition of energy states that it is anything that makes something work. When applied to people it is referred to as psychic energy which flows continuously but is interpreted according to individual preferences that Jung called type. Without this energy people could not work, life would cease, and all the parameters of existence would fall eternally silent. It is the interpretation and transformation of this energy that distinguishes the human being from all other creation.

Interpretation and transformation certainly applies to work but perhaps the highest form of work is play where the imaginative faculty of mankind is involved. This is the realm of the artist who interprets and transforms energy into material substance that indicates a new way forward or concretizes a moment of becoming. If mark making as in signature can become an alternative communication system then all people are artists in that they can create via play and bring about new levels of meaning. While energy is holistic and singular its application is broadly diverse. For example, there is plant energy, animal energy, electro magnetic energy, and numerous other expressions including psychic energy which is accessible by individual human being.

All people access psychic energy because it is synonymous with life. However, it is generally processed in an ad hoc way, what Jung would call and Unconscious way. Perhaps people do not so much live their lives, rather their lives live them. Poetic analogy can refer to people being tossed around on stormy seas. Jung would contend that if a rational framework can be provided, people can, through effort access psychic energy in a Conscious way, leading to a rational process whereby energy can be contacted, collected, sorted and put back into the world as product or product solution.

Isobel Myers (1897-1980) and Katharine Briggs (1875-1968) and American mother and daughter team spent their lives in a quest to harness the universality of Jung's theories and quantify them for a more specific and workable application in the world. The result was the Myer Briggs Type Indicator (MBTI) and their language tools were the words and numbers commonly used in academic society of the time.

Today these tools may be somewhat blunted by constant use over many decades. More than ever before an army of lawyers debate their meaning while other professions push and pull them to explain that black is really white. The layman, confused and somewhat inarticulate can only respond by exclaiming that more and more means less and less. It is in this environment that the MBTI is affected by the use of words and numbers that steadily decrease in communicative strength and precision.

As in other fields, words and numbers have been threaded and dissected, rearranged and renovated, overhauled and scrutinised by numerous practioners in articles, addresses and conferences, in order to make them say what needs to be said.

It is perhaps remarkable that these words and numbers still operate as well as they do in allowing people to be themselves according to the type they select. Many people say it is good to be themselves and find that type has opened doors of opportunity, which would otherwise have remained closed.

The words of Jung are contained in many volumes and the language used in the MBTI is the result of fifty years of research. These are the tools which describe complex psychic energy systems. These operate both in and through, are often covert, easily repressed, or disbelieved, until some crisis erupts them into

displaying the power of their disposal. Such is this power that when it does manifest itself people are shocked into seeking help for what is often called a "mid life crisis".

Since ancient times, people have dealt with psychic phenomena by imagining the forces surrounding them as represented by spirits, demons, sprites and fairies. They described these in hushed whispers, which slowly developed into an oral history of mythology, story, poetry and ritual. These were used in order to mitigate demonic power and hopefully harness benign aspects for people's use and prosperity.

Today we grapple with these same forces through art and science as expressed in films, literature, TV plus numerous other avenues of communication. Often these as intangible as the forces and energies they represent. Films, literature and TV are often merely fleeting experiences for the viewer who relies on the nuances of memory to inwardly digest and reflect. As these fleeting experiences build on one another in an almost daily cacophony any tendency towards a guiding structure curdles into a banal stew. The mystery and excitement of life ebbs away and the dry straw left standing blows away in the wind.

It seems a new way must be found in order to concretize experience, so that with reflection, responsive wisdom replaces reactive knowledge. The experience needs inward digestion and reflection, not as a thing lodged in the head but rather assimilated through the heart into the body. Once in the body the experience can reverberate with other like bodies causing patterns and rhythms, light, sound and warmth in order to heal and contribute to wholeness. In the current situation words and numbers only partially communicate these nuances of meaning or, putting the proposition another way, only a gifted few can manipulate words and numbers to qualify as precise language.

What is proposed here is an alternative communication system based on mark making. An example of mark making at the most basic level can be found in a person's signature where the flourishes, scrawls and directions are a tangible graphic representation, concretized and expressed as abstract art rather than language as such.

Extending mark making as signatures into doodles, analog drawings and other graphic representations can now, when linked to type, create the possibility of an alternative communication system.

Marks are not language but they are associated with the beginning of language. It is in this beginning process that language can be re-vitalised as a discernible energy carried through material substance. To the extent that language is re-vitalised it is possible to digest and reflect. It is only in reflection that true learning can take place. If it remains in the head it is knowledge rather than wisdom and the world is awash with the data of its accumulation. Perhaps the greatest contribution Myers and Briggs made to MBTI was in the Judging Perceiving dichotomy (J & P) where accumulated but preferred data is put back into the

world, hopefully not just as reworked data but also rather as responsive wisdom. Responsive wisdom is an evolutionary progression from reactive knowledge. It is here the MBTI can make a notable contribution. The MBTI does not place different values on any of the eight functions, but an evolution of the writing of contemporary spiritual writers clearly shows an evolutionary progression is taking place, hopefully making to new avenues of awareness. This progression can be equated to a current world preference for Extroversion, Sensate, Thinking and Judging (ESTJ) moving to a new world preference for Introversion, Intuition, Feeling and Perceiving (INFP) in order to instil in the world the quality of responsive wisdom rather than the established paradigm of reactive knowledge. The reverberation of energy to energy through material substance as in human body making marks both energises the mark maker and is mirrored in the marks as a graphic representation of a way forward.

In my experience mark making has to be an extension of a living human body. When preferring Introversion as a way of discerning psychic energy the body language will be characteristic of type which is to go inward. When Extroversion is preferred the body language will be quite different pointing to the outer world. This is why I prefer to observe clients over a six-week mark making course before they take the MBTI as Indicator. We are then more certain of preferences expressed in the Self Select Phase, prior to using the Questionnaire.

At the next stage of mark making in any graphic form the now energised mark maker connects with surrounding energy systems through a preference for Intuition (N) or Sensation (S). This is called data gathering where information is sifted according to preferences. In mark making it is my experience through observation that Ns show a distinct preference for open signs that allow for extended possibilities. Ss will show preference for closed signs thus indicating to them the importance of facts, in this case concerning stability and security. These observations do not mean any attempt is made to quantify the process. Ns may prefer closed signs and Ss may prefer open signs when attempting to integrate shadow aspects of personality, but that is another story.

There is no norm, no average to all this. Any idea of normal as in average was viewed with concern by Jung who rated the idea of average as denying the intense individual nature of the process. Mark making with type is a highly individualistic activity best done on a one to one basis. The skill of mark making through type, via the MBTI is to keep alive the dynamic interactive nature of Jung's theories not allowing them to become rigid and static.

That is why no diagrams are published with this article, as though any diagram could adequately apply to all. When working with clients, diagrams are used constantly but they evolve and are pertinent to the individual concerned, in and through material substance. One question that may arise is whether a simple mark making activity such as signature, doodle or analog drawing can possibly convey complex psychic information. As previously stated mark making is not a language but can be associated with the beginning of language.

Certainly doodles and analog drawings can indicate energy patterns and this is perhaps all that is needed, at least in the first instance, when expressed through type. To go further, marks that indicate a preference for Thinking (T) or Feeling (F) come from a further developmental step when pattern and rhythm become involved. Pattern and rhythm equate well to body language especially hand and eye movements. If an objective third party is available to watch the mark making exercise, body language becomes as important as the marks themselves.

Finally, when mark making is completed in any configuration of material substance and is made according to type in a flowing, flexible way, the information in total is now clearly displayed as pointing to its application in the world, either as Judging (J) or Perceiving (P).

While the ancient Greeks consulted the Delphic Oracle hoping for a communication concerning the future, contemporary seekers of truth consult horoscopes, tea leaves and psychiatric counselling in order to make sense and meaning of life. Those who use the theoretical framework of Jungian thought plus the quantifying model of the Myers Briggs Questionnaire can have confidence that the marks they make have the potential to be informative communication channels for creating into the world.

Creativity also refers to the importance of making positive human relationships and expressing responsive wisdom as it does with the making of a painting or sculpture. At Alpha Studios we say that personal development and creative artistic manipulation of material (art) should be compatible.

At an empirical level, people become energised, are healed and motivated when the marks they make communicate a precise way forward. It is a mysterious process known only to the Universe how an individual energy expressed through mark making can be re-directed back into the world.

As it does so, this now creative activity not only heals but also contributes to a new and better order of things. Part of this mystery of which creativity must always remain a part, involves the association of energy with material substance. Material substance does not only refer to paint and clay but also to light and heat, movement and pattern, random groupings and sound but above all else it refers to a human being with creative potential through imagination.

When at a crucial level this energy resonates between, through and into, then a dynamic communication flow is installed that is capable of advanced creation which can take any form the world needs. Psychic energy is all pervading. To take one example, in many European Cathedrals where people have worshipped for centuries even the stones so it is said, emit an aura of reverence. many objects held to be sacred fall into this category. Individuals who have developed their psychic powers to a high degree are able to discern auras as coloured light emitting from people and also see that auras change from individual to individual.

Energy is a communicative commodity that can transfer from object to object. when psychic energy is processed by an individual according to type in a mark making activity, which flows back into the world through material substance communication can be re-vitalised thus establishing new meaning.

Art history holds dear the proposition that some marks are more valuable than others. At an elementary level of mark making all marks are of equal value if made according to type. Contemporary art reflects a phrenetic activity of random mark making worked in and through every available material substance including idea and concept. Usually in contemporary art there is no direct attempt at communication, leaving it instead to the viewer to make sense via effort. In any case, no serious judgement of contemporary art is pertinent here. But at the level of basic mark making as in a person's signature, doodles, analog drawings and other graphic expressions there is a direct communicative link between the Universe and the person via type by mark making and so back into the world as product or problem solution.

The product can include language or communication systems and when these along with former problem solutions become over time stale and inefficient they return to the Universe as spent energy to be re-vitalised and used again. The Universe invites each individual person to share in this privilege of re-vitalising energy by absorbing energy by type; interpreting energy by type and returning energy back to the world in the form of product or problem solution. At Alpha Studios we employ mark making according to type as a means of charting this process as a journey into awareness, wholeness and what Jung referred to as Individuation.

The Universe sets the pattern we are meant to follow, namely, to absorb and interpret energy according to type and return it to the world. The role of mark making in type via the MBTI should not be thought of as an esoteric function for the privileged few. Instead mark making is a most democratic way of creating psychic communication systems that are relevant to the highly complex world we live in. This is because it operates, not at a level of normal as in average, but at that individual centre of body, mind, spirit and soul which not only points to a new way forward but also describes the possible ecstasy and passion of life itself. It is in this process that new tools, new inventions are essential, so that individual human being establish a level of meaning that is re-vitalised and energising.

for those interested in being themselves through Type, do not give your power away to those more skilled in word and number manipulation, but find through simple mark making your own communication system that allows you to tap directly into the energy of the Universe. Then you will hear the Great Creator laughing with you for you have become a partner in how the Universe communicates its energy in and through people.

**The End.**