

Rebalancing the Psyche and Care for the Environment: Scuba Diving and Underwater Photography as a Mode of Jungian-Arts-Based-Research Into the Individual and Collective Unconscious

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Abstract: The video is a personal and an archetypal story. It tells about an individual psychological journey of re-balancing the conscious and unconscious aspects of the psyche and how that led the author to a heightened awareness about the natural world and to her ability to hear corals “speak.” The narrative is weaving the perspective of Jungian psychology that sees water as the symbol of the unconscious psyche and the underwater images captured by the author during her scuba diving experiences. The video exemplifies Jungian arts-based research into individual and collective unconscious and urgent environmental matters. It serves as an invitation to the viewers to care for the diversity of the psyche and the biodiversity of the natural environment, both of which are needed for survival.

Video



https://youtu.be/_2Jw2BrfMlo

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