



A Passage into Self

Sukie Colegrave

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by Sukie Colegrave

Perhaps more than at any other time in the last two thousand years, and certainly with greater resourcefulness, western culture encourages the flight from authentic pain. As a result, we often find ourselves trapped within repetitive, chronic cycles of unnecessary spiritual, psychological and physical suffering.

Interweaving her skills as storyteller, narrator, and guide to the unconscious, dream and spirit worlds, Sukie Colegrave tells of a passage into our own wounding; a journey that travels by way of healing, transformation and experience of Higher Self to the spontaneous realization of the One being that we are. She describes psychological and spiritual encounters, sacrifices, and initiations that, when fully accepted and embraced, naturally lead us out of suffering into unconditional love, wisdom and the experience of our oneness with All That Is.

The first part of the journey is traveled largely through Colegrave's experience of and insights into Jungian psychology. She shows that knowledge of the true Self begins when we recognize the language of the soul in the symbols that arise from our dreams and reflections. In the second part, the author leads us still deeper into the realms of the symbolic and the spiritual where we are able to experience the terror, loneliness, and sorrow held within the soul. Only from that place of knowing can we move through the darkness of pain into the light of our true creative power, our one Divine Presence. With emphasis on the interrelationships of body, soul, and spirit, A Passage into Self illuminates the process of awakening into oneness.

Sukie Colegrave is the author of *Uniting Heaven and Earth: A Jungian and Taoist Exploration of the Masculine and Feminine in Human Consciousness*, and *Embodying the Light of Oneness* (available on kindle).

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