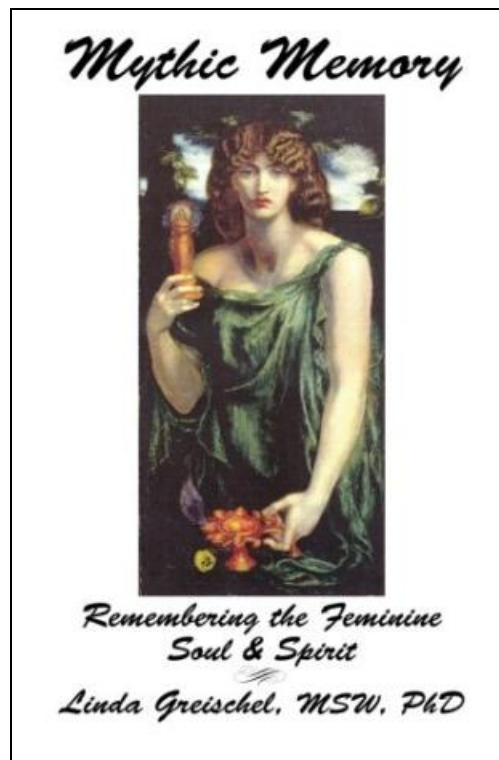


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MYTHIC MEMORY: REMEMBERING OUR FEMININE SOUL SPIRIT (PAPERBACK)

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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Mythic Memory is both a personal and collective story of a woman's life that delves into the symbols and experiences that arise through depth psychology, spirituality, and creativity. The art, poems, and commentaries in this book reflect experiences that have spontaneously unfolded over forty years. Each of the chapters can represent either a psychological, spiritual, or creative process. The first paintings surfaced in adolescence, and those that followed extended into middle age. Mythic Memory speaks to the universal woundings, healing journey, and spiritual development that may occur for us all. In contrast to mainstream psychology, this book views our wounding experiences as possible, paradoxical doorways that can lead us toward great breakthroughs on spiritual and psychological levels. It emphasizes that creativity is a unique and wonderful means of self-expression for all, not to be limited to fine artists alone. Mythic Memory uniquely concentrates on introspection and the inner journey as the means to allow the wisdom of the soul (the unconscious psyche) and spirit to become our revelatory guide. More specifically, this book focuses on Jungian psychology, gestalt therapy, the expressive arts, alchemy, and cross-cultural spirituality. At the end of each chapter, there are questions, called Explorations, for the reader to discover and create their own mythic story through journal writing, different types of creative expression, and self-help methods.

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