



# Dreambody: The Body's Role in Healing the Self

*Arnold Mindell*

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## **Dreambody: The Body's Role in Healing the Self** Arnold Mindell

Dreambody is the foundational introduction to process oriented psychology, by its founder Arnold Mindell, an MIT Physicist and Jungian Analyst. The Dreambody bridges the gaps between depth psychology, somatic psychology, spirituality, and energy based mind-body practices. "Most of the modern body work known to me is basically materialistic in outlook; even many of the Eastern teachings have taken that turn too. A viewpoint that tries to keep a balance between mind and body is very much needed. Every dream image can thus be seen as belonging to that in-between realm, referring equally to the mind and to the physiological body. I therefore hope that Dr. Mindell's pioneering work will encourage more research in this still unknown realm of experience." -Marie-Louise von Franz, March, 1982 "There was a gap between depth psychology and focus on the body, as if these two perspectives on the human experience were different worlds. The Dreambody bridged it by describing an underlying process that is both dream and body, and this opened up whole new perspectives..." -Serge Prengel, Editor, Somatic Perspectives on Psychotherapy

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