

*Using Astrology, Dreams, and Journaling as a Methodology for Psychospiritual
Growth*

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2008

The main objective of this study was how information from dreams and astrological correspondences can be interpreted for psychospiritual growth because the fields of information around astrological planets corresponds to fields of a similar nature within the unconscious of the psyche. Journaling for correct interpretation of symbolic information was an integral part of this study. Data obtained from over twenty years of dream journals were collected and analyzed according to Jupiter Cycles. Jupiter Cycles were chosen as an organizing factor because of their correspondences to critical life events. Dreams fell into categories based on aspects in the astrological birth chart and evidence of growth appeared when comparing dream symbols of early and late dreams within the same categories. Evidence of growth also appeared in the form of improved health.