



Seeing in the Dark: Myths and Stories to Reclaim the Buried, Knowing Woman

Clarissa Pinkola Estés

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Seeing in the Dark: Myths and Stories to Reclaim the Buried, Knowing Woman Clarissa Pinkola Estés Buried within all of us is what Dr. Clarissa Pinkola Estés refers to as "the one who knows"-our instinctive, intuitive nature. This, she teaches, is the source of creativity and understanding that lies out of sight in darkness, often called the unconscious. On *Seeing in the Dark*, listeners join the esteemed Jungian psychoanalyst and bestselling author to learn how to perceive "through the eyes of soul as well as through the eyes of the ego." This dual way of seeing, being, and acting, Dr. Estes explains, is the most direct way to reclaim the gifts and the "healing apothecary" set into each soul at birth. *Seeing in the Dark* includes two CDs of empowering myths and stories-two told here for the first time-that introduce: "The Rebbe in Prison" • "The Man Who Sought Treasure Afar" • "The Buried Bride" • "The Owl and the Treasure" "We are weakly linked or severed from the wild and wise self," says Dr. Estés. "Yet, deep creative life is informed by the realm of mystery, dreams, sudden knowings: the shadow." *Seeing in the Dark* is an inspiring call to "mine the raw gems of spirit, soul, and creative life-again, or for the very first time."

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