

Meet Your Imaginal Allies: A Course for the Creative

Description and Purpose:



This course is for writers and other creatives who desire better access to the depths of the psyche, where your characters and other imaginal figures wait to advise you. We will follow Jung's observation that such characters have their own perspectives. They can block our efforts when we don't listen to them. You will come away from the course with new ways to converse with these potential allies and guides as well as a deeper understanding of the psychology of creativity and imagination and the importance of fun and play.

Logistics and Etiquette:

- We will meet weekly via Zoom. I've scheduled an hour and a half for each meeting. The format will alternate between presentation, discussion, and practices to try out. I'll email you the Zoom link a few days before class begins.
- Camera on, please, unless you have a temporary event on your end to deal with. To decrease background noise, please remain muted until ready to speak. [Here is a guide](#) if you are new to Zoom.
- Recommendation: For the first session, show up five minutes early to make sure your tech is working. If you need to miss a live session, I'm recording them and can send you a link to the recording.
- Please be mindful of how you show up, including how much time you take when speaking. We want to be sure everyone gets a chance to participate.
- Keep an eye on your dreams throughout the course. We can make space for discussing why they are important.

Schedule:

Week 1: Creativity and the Imaginal

"Imaginary" tends to mean what we think we make up. "Imaginal" refers to a much deeper in-between space of creation and intuition. It is that space where "our" fictional characters and figures of art like to live. C. G. Jung came across them while exploring his unconscious and realized that they have their own perspectives, goals, and even values. We will explore this while hearing from authors who discuss their relations with the characters who show up to offer suggestions, arguments, and guidance.

Week 2: The Importance of Story, Imagination, and Play

This week we will go over some of the current science behind storytelling (which is often more effective than argument, reasoning, lecturing, or debate), imagination, and play. We will cover methods of effective storytelling and coming to voice, push beyond Hero's

Journey-style templates that can trap our creativity, and hear from creatives about their own insights, obstacles, and pathways into the imaginal.

Week 3: Active Imagination

Everyone who has ever daydreamed—which is all of us—has found their way to the in-between realm of the imaginal. Taking notes from the esoteric Gnostics and other deep dreamers, Jung came up with his own way to enter into conversation with his imaginal allies, as we will see from examples taken from his Black Book journals. We will also explore imaginal techniques for dealing with creative blocks.

Week 4: Imaginal Guides in Our Dreams

Who really are those beings in our dreams, those animals and monsters, criminals and loved ones, neighbors and eerie strangers from afar? What do they want? We will go over how to work with them, enlisting them as allies even when they terrify us. We will consider *world dreams* in which collective events enter the dream world, and, for those who can't remember their dreams, offer suggestions for inviting in dreamtime allies.