

1. Record Nr.	UNINA9910464761103321
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Titolo	Awakening through dreams : the journey through the inner landscape / / Nigel Hamilton
Pubbl/distr/stampa	London, [England] : , : Karnac, , 2014 ©2014
ISBN	0-429-47217-X 1-78241-284-0
Descrizione fisica	1 online resource (261 p.)
Collana	United Kingdom Council for Psychotherapy Series
Disciplina	154.63
Soggetti	Dreams - Psychology Dreams Self-realization Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	COVER; CONTENTS; LIST OF TABLES AND FIGURES; LIST OF DREAMS; ACKNOWLEDGEMENTS; ABOUT THE AUTHOR; UKCP SERIES PREFACE; PREFACE; INTRODUCTION; CHAPTER ONE The landscape of transformation; CHAPTER TWO The journey of transformation; CHAPTER THREE Beginning; CHAPTER FOUR Unfolding; CHAPTER FIVE Awakening; CHAPTER SIX Special features of the landscape of awakening; CHAPTER SEVEN Working with dreams; APPENDIX Symbols of transformation; NOTES; REFERENCES; INDEX
Sommario/riassunto	Most Western approaches to dreams are limited to a psychological paradigm. Building on Jung's work, which was heavily influenced by the transformative model of alchemy, a new multidimensional approach to the process of human transformation through dreams has been developed which recognises the interrelationship of the psychological and the spiritual, and works with the mirroring body in service of both. In the approach presented here, dreams are seen as a mixture of worldly impressions and expressions of our individual spirit, which is trying to speak to us through the metaphors and narrative

