

# Windows of opportunity

- body, mind and soul as landscapes  
of dream and the deeply personal

A workshop with Tom Warnecke

3<sup>rd</sup> & 4<sup>th</sup> June 2017 at Re-Vision, London



*The symbols of the self arise in the depths of the body - Carl Jung*

How can we visit “the land of the dream”, hear the paradoxical symbolic language in which the psyche speaks, become affected by the peculiarities of the imaginal world, and discover soulfulness and meaning in what may seem a confusing or contrary jumble?

The body is often seen as the unconscious but our bodies are also key to what Daniel Stern described as nonconscious “implicit knowing”. Attention to bodied experience will often connect us to both unconscious inner landscapes as well as nonconscious implicit knowing. The Jungian idea of orienting functions provides a frame to utilise contemporary understanding of psychophysiology such as attachment and infant development, arousal and regulation dynamics, or the calm and connect system, to explore the interconnectedness of perceptual, affective and sensory-motor dimensions - our body's dream flesh and dream bones.

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