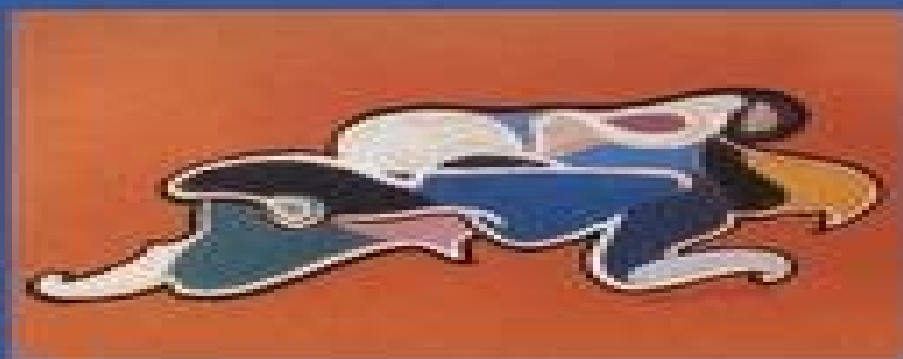


Animals of the Four Windows

Integrating
Thinking, Sensing, Feeling and Imagery
Eligio Stephen Gallegos, Ph.D



With an Introduction by Stephen Larsen, Ph.D., author
of **The Mythic Imagination**
and a Foreword by Edith Wallace, M.D., Ph.D.

Animals Of The Four Windows Integrating Thinking Sensing Feeling And Imagery

Bill Plotkin



Animals Of The Four Windows Integrating Thinking Sensing Feeling And Imagery:

Animals of the Four Windows Eligio Stephen Gallegos, 1991 This is a profoundly important provocative and groundbreaking book the first clear and comprehensive introduction to the four modes of human knowing Dr Gallegos thesis that there are in fact four windows that they are of equal value and power and that our survival depends on re dressing are over reliance upon thinking appears at first to be a revelation But then we settle into a deeper remembering that this is something we have always known before we were taught and trained otherwise Indeed reading this book initiates our own Journey of Return to our original balance of knowing It is a must read for all educators all psychotherapists all parents Really for all human denizens of 20th century self destroying industrial growth society Bill Plotkin Ph D Clinical Psychologist Steve Gallegos presents us here with a new approach and proof of its validity The process is for the sake of reaching wholeness and with that liberation One might say that he lets the divine in us have its say because it is in us and manifests all the time but we can hear it only if we listen and do not interfere with our analyzing minds One would wish that this book be widely read by educators and psychologists and used as a new and effective approach Here is a true revisioning of psychology and a powerful means to understanding and respecting our depth Edith Wallace M D Ph D Author of A Queen s Quest In this new book Stephen Gallegos has opened his conceptual windows wider than before to include the four human faculties also discussed by Carl Jung Thinking feeling and sensation are presented similarly to Jung s system but his new twist is creatively insightful the fourth function is imagery not intuition as Jung has it Gallegos envisions intuition as potential to all the functions Deep imagery alive with its own suchness as are the animals is not just to be manipulated for our own ends as in some psychological systems of guided imagery but respected for its own inner vitality and wisdom It is a revitalization of the human soul from within that is the real goal of Stephen Gallegos approach The reader will find his prose clear and inviting while he reveals to us a new yet very old way of revisioning our minds This book is a must for those interested in self exploration guided imagery and the never ending self transformative work of the creative shaman Stephen Larsen Author of The Shamans Doorway and The Mythic Imagination The Animals of the Four Windows presents an overview of the four modes of knowing Thinking Sensing Imagery and Feeling While it has certain similarities to Jung s ideas on the same topic its major difference is that it distinguishes between Imagery and Intuition in a way Jung did not The book describes how the ways of knowing have been distorted and how we have moved out of balance with a strong bias towards thinking and sensing and a lack of value on Imagery and Feeling It explores the possibility of a return by the Four Ways of Knowing to a balanced relationship with one another in each individual as a way of healing and of accessing our deep inner wisdom

Transpersonal Hypnosis Eric D Leskowitz, 2019-05-23 Transpersonal Hypnosis presents a multidimensional energy based view of human awareness that integrates disparate biological psychological and spiritual therapeutic techniques Each of the chapters all from world renowned contributors includes both a historical overview and the theory behind the development of

each technique The authors emphasize experimental studies that examine the validity of using hypnotically accessed transpersonal states of consciousness to heal the body mind and spirit Several clinical vignettes highlight the types of medical and psychological symptoms responsive to these approaches The emerging field of spiritually influenced treatments is transforming the practice of medicine *Wild Mind* Bill Plotkin,2013-04-08 Our human psyches possess astonishing resources that wait within us but we might not even know they exist until we discover how to access them and cultivate their powers their untapped potentials and depths Wild Mind identifies these resources which Bill Plotkin calls the four facets of the Self or the four dimensions of our innate human wholeness and also the four sets of fragmented or wounded subpersonalities that form during childhood Rather than proposing ways to eliminate our subpersonalities which is not possible or to beat them into submission Plotkin describes how to cultivate the four facets of the Self and discover the gifts of our subpersonalities The key to reclaiming our original wholeness is not merely to suppress psychological symptoms recover from addictions and trauma or manage stress but rather to fully embody our multifaceted wild minds commit ourselves to the largest soul infused story we re capable of living and serve the greater Earth community **Yoga Journal** ,1992-09 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Resource Focused Counselling and Psychotherapy** Michael Wilson,2017-02-24 Therapists sometimes ask What supports you in life What gets you through difficult times Our journey in life relies on a range of resources to equip and fulfil us Knowing about these resources however is not enough for lasting benefits they must be bodily felt experiences The aim of this book is to illustrate the holistic purpose of therapy to resource integration of the client It draws upon extensive material to affirm that the practice of contemporary therapy benefits from insights gained from evolving neuroscience Particular emphasis is put on the benefits of drawing on the dimensions of experience to strengthen ego processes like self awareness and self regulation and engage with the depths of being including soul Resource Focused Counselling and Psychotherapy provides professionals with a comprehensive and integrative model of resource focused therapy drawing upon clinical examples and the current range of research and theory surrounding this emerging approach Additionally the book contains a range of self resourcing exercises and practices for each part of the integrative model enabling individuals to develop self resources for greater resilience and well being in their own lives This book is an important read for psychotherapists psychologists and counsellors including those working with trauma It also provides valuable insights for modalities practising from a psycho spiritual perspective including Jungian and transpersonal psychotherapists **The Journey of Soul Initiation** Bill Plotkin, PhD,2021-01-12 Soul initiation is an essential spiritual adventure that most of the world has forgotten or not yet discovered Here visionary ecopsychologist Bill Plotkin maps this

journey one that has not been previously illuminated in the contemporary Western world and yet is vital for the future of our species and our planet Based on the experiences of thousands of people this book provides phase by phase guidance for the descent to soul the dissolution of current identity the encounter with the mythopoetic mysteries of soul and the metamorphosis of the ego into a cocreator of life enhancing culture Plotkin illustrates each phase of this riveting and sometimes hazardous odyssey with fascinating stories from many people including those he has guided Throughout he weaves an in depth exploration of Carl Jung s Red Book and an innovative framework for understanding it

The Elephant of My Heart Jessica Clements,2014-04-16 The Elephant of My Heart is the story that emerged as Jessica Clements took her first inner journey on the Personal Totem Pole Process originated by Stephen Gallegos Jessicas life had not been easy for at nine years old she had suffered a brain haemorrhage Yet this was just where her new guide her elephant took her to though in the gentlest and softest of ways It was here that her elephant and numerous other animals taught her that the scars that criss cross her head can be seen in a different way for now they are stitched with a black panthers whisker and held by a dragonfly I read this book in an evening and couldnt put it down as I was taken on a magical journey by the Elephant at Jessicas Heart Stephen Wish Polar Bear Community If you like animals and meditate then I highly recommend this book

Jayne Thorpe **Yoga Journal** ,1992-11 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

Wisdom Walking Gil Stafford,2017-04-01 Over the course of countless miles and numerous days we will mine the golden wisdom hidden within our pilgrimage experience Everyone has taken a pilgrimage says author Gil Stafford Some pilgrimages are intentional I walked across Ireland Some are unintentional I walked my mother through the final days of her life Life is a pilgrimage But do we walk intentionally embracing the transformational process Stafford begins Wisdom Walking with the idea that life is a pilgrimage and uses this to guide readers on their own pilgrimage towards wisdom He layers onto that idea the notion that on our pilgrimages of life we can be gaining wisdom about our lives Stafford then adds the Jungian typology for gaining wisdom and tells all of this through stories of his own and others pilgrimages in a very readable fashion Life is a pilgrimage make yours one that leads to greater wisdom

Soulcraft Bill Plotkin,2010-10-05 Since 1980 depth psychologist Bill Plotkin has been guiding women and men into the wilderness the redrock canyons and snow crested mountains of the American West but also into the wilds of the soul He calls this work soulcraft There s a great longing in all people to uncover the secrets and mysteries of our individual lives to find the unique gift we were born to bring to our communities and to experience our full membership in the more than human world This journey to soul is a descent into layers of the self much deeper than personality a journey meant for each one of us not just for the heroes and heroines of mythology A modern

handbook for the journey Soulcraft is not an imitation of indigenous ways but a contemporary nature based approach born from wilderness experience the traditions of Western culture and the cross cultural heritage of all humanity Filled with stories poems and guidelines Soulcraft introduces over 40 practices that facilitate the descent to soul including dreamwork wilderness vision fasts talking across the species boundaries council self designed ceremony nature based shadow work and the arts of romance being lost and storytelling

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