



# **Animal Guides: In Life, Myth and Dreams (an Analyst's Notebook) (Studies in Jungian Psychology)**

*Neil Russack*

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Ever since Paleolithic people learned to draw animal forms on the walls of caves, we human have shown a mixed reaction to the animal world On the one hand we have worshiped animals as if they were gods, and on the other treated them as personal possessions to be loved and cared for.

Neil Russack has given us a beautiful and moving narrative of his experience of animals-dogs, waterbirds, deer, whales, snakes, elephants, elk, geese, frogs, dolphins, horses & many more-teasing out their psychological meaning through the use of mythology, poetry, dreams and case materials.

In harmony with Jung's theory of the collective unconscious, he places his animals each in an archetypal setting represented by the traditional four elements is made possible by another archetype, which is the initiatory act of going into the unconscious.

CONTENTS: 1) Isolation & Alienation 2) Animal Healing (Soul, Energy, Guardian, Body & Guide) 3) Through the Gate of the Snake 4) Initiation by Water (Octopus & Spiral \* Waterbird \* Geese \* Duck, Goose & Heron \* Frog \* Dolphins \* Whales 5) Initiation by Earth (Elephants \* Deer & Elk \* Boar \* Horses) 6) Initiation by Fire (Imagination and Transcendence \* Fire Dragon & Unicorn \* Death Dragon \* The Phoenix & the 1995 Pt. Reyes Fire \* Guerranero, Dream Animal \* Osprey \* Owl 7) Returning Home (Town, Nature, the Human World \* Animals in My Office)

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