



Book Study: Self-Revelation — East and West, Carl Jung and the Tao

Dr. John Dore offers a **weekly book study** on **Sundays at 5 p.m. in the Bloom Room** titled: *Self-Revelation — East and West, Carl Jung and the Tao*.

We begin with the question: “what exactly are we as human beings?” We’ll explore two ways of responding to the question — Karl Jung’s vision of human nature and with Taoist beliefs and practices, begun by Lao Tzu, about human consciousness. This brings up questions like “who am I really?”; a ‘human-doing’ or ‘human-thinking machine’? “When can I just BE without thinking, doing something?”

The study offers an introduction to Jung’s comprehensive psychology, applying it to issues that arise. In pondering the Tao we learn the key principles of Taoism. Each session includes a brief teaching on the book material (often a poem), a discussion of the most engaging ideas (all sharing is voluntary), as well as some hands-on experience of these ideas. This includes breathing techniques, meditations (both silent and guided), viewings of art, audiotapes, and perhaps movement like QiGong.

Sign up with Dr. Dore at DrJDore@gmail.com.