

Sumanas Retreat Forum



April, 10th, 2013 at 6:30pm

1605 Bath St, Santa Barbara, CA
RSVP 805-722-8043

Free admission

Encountering Your Shadow and Other Adventures Through Dream Work

Through Dreamwork our daily lives have an opportunity to expand in many directions, opening vistas we never knew were there. Curious about your own shadow? Dreams are the most expeditious way to get acquainted with that dark and covert part of our personalities.

A dream is an involuntary and spontaneous product of the unconscious mind, and is usually obscure and difficult to understand because it is made up of symbols and pictures." In attempting to understand the dream-language, C.G. Jung used a method similar to deciphering symbols.



Nina Cooley has facilitated Dream Circles for fifteen years. She is a retired psychotherapist having studied Depth Psychology at Pacifica Graduate Institute and has recorded and analysed several thousands of her own dreams and those of her clients.

Her book about dreams was recently published.

"The book, *Dream Paths: Search for Meaning, Search for Truth*, is the exploration of a soul path taken by a deeply wise woman who has been through one of the greatest tragedies a mother can face. Through image, symbol and dream, Nina Cooley explores the terrain of the descent journey with courage and perceptiveness. She shuns no dark corner. She emerges through the grace of the Self."

Bernice H. Hill, PhD Jungian Analyst

SUMANAS RETREAT FORUM is a lecture series on topics of health and well-being by local, national and international healers, therapists, artists and health professionals. The lecture series is open to the public, especially, to those who are interested in health and healing, relaxation, rest, recovery, and renewal. For more information visit sumanasretreat.org or call 805-722-8043.