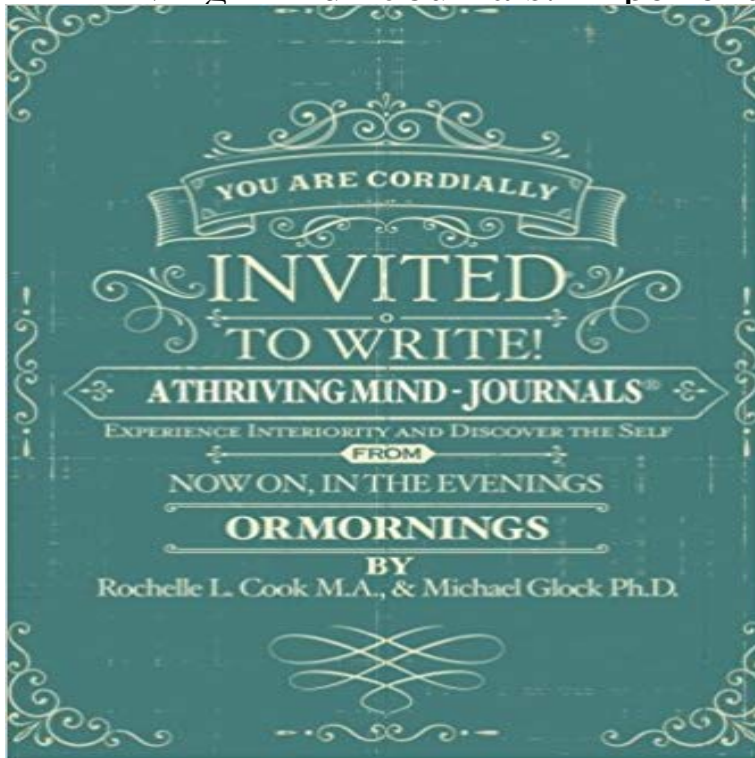


A Thriving Mind - Journals: Experience Interiority and Discover the Self



For many, our constructed Postmodern world has hindered, perhaps even extinguished the deep and profoundly powerful awareness of our own interiority. The inner realm offers a fundamental gateway to wisdom, thinking, imagination, fantasies, dreams, insights, intuition and the symbolic life. The precise observation of your own interiority is psychologically meaningful and will lead to your own Mind Thriving. Your internal perception of your own narratives, stories and dreams is a royal road to your own unconscious feelings and processes. Why? Giving the unconscious a voice reveals and triggers revelations about incidences and events in your past. When these revelations are made conscious, reflected upon and reframed you will operate in the present and future with greater awareness. Becoming informed by a reframed past, heals past issues altering your future forever. Journaling from the perspective of examining your own interiority reveals thresholds to bridge between your inner and outer world. Journaling is a Depth Psychological process. The modern field of Depth Psychology originated in the work of Carl G. Jung and Sigmund Freud, two leading visionaries who called attention to the importance of what lies hidden and below the surface of conscious awareness. Journaling will lead to the discovery of the most intimate elements of your personality, the Self. This progression from the unconscious to the conscious and from the ego to the self Jung named the individuation process.

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