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## Bridges to Consciousness Complexes and Complexity

By Nancy M. Krieger

This book investigates consciousness as an emergent state arising from the global functioning of the brain and the body. In this research Krieger applies these concepts to analytical psychology, particularly to the constellation of the complex and of the archetype. Global brain functioning is considered as a complex system whose macroscopic, emergent patterns such as thoughts and behaviours are determined by physical parameters including emotion, memory, and perception.

The concept of the feeling-toned complex was among the first of the theories to be developed by Jung, and the theories of complexity and dynamical systems which subsequently developed in the physical sciences did not exist at the time. This book takes a new look at the feeling-toned complex as a basin of attraction which competes for consciousness against other complexes to determine behaviour. By drawing parallels between current ideas in neuroscience and Jung's more traditional theories, Krieger discusses the relevance for both psychotherapy and everyday life.

*Bridges to Consciousness* considers the importance of the link between emotion and the complex in both the establishment of consciousness and the determination of self-esteem, making the work relevant to therapists and analysts. This book will also awaken interest in complexes in both the Jungian and wider neuroscientific research communities and will therefore interest researchers and academics in the field of psychology who want an insight into how the ideas of Jung can be applied beyond the traditional analytic field.

**Table of Contents:** A Jungian Neuroscience of Consciousness **Part 1** Investigation of Consciousness. A Theory of Complexes. Dynamic Systems Theory. Constellation of a Complex **Part 2** Neural Correlates of the Constellated Complex. A Theory of Archetypes. Constellation of an Archetype. Development of the Ego-Complex. The Psychic Landscape. The Three Bridges and Consciousness.

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