

## BIRDS AND FLYING CREATURES (DR-107, 108)

The purpose of these two tapes is to introduce you to the symbolism of birds, insects, bugs, and other flying creatures which may appear in your dreams. The first tape (DR-107) focusses on a methodology of dealing with these symbols and then gives you in-depth cultural and archetypal history of the meaning attached to birds and other flying creatures. The second tape (DR-108) explores selected images more deeply.

### READ THIS SECTION BEFORE WATCHING THE VIDEOTAPE.

The material about birds and other flying creatures which appear in dreams is organized as follows:

#### THE FIRST TAPE (DR-107)

1. An overview of how to interpret these symbols in dreams (35 minutes).
2. The cultural and archetypal history of the meaning of birds and other flying creatures (27 minutes).

#### THE SECOND TAPE (DR-108)

1. Dove (15 minutes)
2. Crow/Raven (10 minutes)
3. Bee (12 minutes)
4. Fly, Insects (6 minutes)
5. Owl (10 minutes)
6. Eagle (10 minutes)
7. Dragon, the Winged Snake (5 minutes)

As you watch the first tape, try to remember any dream you have had in which a bird, bug or insect appeared. Note any that you remember while watching the tape.

### WATCH THIS TAPE IN ITS ENTIRETY.

Choose one of the dreams you have noted. Analyze this dream, using each step of THE METHOD you learned on the first videotape

in the course. After you do your personal associations, think about the cultural and archetypal associations of your flying symbol.

If the bird, bug or insect in your dream is one of the seven discussed in depth on the second tape, go to that segment now.

After you have completed this dreamwork, you are ready to watch the second tape. You may watch this tape in its entirety, starting at the beginning and going to the end, or you may go directly to the image that holds the most interest for you first.

It should be clear to you now that it is easier for you to get involved in archetypal material if it directly relates to a dream you have dreamed or to a symbol that fascinates you.

### WATCH THE SECOND TAPE IN ITS ENTIRETY.

You have now mastered material which will enable you to treat flying creatures which appear in your dreams in a much greater feeling depth as you do associations.

### RECOMMENDED READING

#### TAPE VII AND VIII: BIRDS AND FLYING CREATURES: BIRDS, BUGS AND DRAGONS (DR107 AND DR108)

If you can read only one book, read:

COOPER, J.C. *Dictionary of Symbolic and Mythological Animals*.  
Thorsons (Harper/Collins), London 1992.

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.