

# The Natural Artistry of Dreams: Creative Ways to Bring the Wisdom of Dreams to Waking Life

Jill Mellick

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## The Natural Artistry of Dreams: Creative Ways to Bring the **Wisdom of Dreams to Waking Life**

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Drawing on concepts from Carl Jung, the I Ching, psychological theorists, and Aboringinal and Native American religions, psychologist and artist Jill Mellick offers enjoyable and easy techniques for harnessing the creativity of dreams. Photos.



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