



The Mythology of Sleep: The Waking Power of Dreams

Kari Hohne

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Myths offer fantastic stories about the hero in search of destiny. Dreams too, present similar plots and story lines where we must solve strange puzzles and explore cryptic clues to activate our life purpose. As another sensory organ, dreaming allow us to explore existence from a perspective that transcends waking consciousness. The dream will describe where we are going and where we need to be, revealing an aspect of the mind that operates from a more profound type of awareness and time sense. The Mythology of Sleep makes self-help an adventure and describes the common cycles appearing in all dreams. Through actual dreamwork with clients, the archetypes and landscapes of world mythology are used as a guide in understanding the common issues explored through dreaming. This three-fold challenge and resolution processs always reveals the hero's adventure of self-discovery and wellness .

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