



# **Dreamwork and Self-Healing: Unfolding the Symbols of the Unconscious**

*Greg Bogart*

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There have been many previous books on the physiology of dreaming, the history of dream interpretation, and the meaning of specific dream symbols. But there have been relatively few books exploring the moment-by-moment process of interpreting dreams. This book guides you through this interpretive process, and illustrates how dreamwork promotes emotional, relational, and spiritual transformation. It explores how working with dreams enhances our emotional life, deepens our capacity for relationship, and helps us gracefully navigate change and transitions. The author shows that dreamwork is a natural antidepressant, is effective in transforming anger, bereavement, couples conflicts and impasses, and aids the process of individuation. The book explores archetypal themes and complexes, synchronistic experiences and spiritual awakening in dreams, and representations of the body in dreams. The final chapter, "Taming Wild Horses", explores animal dream symbolism and its importance for enhancing our human sexuality. The book also describes the Dream Mandala, a method of self-transformation through the union of opposites - the charged polarities of the personality. Dreamwork and Self-Healing will interest all readers who wish to learn about dreams and their healing potential.

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