

Bridging the Unconscious with Images

Presented by Megan Lyon

Exploring How Images Can...



- * Bridge the gap between the conscious and unconscious
- * Help us engage the personal unconscious (our shadows and complexes) for healing and wholeness
- * Create cultural shifts by helping heal the collective unconscious

The Power of Image



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

-Meister Eckhart

(Photo by Sharon Bippus-Haden graduate)



Message from a Triangle

The Unconscious

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

-Carl Jung



Gaining Access to the Unconscious



- * Words, concepts, analysis, knowledge rarely give us access to the unconscious
- * Images, art, dreams, archetypes, stories, myths allow us to bypass the ego's defenses and open to the unconscious

(Artwork: The False Mirror by Rene Magritte)

Images in the form of...

- * Dream images
- * Artwork
- * Mandalas
- * The natural world
- * Tarot & other oracle cards
- * Images from scripture, stories & myths
- * SoulCollage® cards

(Mandala by Carl Jung from *The Red Book*)





“My speech is imperfect. Not because I want to shine with words, but out of an impossibility of finding those words, I speak in images. With nothing else to express the words from the depths .”

-Carl Jung

(Mandala by Carl Jung from The Red Book)

Reflection/Sharing



Journal about a meaningful image in your life that has played a role in your healing or wholeness.



Share in pairs or triads.

VISIO DIVINA

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

VISIO DIVINA



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?”

Reflection/Sharing

Share your experience with Visio Divina. Was this challenging for you, easy, or something else?

What feelings did the image evoke? Did you sense any messages coming up from the unconscious?

Reminder: It is never share or die.

SOULCOLLAGE®

Discovering Parts of Yourself through SoulCollage®

I am one who...





The Ego

When a complex encounters the ego,
it tends to be greeted by...

- * Denial

- * Shame



The Soul

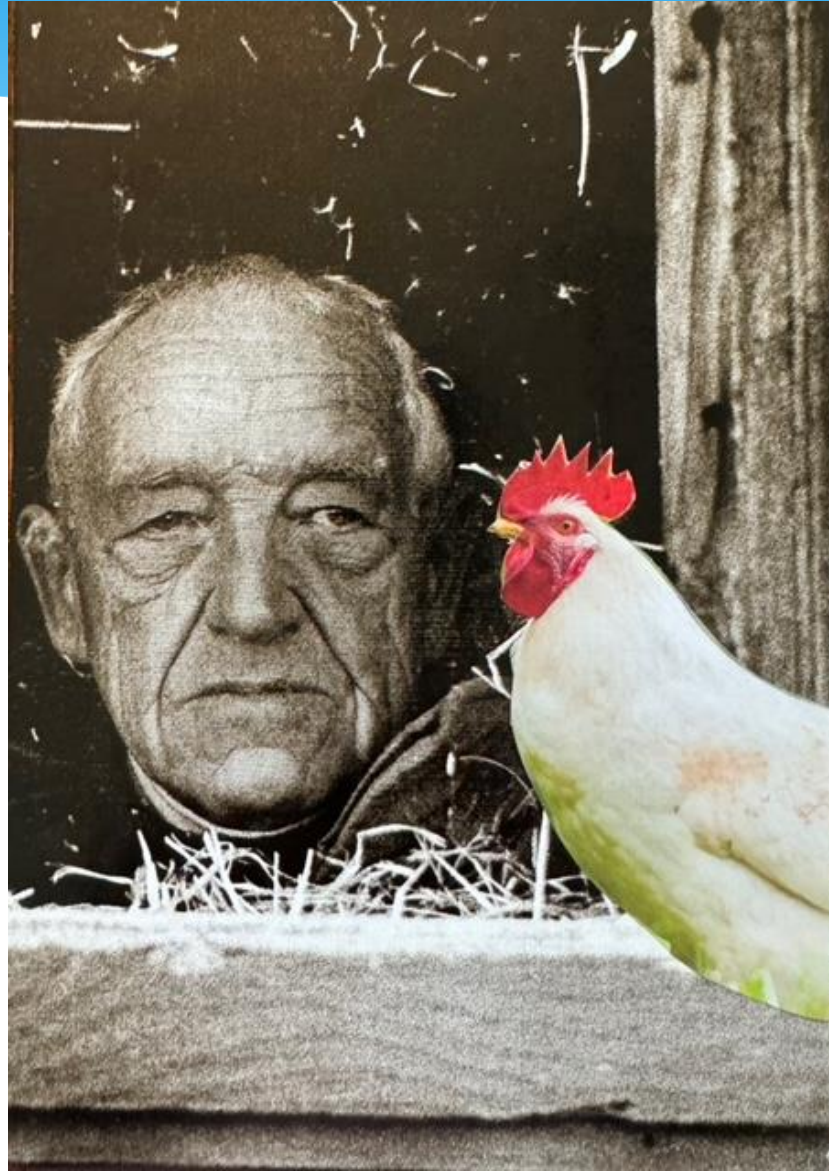
When a complex encounters the soul, it tends to be greeted by...

- * Love & compassion
- * A sense of humor
- * A willingness to integrate



Exercise:
I am one who statement

I am one who...



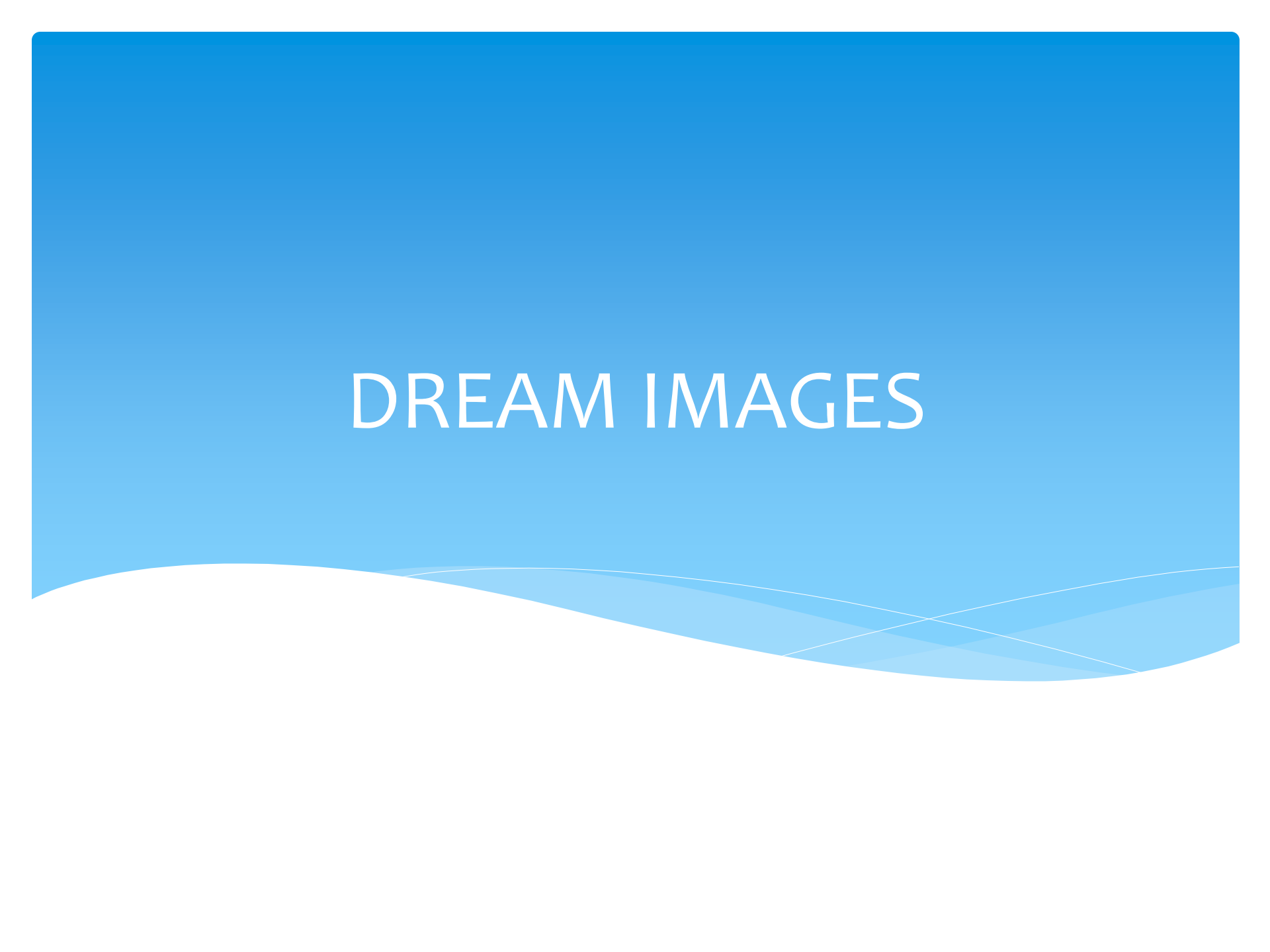
Reflection/Sharing

Share the “I am one one” statement or any awareness this image brought up for you.



Share about your experience of engaging with this image.

DREAM IMAGES

The image features a solid blue background with a white wavy line at the bottom, creating a horizon-like effect. The text "DREAM IMAGES" is centered in the upper half of the image.

Dreams as a Portal to the Unconscious

“No dream comes just to tell the dreamer what he or she already knows.”

-Jeremy Taylor

(Artwork by Henri Rousseau)



Six Plus One Magic Questions

(Originally Developed by Robert Hoss)

- * 1. Who or what are you? (Describe yourself as the dream image.)
- * 2. What is your purpose or function?
- * 3. What do you like about what you are?
- * 4. What do you dislike about what you are?
- * 5. What do you fear most?
- * 6. What do you desire most?
- * 7. What do you want the dreamer to know?



Reflection/Sharing



Share your responses to the Six Plus One Magic Questions if desired.



Share about your experience of using these questions to interact with your dream image.

Using Images for Collective Healing



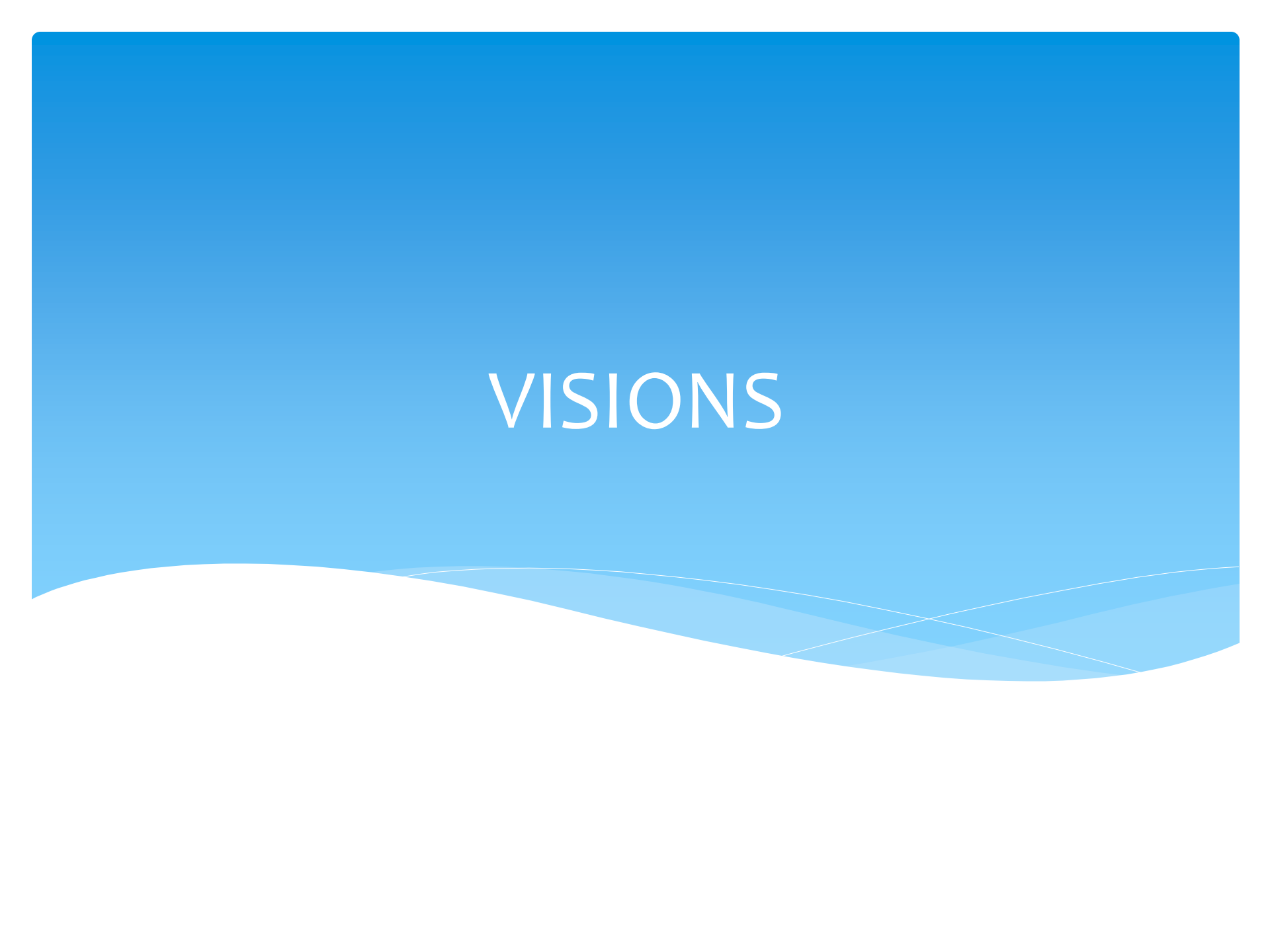
The Evolution of Human Consciousness

“I have become... convinced not only that every dream comes in service of the individual dreamer’s health and wholeness... but also that dreams... expand the very domain of health and wholeness itself by fostering... the evolution of human consciousness collectively.”

-Jeremy Taylor



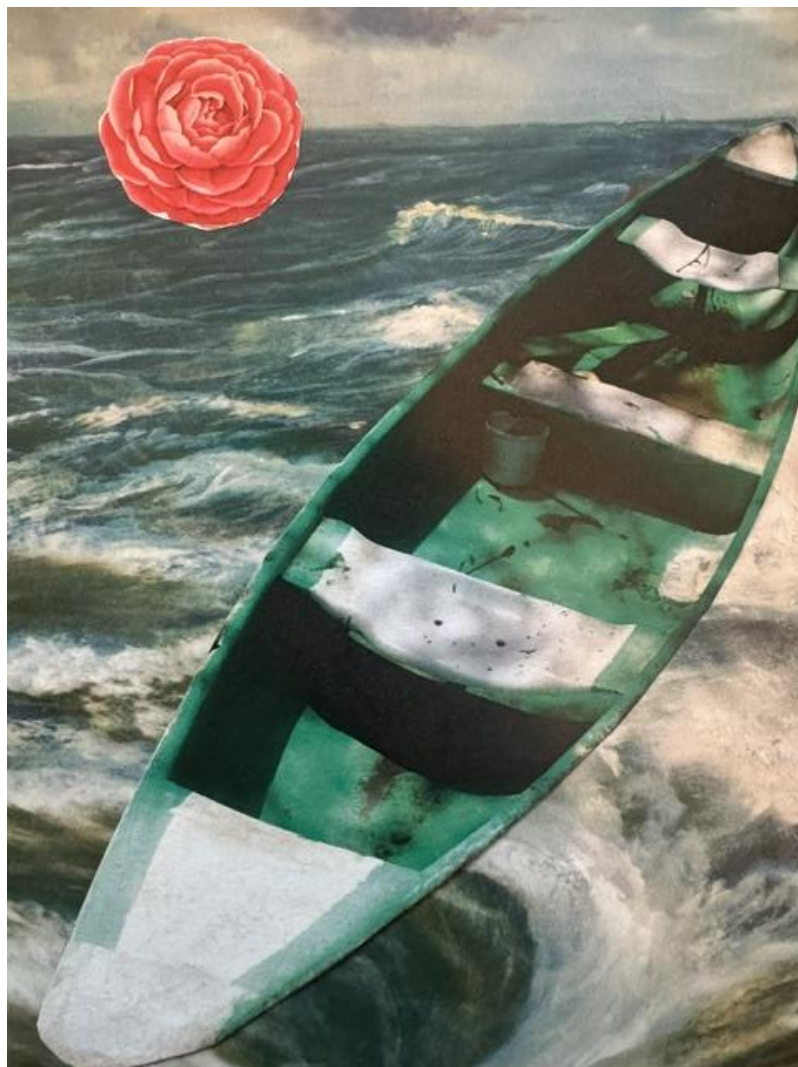
VISIONS



Visions: Seeing Images with the Mind's Eye



- * Guided Meditation/
Guided Imagery
- * Active Imagination
- * Shamanic Journeying



Exercise: Guided Meditation

Reflection/Sharing



Share any images that came forward in the meditation that held meaning for you.



Share any messages received during the meditation if desired.

Invitation

- * Draw, paint, sculpt, collage, or otherwise create an image that came to you in the meditation and carry the image and its message with you.

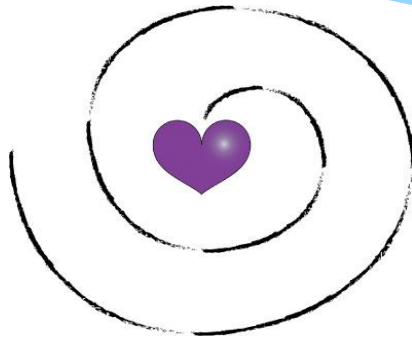
Brilliant Mystery



Thank you!

INNER PATH, LLC

Megan Lyon, MA



Spiritual Director, Dream Worker, SoulCollage® Facilitator, Veriditas Trained Labyrinth Facilitator, Certified Mindfulness Teacher, and EFT (Emotional Freedom Technique) Practitioner

www.innerpathwv.com

innerpathwv@gmail.com

(304) 421-1584