

**THE POWER OF IMAGE: THE GIFT OF GRACE**

By

Mary Jo Davis-Grant

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## ABSTRACT

During the late 1980's, I suffered from chronic physical pain. Over a seven-year period, using Biogenics, I experienced an extraordinary holistic recovery mediated by spontaneous waking dreams that were filled with archetypal images. This study addresses this specific research question: Is it possible to track the interaction of the archetypal images on my body's chakra energy system accessed through Biogenics with the holistic healing I experienced? This research process is an analysis of 41 of the 500 waking dreams that I recorded over the seven years of healing (2,500 days). These dreams were selected for the degree of personal impact they had on me, and how representative they were of the recurring themes and archetypal images. They were selected before the following analytical procedure was constructed. The date of the waking dream is given so its chronology and progression is clear; second, the waking dream is described; third, I discuss the archetypal image and its effect on me (physically, psychologically, and/or spiritually) and the issues in my life it addresses; fourth, I identify and discuss the chakras affected. A summary of each waking dream is provided. The results of this analysis suggest that the healing process progressed through physical, psychological, and spiritual issues, and that each level of healing occurred while I was experiencing a progression of waking dreams which moved from predominately tribal archetypal images to spiritual archetypal images. The chakras affected tended to move from activity in the lower chakras to the upper chakras. A strong case suggests that the answer to the research question is *Yes*, the healing I experienced can be traced to the interaction of archetypal images with my chakra energy system. Three major implications of the study are: (1) that healing can be accessed through imagery; (2) that archetypal healing could become a significant partner with many other healing modalities for many dis-eases; and (3) that Biogenics, which provides a safe, drug-free method of pain and stress management, can serve as the catalyst for archetypal healing. Recommendations for further

study are given.

## PREFACE

Throughout the preparation of this dissertation, the concern has been that the nature and themes of this work may be too subjective for consideration by traditional academic standards. It was a relief to be referred by my dissertation committee to Transpersonal Research Methods for the Social Sciences: Honoring Human Experience by Braud and Anderson (1998).

By locating this work in the context of this new transpersonal research, this dissertation may be recognized and affirmed as a work honoring unique, subjective human experience; in this specific case, a series of archetypal waking dream experiences.

As Braud and Anderson state, "Transpersonal psychology seeks to honor human experience in its fullest and most transformative expression. It is usually identified as the 'fourth face' in psychology with psychoanalytic, behavioristic, and humanistic psychologies as its historical predecessors. Transpersonal psychology seeks to delve into the most profound aspects of human experience, such as mystical and unitive experiences, personal transformative and meditative awareness, experience of wonder and ecstasy, and alternative and expansive states of consciousness (p. xxi).

I would add yet another type of psychology to these mentioned: archetypal psychology. This is another way of describing the nature of this dissertation. Archetypes appeared in my waking dreams as teachers, priests, healers, shamans, little child, Wisdom and Holy Spirit, imparting their unique energy to the dreaming body. They then aligned with specific body chakras to heal, energize and transform. To me, these experiences fall under the Braud definition of exceptional human experience (EHE) because they occurred

when the experience relates to and is connected with the knowledge and its sources in a transformative way. Exceptional experiences (EE=s) spotlight new areas of the unknown to be explored. Exceptional human experiences (EHE=s) are experiences of dynamic interaction and connection with that unknown. Braud and Anderson (1998, p. 129).

Certainly, the experiences described in this dissertation fall under the stated purview of transpersonal research. Because of the many ways it conforms to the many examples of research specifically described in Braud and Anderson, this work fits the transpersonal research model. It is a relief to find a place where my exceptional human experiences are recognized and affirmed.