



# Jung & You: Types of Consciousness

*Frederik N. Huysamen*

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## **Jung & You: Types of Consciousness** Frederik N. Huysamen

“For years business and government sectors made use of the well-known Myers-Briggs Type Indicator. This was convenient as it allowed to place people in boxes and we could feel better about ourselves because we could tick the boxes about a person. It is not that simple. Myers and Briggs, without any formal education, were exponents of Jung’s theory of psychological types but tried to give it practical use without fully understanding what Carl Jung intended. This book gives us a glimpse into the mind of Jung and how he meant his typology to be understood and applied. The book is filled with gems explained through simplified metaphorical and symbolic narrative. The book puts order to disorder and the typology used by Carl Jung of Thinking, Feeling, Sensation and Intuition, combined with extraversion and introversion, with the unconscious throwing a spanner in the works from time to time, is skilfully directed and put together. The book sets the record straight on the Myers-Briggs Type Indicator and in a carefully narrated chapter there is a conversation between Carl Jung and Katherine Myers and Isabel Briggs. In this chapter it becomes clear that they did not fully grasp what Jung intended and some interesting questions are raised. Most of all the book is not intended to understand others but it is rather intended for the individual reader to get a glimpse of his own personality and perhaps find answers to questions that might have tormented the soul. It gives back to the people what Jung intended and makes it accessible to all.” — GEORGE RAUTENBACH, former Chief of Staff United Nations

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