

# *God Complex & the Dog Complex*

*By  
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Over decades of clinical practice as a psychiatrist and a Jungian Psychoanalyst, I have surmised that when all is said and done, there are two types of individuals who seek psychotherapy. One group is the individuals with a God complex. These individuals have an inflated sense of themselves, take themselves too seriously, consider themselves the center of the universe, have an inflated sense of self esteem, the world revolves around them, expect their world view to be the only lens with which the society must be perceived,

others are seen as mere mirrors that must reflect their grandeur, others must only speak to echo their pronouncements and somehow their enterprise would redeem the world which would be doomed otherwise!

For individuals with a God complex, their personal and professional relationships are merely seen as an extension of their wondrous selves and any attempt by others in their matrix to assert their viewpoint is met with surprise, disdain and retaliation. They chose spouse's with low self esteem that may be molded and recruited in service of their mission. Their children are groomed to become ambassadors of their grand mission, without any chance for healthy self assertion, until of course they are old enough to protest and rebel either with acting out, drug addiction, and other methods of resistance. In therapy, they always get into power struggles with their therapist or a teacher who often does not understand their true value or worth. They may go Doctor Shopping till they find a therapist who understands how Special they are.

The second groups of individuals who seek psychotherapy have a Dog complex. They have a depleted sense of self esteem; they stay at the margins of their family or professional matrix, tend to avoid attention, are under-potentialized in their professional life and permit themselves to be treated as a door mat in personal relationships. They

are attracted to individuals with a God complex to live in the reflected glory of such individuals. They live off the crumbs of these powerful individuals emotionally and underplay their own ideas or contributions to further their personal growth, their families and their community. They are drawn to one powerful person after another go rescue and redeem themselves. They get attracted to new movements, cults, or therapists who happen to be in vogue according to the latest trends rather than undertake the serious Opus Magnum of personal growth and alchemic transformation.

One of the most interesting phenomena is that both groups usually are caught in a relationship with each other. The God complex needs the Dog complex to worship it. The Dog complex needs the God complex to redeem it. These are the opposites that attract each other. Such an alliance works very well during the honeymoon phase of the relationship, but when these mutual projections cannot be sustained, the relationship begins to go south. When the God individuals cannot sustain their Godliness because of the hard rock of reality, then they seek therapy as the World does not appreciate their true worth. They come to therapy to lick their wounds and dashed dreams of glory and success. When aging, illness, disappointments reflect back a realistic view to them, they want to change the mirror rather than reflect on their situation. They seek medications to

boost their flagelling self esteem rather than undertake a soul searching reevaluation of their predicament. They often change jobs or partners until they find mirrors that distort their reality to fit their grandiose view of themselves. This is a temporary fix that soon breaks down in the marketplace of life and relationships.

The Dog complexes' need powerful others to hold and sustain them at the cost of sacrificing their authentic potentials. They end up in clingy, co-dependent relationships with the God complexes.' Such alliances start breaking down when their soul pushes for maturation, self assertion and move from the dynamic of self Concealment to self Revelation. A seed cannot stay dormant in the soil forever, just as a tree cannot grow into the sky infinitely. Nature and Psyche has its own rhythm. There is time to be dormant and there is a time to blossom, even for an individual with a Dog complex. There are trees that blossom even by the concrete freeways with limited soil. The soul always finds a way to incarnate into consciousness.

The dance between the Dog Complex and the God Complex plays out at seven levels of our personality maturation and relationships development. I have explored these seven levels in a preliminary way in two of my books: Path to the Soul and Retire Your Family Karma (co authored with my good friend Boris Matthews). In future, I hope to expand this paradigm in much

more detail. It is based on the ancient Hindu Healing System of Kundalini Yoga.

These seven relationship systems of God/Dog split include the Victim-Aggressor, Exploiter-Martyr, Master-Slave, Caretaker-Codependent, Intimidator-Silent one, Leader-Follower and Narcissist-Autistic. In Psychotherapy, these relationship splits are recognized, projections worked through and the authentic core personality is given an opportunity to emerge and blossom. The God complex has to honor the inner Dog with humility and attention to the "Other side of their personality" – the un-lived, vulnerable aspects of the personality, the shadow aspects, the inferior function (e.g. the feeling function for the thinking types and the sensate or detail function for the intuitive types etc.).

The Dog Complexes' start to heal when they acknowledge their inner numen, their un-lived and unacknowledged skills, strengths and potentials on the stage of consciousness and lived life. They learn to assert themselves in relationships, honor their creative side, find their own voice, refuse to permit self victimization and stake out their own ground in personal and professional encounters. They reclaim the lost continent of their Soul. When we heal the God/Dog split in ourselves and live our life with humility but also in celebration of our creative potentials, when we are able to laugh at ourselves but also make our

substantial and worthy Dharmic contribution to welfare of our soul, our family, our community and our World, we become whole and heal the inner wounds of our soul. Such is a well lived life.

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Trained in India, Great Britain and the US, he is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is author of the book, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishers, 2007 and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations can be previewed at his website [www.pathtothesoul.com](http://www.pathtothesoul.com)



Ashok Bedi has been in practice in Milwaukee for over twenty- five years and specializes in Adult Psychotherapy and Jungian Psychoanalysis. He regularly presents lectures and seminars in India, Great Britain, Ireland and USA on the topic of the Spiritual and analytic dimensions of treatment, healing and personal growth. Over the last several years, he has been the International Association of Analytical Psychologists liaison person for developing Jungian training programs in India and travels annually to India to teach, train the