

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

Taylor Ellwood



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 *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 *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 *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 *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 *Wild Mind* Bill Plotkin,2013 Depth psychologist Plotkin describes himself as a psychologist gone wild As a cultural visionary author and wilderness guide he s been breaking trail for decades Plotkin s revisioning of psychology invites readers into a conscious and embodied relationship with the more than human world **Wisdom Walking** Gil Stafford,2017-04 Let s go for walk A very long walk A journey down the pilgrim s path Traipsing through the forest of life Climbing over the mountains of adversity Enduring the climate of challenge Over the course of countless miles and numerous days we will mine the golden wisdom hidden within our pilgrimage experience **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 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 **Empowering Ourselves and Transforming Schools** Judith W. Irwin, 1996-09-12 In this readable and ground breaking text Irwin examines the forces that keep educators and students from feeling fully empowered She defines empowerment as gaining the power to self actualize and to facilitate this for others Grounding her arguments in feminist and critical examinations of domination Irwin begins by defining empowerment as fundamentally opposed to domination She then examines the implications of this definition for our educational system This book encourages the reader to consider new directions for educational reform and synthesizes current innovations under the umbrella philosophy of empowerment suggesting how the change from the patriarchal paradigm to one based on cooperation and connection might revolutionize the organization of schools and their classrooms The reader is challenged to develop his or her own philosophy and agenda for change through a series of reflective activities A comparative case study of five empowered teachers is included to demonstrate that empowerment is an individual as well as a collective process **Magical Identity** Taylor Ellwood, 2018-10-13 Unlock the power of your identity In Magical Identity Taylor Ellwood explores how you can change your identity and why making changes to your identity is the most effective magical practice you ll ever learn for getting results In this book you will learn Advanced neuro magic techniques for working with your body consciousness and neurotransmitter entities The web of Time and Space a space time magic technique for changing your identity Space time tarot magic techniques or evoking possibilities into results Imagination and memory techniques for manifesting possibilities into results using your identity How to use non linear time to transform possibilities into results And much much more Effective practical magic is magic that includes identity and in this book you ll learn why Magical Identity shows you how to transform who you

are to get the results you want 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 **Moving Through Loss** Anne Elise O'Connor,Christine Lalli Bavaro,2009-03-11 The dreaded day has come and gone he has died and Im still here I could not imagine a tomorrow without him Words and feelings echoed from the depth of pain so profound that recovery seemed impossible How do we pick up the pieces of our lives and move on If we allow it grief takes us on a journey of self discovery which teaches us how to laugh again A licensed mental health counselor and licensed certified social worker Chris Bavaro has counseled many clients grieving the death of their loved ones Yet it wasnt until Bavaro became a widow that she truly understood the depth of that grief When support from friends and family wasnt enough to ease her pain she used the complementary therapies of flower essences and inner journeys to help her heal therapies that could be beneficial to others struggling with grief Moving Through Loss is filled with vivid descriptions of inner journeys self help suggestions and is a primer on flower essences It is a courageous story of love and hope told with pathos and gentle humor as seen through the eyes of a psychotherapist and the heart of a widow **The Circus Cage** Rosalie Douglas,1992-07 **Philosophy East & West** ,1993 *International Philosophical Quarterly* ,1961 The Soul of Shamanism Daniel C. Noel,1997 This work applies a shamanic dimension to psychology and psychological analysis to the notion of shamanism It tracks the primal practices of the religious life through literary as well as anthropological sources and provides an analysis of contemporary and ancient shamanic practices Yoga Journal ,1993-03 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 **Graduate Faculty Philosophy Journal** ,1993 The Cumulative Book Index ,1992 A world list of books in the English language

The Top Books of the Year Animals Of The Four Windows Integrating Thinking Sensing Feeling And Imagery The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papan, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and thrilling novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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web each macrocycle might last between 3 and 6 weeks for the sake of ease we ll assume that each cycle lasts for a calendar
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