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Mystical Experiences of Carl Jung (1875 - 1961)

Swiss psychologist and major contributor to psychotherapy, [Carl Jung](#) cultivated the ability to have visions from deep imagination. Some would label these explorations as mystical experiences while others would say they are more akin to the sort creative thinking artists do.

In addition to these experiences, Jung had several spontaneous visions when he was recovering from a heart attack when he was 69. All of his visions are described in detail in his book [Memories, Dreams, Reflections](#).

Sick Bed Visions (1944)

"It seemed to me that I was high up in space. Far below I saw the globe of the earth, bathed in a gloriously blue light. I saw the deep blue sea and the continents. Far below my feet lay Ceylon, and in the distance ahead of me the subcontinent of India. My field of vision did not include the whole earth, but its global shape was plainly distinguishable and its outlines shone with a silvery gleam through that wonderful blue light...the sight of earth from this height was the most glorious thing I had ever seen...

Something new entered my field of vision. A short distance away I saw in space a tremendous dark block of stone, like a meteorite. It was about the size of my house, or even bigger. It was floating in space, and I myself was floating in space.

An entrance led into a small antechamber. To the right of the entrance, a black Hindu sat silently in lotus posture upon a stone bench...I knew that he expected me. Two steps led up to this antechamber, and inside...was the gate to the temple. As I approached the steps leading up to the entrance into the rock, a strange thing happened: I had the feeling that everything was being sloughed away; everything I aimed at or wished for or thought, the whole phantasmagoria of earthly existence, fell away or was stripped from me---an extremely painful process. Nevertheless something remained; it was as if I now carried along with me everything I had ever experienced or done, everything that had happened around me. I might also say: it was with me, and I was it. I consisted of all that, so to speak. I consisted of my own history, and I felt with great certainty: this is what I am. I am this bundle of what has been, and what has been accomplished.

This experience gave me a feeling of extreme poverty, but at the same time of great fullness."

Over the next few weeks, Jung would feel gloomy by day, sleep the early evening to midnight and then awoken to a feeling of ecstasy. "It was as if I were in an ecstasy. I felt as though I were floating in space, as though I were safe in the womb of the universe---in a tremendous void, but filled with the highest possible feeling of happiness. Everything around me seemed enchanted...Night after night I floated in a state of purest bliss, thronged round

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