

# Review of: "Jung on the Meaning of Life"

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Potential competing interests: No potential competing interests to declare.

Sanford Drob writes with clarity and excellent style. He draws the reader into the Jungian process of individuation, or we could say the meaning of life with grace while piquing our intrigue. He conveys with intelligence and depth the arc of life Jung takes, honoring the value of each stage for growth and development through to the end and beyond. The breadth of Jung's work is conveyed through Jung's quotes coinciding with the words of Sanford Drob in a rhythm of meaning. Sanford Drob brings forward the special qualities of Jungian analytical psychology, all aspects for finding the meaning of life. This perspective accentuates why Jungian thought stands out from other analytical and psychological perspectives. The focus on the spiritual and its individual meaning goes beyond symptom repair into soul work in its broadest sense. This is also why the popular quick fixes do not work when it comes to addressing the deeper questions and how to find one's solutions on the journey of life.

Through the quotes of Jung, Sanford Drob presents the development of thought and the pathways Jung took in his psychological process. The article is organized and flows from one thought of Jung's to another in this search tracing the process of individuation, a process which takes time. Time is part of this analytical work but not linear time, rather Kairos time denoting an opportune moment and even timeless reaching into the many layers of the psyche. The point is reiterated as the way for readers to access their own life of meaning. Sanford Drob is able to portray this important message with his reflection and thoughtfulness. This models the analytical material and the trajectory of personal work for finding the meaning of problems, sufferings, our daily struggles, and complexes giving them import and leading us into ourselves.

Jung brings us to the spiritual elements of the psyche and Sanford Drob illustrates this in an intellectual manner combined with feeling. A reader can access the emotion and become moved by Jung's focus on the value of meaning in our lives. This is what makes this article stand out as special. Its process leads us on to read more and to discover our own meanings through the guidance and modeling from Jung.

The titles of each section in themselves draw us in to question what can evolve not only for Jung but for each of us. The process of truth, doubt and mystery arouse our own reflective nature. The quotes by Jung say it all and I repeat them here as they are a couple of my favorites. In 1930 Jung wrote, "The meaning and purpose of a problem seem to lie not in its solution but in our working at it incessantly. This alone preserves us from stultification and petrification" (CW 8 § 771). Again, in 1946: "The goal is important only as an idea; the essential thing is the *opus* which leads to the goal; that is the goal of a lifetime" (CW 6 § 757).

In his article, Sanford Drob with educated grace and style took us on a journey through the Jungian concepts of the

archetypes to the transcendent function to life and to death and beyond. In each area he gave us a taste of Jung through quotes and his own interpretations. The combination brought this paper into the area of being educational, descriptive, and arousing curiosity for our own transformation. It is the journey of a lifetime to explore this way of psychological development for enhancing our existence and accessing meaning. We end the article enriched from reading these words.

## References

1. Jung, C. G. (1934). *The Soul and Death*, CW 8.
2. Jung, C. G. (1971). *Psychological Types*. CW 6.