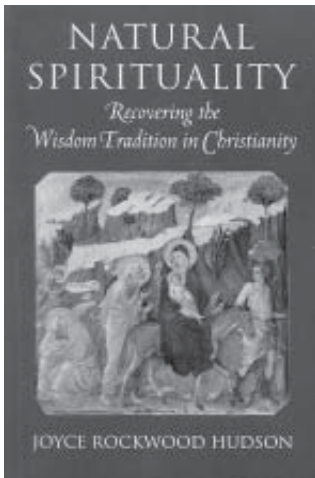


SEVEN BASIC BOOKS

For Building a Strong Foundation in Christian Dreamwork

☛ I. BASELINE BOOKS FOR DREAMWORK AND CHRISTIANITY



1

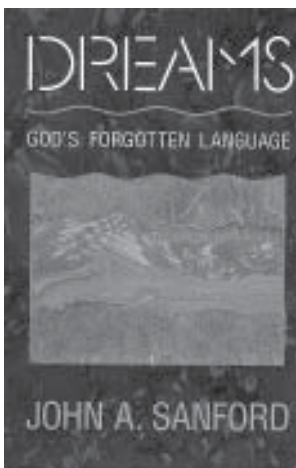
NATURAL SPIRITUALITY: RECOVERING THE WISDOM TRADITION IN CHRISTIANITY

by Joyce Rockwood Hudson

JRH Publications

Natural Spirituality moves Jungian dreamwork from the professional world of the analyst's office into the everyday world of the laity in the local church. It offers serious Christians in every community an opportunity to embark upon the spiritual path of individuation. With clarity and simplicity Joyce Hudson puts into her reader's hands the tools for inner work that Carl Jung offered to Christianity. She then goes on to present original models of masculine and feminine wholeness. In illustrating the masculine model, she offers an analysis of the lives and music of the Beatles. To illustrate the model of feminine wholeness, Hudson puts forth her own interpretation of the classical myth of Psyche and Eros. Finally, she offers detailed advice and helpful resources for instituting programs for inner work in local churches. While maintaining deep respect for Church tradition, *Natural Spirituality* opens the door for an expanded and enlivened Christianity.

Joyce Rockwood Hudson is the founder of the Natural Spirituality Program at Emmanuel Episcopal Church in Athens, Georgia. The author of seven books, she was named Georgia Author of the Year in Fiction in 2001.



2

DREAMS: GOD'S FORGOTTEN LANGUAGE

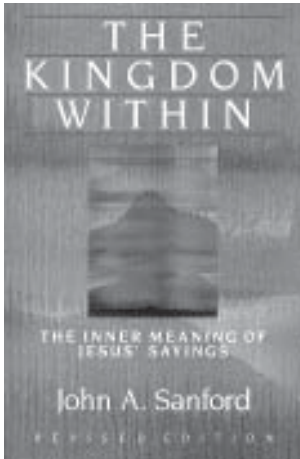
by John A. Sanford

Publisher: HarperSanFrancisco

First published twenty years ago, this revised edition of John Sanford's classic exploration of the psychological and spiritual significance of dreams draws on the work of C. G. Jung to show how dreams can help us find healing and wholeness and reconnect us to a living spiritual world.

Featuring a new preface by the author and using case histories from his own experiences as a counselor, *Dreams* traces the role of dreams in the Bible, analyzing their nature and examining how Christians, through fear and constraints of dogma, have come to reject the visions through which God speaks to humanity, making dreams—in Sanford's words—"God's forgotten language."

John A. Sanford is a Jungian analyst and Episcopal priest. He lives in San Diego, California.



THE KINGDOM WITHIN: THE INNER MEANING OF JESUS' SAYINGS

by John A. Sanford

Publisher: HarperSanFrancisco

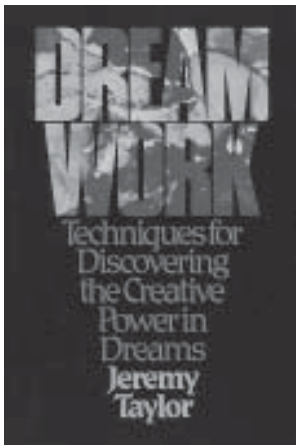
By showing how Jesus' teachings relate to our inner depths, this book guides us toward a more conscious and creative life. *The Kingdom Within* explores the significance of Jesus' teachings for our interior life—that inner reality that Jesus called “the kingdom of God.” It is Sanford's conviction that contemporary Christianity has overlooked this inner dimension of Jesus' teachings and so has lost touch with the human soul.

Illustrated with case histories and dream material drawn from the author's work as a psychotherapist, *The Kingdom Within* examines such characteristics as extraversion and introversion, masculinity and femininity, thinking and feeling, and sensation and intuition to show how Jesus met the criteria of wholeness or fullness of personhood. Step by step, Sanford helps us to shed the outer mask, to eschew sin, which “means living in enslavement to what we don't know about ourselves,” and to follow the road of consciousness, which leads to “a great treasure waiting only to be discovered.”

3

John A. Sanford is a Jungian analyst and Episcopal priest.

II. How-To BOOKS FOR DREAMWORK



DREAM WORK: TECHNIQUES FOR DISCOVERING THE CREATIVE POWER IN DREAMS

by Jeremy Taylor

Publisher: Paulist Press

All people dream regularly, regardless of their circumstances, whether they remember their dreams upon awakening or not. From the beginning of human history, dreams have been a source of creative inspiration and spiritual renewal, emotional and psychological insight, and scientific and cultural innovation.

Dreams speak a universal language of symbol and metaphor which any dreamer may learn to understand more fully. Beginning with simple practical suggestions for improving dream recall and recording dreams, and continuing with a complete discussion of individual, group, and community techniques for discovering more of the multiple levels of meaning found in every dream, *Dream Work* offers an invaluable tool for the exploration of the inner life. Dream study evokes the creative energy necessary for solving our most urgent and pressing individual and social problems.

The extensive, annotated bibliography on dreams and dreaming is an incomparable resource for the general reader and for the professional scholar and therapist alike.

4

Jeremy Taylor is a Unitarian Universalist minister and dreamworker residing in the San Francisco Bay area. He has taught dreamwork for many years at the Starr King School for the Ministry (Berkeley) and has also done dreamwork in churches, schools, hospitals, residential treatment facilities, and prisons.



5

INNER WORK: USING DREAMS & ACTIVE IMAGINATION FOR PERSONAL GROWTH

by Robert A. Johnson

Publisher: HarperSanFrancisco

In *Inner Work* Robert Johnson provides a four-step way to bring our conscious and unconscious selves together, immeasurably enriching our life experience. Providing an understanding of dream symbols and images, Johnson leads us through a ceremony that translates the dream into a memorable physical experience. Working with the power of the active imagination, we begin to develop a relationship between the conscious and unconscious minds, resulting in what is often a central transformative experience.

Through inner work, this direct, powerful way of approaching the inner world of the unconscious, our dreams and imagination can be transformed into an active, creative part of our lives. Robert Johnson enables us each to search the hidden depths of our own unconscious to find the extraordinary strengths and resources that wait to be discovered there.

Robert A. Johnson, a Jungian analyst, was long associated with *Journey Into Wholeness*. He lives in San Diego, California.

➔ **III. BOOKS FOR GROUNDING YOURSELF IN JUNG**



MEMORIES, DREAMS, REFLECTIONS

by C.G. Jung

Publisher: Vintage Books

In the spring of 1957, when he was eighty-one years old, C.G. Jung undertook the telling of his life story. At regular intervals he had conversations with his colleague and friend Aniela Jaffé, and collaborated with her in the preparation of the text based on these talks. On occasion, he was moved to write entire chapters of the book in his own hand, and he continued to work on the final stages of the manuscript until shortly before his death on June 6, 1961.

6



7

THE PORTABLE JUNG

by C.G. Jung, edited by Joseph Campbell

Publisher: Penguin Books

This comprehensive collection of Jung's writings comprises his pioneering studies of the structure of the psyche—including the works that introduced such notions as the collective unconscious, the Shadow, Anima and Animus—as well as inquiries into the psychology of spirituality and creativity, and Jung's influential "On Synchronicity," a paper whose implications extend from the I Ching to quantum physics.

If "introversion" and "extraversion" are standard words in most people's vocabulary; if we now recognize a link between the contents of the individual psyche and the archetypal themes of myth and religion; if psychology has evolved into a genuine philosophy whose function is not only to cure mental illness but to find meaning in daily life, much of the credit belongs to Carl Gustav Jung.