



# The Heart of the Matter: Individuation as an Ethical Process

*Christina Becker*

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## **The Heart of the Matter: Individuation as an Ethical Process** Christina Becker

The Heart is the meeting place of the individual and the divine?the inner ground of morality, authenticity, and integrity. The process of coming to the Heart and realizing the person we were meant to be is what Carl Jung called "Individuation." This path is full of moral challenges for anyone with the courage to take it up.

Using Jung's premise?that the main causes of psychological problems are conflicts of conscience?the author takes the reader through the philosophical and spiritual aspects of the ethical dimensions of this individual journey toward wholeness.

This book is a unique contribution to the link between individuation and ethics.

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