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Inner Work: Using Dreams and Active Imagination for Personal Growth, by Robert A. Johnson. Book review by Tasha Tollman. Judging by the plethora of books on dream interpretation that can be found in most book shops, we all want to know what our dreams mean and pioneering Jungian Analyst, Robert Johnson explores avenues into the unconscious as they pertain to reading the symbolic language of dreams, engaging in Active Imagination and the use of ceremony and fantasy.

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Every person must live the inner life in one form or another. Consciously or unconsciously, voluntarily or involuntarily, the inner world will claim us and exact its dues. If we go to that realm consciously, it is by our inner work: our prayers, meditations, dream work, ceremonies, and Active Imagination.

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A noted author and Jungian analyst teaches how to use dreams and inner exercises to achieve personal wholeness and a more satisfying life.

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Dreams express the unconscious. Dreams are dynamic mosaics, composed of symbols, that express the movements, conflicts, interactions, and developments of the great energy systems within the unconscious. The unconscious has a particular capacity to create images and to use those images as symbols.

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Judging by the plethora of books on dream interpretation that can be found in most book shops, we all want to know what our dreams mean and pioneering Jungian Analyst, Robert Johnson explores avenues into the unconscious as they pertain to reading the symbolic language of dreams, engaging in Active Imagination and the use of ceremony and fantasy. In Inner Work, Johnson provides a practical, step-by-step approach to uncovering the meaning of your dream images

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Through inner work, this direct, powerful way of approaching the inner world of the unconscious, our

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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.

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When we do inner work, we are shining the light of awareness onto our inner landscape which is composed of the various layers of our mind: the conscious, subconscious, and unconscious realms. Your inner self consists of your hidden feelings, memories, thoughts, beliefs, prejudices, wounds, shadows, and other mental/emotional conditions that influence your ability to transform and feel Whole at ...

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