



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. It also explores the technique of the Dream Mandala as 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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