

Access Free OUR DREAMING MIND BY ROBERT L VAN DE CASTLE

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L5CLXB - JAMARCUS NATALIE

This is a hands-on manual for anyone who is interested in dreams. At the same time, it is the story of a personal journey through the dream world by the author and several of his patients and students. Robert Bosnak offers exercises and strategies for studying dreams, including: • Remembering and recording dreams • Analyzing a written dream text • Studying a series of dreams for its underlying themes • Using the techniques of active imagination and amplification • Working on dreams alone, in pairs, and in groups Through this Little Course in Dreams it becomes clear that the imagination is a powerful force that simultaneously "poisons" us and provides the remedies to the soul's ills. Dreamwork thus opens the way to the healing and transformation of the soul.

Do your dreams seem to have as much in common with real life as a funhouse mirror? Don't be misled. Dreams contain extraordinarily reliable commentaries on the conflicts and events of everyday life. Properly interpreted, they not only illuminate your anxieties but actually show you how to alter the course of your life - and very much for the better. Dreams are so essential to our health and well-being that almost all of us create them in clusters four or five times every night. In this title, originally published in 1989, Dr Robert Langs, a psychoanalyst and dream researcher, goes far beyond standard interpretation in showing how your dreams tap the wisdom of the deep unconscious part of your mind. Through his unique and groundbreaking technique of trigger decoding, you will learn what your dreams are saying about your life, about the events you must deal with, about the problems you are trying to resolve. Dreams can be a kind of emotional camouflage, difficult and often uncomfortable to interpret. Trigger decoding not only exposes our emotional wounds, it also provides the balm for healing those wounds. In the proper decoding of dreams, there is revealed an intelligence, power, and beauty of mind that is unheard of in direct and conscious experience. Decoding Your Dreams opens a revolutionary new door to self-understanding and self-improvement.

Dreams offer paths to creativity, healing, and understanding. In this book, Moss shows how to dream the future and gain insights, to clarify messages, and to use dreams to help others.

GODS, GENES, CONSCIENCE delves deeply, and portrays succinctly, the nature of our millennia-old "body-soul" and "spirit-mind" paradoxes, including those of our earliest shamanic quests, and material conquests, for survival: From our innate dreams, to religious self-contradictions-corruptions--conflicts-destructions; to arts-linguistics; to socioeconomics-geopolitics; to science-technology; and to reason-sensibility-sanity-faith. Specifically, this pop-science-first-book author, Mong H Tan, PhD, fathoms links among the chaos-orders of the evolutionary interstellar fabrics of Space, Time, Energy, and Matter; or the cosmic STEM matrixes-entities in the Universe that are all around us: From the creations of Life-Genes on Earth, to the ultimate, unique, unbound capacity-capability of our Mind-Gods within, in our brain or "memophorescency", a new unified quantum Mind theory pursued from an empiricist electrochemical particle-wave or Yin-Yang propensities of holism-cosmology; a critical reader's Theory of Everything, Biogenesis-Meanings and all. Epistemologically-"memophorescency", in and by all accounts, intellectual and spiritual; Dr. Tan's critical inquiries, philosophical and psychological; his timely anatomy-synthesis of the STEM origins (particularly those of our genetics-mnemonics; our fast-advancing knowledge, consciousness, freewill, and conscience regarding Gods; and our ultimate wisdom of cherishing Life on Earth) have no doubt been sharpened, enriched, and transcended by the vast, fast advances in science-technology, multiculturalism, and pluralism of the East-West, today and beyond.

In both writing and dream awareness, you have to learn how to relax the conscious, critical faculty in order to let the amazing stories and images that flow like an underground stream in the unconscious mind to emerge. This unique guidebook for writers and dreamers includes many practical exercises to help you master the technique.

A unique resource helps individuals resolve deep-seeded issues by dissecting their dreams and nightmares, especially those that are recurring, providing tools to evaluate the roles the characters play, the scene settings, and their own actions within the dream. Original. 25,000 first printing.

The author of Conscious Dreaming and The Three "Only" Things poses arguments for understanding one's dreams in order to resolve past events and prepare for the future, explaining the practices of ancient dreaming cultures and the dream experiences of famous historical figures.

A world-renowned authority on the history, uses, and power of dreaming, Robert Moss guides neophyte and experienced adventurers alike to open their own dreamgates. Through these gates await otherwise inaccessible realms of reality as well as soul remembering — the "recovering of knowledge that belonged to us before we came into this life experience." Exercises, meditations, and the mesmerizing tales of fellow dream travelers outline Moss's Active Dreaming technique, a kind of shamanic soul-flight that offers "frequent flyers" a passport between worlds. In this world beyond physical reality, Moss points to wellsprings of healing, creativity, and insight. As readers move into these different ways of seeing and knowing, they may also communicate with spiritual guides and departed loved ones in ways that transform their everyday lives.

A comprehensive, eye-opening exploration of what dreams are, where they come from, what they mean, and why we have them. Questions on the origins and meaning of dreams are as old as humankind, and as confounding and exciting today as when nineteenth-century scientists first attempted to unravel them. Why do we dream? Do dreams hold psychological meaning or are they merely the reflection of random brain activity? What purpose do dreams serve? When Brains Dream addresses these core questions about dreams while illuminating the most up-to-date science in the field. Written by two world-renowned sleep and dream researchers, it debunks common myths that we only dream in REM sleep, for example—while acknowledging the mysteries that persist around both the science and experience of dreaming. Antonio Zadra and Robert Stickgold bring together state-of-the-art neuroscientific ideas and findings to propose a new and innovative model of dream function called NEXTUP—Network Exploration to Understand Possibilities. By detailing this model's workings, they help readers understand key features of several types of dreams, from prophetic dreams to nightmares and lucid dreams. When Brains Dream reveals recent discoveries about the sleeping brain and the many ways in which dreams are psychologically, and neurologically, meaningful experiences; explores a host of dream-related disorders; and explains how dreams can facilitate creativity and be a source of personal insight. Making an eloquent and engaging case for why the human brain needs to dream, When Brains Dream offers compelling answers to age-old questions about the mysteries of sleep.

This dream book is based on the belief that only you can accurately interpret your dreams. This book will guide you, in easy to follow steps, to understanding yourself better through your analysing and

interpreting your dreams. Learn how to remember and record your dreams. A structured approach with lots of tools to understand your dreams.

A detailed guide to mastering lucid dreaming for physical and emotional healing, enhanced creativity, and spiritual awakening • Offers methods to improve lucid dreaming abilities and techniques for developing superpowers in the dream realm • Explains how to enhance dreaming with supplements, herbs, and psychedelics • Explores the ability of lucid dreamers to communicate with the waking realm and the potential for shared lucid dreaming and access to our unconscious minds In a lucid dream, you "awaken" within your dream and realize you are dreaming. With this extraordinary sense of awakening comes a clear perception of the continuity of self between waking and sleeping and the ability to significantly influence what happens within the dream, giving you the opportunity to genuinely experience anything without physical or social consequences. In this way, lucid dreaming offers therapeutic opportunities for fantasy fulfillment, fear confrontation, and releasing the trauma of past experiences. With development and practice, lucid dreaming can provide a powerful path to greater awareness, heightened creativity, spiritual awakening, and communication with the vast interconnected web of cosmic consciousness. In this detailed guide to mastering the practice of lucid dreaming, David Jay Brown draws from his more than 20 years' experience using these techniques and his interactions with dozens of experts on consciousness, physics, dreaming, and entheogens, such as Stanley Krippner, Rupert Sheldrake, Stephen LaBerge, Robert Waggoner, Dean Radin, Terence McKenna, and many others. He explores the intimate relationship between lucid dreaming, shamanic journeying, visionary plants, and psychedelic drugs and how they are used for healing and spiritual development. Offering methods for improving both lucid dreaming and shamanic journeying abilities, he explains how to enhance dreaming with oneirogens, supplements, herbs, and psychedelics and offers techniques for developing superpowers in the dream realm. Summarizing the scientific research on lucid dreaming, Brown explores the ability of lucid dreamers to communicate with people in the waking realm and the potential for dream telepathy, shared lucid dreaming, and access to the vast unconscious regions of our minds, opening up a path that takes us beyond dreaming and waking to dreaming wide awake.

My Dreams is a dream interpretation book that helps people decode personal dream symbols and understand the meaning of dreams. This book contains step-by-step dream practices with example dreams to help resolve nightmares and have lucid and target dreams. The meaning of spiritual dreams, precognitive dreams, and dreams where you die are explained with practical dream tips focusing on these types of dreams. My Dreams is an all-in-one dream journal or dream notebook that includes personalized dream dictionary, dream calendar, and dream journal pages. Part one of this dream book helps you: ? Find out what your dreams mean using step-by-step instructions with example dreams ? Learn how to influence your dreams ? Dream what you want to dream (target dreaming) ? Experiment and practice in your dreams ? Ask for dream advice when making decisions ? Resolve nightmares, dream lucidly, understand dying in dreams, sexual dreams, and spiritual dreams ? Improve waking life through your dreams Part two of this dream journal includes your personal : ? Dream dictionary with A-Z entries ? Dream calendar to track dreams and dream symbols to notice patterns and correlate to waking life ? Dream journal or dream notebook to write down your dreams (150 pages)

The search for a shared practice of storytelling around which a popular study of cognitive narratology might form need look no further than our nightly experience of dreams. Dreams and memories are inseparable, complicating and building upon one another, reminding us that knowledge of ourselves based on our memories relies upon fictionalized narratives we create for ourselves. Psychologists refer to confabulation, the creation of false or distorted memories about oneself and the world we inhabit, albeit without any conscious intention to deceive. This process and narrative, inherent in the dreamlife of all people, is at odds with the daily menu of cultural myths and politicized fictions fed to the Western world through print and social media, and for which there is constant divisiveness and disagreement. Cognitive Narratology and the Shared Identity of Myth uses insights gained from the scientific study of dreaming to explain how the shared experience of dreamlife can work in service to the common good. Primary texts and literary works, chosen for their influence on contemporary thinking, provide a rationale and historical background: From Artemidorus (a professional diviner) and Aristotle; to the Church fathers Tertullian, St. Augustine, Gregory of Nyssa, Sinesius of Cyrene; to The Wanderer (Old English poem) and Chaucers Book of the Duchess; to Coleridge's writings and R. L. Stevensons A Chapter on Dreams; and to twentieth-century dream theory, and dream use in film. The purpose is to enable readers through subjective self-analysis to recognize what they share with their fellow dreamers; shared identity in formation of a shared act of dreaming creation is a universal across centuries and throughout Western culture, albeit currently misrepresented and rarely acted upon.

Lucid Dreaming: Gateway to the Inner Self is the account of an extraordinarily talented lucid dreamer who goes beyond the boundaries of both psychology and religion. In the process, he stumbles upon the Inner Self. While lucid (consciously aware) in the dream state and able to act and interact with dream figures, objects, and settings, dream expert Robert Waggoner experienced something transformative and unexpected. He was able to interact consciously with the dream observer - the apparent Inner Self - within the dream. At first this seemed shocking, even impossible, since psychology normally alludes to such theoretical inner aspects as the Subliminal Self, the Center, the Internal Self-Helper in vague and theoretical ways. Waggoner came to realize, however, that aware interaction with the Inner Self was not only possible, but actual and highly inspiring. He concluded that while aware in the dream state, one has both a psychological tool and a platform from which to understand dreaming and the larger picture of man's psyche as well. Waggoner proposes 5 stages of lucid dreaming and guides readers through them, offering advice for those who have never experienced the lucid dream state and suggestions for how experienced lucid dreamers can advance to a new level. Lucid Dreaming offers exciting insights and vivid illustrations that will intrigue not only avid dreamworkers but anyone who is interested in consciousness, identity, and the definition of reality.

Have you ever said something was only a dream, only a coincidence, or only your imagination? In this book you'll discover that these "only" things can be keys to finding and living your bigger story. You'll learn to tap into the nine powers of dreaming, the nine rules of coincidence, and the seven uses of imagination. You'll be inspired by stories of how innovators and world changers have used these gifts, and you'll learn wonderful games to help you access your intuition, heal yourself, and bring juice to your everyday life. When we claim the power of the Three Only Things, we reclaim tools that

are profoundly simple yet have the power to remake our lives and the world.

In this extraordinary book, shamanic dream teacher Robert Moss shows us how to become shamans of our own souls and healers of our own lives. The greatest contribution of the ancient shamans to modern healing is the understanding that in the course of any life we are liable to suffer soul loss — the loss of parts of our vital energy and identity — and that in order to be whole and well, we must find the means of soul recovery. Moss teaches us that our dreams give us maps we can use to travel to the places where we can find and bring home our lost or stolen soul parts. He shows us how to recover our animal spirits and ride the windhorse of spirit to places of healing and adventure in the larger reality. We discover how we can heal ancestral wounds and open the way for cultural soul recovery. You'll learn how to enter past lives, future lives, and the life experiences of parallel selves and how to bring back lessons and gifts. "It's not just about keeping soul in the body," Moss writes. "It's about growing soul, becoming more than we ever were before, embodying more of the Greater Self." With fierce joy, he incites us to take the creator's leap and bring something new into our world.

When Derric Moore became deathly ill due to the debilitating disease lupus, the last thing he wanted to do, was to accept that it was "God's will." He needed something new and he needed something fast! So he appealed to God for help, and his ancestors and guardian spirits responded by giving him a spiritual system based upon Ancient Egyptian (Kamitic) theology and Afro-spiritual practices, which he used to improve his health. In this practical guide that approaches Kamitic philosophy from a shamanistic perspective, you'll learn how: -To tap into the Power of God within you - How to effectively pray and get your prayers answered - How we subconsciously make our bodies ill, but with a little effort can improve our overall health - How to change your dreams - Foretell the future through divination - Build sacred space to attract positive influences into your life - And, much, much more.

With updated research, revised sections on leadership, and new anecdotes, this second edition helps teachers and students reach higher performance levels based on how the brain learns.

Master Lucid Dreaming and Control Dreams With the Best Techniques to Dream Big. You're about to discover a proven strategy on how to lucid dream and control your dreams so that you can experience and create an extraordinary life. In this lucid dreaming book, you will learn dream interpretation and how to master the art of lucid dreaming with the best I have learned over years of research and experimenting so you can tap into the natural powers you already possess to conquer your dreams in the easiest and fastest way. Lucid dreaming is one of the best skills anybody can develop with a little bit of practice and this book will teach you how to use lucid dreams to create your ideal world, improve creativity, meet anybody you want, create imaginary characters that can help you solve any problem, heal yourself, be able to fly, travel through time and much more. By learning how to lucid dream your dream world is a world of infinite possibilities. The average person sleeps almost half of their life and by learning to effectively lucid dream: we can take advantage of all this time and dreams and get the right insights, boost our creativity, heal ourselves emotionally, and do whatever we can think of. Just imagine, no limits!! And as a result, to use the special techniques in this lucid dreaming book you will live a more fulfilling life both in your dream world and your conscious life. If you want to begin lucid dreaming for the first time or you are already in a more advanced level of lucid dreams, this book has valuable information that can help you get there faster in a much more effective way Experience lucid dreaming on another level. If you have tried some techniques but haven't been able to produce any results with your dreams or only average results, it's because you are lacking an effective strategy and techniques that produce outstanding results. This lucid dreaming e-book goes into a step-by-step strategy that will help you take control of your dreams, experience strong lucid dreams, and therefore have high levels of pleasure, happiness, a sense of achievement, and a much better quality of your dream world and in real life. Here Is A Preview Of What You'll Learn in this awesome lucid dreaming book... Dream Big What Lucid Dreaming Feels Like Master Lucid Dreaming Skills Use Reality Checks Dream Interpretation Solve Problems Master Lucid Dreaming Techniques How to Take Lucid Dreams To The Next Level Extra Effective Lucid Dreaming Techniques And Much, much more! Download your copy of Lucid Dreaming today!

Dreams speak to us in a symbolic language. From night to night, those symbols and images can appear wildly different. But in truth, they are likely replaying an important theme in your life, a vital message from your dream world to your conscious mind. While most dream books focus on symbolism, Dream Exploration helps readers go deeper by exploring the themes presented in dream life and their relationship to waking life. Written as a how-to guide, this first-of-its-kind book includes a twelve-step process that helps you identify core themes in your life and how best to grow with them. Also included is a theme matrix that offers practical actions readers can take to move beyond their dreams.

Dea Donahue has been able to travel through people's dreams since she was six years old. Her mother taught her the three rules of walking: Never interfere. Never be seen. Never walk the same person's dream more than once. Dea has never questioned her mother, not about the rules, not about the clocks or the mirrors, not about moving from place to place to be one step ahead of the unseen monsters that Dea's mother is certain are right behind them. Then a mysterious new boy, Connor, comes to town and Dea finally starts to feel normal. As Connor breaks down the walls that she's had up for so long, he gets closer to learning her secret. For the first time she wonders if that's so bad. But when Dea breaks the rules, the boundary between worlds begins to deteriorate. How can she know what's real and what's not?

A leader of dream workshops and seminars details a unique, nine-step approach to understanding dreams, using contemporary dreamwork techniques developed from shamanic cultures around the world. Conscious Dreaming shows you how to use your dreams to understand your past, shape your future, get in touch with your deepest desires, and be guided by your higher self. Author Robert Moss explains how to apply shamanic dreamwork techniques, most notably from Australian Aboriginal and Native American traditions, to the challenges of modern life and embark on dream journeys. Moss's methods are easy, effective, and entertaining, animated by his skillful retelling of his own dreams and those of his students—and the dreams' often dramatic insights and outcomes. According to Moss, some shamans believe that nothing occurs in ordinary reality unless it has been dreamed first. In the dreamscape, we not only glimpse future events, we can also develop our ability to choose more carefully between possible futures. Conscious Dreaming's innovative system of dream-catching and transpersonal interpretation, of dream re-entry and keeping a dream journal enables the reader to tap the deepest sources of creativity and intuition and make better choices in the critical passages of life.

If modern medicine is truly to be a healing art, says Dr. Larry Dossey, it must embrace three ideas it has too long ignored. It must address not only our bodies, but our minds and spirits as well; it must deal not only with the mechanism of illness, but with its meaning; and it must recognize that our power to heal and be healed extends beyond our physical bodies. Bestselling author Dossey is one of the most influential spokespersons for the role of consciousness and spirituality in medicine. In these writings, he explores the relationship - often documented in extensive research - between science and 'unscientific' topics such as prayer, love, laughter, work, war, creativity, dreams and immortality. Does the mind produce consciousness - or transmit it? Why has job stress become a world-

wide epidemic? Could war be a biological condition? Why is fishing good for your health? How can science study the effects of prayer? Dossey tackles all these questions and more. Some essays are funny, some sober, some inspirational. Each in its own way challenges us to examine ourselves and our health in a new and different light.

Have you ever said something was only a dream, only a coincidence, or only your imagination? In this book you'll discover that these "only" things can be keys to finding and living your bigger story. You'll learn to tap into the nine powers of dreaming, the nine rules of coincidence, and the seven uses of imagination. You'll be inspired by stories of how innovators and world changers have used these gifts, and you'll learn wonderful games to help you access your intuition, heal yourself, and bring juice to your everyday life. When we claim the power of the Three Only Things, we reclaim tools that are profoundly simple yet have the power to remake our lives and the world. "What Robert Moss does - again and again and with such clarity and greatness of heart - is remind us that magic is a breath away and that everyone has the capacity to tap into the heritage that is truly ours." - MANDA SCOTT, bestselling author of the Boudica novels

Jean Campbell's book looks at the power that two or more people can tap when striving to dream the same dreams. She describes several different group dreaming experiments conducted over a period of ten years and tells about The World Dreams Peace Bridge.

The essential guide on how to teach about dreaming.

From Robert A. Johnson, the bestselling author of Transformation, Owing Your Own Shadow, and the groundbreaking works He, She, and We, comes a practical four-step approach to using dreams and the imagination for a journey of inner transformation. In Inner Work, the renowned Jungian analyst offers a powerful and direct way to approach the inner world of the unconscious, often resulting in a central transformative experience. A repackaged classic by a major name in the field, Robert Johnson's Inner Work enables us to find extraordinary strengths and resources in the hidden depths of our own subconscious.

In this fascinating new collection, an all-star team of researchers explores lucid dreaming not only as consciousness during sleep but also as a powerful ability cultivated by artists, scientists, and shamans alike to achieve a variety of purposes and outcomes in the dream. • Presents a variety of expert perspectives on lucid dreaming from many different cultures that represent a breadth of disciplinary perspectives • Provides theoretical models that integrate scientific reason, mysticism, and individuals' experiences, making way for a new level of sophistication in the study of lucid dreaming • Offers practical insights for therapists, teachers, and researchers as well as students and scholars of psychology, anthropology, and religious studies while containing accessible information and compelling personal narratives that will appeal to general readers

Dreams Beyond Time describes a variety of dream types related to non-ordinary and exceptional dreams, including mythic, paranormal, and transpersonal dreaming. The book describes a metaphysics of discovery as intrinsic to dreaming in a pan-sentience cosmos, where dreams reveal human potential for personal spiritual development.

Humans are created as dreaming creatures and have been interested in the meaning of their dreams for thousands of years. This book offers tools and guidelines to help you work with your dreams as a practice of your Christian faith. Drawing on biblical and historical references as well as modern research, the book outlines ways to better understand your own dreams and gives practical advice for beginning and leading a dream group. The book also discusses how other contemporary spiritual practices, such as lectio divina, journaling, and meditation, can inform your dream work and vice versa. Dreams are not a secret code and will not necessarily improve your life forever, but they can serve as a valuable source of insights and inspiration in your life. This book will help you reach a deeper understanding of yourself and your faith through working with your dreams.

No single book ever before has brought together the history, theory and practice of dreamwalking--entering into another's dreamspace, even though you may be physically at a great distance. Michelle Belanger, the author of Psychic Vampire Codex, takes readers on an adventure into the subconscious world of dreams, territory that no amount of psychology or research has fully charted. This absorbing account, beginning with the author's own first experience of dreamwalking in a school bus as a child, both explains the phenomenon and teaches the techniques of dreamwalking. Learn to set up a dream space and a dream gate. Harness your dreaming mind to visit distant family members, pass vital messages to friends, even start secret trysts with your lover! Nobody knows exactly what happens when we dream, but practicing dreamwalking can and will open a whole new world in which the connections between ourselves and our spirit selves and others, as well as the meaning of dreams and the relationship of dreaming to other energy work and magick become clear.

Let Your Dreams Be Your Doctor is the result of author Arlene Shovald's lifelong fascination with dreams. Revealing her own healing experiences with dreams as well as the experiences of fourteen other individuals who contributed to her study on using dreams to work with emotional and physical problems, she provides direction for the novice who has just begin to pay attention to those mysterious messages we get during the night, as well as new information for the person who has studied his or her dreams for years. In particular, case studies make the reading interesting and enjoyable. As Shovald explains, obtaining information about physical and emotional health from dreams is rather like going to a doctor who speaks a foreign language. You may not understand the diagnosis and plan of treatment in the beginning, but once you learn the symbolic language of dreams, the information becomes clear.

Examines, in a question and answer format, the scientific and cultural aspects of dreams, including such topics as the physiological reasons for dreams, the connection between dreams and religion, and the dream life of animals.

In One Mind, New York Times best-selling author Larry Dossey, M.D., proposes an inspiring view of consciousness that may reshape our destiny. Dossey's premise is that all individual minds are part of an infinite, collective dimension of consciousness he calls the One Mind. This state—which we can all access—explains phenomena as diverse as epiphanies, creative breakthroughs, premonitions of danger or disaster, near-death experiences, communication with other species and with the dead, reincarnation, the movement of herds, flocks, and schools, and remote healing. Dossey presents his theory in easily digestible, bite-sized vignettes. Through engaging stories, fascinating research, and brilliant insights from great thinkers throughout history, readers will explore the outer reaches of human consciousness, discover a new way to interpret the great mysteries of our experience, and learn how to develop the empathy necessary to engender more love, peace, and collective awareness. The result is a rich new understanding of what it means to be human and a renewed hope that we can successfully confront the challenges we face at this crossroads in human history. Even before publication One Mind drew praise from the finest minds of our time. It has been heralded as "landmark," "a brilliant synthesis," a "magnum opus," a "feast" of ideas, "compelling," "gripping," and "a major shift in our understanding of consciousness."

By following the instructions for recalling, recording, and interpreting dreams that are presented throughout the book, letting dreams slip away can be avoided and new perspectives on life can be gained.

On average, we spend around six years of our lives dreaming. Yet, astonishingly, few of us unders-

tand the purpose of dreams and even fewer recognise what our dreaming mind can tell us about ourselves and our world. Melinda Powell, psychotherapist and co-founder of the Dream Research Institute UK, reveals how better understanding our dreams can improve our waking lives. As well as examining the importance of sleep and dreams, *The Hidden Lives of Dreams* explores the role of light, colour, landscapes, space, healing presence and lucidity in dreams, dispels common misconceptions and addresses our fears of nightmares. Powell shows how to tap into our dreams as a source of guidance and inspiration to enhance our wellbeing and to discover a healthier, more balanced approach to life. 'Exploring the depths of dreaming with an experienced guide like Melinda Powell will bring you closer to your heart, your purpose and your truest self. Highly recommended.' Robert Waggoner

What, if anything, do dreams tell us about ourselves? What is the relationship between types of sleep and types of dreams? Does dreaming serve any purpose? Or are dreams simply meaningless mental noise--"unmusical fingers wandering over the piano keys"? With expertise in philosophy, psychology, and neuroscience, Owen Flanagan is uniquely qualified to answer these questions. And in *Dreaming Souls* he provides both an accessible survey of the latest research on sleep and dreams and a compelling new theory about the nature and function of dreaming. Flanagan argues that while sleep has a clear biological function and adaptive value, dreams are merely side effects, "free riders," irrelevant from an evolutionary point of view. But dreams are hardly unimportant. Indeed, Flanagan argues that dreams are self-expressive, the result of our need to find or to create meaning, even when we're sleeping. Rejecting Freud's theory of manifest and latent content--of repressed wishes appearing in disguised form--Flanagan shows how brainstem activity during sleep generates a jumbled profusion of memories, images, thoughts, emotions, and desires, which the cerebral cortex then attempts to shape into a more or less coherent story. Such dream-narratives range from

the relatively mundane worries of non REM sleep to the fantastic confabulations of deep REM that resemble psychotic episodes in their strangeness. But however bizarre these narratives may be, they can shed light on our mental life, our well being, and our sense of self. Written with clarity, lively wit, and remarkable insight, *Dreaming Souls* offers a fascinating new way of apprehending one of the oldest mysteries of mental life.

"In the *Book of Dreams* I just continue the same story but in the dreams I had of the real-life characters I always write about." Excerpt: *WALKING THROUGH SLUM SUBURBS* of Mexico City I'm stopped by smiling threesome of cats who've disengaged themselves from the general fairly crowded evening street of brown lights, coke stands, tortillas--Unmistakably going to steal my bag--I struggled a little, gave up--Begin communicating with them my distress and in fact do so well they end up just stealing parts of my stuff! We walk off leaving the bag with someone--arm in arm like a gang to the downtown lights of Letran, across a field-- Jack Kerouac (1922-1969) was a principal actor in the Beat Generation, a companion of Allen Ginsberg and Neal Cassady in that great adventure. His books include *On the Road*, *The Dharma Bums*, *Mexico City Blues*, *Lonesome Traveler*, *Scattered Poems*, *Visions of Cody*, *Pomes All Sizes*, and *Scripture of the Golden Eternity*.

"When a book appears that is timely, scholarly, comprehensive, and well-written, it stands as a landmark." MONTAGUE ULLMAN, M.D. Author of *WORKING WITH DREAMS* In this brilliantly researched study, Robert L. Van de Castle, Ph.D., an internationally recognized dream authority, examines the vital role that dreams have played throughout history. *OUR DREAMING MIND* delves into the most provocative experiments that scientists are conducting on the dreaming mind in this century. Vast in scope and startling in its revelations, here is an invaluable contribution to our understanding of dreams, written with clarity and grace. Dr. Van de Castle shares with all readers the amazing riches he has discovered throughout a lifetime of research and reflection on dreams.