



Dreams, A Portal to the Source

Edward C. Whitmont, Sylvia Brinton Perera

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Natural and necessary expressions of the life force, dreams provide access into unconscious areas of life. They give specific and appropriately timed messages which can assist the dreamer with problem solving, artistic inspiration, psychological development, and spiritual deepening. They are also important for healing. To the therapist every dream reveals information about past and present psychic structures or complexes of the dreamer, and tells about psychological dynamics and developmental capacities. It reveals the dreamer's relations to the spiritual and personal dimensions of life, to the Self, and to archetypal images and drives. In *Dreams, A Portal to the Source* Edward C. Whitmont and Sylvia Brinton Perera, both leading Jungian analysts, provide an extensive guide to dream interpretation. Practical in approach, it is designed primarily for psychoanalysts and therapists who wish to integrate dream interpretation into their clinical practice. Among the topics covered are the language of dream images; the interplay between archetypal and personal levels; the dream's dramatic structure; and body imagery in dreams

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