



Psyche's Seeds: The 12 Sacred Principles of Soul-Based Psychology

Jacquelyn Small, Brenda Rosen

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The author of *Awakening in Time* uses the archetypal myth of Psyche and Eros to show readers how to combine their psychological and spiritual searches.

Just as the mythical Psyche had to learn a new set of life principles to free herself from the jealousies of Aphrodite and win the love of the goddess's son Eros, so do we need to use Psyche's lessons to combine the forces of our psyche and soul. In Jacquelyn Small's *Psyche's Seeds*, these twelve sacred principles include:

- What you say "I Am" to has a way of claiming you.
 - There can be no outer experts on a path of Self-Knowledge: the learning comes from within.
 - Your symptoms of distress are not pathological; they are the pangs of birthing a new consciousness.
- ¥ Sacrifice is not giving up, but taking on.

The book's "Twelve Seed Thoughts for the Journey" and "Psyche's Four Tasks" give readers immensely practical personal exercises for creating a soul-based psychology. Jacquelyn Small shows how it is only when we learn to combine soul and psychology that we find the true path to a higher purpose and a better sense of self. *Index*.

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