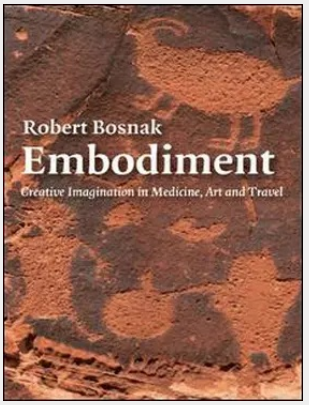
Bosnak

Embodiment

Did you know that intentional dreaming has been used to solve life's problems? Embodiment: Creative Imagination in Medicine, Art and Travel sets out Robert Bosnak's practice of embodied imagination and demonstrates how he actually works with dreams and memories in groups. The book discusses various approaches to dreams, body and imagination, and combines this with a Jungian, neurobiological, relational and cultural analysis. The author's fascination with dreams, the most absolute form of embodied imagination, has caused him to travel all over the world. From his research he concludes that while dreaming everyone everywhere experiences dreams as embodied events in time and space while the dreamer is convinced of being awake; it is after waking into our specific cultural stories about dreaming that the widely differing attitudes towards dreams arise. By taking dreaming reality, not our waking interpretation of it, as the model for imagination, this book creates a paradigm shock and produces methods which can be applied in a wide variety of cultural settings. Through detailed case studies, professionals and students will find thorough discussions of: ways to flashback into dreams and memories while in a hypnagogic state of consciousness the practice of embodied imagination and its profound physical effects psyche as a self-organizing multiplicity of selves the nature of subjectivity the body as a theatre of sense memories the limitation of reason the process of dissociation the treatment of trauma This book discusses a variety of techniques which may be applied by health professionals to their patients and clients. It will also be of particular interest to Jungian and relational psychoanalysts, psychotherapists and clinical psychologists, as well as to artists, actors, directors, writers and other individuals who wish to explore the creative imagination.



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