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Working with Images

C.G. Jung suggested that the **language of the psyche is the image**. What is the psyche? It's the totality of who you are – your conscious and unconscious.

Most of who we are is a mystery, and science backs that up. You really cannot be sure of the **hidden agenda** behind what you do, how you think, and why you're attracted to or repelled by certain people.

Just as you need to learn Spanish to communicate with Spanish speakers, learning the **language of the unconscious** is required to interpret the messages your unconscious sends you all day long.



Images Are NOT Only Visual

I think of images as experiences or impressions. Noticing that the **number three** keeps showing up. Being **brought to tears** by a specific song. Obsessing about a **Netflix Series**. A **spontaneous thought** that tells you to take a hard right when driving. Feeling **swept up in a romance**. Or **merging with a lover** through a sexual connection. What is the deeper meaning of these messages?

The Unconscious is the Realm of the Feminine

The **language of the masculine** is straight forward, logical, linear, goal oriented. Our ego loves the masculine, because it likes to be sure about things, and it will act defensively or aggressively if it feels threatened.

The **language of the feminine** is sneaky, paradoxical, ambiguous, and requires patience. The feminine is the playground of awkwardness and vulnerability, which are required for deep connection, which human beings are not only wired for, but on which our continued evolution depends.

Deborah is a Writer, Coach and Speaker, who works with people who want to come into deeper relationship with Self and Others.

She uses a framework based on C.G. Jung's theory of individuation and teaches tools for harnessing the wisdom of the unconscious.

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How to Work with Your Personal Images

FIRST, record your experience. Examples include a dream, an embarrassing spontaneous fantasy, an emotional outburst, being triggered by your mother, a synchronicity (meaningful coincidence), a character or story line from a film or Netflix series, frustration with your body, or being tortured by anxiety or depression.

SECOND, consider this helpful framework for how to think about your images:

- Your dreams may be trying to get you to **pay attention** to something you've been ignoring.
- The goal is **NOT** to find a correct interpretation, but to gain insights that might be useful.
- The people in your dreams are typically **representations of different parts of you**. The sister that you feel is selfish may show up in your dream to illustrate your own selfishness or the need for you to be more selfish.
- Think of your images as **symbols and metaphors** and not literally, especially the ones that are embarrassing.



Womb on Fire

THIRD, try Robert Johnson's approach (*Inner Work: Using Dreams and Active Imagination for Personal Growth*):

- Record your dream as best you remember it. **Identify all the images**, including sounds, feelings, and colors.
- For each image, journal about **what comes to mind** when you think about it.
- Now ask yourself: **Where is this showing up in my life?** Try some active imagination by drawing your dream, writing a poem, doing a dance, creating a play, or other creative act.
- **Be alert to emotions**, how your body responds, and new insights that may appear.

FOURTH, try Dr. Stephen Aizenstat's approach (*Dream Tending: Awakening to the Healing Power of Dreams*):

- Using your imagination, **slip back into your dream**.
- Welcome the images, **talk with them**. See where it leads.
- Be alert to **new insights** that may appear, and journal about them.