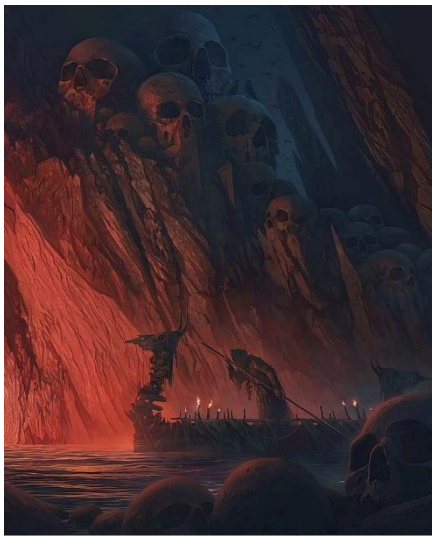
DREAMS AND THE UNDERWORLD:
A TEACHING SEMINAR
THE DREAM HAS ITS OWN MAKER

Mike Box, LPC Jungian Analyst

Saturday, October 3rd, 2026
8:30 a.m. – 5:00 p.m.



Dreams speak a foreign tongue. Learning their language requires what any language requires—necessity, curiosity, patience, and time. This seminar is an immersion in that language.

Drawing on James Hillman's *The Dream and the Underworld* as its central frame and C.G. Jung's *Dream Analysis* as primary sources, this intensive explores the dream not as a message to be decoded but as a living voice to be heard. The dreamer is not the interpreter. The dream has its own maker.

Hillman's radical move was to take the dream on its own terms—not to translate it upward into waking consciousness, but to follow it downward into the underworld it already inhabits. The psyche is autonomous. It does not serve the ego's agenda. Learning to receive what the dream actually offers, rather than what we wish it to say, is the central discipline of this work.

We will work with Jung's methods of amplification and circumambulation—not as techniques, but as attitudes. To amplify is to turn the dream up, to let it resonate against

the larger symbolic field. To circumambulate is to walk around the dream rather than through it, to approach the center without forcing entry.

This seminar situates dream work within a larger context: why dreams matter now, what we have lost by dismissing them, and what becomes possible when we learn to receive them. Modernity has systematically foreclosed the receptive, imaginal mode that dreams require and that depth psychology exists to recover. The consulting room is examined as a particular kind of container—one in which the analyst's own receptivity creates the conditions for the patient's dream life to become thinkable. Dream work is not a technique applied to a patient. It is a practice of mutual attentiveness.

Seminar Objectives

- Engage the dream on its own terms, approaching it with amplification and circumambulation rather than interpretation
- Understand Hillman's underworld frame and the autonomy of psyche
- Explore the nature, purpose, and language of dreams in Jungian psychology
- Examine the analyst's stance—reverie, *abaissement*, and the conditions for depth work
- Reflect on the relationship between dream work, the religious attitude, and individuation

Required Readings

Hillman, J. (1979). *The Dream and the Underworld.* Harper & Row.

Jung, C. G. (1984). *Dream Analysis: Notes of the Seminar Given in 1928–1930.* Princeton University Press.

Supplemental Readings

Bion, W. R. (1970). *Attention and Interpretation.* Tavistock Publications.

Jung, C. G. (1969). Symbols and the Interpretation of Dreams. In *The Collected Works of C. G. Jung, Vol. 18.* Princeton University Press.

McGilchrist, I. (2009). *The Master and His Emissary: The Divided Brain and the Making of the Western World.* Yale University Press.

Assignments

A brief written assignment will be sent after the seminar.