

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

From the Cancer Project of the International Association for the Study of Dreams (IASD) come Dream Appreciation and Guided Imagery approaches that can help anyone move into the fullness of living, no matter the circumstances. "This important work is a vital aspect of an integrative approach to medicine which includes looking at all levels of our being and experience. In Dreams and Guided Imagery, Tallulah Lyons provides a path for readers to mine the rich fields of dream work in order to actively engage their unconscious inner resources. I highly recommend this book to anyone seeking a tool to interact with dreams and guided imagery as a part of a life practice centered on embracing health and wholeness." — Matthew P. Mumber, M.D., Harbin Clinic Radiation Oncology Center, editor, Integrative Oncology: Principles and Practice. "I know from my many years of research on dreams and from my clinical experience, that dreams are the most connective and creative parts of our minds. Dreams sometimes pick up hints about physical illness, and also emotional problems of which we are not aware in our waking lives; and dreams can help us be more in touch with ourselves. Dreams and Guided Imagery is an excellent and well-written book based on years of work with cancer patients sharing dreams in a group setting. It is full of vivid examples, as well as suggestions and instructions for the reader. I recommend it highly, not only for patients with cancer, but for anyone who wants to learn from dreams in a group setting." — Ernest Hartmann, M.D., first Editor-in-Chief of the journal Dreaming, and author of twelve books, most recently, The Nature and Function of Dreaming, and Boundaries: A New Way to Look at the World

A workbook for recognizing, releasing, and transforming fear in one's self and in our health care system. • Over 60 exercises for recognizing, releasing, and transforming fear to promote healing. • Includes case studies, transcribed dreamwork, and the author's personal story of healing. When Laurel Ann Reinhardt discovered a lump in her breast she witnessed firsthand how fear holds silent reign over the patient in the Western health care system and hinders the process of healing. This fear is systematically perpetuated by doctors and insurance agents, and it has become the cultural norm--undermining the foundation of all healing and the important work these providers are meant to perform. Drawing on the work of Rupert Sheldrake, Ken Wilbur, and Carl Jung, as well as her 20-plus years of experience as a clinical psychologist, Laurel Ann Reinhardt provides a thoughtful discussion about the existence, creation, and impact of this morphogenetic "field of fear" in the health care system. She provides us with the tools we need to recognize and release this fear and its harmful role in the healing process. From exercises for "expelling the breath of fear" and "talking back to fear" to "being heard and seen by physicians" and "dealing with the fears of our health care providers," Healing without Fear utilizes visualizations, journaling, chakra meditations, and dreamwork to teach both health care professionals and laypersons how to transform fear and allow true healing to begin.

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.

The Simplified Chinese edition of The Giver, a 1993 American young-adult utopian novel by Lois Lowry.

Lucidity in dreaming starts with lucidity in waking life. Lucidity is consciousness itself. It exists in a realm of experience beyond words; achieving it is not an intellectual exercise. To become lucid is a transformation of emotions, memories, and thought patterns to reach an altered state. It's not your image of the walls that you want to dissolve when becoming lucid, it's your image of reality. This is the first book to approach lucid dreaming through hypnosis. Each chapter has an introduction that you read, and a trance induction you can listen to online by accessing free MP3 audio files. These hypnotic inductions offer you experiential tours of altered states. Listen to them while falling asleep and they will become your lucid dream environment. Other books view lucid dreaming as awakening in a dream. This book views all states as dream states from which lucidity is possible. And what one becomes lucid of, when one becomes lucid, is another dream state as all states are our own constructions. Lucidity is an awakening to a level of consciousness that's higher, broader, deeper, and more connected. Lucidity is not a goal, it's a process; it's not something you get, it's something you become. Doing silly stuff in your dreams is as enlightening as doing silly stuff while awake. It's fun for a while, but you grow out of it. On the other hand, breaking open your mind to move into what's now not even comprehensible is something you don't grow out of. This is not sleep work or dream work, it's life work. Exploring the impossible is just the start. Let's explore the inconceivable. Drawn from the author's experience as a theoretical physicist, neurophysiologist, and hypnotherapist who focuses on sleep and trance states, Becoming Lucid would like to take your hand and lead you into states of mind you can't even imagine. "Lincoln Stoller takes the de facto approach to lucid dreaming and turns it on its head. Rather than yet another guide book, this work represents a paradigm shift to an entirely new mode of thinking." — Chris Hammond, Chief Lucidity Officer at www.world-of-lucid-dreaming.com

This study explored the relationship between dreams, discernment, and spiritual intelligence. It focused on the experience of people who use dreams to help them with spiritual discernment or decision-making in a spiritual context. A case study methodology included questionnaires, personal dream records, and interviews to understand the seven participants experiences of exploring their dreams for guidance. Participants were self-selected by answering an ad seeking people whose dreams had helped them to make a decision, who journaled their dreams, and who consider themselves to be spiritual. Most participants reported being drawn to dreamwork by a significant life experience. While participants shared different perceptions as to what discernment consists of, each participant reported that dreams helped them to grow spiritually. A number of outcomes were exemplified, falling into two main grouping: a) the use of discernment in order to understand a dream (whether or not they ended up reaching a resolution or making a decision about the dream) and b) the use of dreams as part of a discernment process (whether or not the dreams helped them to resolve their discernment issue or make a decision). The intensity of emotion attached to an issue seemed, for some, to render it more difficult to arrive at particular decisions. For others, dreams seemed to ease the burden of discernment or decision-making by raising their degree of confidence towards their resolution or decision. Deepening appreciation of and growing desire for living spiritually, and learning more about spirituality were indicators of a developing spiritual intelligence. For most, spiritual growth occurred through knowledge or learning gained from their dreams. For some, their belief about God's role in their life impacted their experience of the Divine in their dreams. Finally, the study showed that individuals are not always aware of what had helped them, suggesting a subconscious process at work in both discernment and decision-making. The study

