



Healing and Empowering the Feminine: A Labyrinth Journey

Sylvia Senensky

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The thirteenth-century Chartres Cathedral labyrinth and its historic precedents are popular today as metaphors for the spiritual journey. In this book, Jungian analyst Sylvia Senensky probes the inner depths of the labyrinth as a source of archetypal feminine energy?the womb, the cave, the domain of the Goddess, the core of the earth, the encounter with planned chaos and the consequences of the ignored shadow. Senensky draws on powerful personal experiences, the stories of women she has worked with as clients and workshop participants, and a rich literature of myth and fairy tale that includes Theseus and the Minotaur, Demeter and Persephone, Inanna, and Vassilissa the Beautiful. Poems and quotations also serve as examples.

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