

Puella's Shadow

(appears in the International Journal of Jungian studies, vol 1, no. 2, September, 2009)

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Abstract:

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Puella is the eternal girl, an aspect of the psyche that has been virtually ignored in the Jungian literature. She appears in the Western attitudes to be ever younger and thinner, devalued and stuck in the shadow of the patriarchy. Living 'as if', she is bolstered by persona adaptation, masking the emptiness within, experiencing but not facing the narcissistic wounds. The attachment problems result in a distorted and split self-image, divorced from her body, and difficulty with intimacy and commitment. The dreams and writings from the American poetess Sylvia Plath illustrate parallels with the Puella figure.