



# **Awakening Through Dreams: The Journey Through the Inner Landscape (United Kingdom Council for Psychotherapy)**

*Nigel Hamilton*

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Most Western approaches to dreams are limited to a psychological paradigm. Building on Jung's work, which was heavily influenced by the transformative model of alchemy, a new multidimensional approach to the process of human transformation through dreams has been developed which recognizes the interrelationship of the psychological and the spiritual, and works with the mirroring body in service of both.

In the approach presented here, dreams are seen as a mixture of worldly impressions and expressions of our individual spirit, which is trying to speak to us through the metaphors and narrative of our dreams. In this way, the spiritual comes through the psychological dimension. Though it may seem to be a contradiction, our dreams hold the key to our awakening and, by actively engaging with them, we can unlock their potential for initiating and facilitating our own unfoldment. This book is about recognizing this process when it occurs in dreams, and how to work with them in the service of our growth and self-realization. It is relevant to anyone with an interest in dreams, as well as psychotherapy practitioners working with clients who bring dreams to their therapy.

Following the journey of transformation through the inner landscape in all its fascinating complexity and richness, through real case material and examples, helps us to recognize and support the unfolding process that is taking place within ourselves, to see our dreams in the broader context of a lifetime of transformation and, in doing so, to value them as the treasure that they are.

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