

**Shrink Rap Radio #495**  
**25<sup>th</sup> February, 2016**

**“In Search of the Divine Feminine”**

**Dr. David Van Nuys Ph.D., aka ‘Dr. Dave’ interviews Anne Baring**  
(Transcribed from <http://www.shrinkrapradio.com> by Gloria Oelman)

**Introduction:**

My guest today is British Jungian analyst Anne Baring and we’ll be discussing her work on mythology and a new vision of reality along with the issues facing us at this crucial time of choice.

For more information about Anne Baring please see our show notes on [www.ShrinkRapRadio.com](http://www.ShrinkRapRadio.com)

Now here’s today’s interview.

**Dr. Dave:** Anne Baring, welcome to Shrink Rap Radio.

**Anne Baring:** Lovely to be here.

**Dr. Dave:** Lovely to have you. You’re a distinguished Jungian analyst and author and co-author of 7 books including *The Myth of the Goddess; Evolution of an Image*, *The Mystic Vision*, *The Divine Feminine*, *Soul Power: an Agenda for a Conscious Humanity* and *The Dream of the Cosmos: a Quest for the Soul*. So that’s really quite a list right there and each of those books being very substantial. I understand that you’ve long been driven by a deep interest in the spiritual, mythological, shamanic and artistic traditions of different cultures. But before we get into all that, let’s take a step back and have you tell us something about when and how you first discovered Jung.

**Anne Baring:** I discovered Jung because I was in a deep depression.

**Dr. Dave:** Really?

**Anne Baring:** Yeah, I’d had a friend who’d had a nervous breakdown and so I talked to her and she said ‘Why don’t you go and see this psychiatrist,’ who was a Jungian, and so I did.

**Dr. Dave:** How old were you at that time?

**Anne Baring:** I was about thirty...

**Dr. Dave:** Okay.

**Anne Baring:** ...about thirty at the time and that really introduced me to Jung because he was a Jungian and he gradually introduced me to Jung’s ideas and I began

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to read etcetera and then later on – about eleven years later – I was asked to train as a Jungian analyst myself. That's how it all started.

**Dr. Dave:** Wow! So what was it about Jung's work that really spoke to you? Was there a particular aspect that really touched you?

**Anne Baring:** Yeah because he was the only person in that field who was speaking about the spirit, the spiritual aspect of our lives and the psyche and the importance of the spirit within the psyche, really. That's what attracted me.

**Dr. Dave:** Yeah. And I wonder, as you look back over your career, I wonder if you have any sense of predestination, if you will? You know the Jungian idea that there's kind of a seed there, that we're not only looking backward but the psyche somehow can see ahead.

**Anne Baring:** I think definitely because I had a remarkable mother as a child and she received channelled messages when I was only eleven. So I was introduced to the idea of the spirit world very early on and that kind of set the pattern. What those messages said was that the world had to wake up because we were moving towards a catastrophe if we didn't. This was really before the bomb and the splitting of the atom and everything. So that started me off and then I had a very good education. I travelled a great deal but I was always looking for the spiritual dimension in whatever I was doing. In my travels I went to the Far East, I went to India and I studied the Indian philosophies and the great texts of that particular culture, so I was steeped, really, in anything to do with the spiritual from a very early age, from twenty five on.

**Dr. Dave:** Uh, huh and you've just anticipated two of the questions I was going to ask you and that's fine (laughs) and I did see on your very rich website, where you've got so much material and so much depth and you talk about your mother's channelling – a group of four women who were channelling, really, wisdom about the coming catastrophes. And so I had intended to ask you... I thought that might have had some impact on your development and your later interest in Jung.

**Anne Baring:** Yeah, well it did really. It kind of led me to Jung because at that time there was nothing really to offer the soul unless you went to India but in Western Europe there was nothing and so that was why I came to Jung with such excitement because here at last was somebody who really understood not only the psyche but the whole spiritual past of humanity if you like and saw the need for reconnecting the conscious mind with the depths that had been neglected and ignored for centuries really.

**Dr. Dave:** Yes.

**Anne Baring:** So that was exciting for me and also the reason I was depressed was that I couldn't find what to do. I didn't know what to do with my life and I didn't know how to bring the knowledge that I had together with the kinds of jobs that were available.

**Dr. Dave:** I can well understand that. I can really understand that given the kind of person that you are, of such intensity and passion and it was like a period of

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incubation, perhaps, of your egg waiting to break open.

**Anne Baring:** That's right. Exactly, it was. My egg's only broken open with my last book, with *The Dream of the Cosmos* because I could really look back – I'm now eighty four – I can look back over my whole life and can see where it's been leading me and what my work was, before I pass on.

**Dr. Dave:** Yes.

**Anne Baring:** And my work has been to do entirely with the feminine archetype really, trying to bring it back into consciousness.

**Dr. Dave:** Yes, yes and we're going to be talking about that but before we move on though, you mentioned your studies. Where did you study?

**Anne Baring:** I studied at Oxford University. I was very fortunate to have an education there. I studied mediaeval history and renaissance history. Those were my two great interests when I was around eighteen, nineteen, twenty.

**Dr. Dave:** Wow! And other than Jung, who have been your primary influences – teachers – would you say?

**Anne Baring:** I think really history. No particular teachers. I was familiar with Plato and Greek thought but I was pretty ignorant really, as you are when you're twenty. You don't know a great deal about anything.

**Dr. Dave:** Well, I mean as you went along later in life. Were there certain figures, say, as you were becoming a Jungian, or as a young Jungian? If you could say 'young Jungian' (laughs).

**Anne Baring:** Well, one person. When I went to India there was a man called Sri Ramana Maharshi...

**Dr. Dave:** Oh, yes.

**Anne Baring:** ...he'd actually died two years before I went there. But he was the other great influence on my life because he asked everybody the question, or rather he said to everybody, ask yourself the question 'Who am I?'

**Dr. Dave:** Yes, yes.

**Anne Baring:** That really went deep into the psyche and so I began to say 'Well, who am I? What am I doing on this planet? What is my purpose here? What am I?' All those questions. So he started all that off, so he was a very great influence on my life, definitely.

**Dr. Dave:** Hm, hmm. Hm, hmm. You're going to be speaking soon at a dream conference and we'll talk more about that later but I'm wondering to what extent dreams have informed your personal life, your clinical work and/or your research?

**Anne Baring:** Well, the story of my dreams is told in my book *The Dream of the Cosmos* because I had a series of awakening dreams which were very, very powerful – I haven't had anything like that since really – in my forties. And the dreams really laid the foundation for the second half of my life and I told the story of those dreams in the book. There were two or three very, very powerful ones.

**Dr. Dave:** Can you share one or two of those with us here?

**Anne Baring:** Well I can share the most important... well there were two actually. In one I was in a rocket going to the moon and I arrived on the moon and I saw that there was a huge structure, like the Eiffel Tower, planted on the surface of the moon and the whole area of the moon that I was on was completely desiccated. It was dead, completely dead. So there was just me, this dead landscape and this structure like the Eiffel Tower. So that dream gave me the image of what has happened to the feminine archetype, that it has this huge iron structure placed on top of it as it were, when all the life around it was completely dying and dead. So that was the opening dream really, the very important one and the second one...

**Dr. Dave:** How much work did you have to do on that dream to come to that understanding of it? Was it immediately apparent to you, or did it take some time?

**Anne Baring:** No it took... well, I was with Gerhard Adler at that time, who was one of the biographers of Jung, or rather one of the people who did his collected works and he immediately said 'This is a dream about the feminine and what's happened to it' and about this, masculine male structure – iron structure – on this moon. The moon has always been a symbol of the feminine.

**Dr. Dave:** Yes.

**Anne Baring:** I didn't know that but he told me that at the time when I had just begun. He said 'Have you got an opening dream?' when I went to him for the first time and that was the opening dream.

**Dr. Dave:** Aha, yeah (chuckles).

**Anne Baring:** So (chuckles) after that it took me many years to understand what the feminine was all about but that was my opening, or opening of the door, if you like, to the second half of my life and then after that I had another dream, equally important, or more important, which was really a vision of the Goddess or of the feminine archetype itself. It was an amazing dream in which I found myself – if there's time to tell you, going across...

**Dr. Dave:** There is. There is time.

**Anne Baring:** ...I found myself going across this field of corn – beautiful green corn – and my feet were skimming over the top of the corn, not really touching it, just skimming it and I came to a deep valley with a great sort of net stretched across it, for about a mile across it, which was held by two male guardian figures. And I was caught in this mesh, lying flat on my back looking up at the cosmos and I had this vision of this cosmic woman stretching from earth to sky and naked she was, with

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long golden hair. And she had a great wheel in her abdomen and she indicated that I was to look down at my body and I saw that I had a similar wheel but mine was not centred, it was too far to the left. She indicated that I was to centre my wheel, so that was the message of that dream and so I've spent the rest of my life centring my wheel (both laugh).

**Dr. Dave:** Oh, that's a wonderful dream, a wonderful dream.

**Anne Baring:** Yes, it was amazing. So that was a vision, it wasn't just a dream, it was a vision. I was very lucky to have – to be blessed – with such a dream because, as I said, it altered my life, it gave me my life path, which was to serve the feminine, really. And here I am today, having written a book explaining what happened to it – two books really – explaining what happened to it and why we are in so great a need now of balancing the masculine with the feminine, or the feminine with the masculine, in our culture.

**Dr. Dave:** Yes. So why is it the sacred feminine and not just the archetypal feminine? In other words, is there any way in which your understanding of the feminine differs from how it's perceived within Jungian circles generally?

**Anne Baring:** I think probably I would take it deeper because what I've really discovered is that the whole cosmos is a sacred entity. It's conscious, it's alive and we are part of it. So in that sense the earth is also a sacred entity, so when you're talking of archetypes you're talking about a pattern but you're not talking about a principle and I'm talking here about the feminine deity, if you like, about the aspect of the deity that's never been recognised.

**Dr. Dave:** Okay.

**Anne Baring:** ...that's never been part of the patriarchal concept of deity, okay?

**Dr. Dave:** Okay. Yeah.

**Anne Baring:** Now in your book *Soul Power*, you take up our alienation from nature, from one another and from our deeper selves and in your view how has this come to be? I think it's kind of hinted in what you've said but let's go from there.

**Anne Baring:** I think it's come to be, not through any fault of its own but I think it's come to be through patriarchal religion, which has separated God from nature. Nature has never been included within the concept of God, although it has been in the concept of the mystics but not in the teaching of the church. So there's been this great gap, really, between God up in heaven and nature down below that has somehow fallen, contaminated by the sin of the fall and I think that had a huge influence on the Western psyche.

**Dr. Dave:** What about the Virgin Mary – some people sort of seem to elevate her to an aspect of the deity?

**Anne Baring:** Well, she has in fact been elevated through two papal bulls of 1950 and 1954. She was elevated in the hieros gamos really, of being united with the male

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spirit in the... it's too complicated to go into but it did happen in those two bulls that she *was* elevated. Before that she was never part of the deity itself, she was an intercessor between man and God.

**Dr. Dave:** Hm, hmm. And so somehow even from so far back, you know, one or more thousands of years, things got set in motion that have led to many of the difficulties that we see today. In your website you talked about what's going on in Islam – a very penetrating analysis – I don't know if we have time to go through that here but maybe if you have a way to give us a capsule summary because that's certainly one of the dominant things that's going on on the planet now.

**Anne Baring:** Well, I think the problem – not only Islam – but the problem with Christianity as well *and* Judaism is that nature has never been sacred and the body has never been sacred. Therefore we've been allowed, really, to destroy the body for three or four thousand years without realising that we're destroying something absolutely sacred. So you can't fix the problem only with Islam, it goes back at least to the crusades and to the expulsion of the Moors from Spain, the expulsion of the Jews from Spain. That was the crucial date – 1492 – with the expulsion of the Jews and the Moors, that really set the scene for what we're experiencing now because Islam has never forgiven the Christians for what they did at that time, so long ago and that is the root of the hatred and the antagonism really, that's been built up following the invasion of Iraq etcetera.

**Dr. Dave:** Yes and then there's the split within Islam that you talk about very beautifully and in a non-blaming kind of way but sort of understanding the depth of it.

**Anne Baring:** Well, it's a terrible tragedy that since the seventh century the Sunni and the Shia aspects of Islam have been full of hatred of each other, really and competing with each other for power and killing each other for centuries. So that is an absolute tragedy and it's created a deep wound in the Muslim psyche which needs healing but that wound has been exacerbated by what the Christians have done. So, you know, we're all really responsible for what's happening now. We're really seeing the end of what we've done for a thousand years or more and we've somehow got to recognise that we did wrong at certain periods and apologise for it, if we're to get through this terrible mess in the middle east which is really getting worse and worse every minute.

**Dr. Dave:** I think you're really courageous to really talk about that. I think many people are just so frightened by what's going on to do anything that could possibly rock the boat.

**Anne Baring:** Yes, well I think as I've studied history a great deal and as I've also studied religion I can see where the problems stem from and I can see what the solution is but (laughs) how to actually bring it about, I have not got the slightest idea. So I just make my small contribution by showing that the human psyche is deeply wounded in the patriarchal psyche – all three religions – because they lack the feminine archetype but because they haven't integrated the archetype which represents relationship. If you leave out relationship you're left only with the will to power and that's what we're seeing now.

**Dr. Dave:** Hm, hmm. You call for a conscious humanity and in my notes I said ‘That seems like a very tall order.’ How might that come about? I guess one way is writing a book and hoping people will read it, right?

**Anne Baring:** That’s one way but you’ve got an American philosopher called Ken Wilbur – have you heard of him?

**Dr. Dave:** Yes.

**Anne Baring:** Well he says that if 10% of the world’s population could wake up and develop their conscious awareness of what we need to move towards, that would be enough to shift the whole planet into a new level of consciousness and he says we’ve already achieved 5%, which is 5% to go. And it’s 700 million, I think because as we’re 7 billion that would be 700 million people of which 350 million have already woken up.

**Dr. Dave:** Wow! You’re working out the math. You’ve got an English fellow whose name I’m blocking on – Rupert...

**Anne Baring:** Rupert Sheldrake?

**Dr. Dave:** Yes, Rupert Sheldrake – the 100<sup>th</sup> monkey. So it’s a similar idea, right?

**Anne Baring:** Yeah, that’s right. You’re absolutely spot on there, yeah, absolutely. Because it moves very quickly once enough people have got hold of the idea of what has to change, that we have to stop this killing and raping and murdering and suffering and move to a new level. And we have to get over the will to power, that’s the biggest problem of all the big nations that are involved in this mess.

**Dr. Dave:** You know in your latest book and on your website, you do take on these really big issues facing us today such as fukushima and the atrocities happening this moment in the middle east that we alluded to and our planet is in such crisis now, we seem to be on the edge of an abyss environmentally, politically, economically, spiritually, militarily and the list goes on. What more can you tell us about the roots of this crisis? You’ve really been talking about them already but what more can you add?

**Anne Baring:** I think one of the roots is that we don’t know who we really are and we are cosmic beings, we’re not just people planted on this planet for no reason. We have a role to play and I don’t think this has become a part of the consciousness of humanity yet, the fact that we have to serve the planet. That’s what we’re here for. And also that we’re part of the cosmos, which is a live entity, it’s not just a dead mass of galaxies etcetera, beautiful as they are. But they’re not dead, they’re conscious and alive and if people on the planet, as a species, we could realise that we have a role to play that we’re not just put here for no reason, that we can connect with other dimensions, for instance, raise our consciousness to do that, I think a lot would change. But we’re sunk in old patterns, we’re absolutely stuck in old beliefs, old patterns of behaviour, old concepts about what’s right and wrong. We haven’t gone nearly deep enough into what’s really right and wrong. And what’s really right is the preservation and service of life and what’s really wrong is destroying life, whether it’s

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with atomic weapons, or whether it's with nuclear reactors which are incredibly dangerous, or whatever really. We have to change our understanding of what we've been doing in our ignorance. It's not our fault, it's in our ignorance.

**Dr. Dave:** You know, I'm not sure how this relates to our discussion but I want to mention it anyway, is this discovery, just this past week, that Einstein's conjecture about gravitational waves has been – proven may be too strong a word – but almost so and that we're hearing a sound from a billion light years away which they described as a 'chirp' and they said it sounded like middle c. Where does all that fit in to what you've been saying? It's kind of a remarkable thing.

**Anne Baring:** I'm not a scientist but I did do a course in unified physics a year ago, with something called The Resonance Academy in Hawaii with a remarkable physicist called Nassim Haramein and he has brought everything together to show that we live in a unified cosmos and that we're all connected at the deepest level through the... not the atomic level but the most minute scale of atoms, way, way, way smaller than the atom. We're all connected but we don't know it, we're all one. I don't know where Einstein's discovery fits in really with this but I do know that if people could understand that we live in a unified cosmos and that they're part of this unbelievable whole – mysterious, marvellous, incredible whole – they might see things and themselves in a different way. They would be less focussed on trying to struggle for power, to compete with each other, to do each other down, to win, to be victorious – all that rubbish could go. I'm speaking very strongly!

**Dr. Dave:** Yes, well you do. You speak very strongly in all your writing as well, too and it occurs to me as we talk here that maybe Einstein was in a way on the same page that you are, in terms of being a contemplative, in some way, to be able to go so deeply into his thought, his mind, everything that he knew, to grasp some of these relationships that were totally beyond any ability to observe at that time.

**Anne Baring:** Yeah, well I think he was. There's no doubt he was way ahead of his time. He said – which I've quoted in several books – he said, 'Since the splitting of the atom,' he said 'we've changed everything save our mode of thinking and thus we drift towards unparalleled catastrophes.' That's the only quote I can remember of his although there were many more which show that he did have this concept of a unified – really almost a divine entity – but he couldn't really say that at that time in, whenever it was, in 1910 or 1920. He couldn't possibly have said it, even if he'd known it in terms that other scientists would have accepted.

**Dr. Dave:** Well, we've reviewed some of the very difficult – and that's putting it very lightly – difficult things that we face and it's hard not to go into despair. Are you at all hopeful for our survival and if so what gives you hope?

**Anne Baring:** I have great hope in the human intelligence. I think that when we're up against a wall, we can find our way through, if we simply look into the depths of ourselves and ask what is really, really important about our life. So I do have hope. I also think... apparently we're being raised from the third dimension into the fourth and the fifth, so something is actually happening that the cosmos is doing for us. So all we have to do is to tune in to that different way of thinking and we can move into a whole different way of living on this planet. So I do have hope, most definitely.

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**Dr. Dave:**

What can you tell us about the fourth and fifth dimension?

**Anne Baring:** Well I can't tell you anything because I... I'm just about probably... I think what I'm trying to describe in my books *is* the thinking of the fourth dimension because the third dimension is all about power games and struggles and it's all about fear and lack and wanting to dominate in order to compensate for the fear but if you can move into another way of thinking, into a way of trust and relationship with the cosmos, that really shifts everything. So that's another reason why I have hope and that would be moving into the fourth and fifth dimension. We would develop new faculties, which we haven't yet evolved but we're capable of evolving.

**Dr. Dave:** Uh, huh. Now I understand that you're going to be one of the keynote presenters at the upcoming International Association for the Study of Dreams, or IASD, conference in the Netherlands this June and I see that the title of your presentation will be *Visionary Dreams and the Great Challenge of Our Times* and I guess that's what we've been talking about here. Is there anything else that you can tell us that maybe we haven't touched on, that expands that topic a bit more?

**Anne Baring:** Well I think the importance of it – I shall talk about at that conference – is the importance of dreams and the importance of remembering and writing down our dreams and also of bringing back the ancient Egyptian knowledge that has existed and which was passed onto the Greeks like Parmenides, for instance, the Pre-Socratic philosopher Parmenides, they went into states of incubation in which they connected with these interior dimensions of reality. So it's that we have to bring back into our culture, which is so superficial and so materialistic. We need to know that there are things that we haven't known and we need to bring back into our consciousness – ways of connecting with this other dimension. So that's what I'll be talking about.

**Dr. Dave:** I've been keeping a dream journal myself off and on for about thirty five, forty years. What's your own understanding of dreams? Why do we dream, what's the purpose?

**Anne Baring:** I think, they're like a bridge to the cosmos because the more aware we are of what they are, the more articulate they become because otherwise they may just pass by and we don't notice what they're saying, we don't interpret what they're saying but with a Jungian training you do begin to interpret what they're saying. You pay attention more.

**Dr. Dave:** Yes.

**Anne Baring:** And I think they really are a bridge to cosmic consciousness, or cosmic reality. I would say that absolutely, definitely.

**Dr. Dave:** Uh, huh.

**Anne Baring:** And the ancient civilisation, such as the Egyptian one and the Greek one and the Indian and the Chinese very early on, knew that and we don't know it and it's really necessary for us to recover that knowledge.

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**Dr. Dave:** Do you have another book incubating inside you right now, do you know?

**Anne Baring:** No, that last one took me twenty years to write after *The Myth of the Goddess*. (Both laugh)

**Dr. Dave:** Wow!

**Anne Baring:** But I am writing a lot that I put onto my website. I've just done a three part series for a television series which I hope somebody will take up, which is called *Transforming the Pattern of War and Terrorism*. That's on my website. So the outline of that is what I would like to write about, if anybody was kind enough to invite me to do the series with my friend Scilla Elworthy.

**Dr. Dave:** Yes and I see that you have collaborated quite a bit with Andrew Harvey and I've done some interviews with Monika Wikman, I don't know if you know her – an American Jungian analyst – and I recall her raving about him but I don't really know his work. What took you to collaborate with him and what can you tell us about that?

**Anne Baring:** He was really like a soul friend that I met maybe twenty five years ago and we collaborated on two books together *The Mystic Vision* and *The Divine Feminine*. He's always been a friend and he did a wonderful interview with me, which is up on my website, in which he talked about the dream of the cosmos and what it means and how I came to do it and everything. And he's written many, many, many wonderful books himself and he's also giving extraordinary courses on The Shift Network. Do you know The Shift Network?

**Dr. Dave:** I don't, no.

**Anne Baring:** Well, this is something that's very, very important in America. It's wonderful because it's bringing together not only the wisdom of the indigenous people, it's bringing together mystics and activists like Andrew Harvey. It's bringing people like Jean Shinoda Bolen at this moment is giving a course on *Goddesses in Everywoman*. It's a fantastic way of teaching people and they've been doing this for twenty years maybe. I've done several courses with them and gained a lot from them, including one by Andrew Harvey on *The Christ Path*, so there's a huge amount... I think they're reaching several hundred thousand people with their website and their courses and that's a lot of people.

**Dr. Dave:** Yeah, that's marvellous.

**Anne Baring:** And all over the world, not only in America but people like myself, people in Australia, people in India, China – everywhere really. That's remarkable.

**Dr. Dave:** Well, you must have a somewhat ambivalent relationship with technology, or toward technology (both laugh).

**Anne Baring:** I do because it takes a lot of energy learning how to do all this technology, which I have learnt, up to a point but there's always something new. Even Shrink Rap Radio #495  
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like communicating with you today, I was nervous because I didn't know that it would work. Luckily it has worked.

**Dr. Dave:** (laughs) Me too, I'm nervous every time. But also, I mean, so many of the problems that we're confronting, you could lay at the foot of technology, that maybe it's an expression of the wrong side of masculinity, if your will but on the other hand it creates the possibility for us to speak like this, it creates the possibility for The Shift Network and for you to get your ideas out to so many more people than ever would have been possible before.

**Anne Baring:** I think it's like anything in life it has its light side and its dark side and there is a dark aspect of the web but this business of communicating with people all over the world, I think is absolutely wonderful and it's that that will shift things. Have you heard of an organisation called Avaaz?

**Dr. Dave:** No, I don't think I have.

**Anne Baring:** Well it has forty two million members now and it is an activist – I don't know what to call it – like change.org. It puts up incidents which are happening in the world which need everybody's sort of clicking on the thing to say that they want to sign the petition. They do a series of petitions, one a week usually and with that they're really shifting people's opinion. They tackle things like, for instance, Saudi Arabia bombing Yemen at the moment and killing civilians, so they put up a petition saying will you appeal to the European Union to stop the sale of arms to Saudi Arabia. It's *that* sort of thing.

**Dr. Dave:** Is it change.org, or it's an organisation that's like that.

**Anne Baring:** It's Avaaz.org. It's a-v-a-a-z.

**Dr. Dave:** Okay.

**Anne Baring:** I think it's absolutely brilliant and with forty two million people, they have some clout.

**Dr. Dave:** Well, I'm gonna write that down so I can add to the clout...

**Anne Baring:** I hope they're listening.

**Dr. Dave:** ...one more clouter (both laugh).

**Anne Baring:** It's called Avaaz.org.

**Dr. Dave:** And I've kind of run out of questions here...

**Anne Baring:** I think we've covered... I'm looking back on my website. I've covered on that website, I've covered nuclear weapons and the absolute abomination that they are, I've covered nuclear reactors, which are very, very dangerous, I've covered the channelled messages, I've covered this proposal for the TV series...

**Dr. Dave:** You also had a document by a council of indigenous leaders – elders – which was very profound I thought.

**Anne Baring:** Yeah, well they met in America about a year ago, I think, or two years ago and I noticed what they said because I think received it through The Shift Network and so I was able to get the gist of it and put it up on my website because I'm very, very impressed with what the indigenous peoples are doing for this planet because I think they have the right idea. And if we could really integrate their wisdom with our political agendas, it would shift everything enormously and I learnt that there were, I think, two hundred and fifty Indian tribal members who were present at the formation of the American Constitution with Thomas Jefferson and – who was the other one? – Benjamin Franklin and they helped to formulate the principles of the American Constitution. I never knew that.

**Dr. Dave:** I didn't know that either.

**Anne Baring:** I only learnt it about a month ago, when again on The Shift Network, I was listening to one of the indigenous speakers – I can't remember his name – and he told the story of that. Fascinating, absolutely fascinating. So that sort of thing. We need to bring together the wisdom of the indigenous peoples who've kept alive this relationship with the planet for fifty thousand years at least and recognise what they could offer us in the way of a different understanding of our presence on the planet.

**Dr. Dave:** Well, that may be a good sentence to wrap things up with here.

**Anne Baring:** I think so.

**Dr. Dave:** So, Anne Baring, I really want to thank you for being my guest today on Shrink Rap Radio.

**Anne Baring:** It's been a real pleasure. Thank you so much.

#### **WRAP UP:**

What a privilege it was for me to be able to speak to this eighty four year old Jungian visionary. Her life is a shining example of one driven by a deep inner sense of purpose. She has doggedly tracked the archetype of the sacred feminine throughout her life. I'm also struck by her courage to take on the biggest and most disturbing issue of our day. She really inspires us to look deeply into ourselves and to draw strength and wisdom from our own deepest wells and to recognise our profound connection to everything in the cosmos.

Let me remind you that she will be a keynote presenter at the International Association for the Study of Dreams conference, which will be held in the Netherlands June 24<sup>th</sup> through June 28<sup>th</sup> 2016. You can find full information about the conference on the Shrink Rap Radio website if you click on the banner ad in the left hand sidebar, which will take you to their conference site.

You heard how much Anne Baring prizes the wisdom of our dreams and at this conference there will be many other stimulating presenters and opportunities to

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*In Search of the Divine Feminine* with Anne Baring

mingle with passionate dreamers from around the world.

You can check out Anne Baring's very rich website at [www.annebaring.com](http://www.annebaring.com)

As always you can use the Amazon widget in our right hand sidebar to purchase any of Anne Baring's books. I would particularly recommend her last one inasmuch as it is the product of twenty years of work. That title is *The Dream of the Cosmos: a Quest for the Soul*, which incidentally was awarded the Scientific and Medical Network book prize for 2013.