



Session One: Setting Out on This Journey We Call Our Life: Discerning the Formative Influences of The Early Days

1. Introduction to Session One
2. Asking questions that matter
3. Dreams and the realm of the unconscious
4. Relational patterns of our earliest stories
5. The existential threat of abandonment
6. Invisible powers and presences
7. Vocation as a summons of the soul
8. Stirring the process

Session Two: Things Fall Apart: The Midlife Transit

9. Introduction to Session Two
10. When the center cannot hold
11. Your false or provisional self
12. Fate vs. destiny
13. A dream of the false self
14. The path of enlargement
15. The magical other
16. Encountering the numinous
17. Tracking the movement of the gods

Session Three: Shadow Encounters in Personal and Public Life

18. Introduction to Session Three
19. Our small adaptive lives
20. We are the carriers of the human project
21. Personal vs. collective shadow
22. The shadow shows up as projection
23. Making the darkness visible
24. Nothing human is alien to me
25. The otherness in ourselves
26. Shadow in intimate relationships
27. Shadow work is daunting and humbling

Session Four: Missing the Mark: The Seven Deadly Sins Through a Psychological Lens

28. Introduction to Session Four
29. Missing the mark
30. The sin of gluttony
31. The sin of lust
32. The sin of anger

33. The sin of pride
34. The sin of envy
35. The sin of greed
36. The sin of sloth
37. Seven states of psychological possession

Session Five: Hauntings: Dispelling the Ghosts Who Run Our Lives

38. Introduction to Session Five
39. The human psyche is timeless
40. Possession and soul loss
41. Cultural complexes
42. The concept of the complex
43. The unfinished business of the parent
44. Our relational ghosts
45. Betrayal as a summons to consciousness
46. The haunting of our unlived life

Session Six: Living Between Worlds: Finding Personal Resilience in Times of Change

47. Introduction to Session Six
48. Times of in between
49. The loss of the numinous
50. Myths link us to the mysteries
51. Something bigger than ourselves
52. Right relationship to our soul
53. Life has not forgotten you
54. The work of finding our compass
55. The technique of active imagination

Session Seven: Aging: Reviewing the Journey

56. Introduction to Session Seven
57. Shut up, suit up, show up
58. Mortal bodies, immortal spirits
59. Bringing our stories into conscious life
60. Amends, reparations, and unfinished business
61. The remaining tasks of personal liberation
62. Nostalgia robs us of the present
63. The recovery of personal authority

Session Eight: Living More Fully in the Presence of Mortality

64. Introduction to Session Eight
65. The problem is that we're mortal
66. The modern world's treatment plans for death
67. The essential absurdity of the human condition
68. Denial, distraction, deflection
69. The ego's fantasy of sovereignty
70. The concept of an afterlife
71. Our archetypal resources
72. What does the psyche want?