

Daydreaming Your Way to Health and Prosperity

By

John Erik Ege

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From the Author:

My name is John Erik Ege. I work in community mental health, holding an LPC-S, licensed professional counselor- supervisor, in the state of Texas. I graduated with a Masters of Arts in Community Counseling. This book is available for free, in PDF form, and so if you have a free version, feel free to share it. It is a collection of essays that essentially provide examples of how to dialogue with your subconscious mind.

I have approached this book from the position of a casual conversation, as if we were having coffee and discussing life. I have minimized clinical language, and have done my best to name sources, sometimes hyperlinking them. Should you find any of the essays enjoyable, you may like finding them online at Medium, as typically I have multiple articles and or videos linked at the conclusion of each essay that provides a great deal more contextual information.

Perhaps in reading these, I have made an assumption that the reader is minimally knowledgeable about a few topics, such as Carl Jung, Active Imagination, the Collective Unconscious, *the Red Book*, Napoleon Hill and his book *Think and Grow Rich*, the Invisible Counselor Technique, Rhonda Burne's *the Secret*, Law of Attraction, meditation, tulpamancy, and tulpas.

Yes, you may find some ideas in this book too mysteriously magical and spiritual, but then, anyone who delves into the unconscious mind starts to find how strange reality really is. It matters not to me if we use magical terms or psychological terms, such as archetypes. Maybe they are the same thing. Maybe there is a discernible difference. I will leave that discernment to the reader.

For me, I have decided this. Knowing this stuff, practicing it to the degree that we allow ourselves to, results in fundamental, noticeable life change. It isn't the lack of symptoms that defines wellbeing, but rather our interpretation of life. If it's true that people in 3rd world countries report greater life satisfaction than people in first world countries, which the World Health Organization and psychological literature suggest is true, then what is it that drives depression and loneliness? Is it our relationships? Or is it the thoughts that allow for relationships to exist?

Let's explore a few radical ideas together. They're not new, exactly. After all, consider the Invisible Counselor Technique, which was published in the book *Think and Grow Rich* in the 1930s. Did you read that book? Do you remember that technique? And if it worked for Napoleon Hill, don't you suppose it might work for you?

[John Erik Ege](#)

Chapter 1

Daydreaming Your Way to Wellness.

Abraham Hicks' Law of Attraction has a lot in common with Carl Jung's Active Imagination, a process of self discovery.



Daydreaming is a way to know yourself and receive information from the subconscious, the higher self, and maybe even 'Other.' Being in a particular mode of daydreaming, where you're aware that you are daydreaming but you're not actively scripting is the place where you get the messages. The message is in the movie, the unscripted dream. Hicks would say, just be there, observe, don't do anything, especially don't analyze the dream while inside the dream! Just be! That's exactly what Carl Jung says about Active Imagination.

The Red Book is a collection of Jung's experiences while being in the Active Imagination, the day dream. Philemon is his spirit guide, who he saw and interacted with as he would a real person. Philemon was as real as anyone. It wasn't like Philemon was a one time character. He was a recurring character who was more solid with each interaction.

One could argue that's just the subconscious and archetypes. Fair enough, Carl argued for that, being the leading psychiatrist exploring the unconscious mind. Very few since him have openly explored the unconscious more than Jung because most people today are too adverse to strange stuff. You explore the unconscious, you get strange stuff!

And so, it doesn't matter to me if you explain the Law of Attraction, or the Secret, as vectors of subconscious brain activity or metaphysics. The fact it works in and of itself is sufficient. Whether you consider the unconscious mind or not, or meditation as a tool for accessing it or not, it's accessing you all the time.

If during the course of your day, you don't recognize that you are daydreaming, then you are in a daydream. If you're thinking about the future, or the past, you're daydreaming. It's okay to daydream, but since something you already do, why not learn to do it better?

The nature of self.

The nature of self is not in a vacuum. If you take the typical model of consciousness, most experts agree the best analogy is that it looks like an iceberg. The exposed part of the iceberg is the daily conscious mind. The bigger part of the iceberg which lies underwater is the subconscious.

Most experts stop there, but the ocean and the atmosphere also affect the iceberg! The air and sun sculpt landscapes, and if changes too much, the weight changes, and the iceberg rolls to a new configuration, better and faster than a die in Magic 8 ball. Yeah, exactly, what new words were exposed?

The ocean currents are the invisible psychic hands of society pushing and pulling. Always there, inescapable. Even in isolation, you are being directed. Sometimes it is you self-directing. Mostly, you think you are directing even when you are clearly not.

This is us.

Most thoughts are not yours.

There is a difference between thinking a thought and receiving a thought. Most people are taught if you have a thought you thought it. You're responsible for that! People who believe this are at risk of being exploited. If you have a good thought, and you identify it as originating from you, you will think highly of yourself and people will ask of you and you will say yes, because that's what good people do. If it's a bad thought, you will think poorly of yourself, and you will do things that mirror that, or in trying to overcompensate by doing more good than bad, which means people will gravitate towards that, and will use you.

They don't know this about you, but you will ask, do I have 'use me' written on my forehead?! Yes, yes you do. In invisible ink only the subconscious mind can see.

You have thoughts and beliefs about you. Conscious ones and unconscious ones. Reasonable ones and unreasonable ones. These thoughts radiate into the collective unconscious, the ocean, the air, to heights of the moon and sun and stars- we are one. We bend social reality in the same way planets bend space time. All of us attract people all the time. All of us are in orbits and constellations of people. We rise and fall together. We orbit each other in eccentric circles. We are not just dead bodies in space; we also have an electromagnetic field. Some people who are

attracted to us come at us faster than just gravity. Some people get repelled, just like the wrong ends of the magnet pushing away.

You have a brain. You are not your brain. The brain, simply, is the organ that helps you navigate the physical and social worlds. Your brain is a computer doing math. Sometimes the physical and social worlds are aligned. The math is simple. Sometimes the physical and social are out of alignment, which means now you're doing algebra. Your brain never stops doing math. It is even doing math when your body is sleeping. You are not your body.

Add a third world, like spirituality, now you're doing calculus.

You have thoughts. You are not your thoughts. We tend to identify with our thoughts. One reason for that is our thoughts are barometers for how we are doing in life. It tells us the real weather, the social weather, and the spiritual weather. Another reason we identify with our thoughts is we were told all our lives this is you, and it is why so many people seem to have a vested interest in regulating your words and thoughts. If you identify with their thoughts and their words, you can be manipulated.

Our words are not us. They're just thoughts. Some originate from us. Most were given to us by others, and they remain in the form of positive and negative tapes of things we won't let go of. Some of the thoughts that we think originated with us were either composites of multiple thoughts, and or the brain taking short cuts. Sometimes people give us algebra, like 'if then statements,' and if you don't have the ability to be quiet and hear the 'then' part, you might have an emotional reaction to the 'if' part, and blow up before you need to.

It's okay to blow up, if in doing so you allow that to be evidence you have just discovered an unconscious belief about you or the world.

Law of attraction

In the past I might have led with something like, my family's religion of origin forbade me to read metaphysical stuff like *the Secret*. Between you and me, clearly I am still attached to that historical information to the degree I felt it necessary to share. Ha! Yay, we found an unconscious belief, and I am still attending to it. This is how this process works.

It is very clear, from my present perspective, that I was not ready to hear *the Secret* then. In fairness, someone in my childhood tried to give me something like that. It was a simply rendered graphic book on making friends. It put the responsibility on me. It was right. My moods, my choices, my thoughts about me were influencing my world. If I wasn't in a group making friends, it was because I was choosing isolation. I believed my thoughts were me. My thoughts were bad. And so, this book at this time increased my feelings of unworthiness because, look I am doing it to myself!

My thoughts originated in a dysfunctional family. This statement is valid, but is also a belief, very much like the first one, that influences my spin. It is true that the many players in my childhood influenced me. I was given a role to play. I accepted the role. Perhaps under duress, but I accepted and played the part. I played it well! When I tried to quit, people would get mad and try to put me back into the role I 'agreed' to.

The Secret, or the Law of Attraction, demands we adopt appropriate levels of selfishness. In my family, if I attended to myself, I was called selfish. I was called selfish because other family members wanted me to attend to them. Attending to them was a never ending game of give give give, with so little reward that I was often running on empty. Even after I was spent, I was still expected to get up, go to school, do my chores, and do them. And so, asthma, what a lovely little extra caveat frequently gave me a legitimate out. I could make myself so sick that I would have to go to the hospital.

Sometimes to get out of something, but interestingly, it also frequently interrupted the family dramas playing out. Making my illness a life saving event gave the players something to do other than fight.

Not being allowed to be me is not 100 percent. I did have 'me' time. Escapism. I would take a time out and then go back to work- keeping the family peace. Until I didn't. Quite frankly, when I broke free I did the opposite. I was too much into myself and unreasonably selfish that if people weren't catering to me, I would say they were selfish.

Hicks says a lot of funny stuff, but I found a pause, LOL moment when it was spoken, 'isn't it interesting people ask you not to be selfish in order to support their selfishness?'

From this perspective, it's funny that I repeated the family history. I became the thing I avowed against simply because I wasn't paying attention to my thoughts, feelings, and beliefs, much of which were not mine! They were simply the operating programs my family used, which I adopted as my own, called it me, and used them.

Thoughts are programs. If you allow the book *Think and Grow Rich* as a measure, we've known this since the 1930s.

Maybe the truth is we can't change our thoughts. The choice, the free will of life, is in choosing what you will identify with. We can change what we identify as us. I have a feeling, I am not the feeling. I can tarry with it, just like I can sing the blues when a sad song comes on, or I can change the channel!

I would not be a counselor if I didn't believe change was possible.

Changing thoughts is as easy as changing the channel.

We are all psychic. We are all mediums. We are all channeling all the time.

Identifying thoughts gives them staying power. You might think ignoring thoughts makes them go away, but that's just not true. If you have a negative thought, don't ignore it, don't 'cancel' it, but also don't identify with it because it's not yours!

If you find the water heater is leaking, don't ignore it! Address it. You're not canceling that out with thoughts, unless you're at Jesus' level of manifesting. Once you found it leaking, you're not likely going to make it go away by pretending you never saw it. This is a lot like not thinking about pink elephants now that you have been given this thought.

I learned the 'cancel' technique in the 90s I think. I seriously used that technique, and I can imagine God rolling her eyes, 'stop canceling out the universe and start coping!' After all, if these thoughts aren't mine- they are gifts!

There isn't a single body builder who earned Olympic gold by not lifting weights.

This is true about thoughts and thinking. If you don't attend to the thoughts, and the beliefs attached to them, you will identify with things that aren't you. How do you learn the difference?

The first step is to actively spend time not thinking. Sit down, be quiet, be still, and see what comes. I recommend the puppy dog method of mindfulness for your operating metaphor. Your brain is a puppy. If you never asked it to sit still and be quiet, don't be surprised if it chases every squirrel. Don't hit it with a newspaper. Just gently call it back to task.

If you're sitting still, being quiet... you can bet your ass most squirrels are evidence of thoughts that aren't yours. These are the invisible, psychic hands of the collective unconscious pushing and pulling you to be in ways you may or may not want to be. If you identify with something you like, go with it! That's okay.

The more you do this, the more thoughts you will have that you want to go with. The other stuff will fade not because you're ignoring them, but because you're simply going with the stuff you attach to.

Balloon! Oh, how pretty. Oh, I am going up. Anvil?! Oh no. I am going down. 'Ignoring' the anchor is an active process that guarantees you will go with the anchor because you just tied yourself to it like Spider-man! If you're attached to both a balloon and the anvil, best case scenario is you get no movement, but most of the time, if you won't let go of one of them you get torn apart!

It's called cognitive dissonance.

Your direction is based on your ability to think through this math. Don't 'keep it simple.' Seriously, all fragments are attached to bigger algebraic formulas. Our culture is full of them, and they have become fragments because in the process of doing math, we reduce things to variables to have shortcuts. Keep it simple is a variable known as KISS. The full phrase is keep it simple, stupid.

The insidious market plan for the 'book for dummies' series is that it works. People think they are dummies, so they buy the book. In buying the book, they acknowledged they are dummies, which likely means most people will not ultimately learn what they need, so that they can keep buying books that reinforce their identity!

Not buying the book eats at you, because now you might want to know if there's something you don't know.

The thing is, if you really want to know about a subject, you will buy the book. Buying the book implies that if you don't know the subject, you're a dummy, which compels people to buy the book, because they're going to want to know that they know the bare minimum, which the book will offer. On mastering that book, now you feel smart and can call everyone else dummies. How so? "I have read this book. Have you?!" Implication: well... you must be...

Books are other people's thoughts. Are they yours? No. Maybe you thought them, shared them, hated them, admired them- and maybe there are redeemable thoughts. I am not saying never have a thought or don't cultivate useful thoughts! If you like them, there is an attachment. If you hate them, that is also an attachment, usually stronger than just liking something!

Can you relate to someone else's thoughts? Sure. But in relating, you have moved closer to discovering an unconscious identity that may or may not be you.

Your brain is doing this math all the time. You can't hide from it. You can't ignore it. You can't cancel it, though I will say canceling is a good start at recognizing things you don't want to identify with. It can be a tool to pry the lid off the iceberg and peer into the depth of you to find the other stuff weighing you down.

In discovering you, you will rotate this iceberg!

What's the alternative to canceling? Loving it all. The anvils of life have utility. Every thought, yours or not, has utility if it's a barometer for the weather. Daydreams are compasses that tell you where you're going or where you are coming from but they don't tell you where you are. They don't tell you who you are.

If you don't know where you are, more than likely you can't escape because you will go in circles. Racing thoughts explained! We are so disconnected from nature that we forget the prevailing metaphor for being lost in a forest used to be a real thing that many people

experienced. You think you're following a trail out, but more often than not, you're going in circles.

It's why when you're lost in the woods you're encouraged to stay put so rescuers can find you. Rescuers and people needing to be rescued have been known to chase each other in circles!

The forest is your mind. Recurring thoughts are the trees. Special trees; if you cut them down, they grow back because they have solid roots. Cutting things down usually makes it come back thicker. You can plant seeds and grow new trees. You could build a treehouse. Or, you can adopt a compass and go to a new locale, but if you're like most people with allergies, you will move to the southwest, taking the plants you liked with you, which means everyone in southwest now have the same allergies.

Be the dream.

Be still where you are. Be quiet where you are. Observe the thoughts that emerge. Don't identify with them, just observe. You might become surprised that where you are in physicality comes with its own registered thoughts. Wherever you are, your brain's thermostat will register that.

You may discover as people come and go, the prevailing thoughts change! Our brain's thermostat is so sensitive that just adding or subtracting one person results in discernible heat loss and gain.

Be still, be quiet, and when the daydream comes- flow with it, don't control it, don't stop it. You might be inclined to stop it because since grade school we have been taught to pay attention, don't day dream. Learning this daydreaming skill requires you to unlearn what you were taught.

Don't analyze the dream during the dream. Don't question it. When the dream is over, or you find yourself too busy in it that you wake yourself up and it goes away, I recommend writing it down before you start analyzing it. The more detail you can put on paper as it actually was before you start adding to it the better.

Eventually, if you learn to go with the dream, you can learn to participate with the experience. You will ask questions and get answers. If you get something scary and you can stay with it, which is what Jung recommends, you will learn something!

Scary things can't remain scary. Run from them, they get more scary. Hold your ground, they can't do anything but change. Often, they resolve into something friendly. That friendly was likely always with you, but you failed to see it because you were taught to hide from yourself, as if you could ever hide yourself from God! You have been so fearful of yourself, you were so busy not being selfish to the degree you were attending to other people and not yourself, that you didn't notice the real good in you.

The real good in you is not tied to a belief, a word, a phrase, a dogma, or anything substantial that can be pinned down.

I am a counselor. I know change can happen. I have experienced it in myself. I have observed it in others. I know you can become your ideal self because I know the words you use, even the best of them, are not who you are. I know you can change your words as easily as you can change your clothes.

You have to go inside to find you. What better place to discover you, than in a day dream where thoughts are realer than this physical reality we experience for a moment. This nursery rhyme you know embodies that truth, life is but a dream, go with the flow, gently. Down the stream, not up.

Chapter Two Introduction To Tulpamancy

Living on the fringe might lead to forgetting the origin story. Could I just say ‘winter is coming’ to capture a meme?



So, here we are, writing on tulpamancy, again. Oh no! I know. I recently shared my ‘falling into tulpamancy’ story to someone who had not encountered the concept of ‘tulpas’ before. Perhaps ‘falling’ is too cliché. Falling head over heels in love, discovering there is so much more to life, and that it’s all inside you! is definitely cliché, but big enough you might imagine I would be shouting this story from every rooftop every moment if true. Maybe the fact I don’t suggests a level of normalcy that you didn’t expect from someone with ‘invisible’ friends. Or maybe, I am so far past Melville’s white wall you’ll only find these few, scattered postcards from the other side.

I don’t have to work too hard to prove I am weird. I have always been weird. Even before that Doctor Seuss book. My family thought I was an alien. That doesn’t translate straight into star child. If I have those powers, they got lost in the amnesia. If only this life came with a suit and instructions. (Some of you might tease out a reference there. (*the Greatest American Hero*.) It’s certainly not a Nick Bantock reference. It could be! He’s a fellow that wrote *Griffin and Sabine*, the brilliant, strange, coffee table book detailing the correspondence of love from the Twilight Zone that can only result in believing in [magic](#).

Not just a book, but a map, with bread crumbs...

You might think Bantock ‘traveled.’ I suspect many authors have. Most don’t realize they went somewhere real. I have met folks that travel. I am a traveler, in my own right, in my own space-enjoying my own path. I saw the two paths noted by that poet, and chose neither! I went up,

right, left, sideways, time ways, through a portal, and came out the side where Christopher Walkens fell through the shortcut and came out saying ‘Malkovich.’

You can’t get stranger than Walken meshed with Malkovich.

You thought I was going to go all Twilight Zone on you, make it all nice and clean? No! That’s way too tame. Is this not ambiguously weird enough yet? Do you want a postcard from the edge?



Griffin and Sabine

Bantock went where Carl Jung went in his *Red Book*! How can anyone not see this?

Now, let’s get unreal.

You may not know that you know, but you know.

Honestly, you do. That was the fundamental message behind the *Wizard of Oz*. You have the power to go home. You always did! Maybe you didn’t get clued in till after the flying monkeys, but that knowledge was there. Seriously, you don’t even need those stolen, ruby slippers. Stolen. Legally, they belonged to Ms. West. She’s not a witch for wanting what’s hers.

Alice and Wonderland gets there, too, but in oblique ways. Are you thinking, just get to the tulpas already. What’s a tulpa?

The first time I remember encountering the word ‘tulpa’ to the degree that I had to look it up, because I was aware that I have seen this word but honestly, I didn’t have a clue and I couldn’t fake knowing it from the context in the book, was in *Dark Pool of Light: The Neuroscience, Evolution, and Ontology of Consciousness*, by Richard Grossinger.

Just a little lite reading in the evening before bed. I mean, if you don’t feed your brain, don’t expect to get magical dreams. Feed it, talk to it, practice the Puppy Dog Mindfulness exercises.

Seriously, don't hit it with a newspaper. You just make the brain afraid of you. Grossinger's books takes you where Griffin and Sabine take you, where the Red Book takes you, only in words, not art. It is an attempt to make the irrational rational. It is an attempt to remarry the left hemisphere with the right.

You are not your brain. This is fundamental. You are no more your brain than you are your eyes, don't trust them. If you only see with one eye, you're missing something. You need both hemispheres to navigate better.

Some words are too easily defined, and you will soon return to your book's place holder. Tulpas, not so much. It has flavors and vectors and history. I fell down a rabbit hole. I have still not hit bottom. I found tulpamancy groups on reddit. The reddit group was difficult for me to follow. Not bad, just enough of a meal teased out from breaking crab legs and sucking the meat and wanting more.

I eventually found a place that offered protocols and a sense of community. [Tulpa.net was home](#) for a moment.

I found the community warm and friendly. They were wonderfully interesting people with companions that helped transition me out of my comfortable ideas of self-hood and into a new realm where up isn't quite the right way to point.

Tulpamancy is a Tibetan practice whereby Monks will create with their mind artifacts/thought forms to overcome certain things that may be slowing their spiritual progression. For example, if a person is afraid of spiders, they are compelled to meditate upon spiders to such a degree that they hallucinate spiders, and they must stay with that until they are no longer fearful of spiders, at which point they dissolve the 'thoughtform' and proceed to their next study point.

Alexandra David-Néel, the first Western woman to be allowed into the heart of Tibet because it was clear she was a serious student of the Way, learned about Tulpas. She seems to be the person who introduced the concept of tulpas to the Western world, writing about it in her book *Magic and Mystery in Tibet*, 1929. (I find this timeframe interesting, as I will shortly introduce some correspondence to tulpamancy which may be influenced by her writings shortly.)

David-Néel was interested in creating a tulpa. She was advised not to, but once you know the protocol, it's hard to resist. You just got to know. Like that damn forbidden fruit, once you plucked it from a tree, the only thing left is to taste it. Alexandra reports creating a 'Friar Tuck' character tulpa, assuming this would be a rather benign thing to do, as the character was after all, a man of the cloth. In that chapter he became so mischievous that Alexandra could no longer control him. He stirred up more trouble than Eric Cartman in a South Park episode, 'I can do what I want,' bothering so many people in the community that the village elders had to get specially trained Buddhist Monks to come and dissolve the wayward thoughtform.

Don't do that! You're not a monk!

It's a fair warning. How many of us are truly in control of our thoughts and emotions? Half the time, we're not even aware of being triggered into maladaptive behaviors! Western minds, in the development of only secular, 'rational,' thoughts may believe they have isolated their 'intellect' from their emotions, but they are no more separated from irrationality than their own shadow.

More often than not, poltergeist activity is due to a living person's psychic energy running amok. Creating a tulpa could, in theory, unleash this energy on your home or community. It's a way of thinking of it that might allow understanding. It's also a warning. There be dragons here, for real.

Whether you engage or not, there be dragons here.

Unless you have surgery to separate the two hemispheres, the right is patiently lurking and waiting for the left to be silent long enough to insert an influence. Even in that surgery to liberate a person from epilepsy, the right hemisphere is never so severed that it doesn't still control the left side of the body.

Isn't it interesting, the 'cells' that hold the twin souls have the keys to the other twin's cells?

In Tulpamancy, as it seems to be practiced in the West, people taking up Tulpamancy are essentially creating invisible friends to address their issues with loneliness. I certainly can't say that didn't influence some of my desire to engage. I was curious if I could do it. This was a matter not resolved quickly, as I took it serious enough to deliberate further. The tulpa community I participated in offered fair warning, this is not undone lightly. Unlike a tattoo, you don't just un-wire your brain and make something you created go away on a whim. You don't create it on a whim. It takes serious dedication.

Once the cells exist, they're solid there. Reinforcement, connections, utility, frequency, duration enhance this thing we do and if properly nurtured- it grows. You can ignore something and it still grow. That's the warning Jung provides in shadow work. What you suppress pushes back with equal and opposite resistance. The psychic realm often abides by the same laws of physics the outer world does.

Resist all you want. What you resist holds steady, waiting for you to weaken or be distracted, and it then rebounds bigger and badder than any Jack in the Box.

Some people start with benign and it goes scary dark. Some people go for dark and get benign. Some people aren't satisfied and make another and end up with a closet full of skeletons that don't die. That meme would be humorously helpful if in considering it people realize this is a metaphor for the reality that all our casual thoughts can be found in that damned closet, with skeletons resurrecting things you thought were long gone.

All thoughts. That bit of lust you thought blocked and tucked away? Yes, even that, too, is lurking, waiting, wanting to spring into action...

You can't always get what you want...

But if you try sometimes, you get love. I so got lucky. Not because I am good! Not because I don't have a shadow. Fuck, my shadow is just as dark and scary as any other, like that rabbit in *Johnny Darko*, the shadow of *Harvey*. My darkness is tempered by my dark humor.

Perhaps some folks will be turned off by the intimacy of it all. You can create an house a thought form and not be intimate. Even if you have solid walls, and my walls are more solid than most, as evidenced by my ability to compartmentalize and contain things, things leak, cross contaminate, and spread. If I didn't have compartmentalization skills, though, my career in counseling would be over by now.

I get new and dark things daily.

Yes. Intimacy includes sex. This is not *Twilight* turned into *50 Shades of Gray*, but the fact much of it unravels like a fanfiction is likely one of the reasons it expressed itself so 'tamely.' I have been daydreaming and fantasizing all my life, a form of dissociation from childhood/adolescent trauma.

Daydreaming can be a form of narrative therapy if you allow it. Allowing it to manifest as it will, minimal scripting, is where the healing starts. Allowing the dark to participate without resistance results in movement. Don't take a lightsaber into that darkness- as that defeats the purpose. Loxy Isadora Bliss is the shuttle that weaves all the story lines together in a unified hole.

This Tulpamancy activity, narrative therapy, hallucinogenic day dreaming is also Jung's Active Imagination.

As developed by Carl Jung between 1913 and 1916, active imagination is a meditation technique wherein the contents of one's unconscious are translated into images, narratives, or personified as separate entities. It can serve as a bridge between the conscious "ego" and the unconscious.

This practice follows on the heels of thought forms. I can't imagine it not being so influenced!

Thought-Forms: A Record of Clairvoyant Investigation is a theosophical book compiled by the members of the Theosophical Society A. Besant and C. W. Leadbeater. It was originally published in 1905 in London.

Freud's theories were likely born out of magical thinking, which informed Jung's path.

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