

"Dreams lead some people to an abject reverence for ancient patterns, symbols, and rituals. (Jung called them "archetypes.") That is not the recommended attitude. A social pattern (current or ancient) deserves careful but rebellious handling. One cannot just wish it gone. It has energy because it is a life-pattern of the body. But, when its function is lived out differently, its power wanes. And even if we cannot live some of that, the old pattern weakens if our choices and intricate experiences are asserted in a continuing interplay with it. " Gene Gendlin
Appendix A Theory of the Living Body and Dreams, I. THE LIVING BODY, #1 - #14

Source: ☆ Gendlin, E. T. (1986). #14. Political and Individual Change. In Let Your Body Interpret Your Dreams