Private Myths Dreams And Dreaming

Discusses the development of theories relating to dreams and the techniques used for discovering their meaning, reviews the findings of dream science in the areas of psychology, neurology, and biology, looks at how dreams are formed, and provides advice on how to decipher them.

The Dream Frontier is that rare book that makes available the cumulative wisdom of a century's worth of clinical examination of dreams and then reconfigured that wisdom on the basis of research in cognitive neuroscience. Drawing on psychodynamic theorists and neuroscientific researchers with equal fluency and grace, Mark Blechner introduces the reader to a conversation of the finest minds, from Freud to Jung, from Sullivan to Erikson, from Aserinksy and Kleitman to Hobson, as the work toward an understanding of dreams and dreaming that is both scientifically credible and personally meaningful. The dream, in Blechner's elegantly conceived overview, offers itself to the dreamer as an answer to a question yet to be asked. Approached in thi open-ended manner, dreams come to reveal the meaning-making systems of the unconscious in the total absence of waking considerations of reality testing and communicability. Systems of dream interpretation arise as helpful, if inherently limited, strategies for apprehending this unconscious quest for meaning. Whereas students will appreciate Blechner's concise reviews of the various schools of dream interpretation, teachers and supervisors will value his astute reexamination of the very process of interpretating dreams, which includes the manner in which group discussion of dreams may be employed to correct for individual interpretive biases. Elegantly written, lucidly argued, deftly synooptic but never ponderous in tone, The Dream Frontier provides a fresh outlook on the century just passed along with the keys to the antechambers of the new century's reinvestigation of fundamental questions of conscious and unconscious mental life. It transcends the typical limits of interdisciplinary reportage and brings both researcher and clinician to the threshold of a new, mutually enriching exploration of the dream frontier in search of basic answers to basic questions.

In these “interesting times,” when many people are searching for spiritual nourishment, this book is intended to be a means of providing it. Rebirthing Into Androgyny: Your Quest For Wholeness, And Afterward offers to the hungry ones a familiar yet totally different feast. While it sets forth an already-established metaphysics, it also presents a radical new idea—one that has been implicit in that spiritual thought but unavailable until now and the new awareness associated with quantum physics. In other words, while this book provides soul searchers—also known as learners—with an ages-old means of generating a fundamental inner change (a rebirthing), it also provides a new, living prototype of what is being reborn. Thus, a person’s rebirthing is both a gestation and a labor (a quest) producing an ever-increasing knowing (“gnosis”), which gradually becomes being that can finally merge with the Beloved/Self. And the new, living prototype is that of the human soul, not as what a person has but as what a person is: a creative energy being who generates its own “bodies” out of its soul substance—its creative consciousness energy—by means of its archetypal human energy system, while always being guided by its nucleus of divinity. In this book, which is a textbook for soul searchers, all of this transformative change is offered, explored and explained in a series of carefully-crafted lessons lovingly taught by a shamanic teacher/healer in a stone circle “classroom,” the ancient site of a modern teaching. There is a grand feast awaiting!

Who are we and how do we define our inner selves? In his last work, Professor Stephen Prickett presents a literary and cultural exploration of our inner selves – and how we have created and written about them – from the Old Testament to social media. What he finds is that although our secret, inner, sense of self – what we feel makes us distinctively 'us' – seems a natural and permanent part of being human, it is in fact surprisingly new. Whilst confessional religious writings, from Augustine to Jane Austen, or even diaries of 20th-century Holocaust victims, have explored inwards as part of a path to self-discovery, our inner space has expanded beyond any possible personal experience. This development has enhanced our capacity not merely to write about what we have never seen, but even to create fantasies and impossible fictions around them. Yet our secret selves can also be a source of terror. The fringes of our inner worlds are often porous, ill-defined and susceptible to frightening forms of external control. Mystics and poets, from Dante to John Henry Newman or Gerard Manley Hopkins, sought God in their secret spaces not least because they feared the 'abyss beneath.' From the origin of human consciousness through modern history and into the future, Secret Selves uses literature to consider the profound possibilities and ramifications of our evolving ideas of self.

Archetype: A Natural History of the Self, first published in 1982, was a ground-breaking book; the first to explore the connections between Jung's archetypes and evolutionary disciplines such as ethology and sociobiology, and an excellent introduction to the archetypes in theory and practical application as well. C.G. Jung's 'archetypes of the collective unconscious' have traditionally remained the property of analytical psychology, and have commonly been dismissed as 'mystical' by scientists. But Jung himself described them as biological entities, which, if they exist at all, must be amenable to empirical study. In the work of Bowlby and Lorenz, and in studies of the bilateral brain, Anthony Stevens has discovered the key to opening up this long-ignored scientific approach to the archetypes, originally envisaged by Jung. At last, in a creative leap made possible by the cross-fertilisation of several specialist disciplines, psychiatry can be integrated with psychology, with ethology and biology. The result is an immensely enriched science of human behaviour. In Archetype Revisited, Stevens considers the enormous cultural, social and intellectual changes that have taken place since the publication of the original edition, and includes: - An updated chapter on The Archetypal Masculine and Feminine, reflecting recent research findings and developments in feminist thinking; - Commentary on the intrusion of neo-Darwinian thinking into psychology and psychiatry; - Analysis of what has happened to the archetype in terms of our understanding of it and our responses to it. This Classic Edition of the book includes a new introduction by the author.

Counting Sheep

Discovering the Wishes of the Soul

Awakening the Visionary Life

Dreams, Religion, and Psychology

Updated Edition

Extraordinary Dreams and How to Work with Them

Experiences with Precognitive Dreams, Synchronicity and Coincidence

A Jewish Guide to the Mysterious

A detailed guide to mastering lucid dreaming for physical and emotional healing, enhanced creativity, and spiritual awakening • Offers methods to improve lucid dreaming abilities and techniques for developing superpowers in the dream realm • Explains how to enhance dreaming with supplements, herbs, and psychedelics • Explores the ability of lucid dreamers to communicate with the waking realm and the potential for shared lucid dreaming and access to our unconscious minds In a lucid dream, you “awaken” within your dream and realize you are dreaming. With this extraordinary sense of awakening comes a clear perception of the continuity of self between waking and sleeping and the ability to significantly influence what happens within the dream, giving you the opportunity to genuinely experience anything without physical or social consequences. In this way, lucid dreaming offers therapeutic opportunities for fantasy fulfillment, fear confrontation, and releasing the trauma of past experiences. With development and practice, lucid dreaming can provide a powerful path to greater awareness, heightened creativity, spiritual awakening, and communication with the vast interconnected web of cosmic consciousness. In this detailed guide to mastering the practice of lucid dreaming, David Jay Brown draws from his more than 20 years’ experience using these techniques and his interactions with dozens of experts on consciousness, physics, dreaming, and entheogens, such as Stanley Krippner, Rupert Sheldrake, Stephen LaBerge, Robert Waggoner, Dean Radin, Terence McKenna, and many others. He explores the intimate relationship between lucid dreaming, shamanic journeying, visionary plants, and psychedelic drugs and how they are used for healing and spiritual development. Offering methods for improving both lucid dreaming and shamanic journeying abilities, he explains how to enhance dreaming with oneirogens, supplements, herbs, and psychedelics and offers techniques for developing superpowers in the dream realm. Summarizing the scientific research on lucid dreaming, Brown explores the ability of lucid dreamers to communicate with people in the waking realm and the potential for dream telepathy, shared lucid dreaming, and access to the vast unconscious regions of our minds, opening up a path that takes us beyond dreaming and waking to dreaming wide awake.

Discusses extraordinary dreams and offers suggestions for interpreting and appreciating your own extraordinary dreams. From visions of a past life to glimpses of the future, history is full of accounts of unusual dreams. This fascinating book explores historical, scientific, and cross-cultural research on these sorts of extraordinary dreams, and offers practical suggestions on how to work with them—either individually or as a member of a dream group—to enhance one’s intellectual, emotional, and spiritual health. Each chapter is devoted to a particular type of dream, and presents a summary of research data on their nature. Specific categories of dreams discussed include creative, lucid, out-of-body, pregnancy, healing, collective, telepathic, clairvoyant, precognitive, past-life, initiation, and spiritual visitation dreams, as well as dreams within dreams. Entertaining and instructive, this book points the way to an expanded conception of human potential for the twenty first century. Stanley Krippner is Professor of Psychology at Saybrook Graduate School. He is the author of many books including, with David Feinstein, The Mythic Path: Discovering the Guiding Stories of Your Past—Creating a Vision for Your Future. Fariba Bogzaran is Associate Professor of Consciousness Studies and Founding Director of the Dream Studies program at John F. Kennedy University. She is the author of Through the Light: An Exploration into Consciousness. André Percia de Carvalho is a clinical psychologist and motivational speaker in Brazil specializing in the fields of human resources and industrial development.

This wide-ranging exploration of the spiritual and scientific dimensions of dreaming offers new connections between the ancient wisdom of the world's religious traditions, which have always taught that dreams reveal divine truths, and the recent findings of modern psychological research. Drawing upon philosophy, anthropology, sociology, neurology, literature, and film criticism, the book offers a better understanding of the mysterious complexity and startling creative powers of human dreaming experience. For those interested in gaining new perspectives on dreaming, the powers of the imagination, and the newest frontiers in the dialogue between religion and science, Visions of the Night promises to be a welcome resource.

Explains the basic principles of Jungian psychology and relates them to Jung's own experiences throughout the life cycle.

This collection of essays considers the place of magic in the modern world, first by exploring the ways in which modernity has been defined in explicit opposition to magic and superstition, and then by illuminating how modern proponents of magic have worked to legitimize their practices through an overt embrace of evolving forms such as esotericism and supernaturalism. Taking a two-track approach, this book explores the complex dynamics of the construction of the modern self and its relation to the modern preoccupation with magic. Essays examine how modern “rational” consciousness is generated and maintained and how proponents of both magical and scientific traditions rationalize evidence to fit accepted orthodoxy. This book also describes how people unsatisfied with the norms of modern subjectivity embrace various forms of magic—and the methods these modern practitioners use to legitimate magic in the modern world. A compelling assessment of magic from the early modern period to today, Magic in the Modern World shows how, despite the dominant culture’s emphatic denial of their validity, older forms of magic persist and develop while new forms of magic continue to emerge. In addition to the editors, contributors include Egil Asprem, Erik Davis, Megan Goodwin, Dan Harms, Adam Jortner, and Benedek Láng.

Dreams, Counselling and Healing

Visions of the Night

Dreams and Dreaming

A Guide to the Symbols of Humankind

Unlock the Wisdom of Your Unconscious

New Perspectives on Consciousness in Sleep

Understanding Dreams and Other Spontaneous Images

A post-Jungian study of twins and the relationship between the first and other(s)

Understanding Dreams and Other Spontaneous Images: The Invisible Storyteller applies a contemporary interdisciplinary approach to dream interpretation, bringing cognitive anthropology, folklore studies, affective neuroscience, and dynamic systems theory to bear on contemporary psychodynamic clinical practice. It provides a practical guide for working with dreams that can be used by both individuals on their own and therapists working with clients. Erik D. Goodwyn invites us to examine key features of reported dreams, such as the qualities of the environment depicted, its familiarity or unfamiliarity, the nature of the characters encountered, and overall themes. This method facilitates an understanding of the dream in the full context of the dreamer’s life, rather than interpreting individual, isolated elements. Goodwyn also introduces the mental process which orchestrates dreams, conceptualised here as the ‘Invisible Storyteller’, and explores how understanding it can positively impact satisfaction in waking life. As a whole, the book provides a collection of tools and techniques which can be referred to time and again, as well as a wealth of examples. Exploring dreams as a natural source of clinical insight, The Invisible Storyteller will appeal to Jungian psychotherapists and analytical psychologists, other professionals working with dreams with clients, and readers looking for a scientific approach to dream interpretation.

Private MythsDreams and DreamingHarvard University Press

Let your unconscious heal you Listening to your dreams can help you understand the ‘inner’ knowledge your body contains and your dreams express. Our emotions influence the production of healing and destructive opiates within our bodies – our feelings impact our physical well-being. In Dreams, Counselling and Healing, experienced psychotherapist and dream expert Brenda Mallon shows how you can harness your dreams to heal yourself. Using counselling sessions, material from workshops and groupwork and from first-hand accounts, reinforced with an in-depth knowledge of contemporary research in dreams and therapy, Brenda Mallon will help you discover what your unconscious is trying to tell you. Dreams, Counselling and Healing explores how dream content reveals crucial insights that enhance healing in body, mind and spirit. This is an invaluable book for anyone who wants to learn more about the interpretation dreams and their dynamic application to making positive life changes, physically, spiritually and emotionally.

Can we see the future in our dreams? Does time flow in one direction? What is a 'meaningful coincidence'? Renowned esoteric writer Gary Lachman has been recording his own precognitive dreams for forty years. In this unique and intriguing book, Lachman recounts the discovery that he dreams 'ahead of time', and argues convincingly that this extraordinary ability is, in fact, shared by all of us. Dreaming Ahead of Time is a personal exploration of precognition, synchronicity and coincidence drawing on the work of thinkers including J.W. Dunne, J.B. Priestly and C.G. Jung. Lachman's description and analysis of his own experience introduces readers to the uncanny power of our dreaming minds, and reveals the illusion of our careful distinctions between past, present and future.

This book focuses on the rapidly changing sociology of music as manifested in Chinese society and Chinese education. It examines how social changes and cultural politics affect how music is currently being used in connection with the Chinese dream. While there is a growing trend toward incorporating the Chinese dream into school education and higher education, there has been no scholarly discussion to date. The combination of cultural politics, transformed authority relations, and officially approved songs can provide us with an understanding of the official content on the Chinese dream that is conveyed in today’s Chinese society, and how these factors have influenced the renewal of values-based education and practices in school music education in China.

New Studies in Chinese Religions in Honour of Daniel L. Overmyer

Spaces, Dreams and Places

Neil Gaiman's The Sandman and Joseph Campbell

Waking Your Dreams

How Focusing on Your Dreams Can Heal Your Mind, Body and Spirit

Fear and Fantasy in Post-9/11 America

The Terror Dream

The selected works of Anthony Stevens

Dreaming the English Renaissance examines ideas about dreams, actual dreams people had and recorded, and the many ways dreams were used in the culture and politics of the Tutor/Stuart age in order to provide a window into the mental life and the most profound beliefs of people of the time.

Arianna Huffington, the co-founder and editor-in-chief of The Huffington Post, and the author of the #1 New York Times bestseller Thrive delves into the sleep revolution that is happening all across the world - a revolution that can transform our lives.

Instilled in interdisciplinary cross-cultural perspectives of mythical, socio-economic, literary, pedagogic and psychoanalytic representations, two archetypal, creative inheritance laws interact as ‘twins’: Eros (fusion/containment/safety) and Thanatos (division/separation/risk). Hypothesising these ‘twin’ laws as matrilineal (Eros) and patrilineal (Thanatos), this book explores why cross-cultural forms, including gender traits, are not fixed but are instead influenced by earlier flexible matrilineal forms. Through a study of ‘twins’ on macro and micro levels, Elizabeth Brodersen argues that a psychological ‘twin’ dilemma is implicit in inheritance laws and offers a unique forum to show how each law competes for primacy as the ‘first’ and ‘other’. Chapters begin by looking at ‘twins’ in creation myths and the historical background to the laws of inheritance, as well as literary representations. The book then moves on to the developmental structures imbued in twin research and educational systems to explore how past cultural forms have been re-defined to fit a modern landscape and the subsequent movement away from the importance of patrilineal primogeniture. Laws of Inheritance will be of key value to academics, researchers and postgraduate students in the fields of psychoanalysis, psychotherapy, archetypal theory, cross-cultural depth psychology, cultural anthropology, sociology, gender studies and twin research. The book will also be of interest to practicing psychoanalysts and psychotherapists.

Does the early bird really catch the worm, or end up healthy, wealthy, and wise? Can some people really exist on just a few hours' sleep a night? Does everybody dream? Do fish dream? How did people cope before alarm clocks and caffeine? And is anybody getting enough sleep? Even though we will devote a third of our lives to sleep, we still know remarkably little about its origins and purpose. Paul Martin's Counting Sheep answers these questions and more in this illuminating work of popular science. Even the wonders of yawning, the perils of sleepwalking, and the strange ubiquity of nocturnal erections are explained in full. To sleep, to dream: Counting Sheep reflects the centrality of these activities to our lives and can help readers respect, understand, and extract more pleasure from that delicious time when they're lost to the world.

Learn about yourself through your dreams! Based on the best-selling Book-in-a-Box kits, the Dream Book will help you to discover how you dream, find out why dreams are important, and learn how you can use your dreaming experience to maximize your potential. Your dreams are valuable--use them to your advantage.

An Updated Natural History of the Self

The Mindbrain and Dreams

The Imagined Organization

The Invisible Storyteller

Using Dreams to Tap into Your Unconscious and Transform Your Life

The Transformational Power of Dreaming

Rebirthing into Androgyny

On Jung

Examines America's psychological response in the wake of the September 11 terrorist attacks to discuss why America responded with a call to restore "traditional" manhood, marriage, and maternity.

Symbolism is the most powerful and ancient means of communication available to humankind. For centuries people have expressed their preoccupations and concerns through symbolism in the form of myths, stories, religions, and dreams. The meaning of symbols has long been debated among philosophers, antiquarians, theologians, and, more recently, anthropologists and psychologists. In Ariadne's Clue, distinguished analyst and psychiatrist Anthony Stevens explores the nature of symbols and explains how and why we create the symbols we do. The book is divided into two parts: an interpretive section that concerns symbols in general and a "dictionary" that lists hundreds of symbols and explains their origins, their resemblances to other symbols, and the belief systems behind them. In the first section, Stevens takes the ideas of C. G. Jung a stage further, asserting not only that we possess an innate symbol-forming propensity that exists as a creative and integral part of our psychic make-up, but also that the human mind evolved this capacity as a result of selection pressures encountered by our species in the course of its evolutionary history. Stevens argues that symbol formation has an adaptive function: it promotes our grasp on reality and in dreams often corrects deficient modes of psychological functioning. In the second section, Stevens examines symbols under four headings: "The Physical Environment," "Culture and Psyche," "People, Animals, and Plants," and "The Body." Many of the symbols are illustrated in the book's rich variety of woodcuts. From the ancient symbol of the serpent to the archetypal masculine and feminine, from the earth to the stars, from the primordial landscape of the savannah to the mysterious depths of the sea, Stevens traces a host of common symbols back through time to reveal their psychodynamic functioning and looks at their deep-rooted effects on the lives of modern men, women, and children.

The Origins and History of Consciousness draws on a full range of world mythology to show how individual consciousness undergoes the same archetypal stages of development as human consciousness as a whole. Erich Neumann was one of C. G. Jung's most creative students and a renowned practitioner of analytical psychology in his own right. In this influential book, Neumann shows how the stages begin and end with the symbol of the Uroboros, the tail-eating serpent. The intermediate stages are projected in the universal myths of the World Creation, Great Mother, Separation of the World Parents, Birth of the Hero, Slaying of the Dragon, Rescue of the Captive, and Transformation and Deification of the Hero. Throughout the sequence, the Hero is the evolving ego consciousness. Featuring a foreword by Jung, this Princeton Classics edition introduces a new generation of readers to this eloquent and enduring work.

A program for using dreams as a tool for healing loss The universal experience of grief dreams can help us heal afterthe death of a loved one. T.J. Wray and Ann Back Price show howdreams can be uplifting, affirming, consoling, and inspiring. Theauthors guide readers in ways to understand and value their dreams,how to keep a grief dream journal, and how to use dreams as toolsfor healing and consolation. This book is designed to help mournersreclaim some measure of power in navigating the most difficultjourney of their lives. And, because it is helpful for any type ofloss, Grief Dreams is an ideal condolence gift.

Children may not understand where their dreams come from, especially when they experience terrifying nightmares that stop them being able to sleep and frighten them when they are awake. Accessible and fun to use, this guide gives a step-by-step account of how to understand and interpret children's dreams.

Archetype Revisited

An Exploration of Dreaming, Thinking, and Artistic Creation

Your Quest for Wholeness and Afterward

The People and the Dao

Lucid Dreaming: New Perspectives on Consciousness in Sleep [2 volumes]

Ariadne's Clue

The Origins and History of Consciousness

The Wisdom of Your Dreams

A dynamic exposition of the powerful, ancient Sephardic tradition of dreaming passed down from the renowned 13th-century kabbalist Isaac the Blind Includes exercises and practices to access the dream state at will in order to engage with life in a state of enhanced awareness Written by the close student of revered kabbalist Colette Aboulker-Muscat In Kabbalah and the Power of Dreaming Catherine Shainberg unveils the esoteric practices that allow us to unlock the dreaming mind's transformative and intuitive powers. These are the practices used by ancient prophets, seers, and sages to control dreams and visions. Shainberg draws upon the ancient Sephardic Kabbalah tradition, as well as illustrative stories and myths from around the Mediterranean, to teach readers how to harness the intuitive power of their dreaming. While the Hebrew Bible and our Western esoteric tradition give us ample evidence of dream teachings, rarely has the path to becoming a conscious dreamer been articulated. Shainberg shows that dreaming is not something that merely takes place while sleeping--we are dreaming at every moment. By teaching the conscious mind to be awake in our sleeping dreams and the dreaming mind to be manifest in daytime awareness, we are able to achieve revolutionary consciousness. Her inner-vision exercises initiate creative and transformative images that generate the pathways to self-realization.

In this fascinating new collection, an all-star team of researchers explores lucid dreaming not only as consciousness during sleep but also as a powerful ability cultivated by artists, scientists, and shamans alike to achieve a variety of purposes and outcomes in the dream. Presents a variety of expert perspectives on lucid dreaming from many different cultures that represent a breadth of disciplinary perspectives Provides theoretical models that integrate scientific reason, mysticism, and individuals' experiences, making way for a new level of sophistication in the study of lucid dreaming Offers practical insights for therapists, teachers, and researchers as well as students and scholars of psychology, anthropology, and religious studies while containing accessible information and compelling personal narratives that will appeal to general readers

Modern science is the most accurate lens of reality that humanity has developed so far. Science is crucial to humanity’s health, safety, and development. Still, the lens of science only “sees” a thin slice of the totality of existence. Much of the human experience cannot be simply explained by standard quantifiable tests. Many people have become aware of the limits and shortcomings of scientific knowledge and have also realized that our perpetual hunger for spiritual understanding is real and undeniable. Many of us sense that there is something beyond. Throughout various periods of history and various cultures and societies, people have been interested in the mysterious and the paranormal. This yearning is rooted in the soul’s search for true spirituality. A Jewish Guide to the Mysterious, written by one of contemporary Judaism’s leading scholars and teachers, clearly explains classic Torah views on intriguing phenomena, such as dreams, astrology, time travel, alien life, reincarnation, ESP and auras, angels, demons, ghosts, and even such topics as the lost city of Atlantis and the Bermuda Triangle. Read this fascinating book and be amazed.

In The Mindbrain and Dreams: An Exploration of Dreaming, Thinking, and Artistic Creation, Mark J. Blechner argues that the mind and brain should be understood as a single unit the "mindbrain" which manipulates our raw perceptions of the world and reshapes that world through dreams, thoughts, and artistic creation. This book explores how dreams are key to understanding mental processes, and how working with dreams clinically with individuals and groups provides an essential route towards achieving transformation within the psychoanalytic process. Covering such key topics as knowledge, emotion, metaphor, and memory, this book sets out a radical new agenda for understanding the importance of dreams in human thought and their clinical importance in psychoanalysis. Blechner builds on his previous work and takes it much further, drawing on the latest neuroscientific findings to set out a new way of how the mindbrain constructs reality, while providing guidance on how best to help people understand their dreams. The Mindbrain and Dreams: An Exploration of Dreaming, Thinking, and Artistic Creation will appeal to psychologists, psychoanalysts, philosophers, and cognitive neuroscientists who want new ways to explore how people think and understand the world.

Exploring the fascinating world of dreams, this comprehensive reference examines more than 250 dream-related topics, from art to history to science, including how factors such as self-healing, ESP, literature, religion, sex, cognition and memory, and medical conditions can all have an effect on dreams. Dream symbolism and interpretation is examined in historical, cultural, and psychological detail, while a dictionaryÑupdated with 1,000 symbols and explanationsÑoffers further insights. Dreaming about teeth, for instance, can indicate control issues, and dreaming of a zoo can indicate that the dreamer needs to tidy up some situation. Examining these concepts and more, this is the ultimate dreamer's companion.

Dream Baby

Transforming Your Life, One Night at a Time

The Dream Encyclopedia

Lucid Dreaming, Shamanic Healing, and Psychedelics

The Sleep Revolution

Dream Book

Philosophy, Dreaming and the Literary Imagination

Culture, Music Education, and the Chinese Dream in Mainland China

This book explores the intersections between dreaming and the literary imagination, in light of the findings of recent neurocognitive and empirical research, with the aim to lay a groundwork for an empirically informed aesthetics of dreaming. Drawing on perspectives from literary theory, philosophy of mind and dream research, this study investigates dreaming in relation to creativity and waking states of imagination such as writing and reading stories. Exploring the similarities and differences between the 'language' of dreams and the language of literature, it analyses the strategies employed by writers to create a sense of dream in literary fiction as well as the genres most conducive to this endeavour. The book closes with three case studies focusing on texts by Kazuo Ishiguro, Clare Boylan and John Banville to illustrate the diverse ways in which writers achieve to 'translate' the experience and 'language' of the dream.

Mary, a trauma unit nurse in Vietnam, inadvertently becomes caught up in a CIA project on combat-induced ESP experiences

Though he was a prolific writer and an original thinker of vast erudition, Jung lacked a gift for clear exposition and his ideas are less widely appreciated than they deserve. In this concise introduction, Anthony Stevens explains clearly the basic concepts of Jungian psychology: the collective unconscious, complex, archetype, shadow, persona, anima, animus, and the individuation of the Self. He examines Jung's views on such disparate subjects as myth, religion, alchemy, `sychronicity', and the psychology of gender differences, and he devotes separate chapters to the stages of life, Jung's theory of psychological types, the interpretation of dreams, the practice of Jungian analysis, and to the unjust allegation that Jung was a Nazi sympathizer. Finally, he argues that Jung's visionary powers and profound spirituality have helped many to find an alternative set of values to the arid materialism prevailing in Western society. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

The first scholarly book-length examination of the work of comics legend Neil Gaiman includes detailed analysis of his best-selling "Sandman" and "Death" series, a look at his work's relationship to Joseph Campbell, and such topics as "Living in a Desacralized World," "The Relationship of Dreams and Myth in Campbell, Jung, and Gaiman's Sandman," "Humanization, Change, and Rebirth: The Hero's Journey," "The Role of the Artist and the Art of Storytelling," and more. A fascinating journey behind the comics work of one of the most interesting and challenging popular writers of today, Neil Gaiman's The Sandman and Joseph Campbell: In Search of the Modern Myth is the book which Gaiman's fans have been waiting for!

This book represents a narrative quest for a symbolic grounding to help leaders in times when stable social structures and institutions dissolve and disappear. Monika Kostera approaches this sense-making process through innovative research methods, collecting stories from participants and exploring plots and outcomes of an imagined meeting between two symbolic worlds: one of the internal and imaginative and the other of the external and corporate.

Learning to Dream, Dreaming to Learn

Magic in the Modern World

Dreaming the English Renaissance

Dreams Beyond Time

Dreaming Wide Awake

Dreaming Ahead of Time

Grief Dreams

On Sacred Encounter and Spiritual Transformation

An exploration of dreaming history, science, traditions, and practices from prehistory to today • Examines ancient dream traditions from around the world, shamanic dreaming, and the profound role of dreaming in Native American and African-American cultures • Investigates dream psychology and the neuroscience of the dreaming brain • Explores the practice of dream incubation, lucid dreaming, and telepathic dreaming with tips on remembering your dreams and working with them We have been dreaming for all of our 3 million or more years of existence. Dreams provide an extraordinary way to process the day’s events and uncover new perspectives. Many cultural creatives credit their world-changing creations to their dreams, and science now believes that dreams helped evolve the very process of thought itself. In this book, Stephen Larsen and Tom Verner examine dream traditions from around the world, beginning with the oldest records from ancient Egypt, India, Greece, and Australia and expanding to shamanic and indigenous societies. The authors investigate the psychology of dreaming, the neuroscience behind the dreaming brain, the Jungian perspective, and the intersections of yoga and modern dream research. They show how dreams and myth are related in the timeless world of the Archetypal Imagination and how dreams often reveal the wishes of the soul. They explore the practice of dream incubation, an age-old tradition for seeding the unconscious mind to help solve problems and gain deep insights. They examine the profound role that dreams have played in the survival of exploited and persecuted cultures, such as the Native Americans, African slaves, and the Jews during the Holocaust, and share inspirational dream stories from exceptional woman dreamers such as Hildegard von Bingen, Joan of Arc, and Harriet Tubman. Drawing on their more than 50 years’ experience keeping dream journals, the authors offer techniques to help you remember your dreams and begin to work with them. They also explore the clairvoyant and telepathic dimensions of dreaming and the practices of lucid dreaming and shamanic dreaming. Revealing how the alchemical cauldron of dreaming can bring inspiration, healing, and discovery, the authors show how dreams unite us with each other and the past and future dreamers of our world.

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.

Dreams Beyond Time describes a variety of dream types related to non-ordinary and exceptional dreams, including mythic, paranormal, and transpersonal dreaming. The book describes a metaphysics of discovery as intrinsic to dreaming in a pan-sentience cosmos, where dreams reveal human potential for personal spiritual development.

The papers in this volume go back to a conference held September 14-15, 2002, at the University of British Columbia in Vancouver, B.C., in honour of Prof. Daniel L. Overmyer on his retirement. The contributions pay tribute to this renowned scholar of Chinese religious traditions, whose work is a constant reminder to look beyond text to context, beyond idea to practice, to study religion as it was and is lived by real people rather than as an abstract system of ideas and doctrines. Contents PHILIP CLART: Introduction RANDALL L. NADEAU: A Critical Review of Daniel L. Overmyer’s Contribution to the Study of Chinese Religions. I. Popular Sects and Religious Movements HUBERT SEIWERT: The Transformation of Popular Religious Movements of the Ming and Qing Dynasties: A Rational Choice Interpretation SHIN-YI CHAO: The Precious Volume of Bodhisattva Zhenwu Attaining the Way. A Case Study of the Worship of Zhenwu (Perfected Warrior) in Ming-Qing Sectarian Groups CHRISTIAN JOCHIM: Popular Lay Sects and Confucianism: A Study Based on the Way of Unity in Postwar Taiwan SOO KHIN WAH: The Recent Development of the Yiguan Dao Fayi Chongde Sub-Branch in Singapore, Malaysia, and Thailand PHILIP CLART: Merit beyond Measure. Notes on the Moral (and Real) Economy of Religious Publishing in Taiwan JEAN DEBERNARDI: "Ascend to Heaven and Stand on a Cloud." Daoist Teaching and Practice at Penang’s Taishang Laojun Temple. II. Historical and Ethnographic Studies of Chinese Popular Religion JOHN LAGERWEY: The History and Sociology of Religion in Changting County, Fujian KENNETH DEAN: The Growth of Local Control over Cultural and Environmental Resources in Ming and Qing Coastal Fujian PAUL R. KATZ: Religion, Recruiting and Resistance in Colonial Taiwan: A Case Study of the Xilai An Incident, 1915 WANG CHIEN-CH’UAN. Transl. PHILIP CLART: The White Dragon Hermitage and the Spread of the Eight Generals Procession Troupe in Taiwan TUEN WAI MARY YEUNG: Rituals and Beliefs of Female Performers in Cantonese Opera JORDAN PAPER: The Role of Possession Trance in Chinese Culture and Religion: A Comparative Overview from the Neolithic to the Present. III. The Religious Life of Clerics, Literati, and Emperors JUDITH BOLTZ: On the Legacy of Zigu and a Manual on Spirit-writing in Her Name STEPHEN ESKILDSEN: Death, Immortality, and Spirit Liberation in Northern Song Daoism. The Hagiographical Accounts of Zhao Daoyi ROBERTO K. ONG: Chen Shiyuan and Chinese Dream Theory BAREND J. TER HAAR: Yongzheng and His Buddhist Abbots. Glossary – Index

A unique resource helps individuals resolve deep-seeded issues by dissecting their dreams and nightmares, especially those that are recurring, providing tools to evaluate the roles the characters play, the scene settings, and their own actions within the dream. Original. 25,000 first printing.

Living Archetypes

The Science and Pleasures of Sleep and Dreams

In Search of the Modern Myth

Politics and Desire in Court and Culture

Strategies of Repression and Legitimization

Kabbalah and the Power of Dreaming

Dream Time with Children

Secret Selves

Anthony Stevens has devoted a lifetime to modernizing our understanding of the archetypes within us, relating them to conceptual developments in a variety of scientific disciplines, such as the patterns of behaviour of behavioural ecology, the species-specific behavioural systems of Bowlby’s attachment theory, the deep structures of Chomskian linguistics, and the modules of evolutionary psychology, to name but a few. This selection of papers and chapters from the course of Stevens’ career, all lucidly written and argued, highlight episodes in the progress of his quest to place archetypal theory on a sound scientific foundation. As a whole, Living Archetypes examines how archetypes are activated in the life history of all of us, how archetypal imperatives may be fulfilled or thwarted by our living circumstances, how they manifest in our dreams, symbols, fantasies and symptoms, and how appreciating their dynamics can generate insights of enormous therapeutic power. Living Archetypes: The Selected Works of Anthony Stevens provides an invaluable resource for Jungian psychotherapists, psychologists, academics and students committed to extending the evolutionary approach to psychology and psychiatry and understanding the dynamic significance of archetypes.

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