



Path to Individuation

A Jungian Approach to Finding Psychic Wholeness

Synchronicity

The day after I posted the reading group for *Jung & Tarot* with a video about how it is essentially a guidebook for path to individuation, [this Cosmic Matrix podcast](#) came out. Give it a listen! I highly recommend it to check your compatibility with me/my work.

📌 [A Guide to The Path of Individuation](#)

In videos in which I mention Jung's process of individuation, I sometimes say it's Jung's version of "self-realization" or Maslow's "self-actualization." This is to make it relatable to those who may be more familiar with academic psychology or eastern traditions than Carl Jung's work. Here is a more thorough breakdown of how these concepts compare:

In Essence:

- Individuation = Becoming *whole*.
 - Self-Realization = Becoming *One*.
 - Self-Actualization = Becoming *fully yourself*.
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Side-by-Side Comparisons



Aspect	Jung's Individuation	Self-Realization	Maslow's Self-Actualization
Root Tradition	Depth psychology	Eastern / Mystical spirituality	Humanistic psychology
Primary Focus	Integration of unconscious and conscious aspects	Transcendence of ego; realization of divine essence	Fulfillment of human potential
View of Self	The <i>Self</i> is the totality of psyche (personal + transpersonal)	The <i>Self</i> is universal consciousness	The <i>self</i> is the unique individual personality
Goal	Wholeness, inner harmony, psychic balance	Liberation, enlightenment, unity with all	Authentic expression and full potential
Method	Dreamwork, shadow integration, symbolic work	Meditation, contemplation, surrender	Self-exploration, creativity, purpose
End State	Integrated, individuated being living from the Self	Awakened being beyond individuality	Fully realized human personality
Metaphor	Becoming a unique, whole tree rooted in the Self	Realizing you <i>are</i> the forest itself	Blossoming into your fullest flower