

## **Dreamwork And Self Healing Unfolding The Symbols Of The Unconscious**

Extending Horizons in Helping and Caring Therapies Integrity in Depth Extraordinary Dreams and How to Work with Them Working with Dreams and PTSD Nightmares: 14 Approaches for Psychotherapists and Counselors Pregnant Darkness The Purpose Of Your Life Psychoanalytic Accounts of Consuming Desire Healing Touch The Wounded Woman Dreaming at the Gates Kabbalah and the Power of Dreaming Dreamworking Dreamwork in Holistic Psychotherapy of Depression Tarot for the Healing Heart Gaining Archetypal Vision Dreamwork and Self-Healing Dreambody Dreamwork in Holistic Psychotherapy of Depression Astrology's Higher Octaves The Nine Stages of Spiritual Apprenticeship Unfolding Self Therapeutic Astrology Iona Dreaming Dreams and Healing Dr. Judith Orloff's Guide to Intuitive Healing Dreamways of the Iroquois Dreaming Kevin Belonging Astrology and Spiritual Awakening Sidewalk Oracles Dreams The Wiley-Blackwell Handbook of Transpersonal Psychology Change the Story of Your Health The Complete Book of Dreams Astrology and Meditation Dreams, A Portal to the Source Counseling and Psychotherapy Active Dreaming Liminal Dreaming Planets in Therapy

### **Extending Horizons in Helping and Caring Therapies**

On the leading edge of the holistic approach to healing, this comprehensive guide discusses the

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concepts, techniques, and applications of energy-based healing.

## **Integrity in Depth**

This book describes how dreamwork can help alleviate depression, in both long-term and time-limited psychotherapy, and in self-treatment. The author shows how dreams shed light on issues contributing to depression—including drug and alcohol abuse, divorce, death and bereavement, conflicts about sex, health and body image, parenting, workplace stress and burnout, and ancestral, intergenerational trauma. Bogart presents a synthesis of Jungian and existential psychotherapy, detailing how attention to archetypal symbolism brings into immediate focus new responses to pressing life challenges. He shows that allowing oneself to be affected by dream images and narratives promotes emotional, relational, and spiritual rejuvenation. One of the most lucid works yet on dreamwork in clinical practice, this book will interest those who experience depression, as well as their therapists and loved ones. It details a method that can be practiced by couples and family members and adapted to group work in a variety of clinical, educational, and occupational settings—any place where people feel safe and free to explore, reveal, and discover themselves.

## **Extraordinary Dreams and How to Work with Them**

This vital new book examines how healing encounters might further the horizons of practice and extend innovation in professional interpersonal relationships. Highly qualified contributors explore ways in

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which insights into individual, cultural and community meanings open further perspectives on human being and help clarify what can feel a confusing present and an increasingly unpredictable future. Divided into parts on Personal and Professional Identity, Culture and Personal Context, Practice Research, and Clinical Practice, each chapter opens up thinking on crucial contemporary issues, informed by personal and clinical practice case-study examples and by findings from leading-edge research investigations, adding to the current literature on both theory and practice. This book brings together voices from the margins, offering alternative practice perspectives that look beyond protocol and statistics-based therapy, emphasising the relational richness that informs professional interpersonal encounters in the support of mental health and wellbeing. It will be of immense value to counsellors and psychotherapists in training and practice, as well as for related mental health professionals and those with an interest in the caring professions.

### **Working with Dreams and PTSD Nightmares: 14 Approaches for Psychotherapists and Counselors**

This classic text on psychosynthesis counseling and psychotherapy is for individuals who want to challenge their clients and students to more fully use their creative and healing powers. Key concepts covered include essential being and motivation of the individual; Assagioli's psychological laws; the psychosynthesis model of human growth; and specific problems that psychosynthesis addresses in the various stages of the human development. This book helps guide individuals toward greater health, creativity, and fulfillment.

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## **Pregnant Darkness**

Active dreaming is a way of being fully of this world while maintaining constant contact with another world, the world-behind-the-world, where the deeper logic and purpose of our lives are to be found. This book offers three core areas of practice: talking and walking our dreams to bring energy and guidance from the dreamworld into everyday life; shamanic lucid dreaming; and, conscious living.

## **The Purpose Of Your Life**

Gaining the ability to see the archetypes in everyday living is a spiritual journey, a pilgrimage to your authentic self. It is a journey of unfolding wisdom leading to increased awareness as you deepen your healing skills and trust your intuition in your personal and professional lives. Because intuitive healing must first be well grounded in established theory and practical advice, you will learn to integrate transpersonal psychology, neuroscience, and philosophy to observe and use archetypal information. This will expand your awareness of how disease and health manifest at symbolic and energetic levels. The tools readers will utilize are visualization, guided imagery, meditation, art expression, journaling, and more. Throughout this book, there are dozens of simple exercises to help you develop an archetypal vision. There are powerful energies behind the magic of the healing arts and understanding them can help you heal.

## **Psychoanalytic Accounts of Consuming Desire**

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Provides an accessible introduction to psychoanalytic explanations of consumer desire. Topics are drawn widely to reflect the scope of Freud's vision and include dreams, sexuality and hysteria. Discussion is widened to selectively include authors such as Melanie Klein and Jacques Lacan, and to include evaluation of current research.

### **Healing Touch**

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

### **The Wounded Woman**

This book explores archetypal symbolism, predictive technique, and counseling process in therapeutic astrology. Combining insights from Jungian depth psychology, developmental theory, alchemy and dream symbolism with the precision of planetary transits, progressions and midpoints, Planets in Therapy is an inspiring approach to the healing art of astrology. Planets in Therapy clearly and succinctly explains the interpretation of the language and techniques of astrology, the depth psychological, transpersonal and spiritual meaning of planetary symbolism, and its power to heal and transform. Greg Bogart masterfully guides the reader through the principles of psychological astrology, emphasizing the process of selftransformation, spiritual evolution, and discovering the meaning in every event and every moment. A wide range of examples demonstrate how to apply this knowledge to skillfully help others as a counseling astrologer.

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## **Dreaming at the Gates**

Synchronicity is when the universe gets personal. Through this book of games and enchanting stories, you'll learn how to monitor the play of coincidence and the symbolic resonance of incidents in daily life in order to tap into the deeper logic of events, receive extraordinary counsel, and have wonderful fun. You will be invited to become a kairomancer: someone who is poised to catch the messages in special moments when synchronicity is in play — and to take action to seize the opportunities those moments present. To be a kairomancer, you need to trust your feelings as you walk the roads of this world, to develop your personal science of shivers, and to recognize in your gut and your skin that you know far more than you hold on the surface of consciousness. This is a way of real magic, which is the art of bringing gifts from a deeper world into this one. Follow it, and you will put a champagne fizz of enchantment into your everyday life.

## **Kabbalah and the Power of Dreaming**

A journey of healing takes Clare Cooper Marcus on a 6-month long solitary retreat to the remote Scottish Island of Iona. Here she experiences a mirroring of her soul and reflects and reviews the life that brought her here to this magical place. Her compelling memoir *Iona Dreaming* is an inspirational account of personal survival and hope in which Clare shares her recovery from a life-threatening illness, which deepens into a contemplation of the events in her life and her physical, emotional and spiritual healing. Clare Cooper Marcus brings both a personal and academic life-long interface with place,

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environment, and people. Her five previous books about human response to architecture and environment were popular with the public and well-received by the press. *Iona Dreaming* will reach out to a broad audience: people entering retirement, dealing with serious illnesses, gardeners, lovers of nature, architects and landscape architects, people who are becoming more health conscious, women who have shared the social and cultural shifts she lived through—especially those coming of age in the 60's—and all those who seek a more authentic life.

### **Dreamworking**

A detailed and comprehensive examination of dreams, following the courses of the series of dreams of a young university student and a middle-aged woman. Describes the unfolding of these dreams and relates them to the lives of the two individuals. Presents dreams as a wealth of creative possibilities, locked in the unconscious, on which we can draw by learning to understand and relate them to our lives.

### **Dreamwork in Holistic Psychotherapy of Depression**

Jette details how to create a healing atmosphere through tarot. One does not need to be a tarot expert or a healing practitioner to benefit from this book. All that is needed is a desire to heal, an open mind, and a courageous heart.

### **Tarot for the Healing Heart**

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Have you ever wondered why you dream what you dream? Do you want to deepen your relationship with your dreams and receive guidance from them? DREAMING AT THE GATES presents powerful stories that show how dreams offer guidance from childhood through death. See how big dreams, dream series, and recurring dreams help us to navigate through life. The dream experiences of both famous and ordinary people demonstrate the powerful impact of our dreams. An "Explorations" section at the end of each chapter helps readers delve into their own dreams. DREAMING AT THE GATES is both a practical and inspirational resource to help you connect with the mysterious world of dreams.

## **Gaining Archetypal Vision**

### **Dreamwork and Self-Healing**

Discover how to create your own dream practice to help facilitate your work and relationships, self-exploration, soul growth, emotional healing and personal empowerment. Human beings have a long history of looking to their dreams for guidance, inspiration, spiritual connection and decision making. Kings consulted seers and gifted dreamers for political advice, and tribe leaders took heed from the prophetic dreams of their shamans. Dreams have led to inventions and scientific discoveries as well as the creation of moving works of art. So why is the modern human so disconnected from our dreams? Our quiet, reflective consciousness has been superseded by the busy, noisy and distractive components of modern culture. Dreams will teach you how, through simple intent, mindfulness, reflection, record

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keeping, plant work and lifestyle changes, we can enable a deeper connectivity and understanding of our dream world.

### **Dreambody**

In this book, John Beebe reveals much about the nature of integrity while honoring its central mystery. He traces the evolution of the concept from a moral and theological notion to a psychological one. Viewing anxiety and shame as functions of integrity, he shows the contributions depth psychology can make to integrity's development. Drawing on his own years of experience as a psychotherapist, Beebe shows how the holding environment of psychotherapy can use delight and rage, dreams and transference to reveal and foster individual integrity.

### **Dreamwork in Holistic Psychotherapy of Depression**

Carla Blowey searches to interpret an ominous dream that predicted the death of her 5-year-old son just hours before he died in a bicycle accident. It is this nightmare that heralds the many numinous dreams and synchronistic events that offer her spiritual growth, forgiveness, healing, and new life.

### **Astrology's Higher Octaves**

Both a manual on the various methods for working with dreams and an easily understandable description

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about dreamwork methods and PTSD nightmares for general readers, this book will benefit psychotherapists, counselors, academics, and students. • Summarizes dreamwork theories and describes techniques that counselors and psychotherapists can use whether their clients presents one dream, a recurring dream, or a nightmare • Presents clear and concise explanations from top professionals on how their methods can be applied to uncover the deeper meaning of dreams, accompanied by illustrative examples for the reader • Explains how various practical dreamwork methods are informed by clinical theories

### **The Nine Stages of Spiritual Apprenticeship**

Discusses extraordinary dreams and offers suggestions for interpreting and appreciating your own extraordinary dreams.

### **Unfolding Self**

The story of our health is more in our control than we might think, according to clinical psychologist, Jungian analyst, and shamanic practitioner Carl Greer, PhD, PsyD. We can not only reframe our experiences but actually experience less stress, greater well-being, and even better physical health than it might appear if we are willing to identify our health story and begin rewriting it. Through journaling exercises and expanded-awareness practices, many of which involve working with and in nature, and which are influenced by Jungian and shamanic traditions, anyone can tap into hidden resources for

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healing and work with them effectively. Whether gaining insights and balancing energies outdoors, dialoguing and interacting with the earth or a river or lake, or working with dreams, an inner healer, or a symbol encountered on a shamanic journey, readers will find they are able to learn why they have struggled to change their habits and will be empowered to experience greater wellness within a satisfying health story. "Change the Story of Your Health" focuses on four key chapters of a person's health story: • Eating and drinking, and weight • Movement/exercise, flexibility, balance, stamina, and strength • Sexuality, body image and acceptance, and changes due to midlife hormonal shifts (commonly known as menopause and andropause) • Management of an acute ailment or symptoms of a chronic condition It also helps readers revise their health stories as their health changes as a result of aging or unexpected challenges. Gaining insights into their health, letting go of what is standing in the way of optimal health and well-being, and bringing in what is needed to make a preferred new health story a reality—all are possible when readers take on the challenge of "Change the Story of Your Health" and begin using the practices regularly.

### **Therapeutic Astrology**

Explores the ancient Iroquois tradition of dreams, healing, and the recovery of the soul • Explains Native American shamanic dream practices and their applications and purpose in modern life • Shows how dreams call us to remember and honor our soul's true purpose • Offers powerful Active Dreaming methods for regaining lost soul energy to restore our vitality and identity The ancient teaching of the Iroquois people is that dreams are experiences of the soul in which we may travel outside the body, across time and space, and into other dimensions--or receive visitations from ancestors or spiritual

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guides. Dreams also reveal the wishes of the soul, calling us to move beyond our ego agendas and the web of other people's projections into a deeper, more spirited life. They call us to remember our sacred contracts and reclaim the knowledge that belonged to us, on the levels of soul and spirit, before we entered our present life experience. In dreams we also discover where our vital soul energy may have gone missing--through pain or trauma or heartbreak--and how to get it back. Robert Moss was called to these ways when he started dreaming in a language he did not know, which proved to be an early form of the Mohawk Iroquois language. From his personal experiences, he developed a spirited approach to dreaming and living that he calls Active Dreaming. Dreamways of the Iroquois is at once a spiritual odyssey, a tribute to the deep wisdom of the First Peoples, a guide to healing our lives through dreamwork, and an invitation to soul recovery.

### **Iona Dreaming**

The Wiley Blackwell Handbook of Transpersonal Psychology presents the most inclusive resource yet published on this topic - which seeks to benefit humanity by integrating ancient wisdom and modern knowledge. Features the work of more than fifty leading voices in the field, creating the most comprehensive survey of transpersonal psychology yet published Includes emerging and established perspectives Charts the breadth and diversity of the transpersonal landscape Covers topics including shamanism, neurobiology, holotropic states, transpersonal experiences, and more

### **Dreams and Healing**

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This book is an invaluable key to self-understanding. Using examples from her own life and the lives of her clients, as well as from dreams, fairy tales, myths, films, and literature, Linda Schierse Leonard, a Jungian analyst, exposes the wound of the spirit that both men and women of our culture bear—a wound that is grounded in a poor relationship between masculine and feminine principles. Leonard speculates that when a father is wounded in his own psychological development, he is not able to give his daughter the care and guidance she needs. Inheriting this wound, she may find that her ability to express herself professionally, intellectually, sexually, and socially is impaired. On a broader scale, Leonard discusses how women compensate for cultural devaluation, resorting to passive submission (“the Eternal Girl”), or a defensive imitation of the masculine (“the Armored Amazon”). The Wounded Woman shows that by understanding the father-daughter wound and working to transform it psychologically, it is possible to achieve a fruitful, caring relationship between men and women, between fathers and daughters, a relationship that honors both the mutuality and the uniqueness of the sexes.

### **Dr. Judith Orloff's Guide to Intuitive Healing**

Show how to use the birth chart to assist individuals through major life transitions, to understand the dynamics of relationships and marriage, and to guide persons experiencing spiritual emergencies and non-ordinary states of consciousness. "Therapeutic Astrology is simply one of the finest astrological books I've ever seen anywhere. With the current trend toward more fatalistic, disempowering interpretations of astrological symbolism, I find Bogart's work especially encouraging". -- Steven Forrest, author of The Inner Sky

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## **Dreamways of the Iroquois**

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.

## **Dreaming Kevin**

Author, psychologist, and astrologer Monika Wikman has worked for decades with clients and their dream symbols and witnessed the presence of the divine hand at work in the psyche. In *The Pregnant*

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Darkness, Wikman shows readers that the best way to cope with their darkest hours is by fostering a connection to the deeper current of life, those mysteries that give life form and meaning. Wikman's analysis of dream material leads readers into a practical explanation of alchemical symbolism. Far from being a quaint, ancient practice, *The Pregnant Darkness* shows that alchemy is at work in contemporary, everyday life. Alchemical symbolism, properly understood, can be applied to unraveling the meaning of visions in meditation, active imagination, and dream work. Wikman shows how readers can participate in the divine energies to help miraculous changes occur in their lives. Wikman writes: "In Greek mythology, Pegasus, upon taking to the air, pushed hard with a back hoof and penetrated the earth. A spring rose up where his hoof dashed the earth, and in this hole . . . the muses reside. One of the roles of the "religious function" of which Jung speaks is to bring us toward that inner spring of the muses where something beyond ego resides, instructs, and inspires. Like a hole created from Pegasus' leaping foot, contact with this inner spring often entails a crack in our field of ordinary consciousness. In the inner world, the spring of living symbols and accompanying presences is the source of dreams and visions, as well as the fountain of inspiration at the heart of poetry, art, ritual, mythology, and even religion."

### **Belonging**

### **Astrology and Spiritual Awakening**

Featuring important theories and trends not covered in other foundational texts, this book is designed to

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equip the next generation of counselors with the tools they need for understanding the core dimensions of the helping relationship. Topical experts provide contemporary information and insight on the following theories: psychoanalytic, Jungian, Adlerian, existential, person-centered, Gestalt, cognitive behavior, dialectical behavior, rational emotive behavior, reality therapy/choice theory, family, feminist, transpersonal, and—new to this edition—solution-focused and narrative therapies, as well as creative approaches to counseling. Each theory is discussed from the perspective of historical background, human nature, major constructs, applications, the change process, traditional and brief intervention strategies, cross-cultural considerations, and limitations. The use of a consistent case study across chapters reinforces the differences between theories. \*Requests for digital versions from the ACA can be found on [wiley.com](http://wiley.com). \*To request print copies, please visit the ACA website here. \*Reproduction requests for material from books published by ACA should be directed to [permissions@counseling.org](mailto:permissions@counseling.org)

### **Sidewalk Oracles**

In this book, author Greg Bogart explains how astrology illuminates the stages of spiritual growth and awakening. Through case examples and biographical studies of famous mystics, writers, lovers, and sages, readers learn to utilize their own birth charts to find the most appropriate spiritual practice and to guide themselves on the path of transformation. This book features a lucid, concise introduction to astrology. The author gives detailed delineations of the birth charts of C.G. Jung, Stan Grof, Ram Dass, Ken Wilber, Mircea Eliade, musical geniuses John Lennon, John Coltrane, and Eric Clapton; business leaders and innovators such as Steve Jobs and Bill Gates; and an assortment of spiritual teachers, including Ramana Maharshi, Sri Aurobindo, BKS Iyengar, Muktananda, Ammachi, Rajneesh, Meher

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Baba, Hazrat Inayat Khan, Pema Chodron, Byron Katie, and many others.

## **Dreams**

Your dreams are trying to guide you, but do you understand what they're saying? Dreamworking provides a practical process for connecting your dreams to your life, helping you understand the profound requests that come while you sleep. Join Christopher Sowton as he shares five steps to receiving the inner guidance of our dreams: Catch, Clarify, Orient, Connect, Respond. With hands-on techniques, examples from the author's psychotherapy practice, and guidance for working with fourteen common dream motifs, this book shows how to facilitate dreamwork for psychological and spiritual transformation. Whether a dream wants you to take action, improve your understanding, or make a specific change, you can rest assured that it's leading you to new perspectives and fulfilling resolutions. Praise: "Christopher Sowton has presented a book that is not only thoroughly original but incredibly comprehensive in both its width and its depth. If you apply the method so well articulated in Dreamworking, your life may never be the same again—and you will celebrate the change!" —Stanley Krippner, PhD, co-author of *Extraordinary Dreams* "In his excellent guidebook for helping people understand dreams, their own or those of clients, Dr. Christopher Sowton provides a precious map of the territory."—Patricia Garfield, PhD, author of *Creative Dreaming*

## **The Wiley-Blackwell Handbook of Transpersonal Psychology**

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The co-author of *The Celestine Prophecy* *Experiential Guide* helps readers uncover the unsuspected, untapped power of synchronicity and intuition that will bring success, satisfaction, and serenity. Everyone really has a purpose in life, says Carol Adrienne in her new guide to harnessing the power inside yourself. The question is: How do you learn to go with the flow and let your true nature guide you? Chapter by chapter, *The Purpose of Your Life* explains how to locate the source of your innate energy and focus it, how to align yourself with the natural forces that swirl around us always, and how to develop the intuition that fosters synchronicity. The book is packed with illuminating anecdotes and profiles of fascinating people -- from artists to urban planners to Zen masters -- who describe how they found their own purposes. There are practical exercises throughout, along with charts, self-questionnaires, and other tools that help you understand yourself and your deepest aspirations. As you learn to recognize and trust the voice of intuition, you'll find new doors opening and new possibilities everywhere. You'll feel invigorated by the potential you've unleashed, a power that will only grow with each new accomplishment. And you'll discover the serenity and satisfaction that come only to those who are living life to the fullest. The Force is with you -- all you have to do is reach out and start to use it.

### **Change the Story of Your Health**

A dream hacker explains how to learn and use liminal dreaming and lucid dreaming for creativity, healing, and consciousness exploration. At the edges of consciousness, between waking and sleeping, there's a swirling, free associative state of mind that is the domain of liminal dreams. Working with liminal dreams can improve sleep, mitigate anxiety and depression, help to heal trauma, and aid creativity and problem-solving. Readers of *Liminal Dreaming* will learn step-by-step how to create a

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dream practice outside of REM-sleep states that they can incorporate into their lives in personally meaningful ways.

### **The Complete Book of Dreams**

Through 5 practical steps, Dr. Judith Orloff's guide will show you how to recapture, nurture, and affirm your intuitive ability, so that you can utilize it to help heal yourself. In her groundbreaking book, Dr. Orloff leads readers to the heart of a radical revolution in health care: the union of medicine and intuition, of body, mind, and soul. Intuition plays an indispensable role in self-diagnosis, pain control, immune response, and recovery from acute and chronic illness; it can lead you to breakthroughs in anxiety, panic, depression, and other emotional blockages, even when traditional psychotherapy has failed. Intuition also offers insights into the use of medications and the selection of the right healer for your needs. Further, it is integral for sexual healing, since sexuality is a potent connector and energy source for clarifying spirituality and improving vitality. With Dr. Orloff's five practical steps, you'll learn to clarify your beliefs, listen to your body's messages, access inner guidance, sense subtle energy, and interpret your dreams. Practicing the steps, you'll recognize early warning signals and act on them to help prevent illness. You'll have skills to uncover important information from meditation and remote viewing (a way of intuitively tuning in) to make sense of confusing signals. The insights you'll gain from these tools will lend reason, compassion, and meaning to events such as illness, loss, or despair. Following Dr. Orloff's simple, clear instructions, illustrated with examples from her own experience and psychiatric practice, you'll recapture a sense of vision that will bring vibrance to all that you do. "Our intuition can open us up to our spirituality and show us how to be more healthy and whole," writes Dr.

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Orloff. "If you're in good health, you'll want to know about intuition because it can help you stay well and recognize messages that prevent illness. If you or your loved ones need healing, you'll also want intuition to show the way." Written with abundant warmth, humor, and compassion, this guide is your companion to a healthier, more fulfilling life.

### **Astrology and Meditation**

This book illustrates the power of astrology to facilitate emotional healing, aid the lives of couples and families, guide career development, and promote focus and purpose in daily life. Astrology's Higher Octaves combines therapeutic astrology, the astrological study of relationships, vocational astrology, archetypal psychology, dreamwork, and the synthesis of astrology and music. Through detailed examples, readers learn to refine their interpretive skills and to practice astrology as a vital catalyst for both inner and outer works, a way to achieve integration. Influenced by Jung's interest in astrology and dream analysis, Greg Bogart, PhD, presents a potent technique for combining astrology and dreams, where parallels and synchronicities between dream imagery and planetary symbolism amplify the truthful messages both convey, showing clear steps forward for transformation at crucial transitions. He illustrates how vocational astrology, informed by career counseling theory, helps us choose optimal occupational paths and fosters strategic timing and steady accomplishment in the realm of work. Readers also learn about diurnal astrology, which enhances the enjoyment of daily tasks and activities, sharpening our sense of purpose and time management skills. The book concludes with the spiritual value of astrology, a practice that refines us vibrationally in a manner analogous to music so that over the course of life we can discover and express distinctive tones. Recognition of the potentials shown in

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the birth chart prepares us for gradual sculpting of the life until it becomes a reflection of our celestial ideal. By unifying astrology with psychotherapy, vocational counseling, and dream interpretation, Astrology's Higher Octaves expands the celestial art's range of social influence and teaches us to extend the ray of consciousness in many directions simultaneously.

### **Dreams, A Portal to the Source**

The Complete Book of Dreams engages the main body, mind, and spirit sub-practices in achieving better sleep, and with it, better physical and emotional health.

### **Counseling and Psychotherapy**

The author explores the idea that the most powerful astrological technique is a quiet, meditative mind. The book presents astrology as a form of active meditation where we contemplate whatever is arising with expectancy, receptivity, and conscious use of will to shape what unfolds. The author presents meditations on the spiritual lessons of the planets and zodiacal signs, and, with the plentiful use of case histories, describes the technique of symbol amplification, which enables us to unfold the deepest meanings of chart symbols. The book ends with a discussion of astrology as a spiritual practice.

### **Active Dreaming**

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This book describes how dreamwork can help alleviate depression, in both long-term and time-limited psychotherapy, and in self-treatment. The author shows how dreams shed light on issues contributing to depression-including drug and alcohol abuse, divorce, death and bereavement, conflicts about sex, health and body image, parenting, workplace stress and burnout, and ancestral, intergenerational trauma. Greg Bogart presents a synthesis of Jungian and existential psychotherapy, detailing how attention to archetypal symbolism brings into immediate focus new responses to pressing life challenges. He shows that allowing oneself to be affected by dream images and narratives promotes emotional, relational, and spiritual rejuvenation.

### **Liminal Dreaming**

How can a relationship with a spiritual guide aid a seeker on the path to enlightenment? Author Greg Bogart details the challenges and problems that arise in this unique student-teacher relationship, from the process of choosing a spiritual guide through the end of the association and the separation from the teacher. There is a natural cycle that both teacher and student follow in the process of discipleship, including -- Initiation and testing of the student -- Attainment, enlightenment and separation -- Finding the teacher within and becoming a teacher for others Author Bogart takes a positive and highly nuanced psychological and intellectual approach to every area of discipleship, including the ethical ramifications of every interaction between student and teacher. For example, he thoroughly discusses -- How to seek and choose a teacher -- The importance of the teacher's lineage -- How to recognize healthy and unhealthy forms of merging with the teacher -- The role of the student's ego and personal limitations -- The role of effort and grace in the formation of the connection The Nine Stages of Spiritual

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Apprenticeship also includes a full overview of the nature of -- and the path to -- discipleship in the major world religions and mystical traditions, including Sufism, Hasidism, Christian mysticism and the major Buddhist sects. Thorough, inclusive, problem-solving, ethical and inherently positive, this is a one-of-a-kind how-to book that will serve all who seek spiritual enlightenment.

### **Planets in Therapy**

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.

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