

If you've never read Carl Jung, here's our recommended order to begin:

With a promise to oneself to start or begin again a dream journal, start with this book:

MAN AND HIS SYMBOLS, Doubleday, 1964.

Jung invited his Jungian analyst colleagues to contribute and this was one of his last books. He was intentionally trying to reach a more general reader.

CG Jung section:

Approaching the Unconscious pg 18-104

Then skip to Marie Louise von Franz section,

The Process of Individuation pg 158 -230

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The next book to find is The Portable Jung Viking 1971 and focus on Pg 79-138.

This is a very important section and with succinct clear explanations of the shadow, anima/animus, and the Self. These are very necessary psychological concepts to help one understand dreams

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Next read

MEMORIES DREAMS AND REFLECTIONS

This is one of the last personal expositions from Jung. His rich life spans an incredible spectrum of intellect coupled with his intuitions about human psychology. This book tells about his process of inner development that's available to all if one chooses to be conscious through the understanding of one's dreams, visions and synchronicities.

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Other recommended books to go deeper into the practical application of dream work.

INNER WORK Robert Johnson, pg 1-134. The book is written in two parts. Read the first part titled Dream Work. One can read about active imagination techniques much later in one's process. Active imagination done properly is not easy and takes decades for the ego, any ego, to wrap one's arms around the process. It exists but is no place for the beginner. Proper dream work requires a discipline once learned that can help supplement one's busy life. Active Imagination can help as well but that discipline is later on in one's process. At the initial period the work is to step gently into the stream so to speak.

Hopefully the study of dreams can quicken the process of understanding the core of one's being. Johnson's book is a must to own, and then more importantly through its knowledge one must make an extended effort in practicing the disciplines and techniques he explains. Johnson writes for the layman. He's the best at describing the proper techniques for the process of dream capture and analysis.

In fact all of Johnson's books are helpful for one's understanding of dream work. His experience and skill at explaining the process will help give one's dream activity some structure. Then with the journal there is a dream record for later analysis. He explains how one learns to use personal associations with one's dream symbols to make a proper attempt at dream interpretation and over the years to apply it to daily life.

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Another excellent author to supplement the study of Jung is from Jungian analyst Edward Edinger. We recommend starting with EGO AND ARCHETYPE 1972. This book helps one get a handle on something called the ego/Self axis. He's careful to point out issues like ego alienation and ego inflation as their autonomous attitudes can so easily shape personal attitudes that can confront against the powerful unconscious wishes. Edinger also presents information that's important in successful early development of one's shadow projection recognition and awareness issues. Another great title by Edward Edinger is ANATOMY OF THE PSYCHE, 1985. This is a must read early on in one's initial exposure to the path of inner transformation. As one's dream work process grinds through the decades one will want to reread the chapters in this book, especially Mortificatio, Calcinatio, and Coniunctio.

So this is a good start to begin one's earnest search for meaning. One can use one's own judgements and intuitions in what other authors to pursue. Try to make the reading applicable to what is going on within one's life at the time. Then the inner meaning has a chance to proceed further into one's metaphoric tapestry for existence. Stay tuned and enjoy the reading. If one has synchronicities between what is being read and what is happening, then that is a very good sign and please keep trying to pay it forward within one's dream journal.

We have assimilated a list of possible selected titles:

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