



# Between the Moon and the Walking: An Excursion into Emotion and Art

*John Ruskan*

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## **Between the Moon and the Walking: An Excursion into Emotion and Art** John Ruskan

As sequel to his Emotional Clearing, John Ruskan takes the reader on a journey into the collective unconscious archetypal world of feeling. In this unique and evocative work, he blends fiction with East/West psychology to help awaken forgotten emotional parts of ourselves that must be brought into the light as a vital step to personal evolution and healing. Ruskan offers original penetrating insights into the process of creating art, illuminating important problems such as the blocking, self-criticism, and manic-depressive syndromes.

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