

Episode 8: Understanding the shadow with Laurie Gudim

**“For me, the most important thing in the entire world is connecting people with their sense of what is holy. It’s really important to me that people find their own personal connection. I’m a mystic who wants to teach people how to be mystics, how to engage that relationship with the Holy Other.”**

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Welcome to In Search Of, a podcast where we go in search of voices and perspectives that inform and expand a life of faith. In this episode, [Amy](#) speaks with iconographer, spiritual director, and psychotherapist [Laurie Gudim](#) about the intersections of Christian spirituality and Jungian psychology. Listen as Laurie and Amy discuss archetypes, saints, religious art, shadow sides, and dreamwork and as Laurie “reads” an icon of Mary of Egypt. All this and more on today’s episode of *In Search Of*.

**[Laurie Gudim](#)** is a spiritual director, religious iconographer, writer, retreat leader, and retired Jungian psychotherapist. Her healing work centers on helping individuals establish a dynamic relationship with the Holy. You can explore her art, retreats and workshops, and more at [everydaymysteries.com](http://everydaymysteries.com).

#### Show Notes

1. You can find the full poem by Rainer Maria Rilke referenced in the introduction in [Rilke's Book of Hours](#), translated by Anita Barrows and Joanna Macy.
2. Get started with [The Basic Writings of C.G. Jung](#), edited by Violet de Laszlo.
3. What to go deeper with Jungian Psychology? [This video from Depth Psychology Alliance](#) offers an in-depth introduction from educator and scholar James Newell.
4. Browse Laurie's collection of contemplative art and religious icons [here](#).
5. Amy's book [Wild Woman](#) details her travels in search of St. Mary of Egypt.

Is there something that you are *in search of*? [Email us](#).