

## Types of Work

### Consciousness Work

Goal: Actualization of consciousness, Realization of consciousness

Approaches: Mysticism, Occultism, Esotericism

### Imaginal Work

Goal: Objective knowledge of the subjective aspect of the psyche

Approaches: Alchemy, Shamanism, Active Imagination (Jung, Steiner)

### Subtle Energy Work

Goal: Development and reorganization of subtle energetic structures of the psyche

Approaches: Yoga, Chi Gong, Tai Ji, Reiki, Energy Medicine

### Mental Work

Goal: Development and reorganization of mental structures of the psyche

Approaches: Psychotherapy:

Functionalism, Structuralism, Gestalt, Psychoanalysis, Behaviorism

### Body Work

Goal: Development and reorganization of musculo-skeletal structures of the psyche

Approaches

Manual therapies: Rolfing, Craniosacral Therapy

Movement therapies: Yoga, Pilates, Feldenkrais