


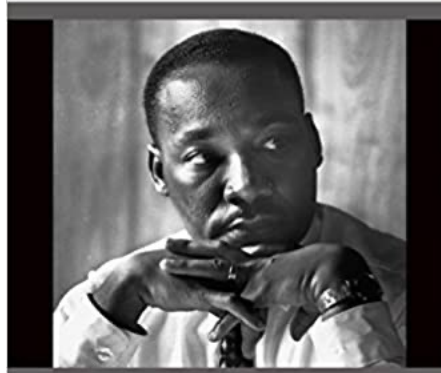
IT IS ONLY WITH THE 
THAT ONE CAN SEE RIGHTLY;
WHAT IS ESSENTIAL
IS INVISIBLE TO THE EYE

THE LITTLE PRINCE

1

INTEGRATION

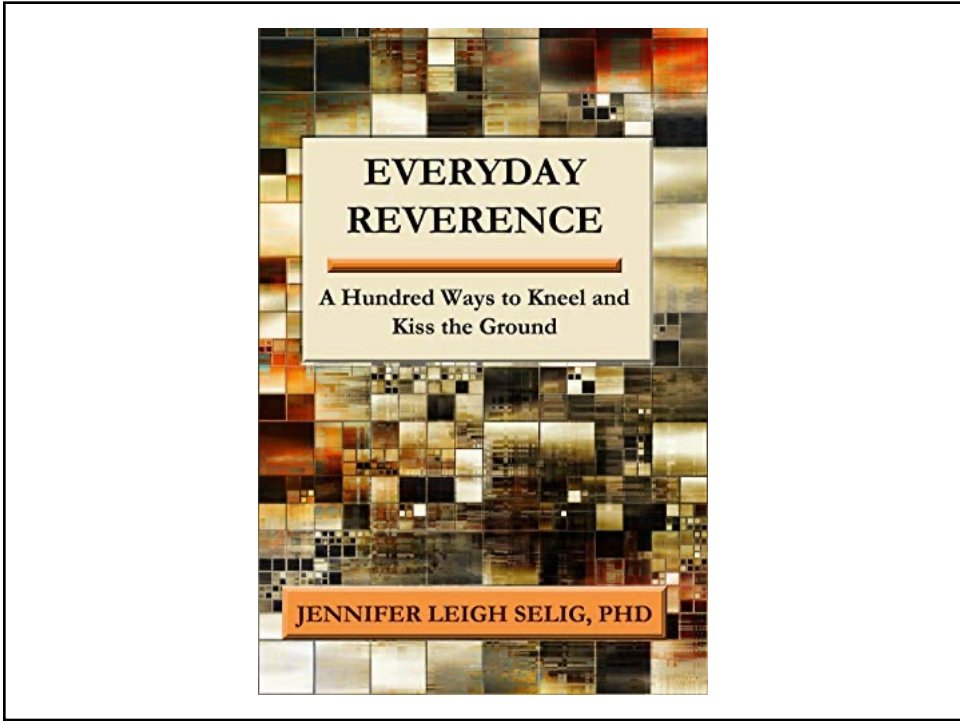
The Psychology and Mythology
of Martin Luther King, Jr.



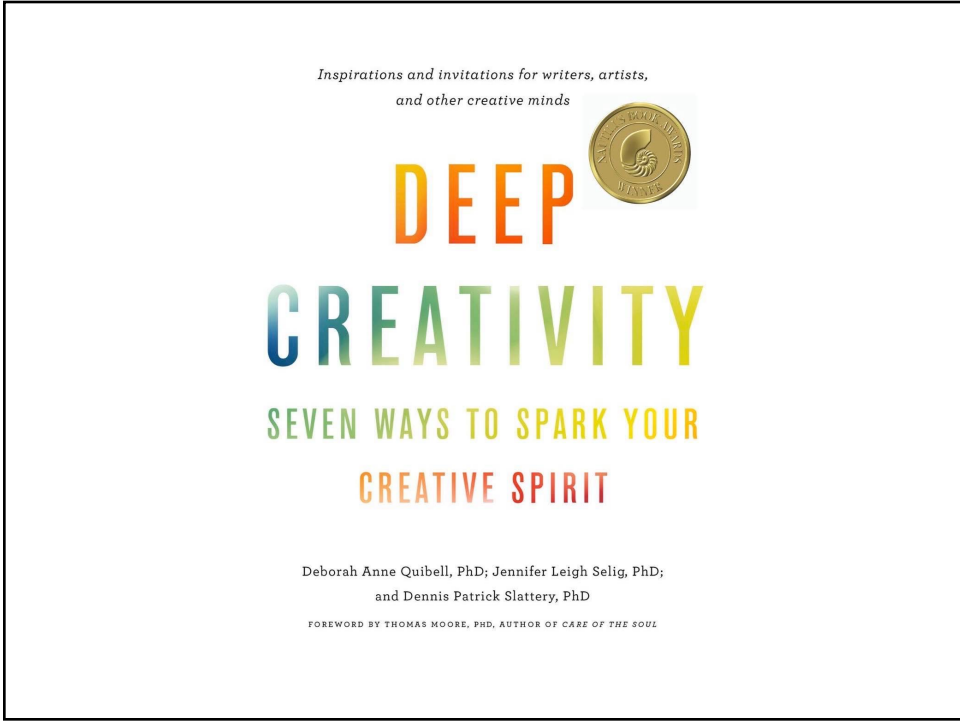
and His (Unfinished) Therapy With
the Soul of America

Jennifer Leigh Selig

2



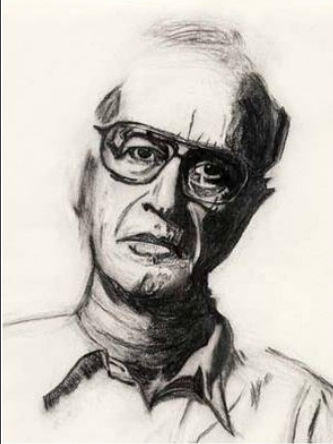
3



4

What longing or longings
bring/s you to this program?
or
What longing or longings are
you carrying with you as you
enter this program?

5



Tell me what you yearn for and I
shall tell you who you are. We are
what we reach for, the idealized
image that drives our wandering.

— *James Hillman* —

6

God speaks to each of us as he makes us,
then walks with us silently out of the
night.

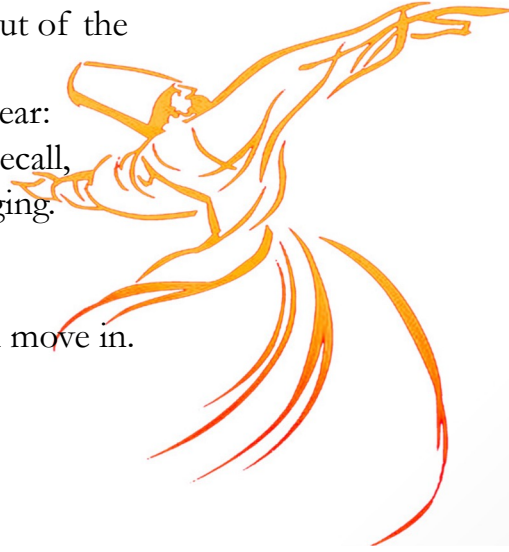
These are words we dimly hear:

You, sent out beyond your recall,
go to the limits of your longing.

Embody me.

Flare up like flame
and make big shadows I can move in.

~Rainer Maria Rilke



7

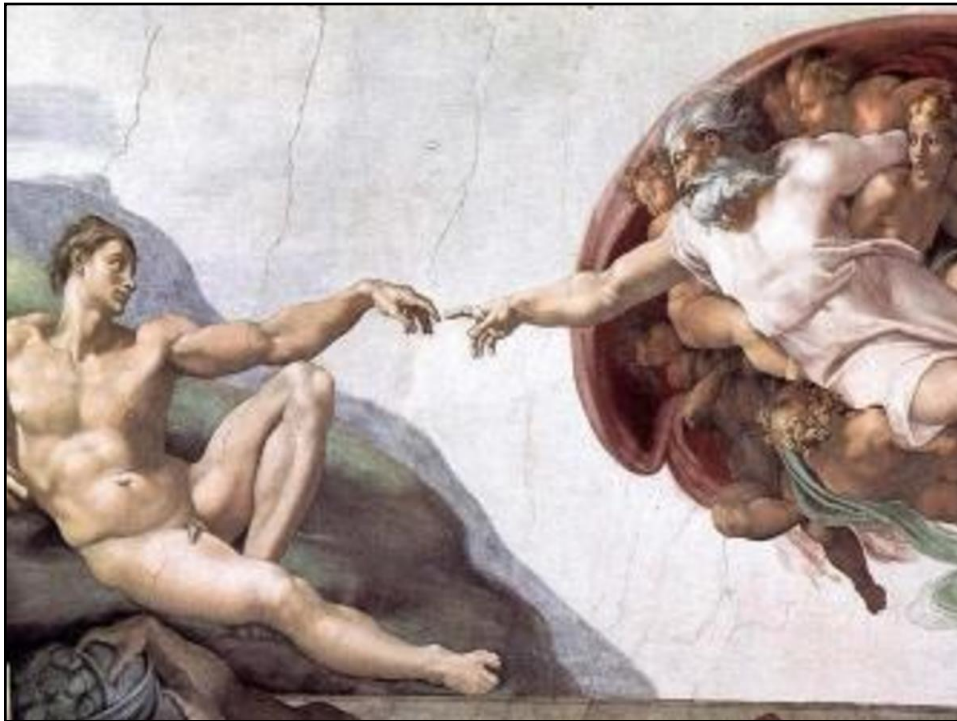
What is most religious to us? What do we long for with religious or spiritual fervor and fever? Another way of saying that is what are we hot for? And what are we cold without? What makes us feel most alive, most juicy? And when we are feeling most arid and dry, what do we find ourselves longing for? What fire would warm us then?

8

In Old English, one of the definitions is to “dwell in thought.”

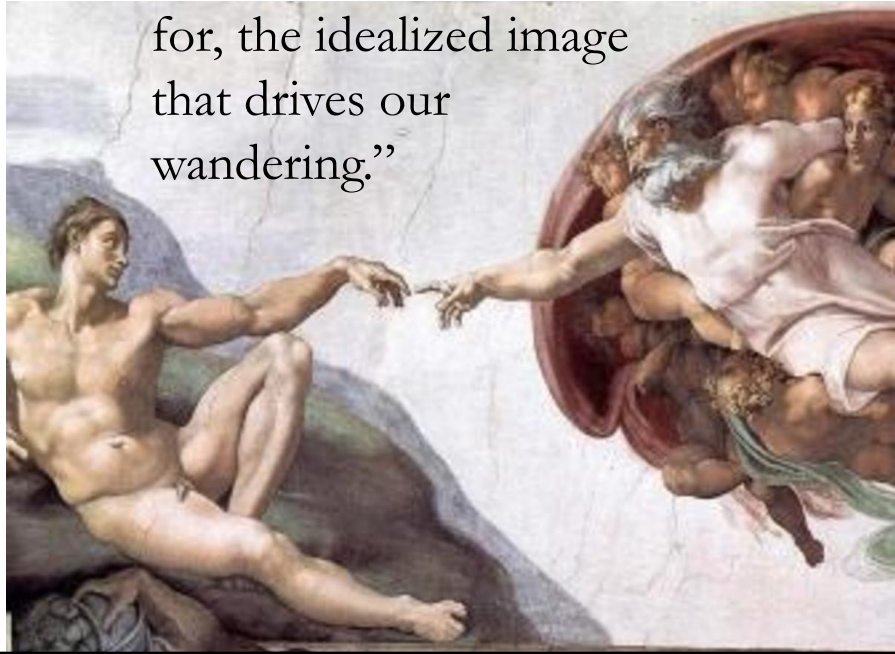
In the German language, one of the translations of longing is “to extend or to reach.”

9



10

“We are what we reach for, the idealized image that drives our wandering.”



11



12

“If some longing goes unmet, don't be astonished. We call that life.” (Anna Freud)



**If some longing gets met, don't be astonished. We call that life as well.
(Jennifer Selig)**

13



**“Each life is wrapped around longings set inside dreams, wound into the fabric of our souls. We die for a lack of knowing how big our longing truly is, and we die from allowing our true longings to be diminished by the banality of life and the ways in which we continue to abandon ourselves.”
(Michael Meade)**

14

Three reasons a longing may not resonate:

1)It's already fulfilled, abundant, or a taken for granted gift in your life.

15

Three reasons a longing may not resonate:

1)It's already fulfilled, abundant, or a taken for granted gift in your life.

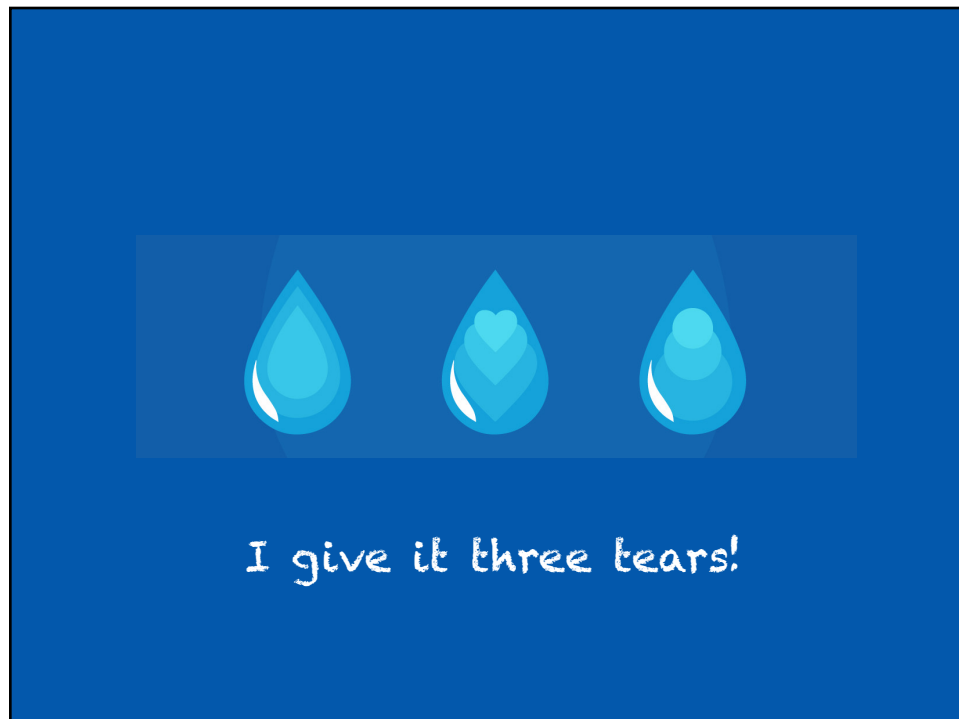
2)You don't carry a great deal of libido or life force or desire for it

16

Three reasons a longing may not resonate:

- 1) It's already fulfilled, abundant, or a taken for granted gift in your life.
- 2) You don't carry a great deal of libido or life force or desire for it
- 3) The longing is deeply repressed due to disappointment or suffering**

17



18

1. The longing to know ourselves.



19

“I have come to believe. . . that there’s a unified field theory of yearning. I think that if you dig deep enough into almost all great literature, you’re going to find a single expressible yearning... I think that if you dig deeply enough, the yearning at the center of great literature is I yearn for the self. I yearn for an identity. I yearn for a place in the universe. That’s the great thing, the great ‘Who the hell am I?’ which we ask ourselves every day. All the things we seem on the surface to be concerned about in this day and age especially—our race, our gender, our sexual preference, our politics, our religion, you name it—those things provide us with an answer to that question. WHO AM I?”

(Robert Olin Butler)

20



21

“A Story That Could Be True” by William Stafford

If you were exchanged in the cradle and
 your real mother died
 without ever telling the story
 then no one knows your name,
 and somewhere in the world
 your father is lost and needs you
 but you are far away.
 He can never find
 how true you are, how ready.
 When the great wind comes
 and the robberies of the rain
 you stand on the corner shivering.
 The people who go by—
 you wonder at their calm.
 They miss the whisper that runs
 any day in your mind,
 “Who are you really, wanderer?”—
 and the answer you have to give
 no matter how dark and cold
 the world around you is:
 “Maybe I’m a king.”

22

We are all servants to our own egos, which tend to be smaller and more petty than we really want to acknowledge, while all along we have a glorious, divine Self, a King or Queen-like nature just wanting to flare up like flame and know thyself as whole, as holy.

23

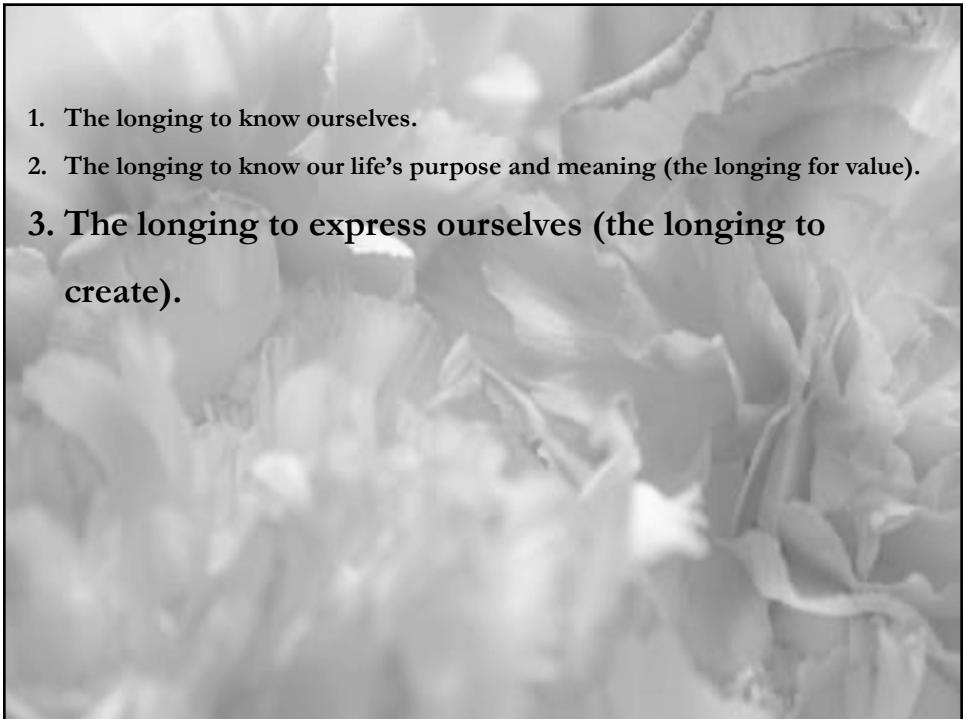
1. The longing to know ourselves.

2. The longing to know our life's purpose and meaning (the longing for value).

John C. Maxwell wrote, "Every person has a longing to be significant; to make a contribution; to be a part of something noble and purposeful"

"When God wants something done in the world, a baby is born."

24

- 
1. The longing to know ourselves.
 2. The longing to know our life's purpose and meaning (the longing for value).
 - 3. The longing to express ourselves (the longing to create).**

25

The poet John O'Donohue wrote, "It remains the dream of every life to realize itself, to reach out and lift oneself up to greater heights. A life that continues to remain on the safe side of its own habits and repetitions, that never engages with the risk of its own possibility, remains an unlived life.

There is within each heart a hidden voice that calls out for freedom and creativity. We often linger for years in spaces that are too small and shabby for the grandeur of our spirit."

26

The first longing asked who am I,
 the second asked why am I, and
 this one really asks how am I?
 How am I uniquely creative? How
 am I wired to express myself?
 How am I able to bring forth my
 most creative potentials in my own
 most unique way that comes
 naturally to my soul?

27

1. The longing to know ourselves.
2. The longing to know our life's purpose and meaning (the longing for value).
3. The longing to express ourselves (the longing to create).
4. **The longing to belong (the longing for community)**

**Who is my We? What is the tribe
 to which I belong? Who are my
 people, and what is my place in
 my family, my tribe, my
 community, my country?**

28

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3. The longing to express ourselves (the longing to create).
4. The longing to belong (the longing for community)
- 5. The longing to be understood.**

**“I’m just a soul
whose intentions
are good. Oh Lord
please don’t let me
be misunderstood.”**



29

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- 6. The longing for love (to love, and to be loved).**

**William C. Hannan wrote, “We are
all wondering the earth, alone,
longing to be longed for.”**

30

Queen - "Somebody To Love"

Can anybody find me somebody to love?
 Each morning I get up I die a little
 Can barely stand on my feet
 (take a look at yourself)
 Take a look in the mirror and cry
 Lord, what you're doing to me

I have spent all my years in believing you
 But I just can't get no relief, Lord!
 Somebody (somebody), somebody (somebody)
 Can anybody find me somebody to love?

I work hard (he works hard) every day of my life
 I work 'til I ache my bones
 At the end (at the end of the day) I take home
 (takes home) my hard-earned pay all
 (goes home on his own) on my own

I go down (down) on my knees (knees)
 And I start to pray (praise the Lord)
 'Til the tears run down from my eyes
 Lord, somebody (somebody), somebody
 (please)
 Can anybody find me somebody to love?

(he works hard) everyday (everyday)
 I try, and I try, and I try

But everybody wants to put me down
 They say I'm goin' crazy
 They say I got a lot of water in my brain
 I got no common sense (he's got)
 I got nobody left to believe in
 Yeah, yeah, yeah, yeah

(Find me somebody to love)
 (Find me somebody to love)
 (Find me somebody to love)
 (Find me somebody to love)

Find me, find me
 (Find me somebody to love)
 Find

(Find me somebody to love)
 (Find me somebody to love, love, love)

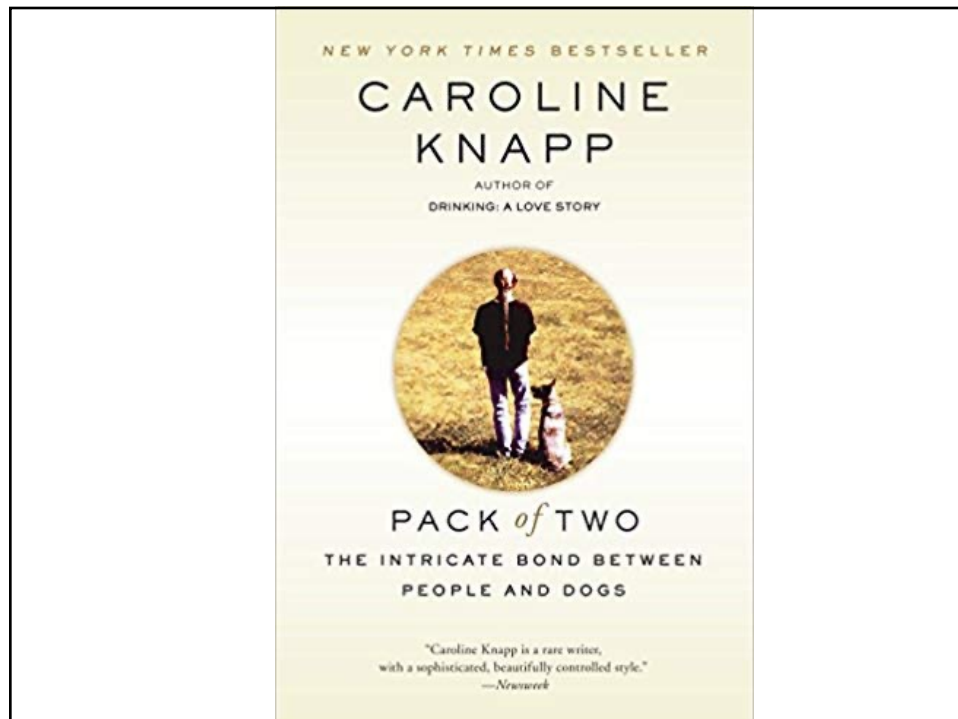
Find me, find me
 (Find me somebody to love)

Somebody to love
 (Find me somebody to love)

(Somebody, somebody, somebody, somebody)
 (Somebody find me, somebody find me
 somebody to love)

Can anybody find me somebody to love?

31

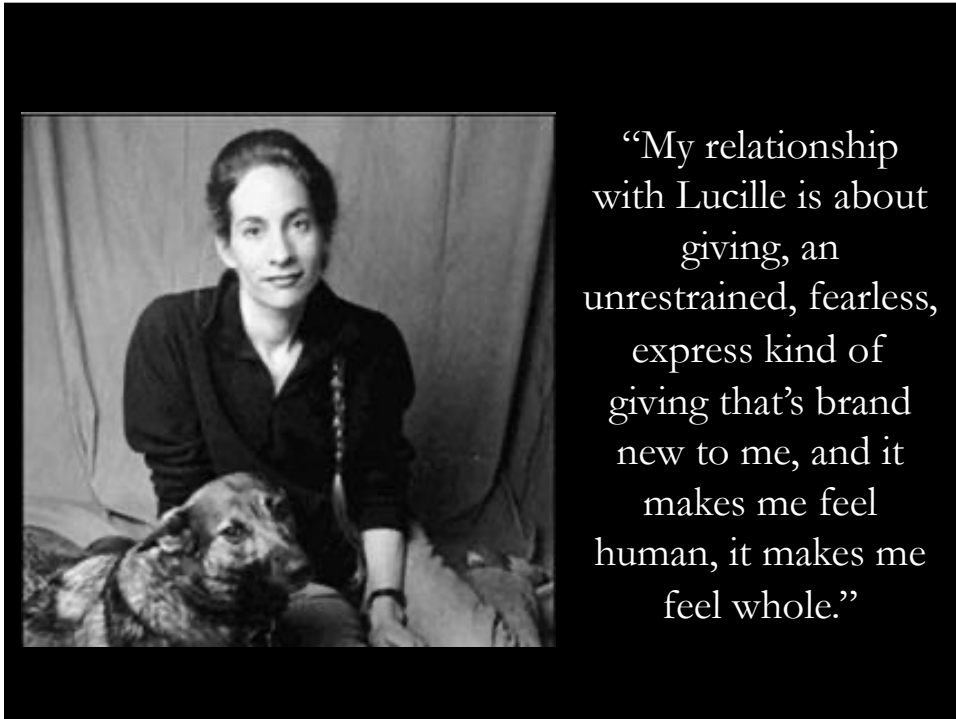


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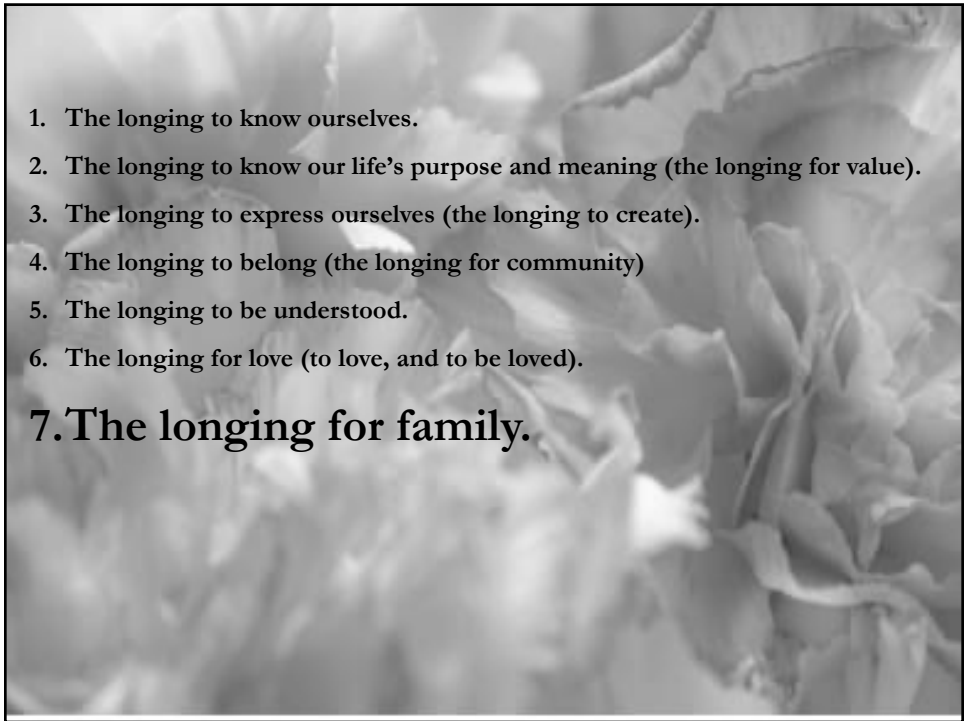
“And then I just melted, some piece of me inside just melted at the sight of her, and I heard myself say aloud, ‘I love you every single day. Every single day.’ This sounds so corny, cooing words of love to a dog like that, but even as I heard myself speak, I was aware that there was something miraculous about it, something miraculous and profoundly healing about the fact that I love this animal and find joy and solace in her presence 365 days a year, without exception.”

33



“My relationship with Lucille is about giving, an unrestrained, fearless, express kind of giving that’s brand new to me, and it makes me feel human, it makes me feel whole.”

34



35



36

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3. The longing to express ourselves (the longing to create).
4. The longing to belong (the longing for community)
5. The longing to be understood.
6. The longing for love (to love, and to be loved).
7. The longing for family.

8. The longing for home.

21 Songs Called "Home"

Not very original with our song titles are we?

by Caetlynn de Oliveira | [Wheaton College](#) | May 17, 2016



37

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8. The longing for home.

9. The longing to be seen, to be witnessed.

John O'Donohue wrote, "One of the deepest longings of the human soul is to be seen."

38

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- 10. The longing to be free from suffering.**

39

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- 11. The longing for power, achievement, and efficacy.**

40

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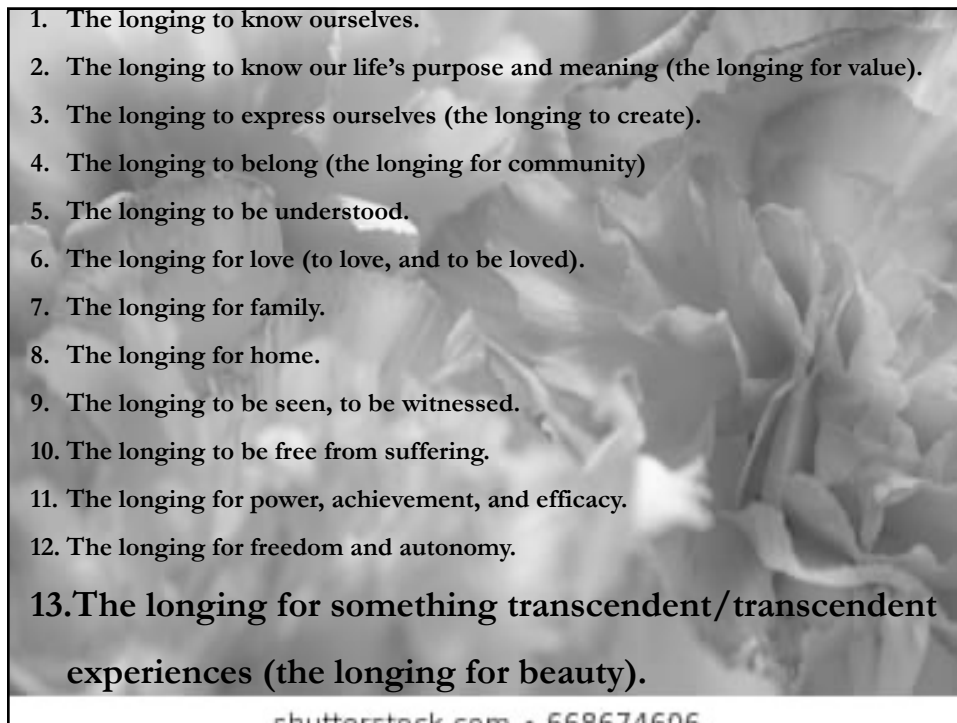
12. The longing for freedom and autonomy.

41



Pope John Paul the 2nd called “the quest for freedom. . . one of the great dynamics of human history.” He continued, “This phenomenon is not limited to any one part of the world; nor is it the expression of a single culture. Men and women throughout the world, even when threatened by violence, have taken the risk of freedom, asking to be given a place in social, political and economic life which is commensurate with their dignity as free human beings.”

42



43



44

Nina Simone - "Feeling Good"

Birds flying high you know how I feel
 Sun in the sky you know how I feel
 Breeze driftin' on by you know how I feel
 It's a new dawn
 It's a new day
 It's a new life for me yeah
 It's a new dawn, it's a new day, it's a new
 life for me
 Ouh
 And I'm feeling good

Fish in the sea, you know how I feel
 River running free, you know how I feel
 Blossom on the tree, you know how I feel
 It's a new dawn
 It's a new day
 It's a new life
 For me
 And I'm feeling good

Dragonfly out in the sun you know what I
 mean, don't you know
 Butterflies all havin' fun, you know what I
 mean
 Sleep in peace when day is done, that's
 what I mean
 And this old world, is a new world
 And a bold world for me

Stars when you shine, you know how I feel
 Scent of the pine, you know how I feel
 Oh freedom is mine
 And I know how I feel
 It's a new dawn
 It's a new day
 It's a new life
 For me
 And I'm feeling good

45

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7. The longing for family.
8. The longing for home.
9. The longing to be seen, to be witnessed.
10. The longing to be free from suffering.
11. The longing for power, achievement, and efficacy.
12. The longing for freedom and autonomy.
13. The longing for something transcendent/transcendent experiences (the longing for beauty).

14. The longing for pleasure.

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NOTES ON LONGINGS



1. We may long for different things at different times in our lives.

47

NOTES ON LONGINGS



1. We may long for different things at different times in our lives.
2. Our longings may be contradictory.

48

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3. Some longings will dog us our entire lives.

49

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4. Our longings may be at cross-purposes or diametrically opposed to those with whom we are in relationship.

50

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51

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52

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6. Our longings live deeply in our body, and come with various affective and emotional states.
- 7. Our longings are not always about what we think they are about.**