



# Inner Child in Dreams (C. G. Jung Foundation Books)

*Kathrin Asper*

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## **Inner Child in Dreams (C. G. Jung Foundation Books)** Kathrin Asper

An understanding of the symbolism of the child in dreams can help us make contact with our own inner child—both the child we once were and the spontaneous, childlike side of our nature. Using examples of dreamwork from her analytical practice as well as themes from art, children's literature, and folklore, Dr. Asper shows how the motif of the child may point to: Important information about forgotten experiences of the past. New and future possibilities in our lives, especially during depression or transitional periods such as midlife. Our capacity for play, creativity, and joy. A renewal of spiritual life and the rediscovery of a lost childlike faith. A way to hear the psychological wounds of childhood and embrace the future more freely and innocently

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