

WOMEN IN MEN'S DREAMS (DR-106)

This tape teaches a man how to cultivate his relationship with the feminine by recognizing and working with the particular women who appear in his dreams. It demonstrates how a man can become more whole, more individuated by relating to his inner woman, who is the image of his soul.

This tape contains a wealth of information for a woman who wants to understand the male psyche. It will enable her to perceive how the men in her life perceive and relate to the feminine. She can learn to respect his inner woman, not taking personally the various moods and thoughts which she provokes, while giving "her" time and space in their relationship.

READ THIS SECTION BEFORE WATCHING THE TAPE.

The archetypes of the feminine are discussed on the tape in this order:

ANIMA

Archetype of the Feminine

1. EVE

A. Mother

(1) Positive

(2) Negative

B. Sexual object

(1) Positive

(2) Negative

2. HELEN

3. VIRGIN MARY

4. SOPHIA

Again, as you listen to the discussion of the dreams in which each kind of woman appears, note any of your dreams which come to mind.

WATCH THE VIDEOTAPE IN ITS ENTIRETY.

EXERCISE ONE

Enter the dreams you have noted about women in your dream journal. Take a few minutes to review your recent dreams about women and write them in your journal.

EXERCISE TWO

1. Write one paragraph describing the most recent "real" woman in your life.
2. Write one paragraph describing your mother.

EXERCISE THREE

1. Write one paragraph describing your "ideal" woman. Include her physical, mental, and spiritual qualities.
2. Write one paragraph describing the woman that you would consider a good companion in your real, waking life. Describe her physical, mental, and spiritual qualities.
3. Write one paragraph describing the most attractive woman you have ever seen in a movie or on television.
4. Read the five paragraphs you have written in these two exercises. In view of what you have learned from the tape, compare your "inner" woman with the women in your waking world.

EXERCISE FOUR

Choose a dream with the woman who is the most troublesome to you, or the most engaging to you. Get to know her in Active Imagination. Paint her. Sculpt her. Dialogue with her. Ask her what she wants from you. Write down her answer faithfully. Ask her who she is. Record her answer. Promise to visit with her every day for one month, then do it without fail. Write a dialogue with her for at least fifteen minutes every day for one month.

Notice whether or not she, or a changing image of woman, appears in your dreams. Pay attention to these changes as to whether or not you are getting along well with your inner woman. Does she like what you are doing? Does she seem more favorably disposed toward you? Treat her with respect: listen to her. Tell her about your feelings and your concerns. Write down these dialogues in detail. Keep them to yourself for at least a year. They are private

and important.

Listen to the videotape again. Repeat Exercise Four with the various images of woman which appear in your dreams. Watch the changes as you do this work. You will begin to perceive a depth, confidence, receptivity and emotional stability in yourself.

EXERCISE FIVE

Watch for this inner woman in your every day life, also. Note any outbursts of emotion which seem to overtake you. Write the feelings in as much depth and detail as you can. Are they the voice of your inner woman? What does she want from you? Use these mood swings as another way to recognize "Her" in your psychology. Dialogue with the feeling as if it is "her" voice.

EXERCISE SIX

Listen to the videotape again. Repeat Exercises Four and Five at least once every six months for several years. Each time you repeat them, review your earlier exercises and think about the changes. You will begin to perceive a new depth, confidence, receptivity and emotional stability in yourself.

POINTS TO PONDER

Carl Jung called this inner woman the "anima." She is the image of a man's soul, his personal connection to the ground of all being, to the vast sea of the Unconscious. It is SHE who makes his life worthwhile, who determines his ability to love and be loved. It is SHE who has inspired poetry, music, and art throughout the ages. It is SHE who must be served!

RECOMMENDED READING

TAPE VI: WOMEN IN MEN'S DREAMS (DR-106)

If you can read only one book, read:

SANFORD, JACK. *Invisible Partners*. New York: Paulist Press, 1980.

Recommended books are available at
C. G. Jung Library & Bookstore
10349 W. Pico Boulevard
Los Angeles, California 90064
(310) 556-1196

Call 1-800-301-5553 to order the Dream Journal Workbook or more tapes in this series.