

Bridging the Unconscious with Images
Presented by Megan Lyon
Haden Institute Dream Work Intensive August 2024

QUOTES

“When the soul wants to experience something, she throws out an image in front of her and steps into it.” -Meister Eckhart

“Until you make the unconscious conscious, it will direct your life and you will call it fate.” -Carl Jung

“No dream comes just to tell the dreamer what her or she already knows.”
-Jeremy Taylor

“The wealth of the soul exists in image.” -Carl Jung

VISIO DIVINA

- * Choose any image that draws you to it, whether it evokes positive feelings or uncomfortable ones
- * Notice where your eyes fixate and gaze deeply at that part of the image for a moment, breathing deeply as you take it in
- * Now, reflect on the image as a whole, continuing to breathe deeply for a few moments

Ask yourself the following:

- * “What emotions does this image bring up for me?”
- * “What does this image stir in me?”
- * “What message does this image have for me?”

