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through body symptoms and experiences, dreams, relationship issues and world events.

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Mindell, the author of Dreambody (1982) and an experienced shaman who has encountered African, Native American, Australian aboriginal, and Indian Hindu healers firsthand, outlines the process of accessing one's "dreambody" and developing a shamanic approach to everyday life.

### **The Shaman's Body: A New Shamanism for Transforming Health ...**

The 'dreambody' concept was developed in the 1970s while Mindell was a practicing Jungian analyst, derived from his observation of connections between people's dreams and their body symptoms and published in Dreambody: the Body's Role in Revealing the Self (Routledge, 1982).

### **Arnold Mindell - Wikipedia**

This article addresses one aspect by elucidating the reciprocal relationship between the world and the individual as this

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relationship appears in individual therapy. It offers a process-oriented theory in which the individual's relationship to the world appears in what is called the "world channel". Mindell, A. (1996).

### **Process-Oriented Psychology — Amy and Arnold Mindell**

Welcome to Amy and Arnold Mindell's website. Since the 1970's, we, that is Arny, and later Amy, have been studying how to work with process and how to facilitate the challenging, mysterious, wonderful and sometimes agonizing, human and natural world we live in.

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Books by Amy and Arnold Mindell. See all books written by A M Y Mindell. See all books written together by Amy and Arnold Mindell. See all books written by A R N O L D Mindell. See a glossary of the terms and concepts in Amy and Arny Mindell's books. Many thanks to Jay Revar for compiling this glossary.

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According to innovative psychotherapist Arnold Mindell, PhD, we already do. The seeds of dreaming arise in every moment of the day, in body symptoms, problems, relationships, subtle feelings, interactions, random thoughts, and fantasies. We're getting countless little cues from the unconscious every minute. All are signs from the world of dreaming.

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is New Yorker Arnold Mindell. Like a great many other advocates of the humanistic school of thought, Mindell stresses the impartial observation of processes occurring on a psychic and somatic level.

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