

*From this man's tear and his beating heart, life was renewed. What can you learn from the tears in your own dreams? Is there a way to use the tears themselves, the sadness, to revive new life?*

Clarissa Pinkola Estes, *Women Who Run With the Wolves* (New York: Ballantine Books, 1992), pp. 132-134.



## Joseph Campbell

### MYTHS AND DREAMS

*Throughout his lifetime, Joseph Campbell studied, wrote, taught, and spoke prolifically about world myth and religion.*

... A DREAM IS A PERSONAL EXPERIENCE of that deep, dark ground that is the support of our conscious lives, and a myth is the society's dream. The myth is the public dream and the dream is the private myth. If your private myth, your dream, happens to coincide with that of the society, you are in good accord with your group. If it isn't, you've got an adventure in the dark forest ahead of you.

*If you find a myth (or religious story or folk tale) that is similar to one of your dreams, ask yourself if the story of the myth begins before that of your dream. If so, does the myth provide any information about the cause of the dream events relevant to your life? Similarly, if the mythic story continues beyond the end of your dream, does the myth resolve itself in a way applicable to your life?*

Joseph Campbell, *The Power of Myth* (New York: Doubleday, 1988), p. 40.

