

Creating an Empowering Vision for Your Future

A 12 WEEK
COURSE

THIRD EDITION
Includes Design, Symbolism, Journaling

Personal Mythology

Using Ritual, Dreams, and Imagination to
Discover Your Inner Story

DAVID FEINSTEIN, Ph.D. AND
STANLEY KRIPPNER, Ph.D.

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David Feinstein Ph.D. and

Personal Mythology: Using Ritual, Dreams, and Imagination to Discover Your Inner Story



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Every single one of us grapples with this very own highly personal mythology-the psychic power which allows us to weave the fragments of our experience into coherent tale. Using ritual, dreams, and creativity to liberate you from the mythologies of your childhood and culture, the 12-week training course will ignite the mystery of a transformed inner life into authentic external expression. But when our personal mythologies do not grow and change alongside us, we discover ourselves trapped in self-defeating lifestyle patterns. This third edition of a life-changing traditional has been revised to add a new Support Information combining their ground-breaking model for incorporating Energy Psychology into the procedure for personal transformation.D., hailed by Jean Houston as "masters of the geography of the inscapes," provide a series of detailed exercises created over a mixed 80 years of scientific practice, personal development workshops, and teaching on mental topics.D., and Stanley Krippner, Ph. These mythologies form our every thought, perception, and actions, helping us to feel safe and secure in our identities.In Personal Mythology, David Feinstein, Ph.



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Once I found a way around these limitations, the results of following a personal mythology journey had been quite profound. A more "scientific" but less engaging term may be "psychologically constructed realities" (pg 267), and Feinstein and Krippner state that they make use of "personal mythology" instead due to the fact they think it is to be the very best, user-friendly term. PErsonal mythology therefore becomes the process where we interpret and make signifying of precisely what happens to us, where our behavior is directed, and it often operates "outside conscious awareness. Are you prepared to go to this length to use this book effectively?" However I feel a longing, when I read the publication, to possess something deeper and even more mysterious than science be recognized as the foundation of our individual procedures of mythmaking, and relations to symbols and archetypes. Feinstein and Krippner highlight a modern dilemma that too few people have completely grappled with: we live at the same time of several competing mythologies, or psychologically constructed realities, and we have been each charged with the awesome responsibility to become alert to and/or creating our very own "personal mythology." They also explain that the continuing presence of our planet may depend upon our capability to rise to this task. They use innovative exercises and ways of writing down everything you perceive because the guiding myths of your parents and grandparents, journeying with guided visualization, work with our "Internal Shaman", rituals, storytelling/writing, dreamwork, creation of a "Personal Shield" of symbols, getting and locating a "Power Object" to help people begin what is truly a journey of the Soul. That is a good book for the beginner on this path of discovering what his/her unconscious mythology is, and then starting to intentionally pursue a CONSCIOUS and chosen mythology instead. Nevertheless the more experienced journeyer along the path of personal mythology will see this book too elementary, and may possibly do easier to explore more deeply within Jungian-archetypal psychology, and within the realm of his/her chosen archetypes, symbols, art, music, myth, story book, mystical, Pagan, esoteric mystery tradition, or directly from the divine or the earth herself. ON the other hand, if the experienced journeyer, or any practicing psychotherapist wants a model of a "study program" to help guidebook others toward uncovering their very own chosen personal mythology, this reserve is actually a good text message for that. Great ideas, flawed delivery I found this book to be both amazing and frustrating. The info in each chapter on the idea of personal mythology is definitely thought provoking. Very well thought out premise along with some superb applications. If it weren't a required text message for a class, I would have returned the publication. Since I experienced to work with the material, I found it necessary to rewrite every workout to a simpler format; the detailed proscriptive vocabulary of the book's guided reveries appeared to be reflective of the authors' personal story instead of guiding the reader through their very own inner mythology. Great introduction to observing primary life patterns/myths This is a friendly, encouraging, empowering guide to beginning to look at your daily life (and really take the reins of your life and empower yourself to live intentionally) vis-a-vis its core patterns, which could see as "myths". From what I can discern, the book evolved from workshops, where the guided reveries were probably quite effective, and in fact, there are companion CD's designed for that purpose. Nevertheless, working strictly from the book, I found the long wordy guided journeys distracting instead of helpful, and it got some careful analysis on my part to find the essential elements of each one and create a simpler type that allowed me to go forward." To make use of "personal mythology" in this useful, utilitarian fashion does make its metaphors accessible for those they seek to help, a thing that their many exercises achieve this well (and they give many poignant real-life examples from customers of theirs), and it does I think accurately represent this is of "mythology. There may be gold to become mined out of this book, nonetheless it requires an additional investment of period or money. Beautifully written and hidden with many wise tales and concepts This book will open you up to the

myths that you unconsciously live by on a daily bases. This is a guide to your own true personal. In cases like this, Steve tried to disown part of his military recent only to find,as Carl Jung says," one will not become enlightened by imagining statistics of light, but by making the darkness mindful. I pick it up occasionally but progress is slow since it doesn't really grab me following the first few chapters. Creative approach to discovering oneself in this book I really enjoyed the inquisitive nature of how myths and rituals will help you discover your inner core! However, how the authors implemented the information in the subsequent meditations or journeys was flawed by the intense wordiness of the guided reveries and even more therefore by their limited assumption that problems in one's current existence are a consequence of childhood wounding. Textbook Worked through the text within a Master's level program in Atlantic University. It's all about request. Beautifully written and hidden with many smart tales and concepts. Done well!. Tough going Personally i think, but ok I like the idea of this a lot more than the execution/ I am still slowly working through it 6 months on. Must read! This book is actually a workbook, setup for 12 weeks, rather than something you just go through.. Five Stars A great instruction to personal transformation!. Personal Mythology Another interesting read for individuals who want in inner life research and transpersonal subjects. Not really for everyone and the exercises are a small weird. Hey, whatever. Highly Recommend. The exercises take time and serious interest but region also playful and enlightening in the event that you apply yourself to the tasks. For example, the case of the Vietnam veteran,Steve, who returns house to help others as a medical doctor only to discover out he still suffers PTSD, like his clients. (Online classes with Professor and student interaction) Lots of practical details, exercises and reveries and meditations to greatly help discover the myths and symbols you live by, how they influence your life and what that you can do to transform or replace them if you are unhappy with the affect they are having in your life. Probably it's my myth that needs changing. Extremely articulate in the manner the authors show methods to discover onself. EASILY had just got it to read on my own, I doubt I'd have got gotten through it in 12 weeks or even 24..



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