

# Inner Work Using Dreams Active Imagination For Personal Growth Using Dreams And Active Imagination For Personal Growth

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*The Transcendent Function* - Jeffrey C. Miller  
2012-02-01

A close examination of the heart of Jung's theory of psychological growth and individuation.

**Dream Tending** - Stephen Aizenstat 2011

You had the most amazing dream last night. It spoke to your highest aspiration-your most secret wish-and presented a vision of a future that was right for you. But now, in the cold light of day, that inspiring dream is gone forever-or is it? According to Dr. Stephen Aizenstat, a psychotherapist, university professor, and dream specialist, dreams are not just phantoms that pass in the night, but a present living reality that you can engage with and learn from in your daily life. In *Dream Tending*, Dr. Aizenstat shows how to access the power of your dreams to transform nightmare figures into profound and helpful mentors; bring fresh warmth and intimacy into your relationships; overcome obsessions, compulsions, and addictions; engage healing forces of your dreams through imaginary medicines ; re-imagine your career and cope with difficulties in the workplace; discover the potential of your untapped creativity; and see the world around you from a new and dynamic perspective.

*Transforming Depression* - David H. Rosen  
2002-05-01

In this groundbreaking book, David H. Rosen, M.D., offers depressed individuals, their families, and therapists a lifesaving course in healing the soul through creativity. This is a book about transforming depression and its powerful pull toward suicide into a meaningful alternative. In *Transforming Depression*, Dr. Rosen applies Carl Jung's method of active imagination to treating depressed and suicidal individuals. Having dealt with depression in his own life and the suicides of loved ones, Dr. Rosen shows that when people learn to confront the rich images and symbols that emerge from their struggles, they can turn their despair into a fountain of creative energy. He details the paths of four patients whose work in painting, pottery, and dance -- in conjunction with psychotherapy -- led them from depression to a more meaningful life. Their dramatic paintings illustrate the text. Part One presents an overview of the biological, psychological, sociological, and spiritual factors involved in the diagnosis of depression. Part Two provides a new therapeutic approach to treating depression, focusing on the symbolic death and rebirth of the ego (ego-cide) as an alternative to suicide. Part Three presents in-depth case studies from Dr. Rosen's practice. Part Four discusses how we can recognize crisis points and how creativity can transform depression. The

author pays particular attention to the problem of teen suicide.

### **Man and His Symbols** - Carl G. Jung

1968-08-15

The landmark text about the inner workings of the unconscious mind—from the symbolism that unlocks the meaning of our dreams to their effect on our waking lives and artistic impulses—featuring more than a hundred images that break down Carl Jung’s revolutionary ideas “What emerges with great clarity from the book is that Jung has done immense service both to psychology as a science and to our general understanding of man in society.”—The Guardian “Our psyche is part of nature, and its enigma is limitless.” Since our inception, humanity has looked to dreams for guidance. But what are they? How can we understand them? And how can we use them to shape our lives? There is perhaps no one more equipped to answer these questions than the legendary psychologist Carl G. Jung. It is in his life’s work that the unconscious mind comes to be understood as an expansive, rich world just as vital and true a part of the mind as the conscious, and it is in our dreams—those personal, integral expressions of our deepest selves—that it communicates itself to us. A seminal text written explicitly for the general reader, *Man and His Symbols* is a guide to understanding the symbols in our dreams and using that knowledge to build fuller, more receptive lives. Full of fascinating case studies and examples pulled from philosophy, history, myth, fairy tales, and more, this groundbreaking work—profusely illustrated with hundreds of visual examples—offers invaluable insight into the symbols we dream that demand understanding, why we seek meaning at all, and how these very symbols affect our lives. By illuminating the means to examine our prejudices, interpret psychological meanings, break free of our influences, and recenter our individuality, *Man and His Symbols* proves to be—decades after its conception—a revelatory, absorbing, and relevant experience.

### **The Old Wise Woman** - Rix Weaver 1991

Analyzes the process of active imagination discovered by Jung, and shows its significance as a psychotherapeutic technique

### **Complete Dream Book** - Gillian Holloway

2006-07

The average person will dream over 150,000 dreams in a lifetime—each one a complex web of imagery and deeper meaning. The *Complete Dream Book* uses the interpretation of 28,000 actual dreams from contemporary dreamers, just like you, to help you access the substance and meaning of your own dreams. Discover: --Who's who in your dreams --Which dreams recur during certain life stages --The true meaning behind your nightmares --Why you have certain dreams again and again --How to tell if a dream is worth interpreting--and if you've done it correctly --The phenomenon of precognitive dreams The *Complete Dream Book* is the only dream interpretation book based on concrete data about real people's dreams and how the real events in their lives relate to their nighttime visions.

### Jung on Active Imagination - C. G. Jung

2015-02-17

All the creative art psychotherapies (art, dance, music, drama, poetry) can trace their roots to C. G. Jung's early work on active imagination. Joan Chodorow here offers a collection of Jung's writings on active imagination, gathered together for the first time. Jung developed this concept between the years 1913 and 1916, following his break with Freud. During this time, he was disoriented and experienced intense inner turmoil --he suffered from lethargy and fears, and his moods threatened to overwhelm him. Jung searched for a method to heal himself from within, and finally decided to engage with the impulses and images of his unconscious. It was through the rediscovery of the symbolic play of his childhood that Jung was able to reconnect with his creative spirit. In a 1925 seminar and again in his memoirs, he tells the remarkable story of his experiments during this time that led to his self-healing. Jung learned to develop an ongoing relationship with his lively creative spirit through the power of imagination and fantasies. He termed this therapeutic method "active imagination." This method is based on the natural healing function of the imagination, and its many expressions. Chodorow clearly presents the texts, and sets them in the proper context. She also interweaves her discussion of Jung's writings and ideas with contributions from Jungian authors and artists.

Imagination as Space of Freedom - Verena Kast  
1993-01-01

Imagining has long been used as a therapeutic tool. Carl Jung developed the concept further by introducing Active Imagination, in which the creative powers of the unconscious produce images which are then addressed by the ego. While Jung never described this method in book form, Kast explains it thrillingly to the lay reader.

**Dreams** - C. G. Jung 2010-11-14

"From The collected works of C.G. Jung, volumes 4, 8, 12, 16"--P. [i].

*Our Dreaming Mind* - Robert L. Van de Castle  
1995

"A MASTERPIECE ON DREAMS...This book is a singular resource.... If it inspires you to remember your dreams, this book will change your life. If it inspires you to act on your dreams, this book will change the world." --Henry Reed Author of *Getting Help from Your Dreams and Dream Solutions* In this brilliantly researched and thorough study, internationally recognized dream authority Robert L. Van de Castle examines the vital role that dreams have played throughout history, from the dreams of ancient Sumerian kings to the pioneering dream research of nineteenth-century psychologists. *Our Dreaming Mind* delves into the most provocative experiments that scientists are conducting on the dreaming mind in this century and surveys ongoing dream experiments: dreams and sexual arousal, the impact of pregnancy on dreams, the connection between dreams and creativity, and the possibility of paranormal dreams. "In *Our Dreaming Mind*, Robert Van de Castle pulls decades of accumulated wisdom together in a sweeping panorama unsurpassed in the literature for its scope, its insight, and its ability to captivate its readers. --Stanley Krippner Director of The Saybrook Institute Editor of *Dream Time and Dream Work* "IMMENSELY READABLE...A monumental history of dreams." --Publishers Weekly "Our Dreaming Mind is really a dream come true--the most comprehensive, authoritative, and inspiring book on dreams I know about. At heart, this book is about human consciousness and our place in the universe. A magnificent contribution." --Larry Dossey, M.D. Author of *Meaning & Medicine: A Doctor's Tales*

of Breakthrough and Healing AN ALTERNATE SELECTION OF THE BOOK-OF-THE-MONTH CLUB

*Magical Pathworking* - Nick Farrell 2003-08

Through techniques of pathworking (guided meditation), your imagination can shine a magic mirror on your personality. This inner landscape reveals your world as your unconscious sees it. This work shows the mystical use of pathworking as a method for contacting the divine.

**He** - Robert A. Johnson 2009-07-21

"Entertaining, informative, thought-provoking, mysterious, poetic. Men who read it will surely learn much about themselves, and women—particularly those who are unfortunately misled into thinking of men as "the enemy"—will find it a real eye-opener."—Ruth Tiffany Barnhouse, M.D., Th.M., Harvard University Robert A. Johnson's classic work exploring the differences between man and woman, female and male—newly reissued. What does it really mean to be a man? What are some of the landmarks along the road to mature masculinity? And what of the feminine components of a man's personality? Women have developed, over the centuries, considerable expertise in the technique of adapting to men, and for good reason, but that is not the same as truly understanding them. The transition from male childhood to real manhood is a complicated struggle, and explored in this book. As timely today as when it was first published, *He* provides a fascinating look into male identity and how female dynamics influence men.

*The Land of Stories: The Wishing Spell* - Chris Colfer 2012-07-17

Alex and Conner Bailey's world is about to change. When the twins' grandmother gives them a treasured fairy-tale book, they have no idea they're about to enter a land beyond all imagining: the Land of Stories, where fairy tales are real. But as Alex and Conner soon discover, the stories they know so well haven't ended in this magical land - Goldilocks is now a wanted fugitive, Red Riding Hood has her own kingdom, and Queen Cinderella is about to become a mother! The twins know they must get back home somehow. But with the legendary Evil Queen hot on their trail, will they ever find the way? *The Land of Stories: The Wishing Spell* brings readers on a thrilling quest filled with

magic spells, laugh-out-loud humour and page-turning adventure.

**Ecstasy** - Robert A. Johnson 2009-07-21  
THE RENOWNED JUNGIAN PSYCHOLOGIST AND AUTHOR OF 'TRANSFORMATION' AND 'OWNING YOUR OWN SHADOW' BRINGS THE HIDDEN GIFT OF ECSTASY BACK INTO OUR LIVES. Robert A. Johnson has taken tens of thousands of readers on spiritual and psychological journeys

Dreams, A Portal to the Source - Edward C. Whitmont 2013-10-28

First published in 1991. Routledge is an imprint of Taylor & Francis, an informa company.

Encounters With the Soul - Barbara Hannah 2013-01-01

Barbara Hannah, Jungian analyst and author, explores Jung's method of "active imagination," often considered the most powerful tool in analytical psychology for achieving direct contact with the unconscious and attaining greater inner awareness. Using historical and contemporary case studies, Hannah traces the human journey toward personal wholeness. This approach to confronting the unconscious is a healing process that applies to both men and women and deals in depth with the injured feminine as well as many powerful archetypal forces.

Alchemical Active Imagination - Marie-Louise von Franz 2017-06-13

Although alchemy is popularly regarded as the science that sought to transmute base physical matter, many of the medieval alchemists were more interested in developing a discipline that would lead to the psychological and spiritual transformation of the individual. C. G. Jung discovered in his study of alchemical texts a symbolic and imaginal language that expressed many of his own insights into psychological processes. In this book, Marie-Louise von Franz examines a text by the sixteenth-century alchemist and physician Gerhard Dorn in order to show the relationship of alchemy to the concepts and techniques of analytical psychology. In particular, she shows that the alchemists practiced a kind of meditation similar to Jung's technique of active imagination, which enables one to dialogue with the unconscious archetypal elements in the psyche. Originally delivered as a series of lectures at the C. G. Jung

Institute in Zurich, the book opens therapeutic insights into the relations among spirit, soul, and body in the practice of active imagination.

**Translate this Darkness** - Claire Douglas 2021-09-14

Christiana Morgan was an erotic muse who influenced twentieth-century psychology and inspired its male creators, including C. G. Jung, who saw in her the quintessential "anima woman." Here Claire Douglas offers the first biography of this remarkable woman, exploring how Morgan yearned to express her genius yet sublimated it to spark not only Jung but also her own lover Henry A. Murray, a psychologist who with her help invented the thematic apperception test (TAT). Douglas recounts Morgan's own contributions to the study of emotions and feelings at the Harvard Psychological Clinic and vividly describes the analyst's turbulent life: her girlhood in a prominent Boston family; her difficult marriage; her intellectual awakening in postwar New York; her impassioned analysis with Jung, including her "visions" of a woman's heroic quest, many of which furthered his work on archetypes; her love affairs and experiences with sexual experimentation; her alcoholism; and, finally, her tragic death.

**Inner Work** - Robert A. Johnson 1989

Demonstrates how dreams and imagination can be transformed into an active, creative part of one's life. Shows how to integrate the total self and gain valuable insight into the conflicts and desires that motivate us.

**The Inner Child in Dreams** - Kathrin Asper 2001-05-01

An understanding of the symbolism of the child in dreams can help us make contact with our own inner child and both the child we once were and the spontaneous, childlike side of our nature. Using examples of dreamwork from her analytical practice as well as themes from art, children's literature, and folklore, Dr. Asper shows how the motif of the child may point to: and and and and bull; and Important information about forgotten experiences of the past and and and and bull; and New and future possibilities in our lives, especially during depression or transitional periods such as midlife and and and and bull; and Our capacity for play, creativity, and joy and and and and bull; and A renewal of

spiritual life and the rediscovery of a lost childlike faith and and and andbull;and A way to hear the psychological wounds of childhood and embrace the future more freely and innocently  
**Jungian Dream Interpretation** - James Albert Hall 1983

Comprehensive guide to an understanding of dreams in light of the basic principles of analytical psychology. Particular attention to common motifs, the role of complexes, and the goal and purpose of dreams.

**Natural Spirituality** - Joyce Rockwood Hudson 2016-12-06

In this revised edition of *Natural Spirituality: A Handbook for Jungian Inner Work in Spiritual Community*, Joyce Rockwood Hudson moves Jungian dream work from the professional world of the analyst's office into the everyday world of spiritual seekers in local community, both inside and outside the institutions of traditional religion. For those willing to meet the divine in the natural flow of life, this book offers an opportunity to embark upon the spiritual path of individuation, whether traveling alone or with the support of a group. With clarity and simplicity Joyce Hudson puts into her reader's hands the tools for inner work that Carl Jung offered to spiritual seekers everywhere. JOYCE ROCKWOOD HUDSON Joyce Rockwood Hudson has taught the principles of Jungian inner work to church and community dream groups for almost three decades. Since its original publication, her book *Natural Spirituality* has been a handbook for dream groups across the U.S. and abroad. She is on the faculty of the Haden Institute, where she teaches in the Dream Leader Training Program and helps oversee the annual Summer Dream and Spirituality Conference. The author of seven books, her literary prizes include Holland's prestigious Silver Pencil award, an American Library Association Notable Book award, and Georgia Writer of the Year in Fiction.

**Transformation** - Robert A. Johnson 2009-07-21  
Presenting an original and vital model for psychological development, the brilliant and pioneering author of *He, She, and We* offers a new understanding of the stages of personal growth through which maturity and wholeness can be achieved. Using quintessential figures from classical literature--Don Quixote, Hamlet,

and Faust--Robert Johnson shows us three clearly defined stages of consciousness development. He demonstrates how the true work of maturity is to grow through these levels to the self-realized state of completion and harmony. In Johnson's view, we all reach the stages depicted by Don Quixote, Hamlet, and Faust at various times of our lives. The three represent levels of consciousness within us, each vying for dominance. Don Quixote portrays the innocent child, while Hamlet stands for our self-conscious need to act and feel in control though we have no real connection to our inner selves. Faust embodies the master of the true self, who has gained awareness by working through the stages.

**Jung and the Alchemical Imagination** - Jeffrey Raff 2000-11-15

*Jung and the Alchemical Imagination* illustrates the spiritual nature of Jungian psychology and the debt it owes to the tradition of esoteric religion. Unlike other books on Jung and alchemy which contain a psychological interpretation of alchemical material, this work uses alchemy to understand the three cornerstones of Jungian spirituality--the self, the transcendent function, and active imagination. Through the interpretation of alchemical imagery, Raff explains the nature of these three concepts and illustrates how together they form a new model of contemporary Western spirituality. This book is also unique in selecting alchemical texts for analysis that are relatively unknown and which, for the most part, have never been interpreted. In addition, he presents two new concepts--the ally and the psychoid realm. Through the addition of these ideas, and the new understanding that they offer, it is possible to apply alchemical imagery to transpsychic experience/ that is, to a world of spirits which may not be reduced to psychological concepts. By including this realm in the study of alchemy and Jungian thought, it is possible to gain insights into the nature of visionary and ecstatic experiences that form part of the path of individuation--the road to completion.

**Inner Work** - Robert A. Johnson 2009-11-03  
From Robert A. Johnson, the bestselling author of *Transformation*, *Owning Your Own Shadow*, and the groundbreaking works *He, She, and We*,

comes a practical four-step approach to using dreams and the imagination for a journey of inner transformation. In *Inner Work*, the renowned Jungian analyst offers a powerful and direct way to approach the inner world of the unconscious, often resulting in a central transformative experience. A repackaged classic by a major name in the field, Robert Johnson's *Inner Work* enables us to find extraordinary strengths and resources in the hidden depths of our own subconscious.

**She** - Robert A. Johnson 2009-07-21

Robert A. Johnson's groundbreaking, brilliant, and insightful work on how women transition into being mature and developing their own identity—newly reissued. What does it mean to be a woman? What is the pathway to mature femininity? And what of the masculine components of a woman's personality? Many scholars and writers have long considered that the ancient myth of Amor and Psyche is really the story of a woman's task of becoming whole, complete, and individuated. Here, examining this ancient story in depth and lighting up the details, Robert A. Johnson has produced an arresting and perceptive exploration of what it means to become a woman. You will not read these pages without understanding the important women in your life and a good deal about yourself as a woman. More important than ever before, *She* offers a compelling study of women.

*Taming Your Inner Tyrant* - Patty De Llosa  
2011-05-01

"Each of us carries an inner tyrant, a demanding, obsessive, demeaning complex which accumulates all the negatives our history has brought us.... [P]resents a step-by-step means by which the reader can grow larger than the tyrant's agenda, providing rich biographical examples, methodologies for liberation, and provocative exercises"--P. [4] of cover.

*We* - Robert A. Johnson 2013-03-05

Provides an illuminating explanation of the origins and meaning of romantic love and shows how a proper understanding of its psychological dynamics can revitalize our most important relationships.

**The Fisher King and the Handless Maiden** -

Robert A. Johnson 2009-07-21

In the tradition of Annie Dillard and Natalie

Goldberg, this resource for writers and non-writers alike shows the act of writing to be a dynamic means of knowing, healing, and creating the body, mind, and spirit.

**Jung's Technique of Active Imagination and Desoille's Directed Waking Dream Method** - Laner Cassar 2020-06-07

Jung's Technique of Active Imagination and Desoille's Directed Waking Dream Method brings together Carl Jung's active imagination and Robert Desoille's "rêve éveillé dirigé/directed waking dream" method (RED). It studies the historical development of these approaches in Central Europe in the first half of the 20th century and explores their theoretical similarities and differences, proposing an integrated framework of clinical practice. The book aims to study the wider European context of the 1900s which influenced the development of both Jung's and Desoille's methods. This work compares the spatial metaphors of interiority used by both Jung and Desoille to describe the traditional concept of inner psychic space in the waking dreams of Jung's active imagination and Desoille's RED. It also attempts a broader theoretical comparison between the procedural aspects of both RED and active imagination by identifying commonalities and divergences between the two approaches. This book is a unique contribution to analytical psychology and will be of great interest for academics, researchers and post-graduate students interested in the use of imagination and mental imagery in analysis, psychotherapy and counselling. The book's historical focus will be of particular relevance to Jungian and Desoillian scholars since it is the first of its kind to trace the connections between the two schools and it gives a detailed account of Desoille's early life and his first written works.

**Owning Your Own Shadow** - Robert A. Johnson  
2013-02-26

Understand the dark side of your psyche—a Jungian approach to transformative self-acceptance. We all have shadows—the unlit part of our ego that is hidden and never goes away, but merely—and often painfully—turns up in unexpected places. This powerful work from the acclaimed Jungian analyst and bestselling author of *Inner Work* and *We* explores our need to “own” our own shadow: learn what it is, how it

originates, and how it impacts our daily lives. It is only when we accept and honor the shadow within us that we can channel its energy in a positive way and find balance.

*Dreams That Change Our Lives* - Robert J. Hoss 2017

Suppose you could take action in your dream to eliminate a recurring nightmare, heal a relationship, or even a physical ailment. The 100 dreamers in this book have! They are presented by 22 internationally acclaimed experts, psychologists, researchers, and best-selling authors from the International Association for the Study of Dreams (IASD)

**Living Your Unlived Life** - Robert A. Johnson 2007-10-04

The esteemed Jungian psychologist counsels on how to cope with feelings of failure or regret in the latter half of life and how to open to a more meaningful existence, even if outer circumstances cannot be changed. In *Living Your Unlived Life*, the renowned therapist Robert A. Johnson, writing with longtime collaborator and fellow Jungian psychologist Jerry M. Ruhl, offers a simple but transformative premise: Our abandoned, unrealized, or underdeveloped talents, when they are not fully integrated into our lives, can become profoundly troublesome in midlife, leading us to depression, suddenly hating our spouses, our jobs, or even our lives. When our unlived lives are brought to consciousness, however, they can become the fuel that can propel us beyond our limitations?even if our outer circumstances cannot always be visibly altered.

Alchemy - Marie-Luise von Franz 1980

"It was the genius of C.G. Jung to discover in the 'holy technique' of alchemy a parallel to the psychological individuation process. This book, by Jung's long-time friend and co-worker, completely demystifies the subject. Designed as an introduction to Jung's more detailed studies, and profusely illustrated, here is a lucid and practical account of what the alchemists were really looking for--emotional balance and wholeness"--back cover.

**Inner Gold** - Robert A. Johnson 2016-01-15

Robert A. Johnson, bestselling author of *He, She, We* and other psychology classics, shares a lifetime of insights and experiences in this easy-to-read book on psychological projection - seeing

traits in others that are, in fact, our own.

Drawing on early Christianity, mediaeval alchemy, depth psychology and the myths of *The Flying Dutchman* and *The Once and Future King*, he, also, explores the subjects of loneliness, fundamentalist religion and the spiritual dimensions of psychology.

**Jung on Yoga** - Dario Nardi 2017-08-17

What is consciousness, and how can we awaken?

Inside, you will find a powerful compass, along with daily body-mind practices, to part the curtains around the theater of the world. Come unfold your potential! In 1932, renowned analyst Dr. Carl G. Jung gave 4 talks on the psychology of kundalini yoga. You may know Dr. Jung for his work with archetypes, ego, functions of personality, the shadow self, and other aspects of psyche. This book adds to those. It is a tour of his words and wisdom on the chakras, reorganized and couched in more everyday language for the benefit of all. What's inside? Dr. Jung's insights on the ego, consciousness, and the unconscious. An introduction to kundalini yoga. The chakras, in Jung's own words. Over fifty exercises for health, happiness, and holiness. Science! Today's knowledge of the brain and larger nervous system illuminates the fact of body-mind connections. Advice tailored to each of the Jungian functions of personality: Sensing, Intuiting, Thinking, and Feeling. Making sense of what Jung called the Transcendent function. How entheogens like ayahuasca can greatly aid awakening. Jung's views contrast with most views of development today, which either reduce human beings to biological machines or seek to prop up the ego. Here, you will find ways to remove blinders and let go of unpleasant tensions, false identifications, and excessive cares. Award-winning UCLA instructor and author Dario Nardi brings together yoga, Dr. Jung's difficult lectures, and neuroscience insights. For over a decade, he has used brain imaging to understand personality and the impact of various body-mind practices.

*A Little Course in Dreams* - Robert Bosnak 1998-10-20

This is a hands-on manual for anyone who is interested in dreams. At the same time, it is the story of a personal journey through the dream world by the author and several of his patients

and students. Robert Bosnak offers exercises and strategies for studying dreams, including:

- Remembering and recording dreams
- Analyzing a written dream text
- Studying a series of dreams for its underlying themes
- Using the techniques of active imagination and amplification
- Working on dreams alone, in pairs, and in groups

Through this Little Course in Dreams it becomes clear that the imagination is a powerful force that simultaneously "poisons" us and provides the remedies to the soul's ills. Dreamwork thus opens the way to the healing and transformation of the soul.

**The Wisdom of Your Dreams** - Jeremy Taylor  
2009-10-15

Discover how the hidden messages in your dreams can change your life. A renowned expert on the subject of dreams, Jeremy Taylor has studied dreams and has worked with thousands of people both individually and in dream groups for more than forty years. His discoveries show us how dreams can be the keys to gaining insight into our past and our conflicts, as well as excursions into the fantastic realm of creative

inspiration. An expanded and updated edition of his classic guide to understanding your dreams—Where People Fly and Water Runs Uphill—The Wisdom of Your Dreams provides readers with specific, hands-on techniques to help them remember and interpret their dreams, establish a dream group, and learn the universal symbolism of dreaming. Full of case histories and featuring a revised introduction by the author and a new chapter about dreams as clues to the evolution of consciousness, this is a life-changing and potentially world-changing work.

**Balancing Heaven and Earth** - Robert A. Johnson  
2000-09-01

Johnson's memoirs encourages the reader to follow the subtle influences of dreams, visions, and deepest sufferings in order to live attuned to the spiritual self.

*Jung's Map of the Soul* - Murray Stein  
1998-03-01

More than a mere overview, the book offers readers a strong grounding in the basic principles of Jung's analytical psychology in addition to illuminating insights.