

## **Archetypal Mythology in Dream-Work**

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Dreams are the soul's spontaneous and infinitely creative invitation to wholeness. In various spiritual and mythological traditions, as well as in personal psychological experience, archetypes are the central constellating paradigms and patterns through which we realize who we are and who we can become, of our relationship to ourselves, to the world and to the Divine. Archetypes can be variously understood as universal patterns, divine images, primordial types or templates of human experience, and as collective representations. In this course we will learn how to work with our dreams deeply; we will discuss the major archetypal motifs that appear in our dreams; and we'll see how these archetypes enrich our lives and enhance the meaning of our experience. Exploring these archetypes through dream-work is a creative and alchemical experience which can be powerfully transformative and healing. To ground ourselves in the larger collective field, we will discuss how the archetypes we encounter in our dreams have manifested in a number of different cultural mythologies.

In this course intellectual inquiry is the "handmaiden" of self-discovery. With a passion for emotional honesty and self-awareness, I invite you to a profound and fascinating exploration of yourself.

### **Syllabus**

Week 1: First Hour: Introduction

Discuss handout

Second Hour: Group practice of inquiry and interpretation of one participant's dream

Weeks 2-6: Questions and discussion on dream interpretation

Group practice