



# **A Path of Dreams: An American Woman's Journey in Esoteric Buddhist Japan**

*Sherry Renmu Shepherd Ph.D.*

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In a truthful tale set solidly in a foundation of analytical psychology, esoteric Buddhism and personal/transpersonal memoir, this is a story of dreams and dreaming, spiritual quest, discernment and correct creative action. The tale unfolds across continents and over many years of study in a remote mountain temple in the very "other" culture of present day Buddhist Japan. In working with a series of unexpected dreams and events, an American Jungian therapist seeks the elusive path that will integrate her Eastern and Western minds. Leaving her home, extended family and work in California, she travels to Kyoto and ultimately, to the ancient mountain home of esoteric Buddhist practice known as Koyasan. Her journey in Japan continues for more than a decade. During those years of study and practice, she comes face to face with a multitude of cultural, spiritual and mindset issues that challenge everything she had thought of as being obvious, true, given, and unassailable. Turned upside down, she labors to develop a new and more inclusive sense of self and ultimately, a deeper sense of Self. Her journey mirrors the journeys of many modern men and women who work to integrate seemingly disparate aspects of personality, dual cultures and multiple spiritual paths.

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