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Inner Work Using Dreams & Active Imagination For Personal Growth - Robert A. Johnson by Robert A. Johnson. Publication date 1986 Topics Psychology, Jung, C.G. Jung, Carl Gustav Jung, Active Imagination, Robert Johnson, Robert A, Johnson Collection opensource Language English.

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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.

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Active imagination is another powerful inner work technique which Jung devised to amplify various features and symbols in dreams and to enrich the interpretation of them. When you use active imagination, you claim a special kind of “ownership” of the various characters and symbols in your dream.

Jung’s Inner Work: Getting in Touch with Ourselves

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.

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From Robert A. Johnson, the bestselling author of Transformation, Owning Your Own Shadow, and the groundbreaking works He, She, and We, comes a practical four-step approach to using dreams and the imagination for a journey of inner transformation. In Inner Work, the renowned Jungian analyst offers a powerful and direct way to approach the inner world of the unconscious, often resulting in a central transformative experience.

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Dream work is derived, of course, from Jungian dream analysis. It involves learning to read the symbolic language of dreams. Active Imagination is a special way of using the power of the imagination to develop a working relationship between the conscious mind and the unconscious.

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