

Conscious Dreaming: A Unique Nine-step Approach To Understanding Dreams - Robert Moss

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Robert Moss shows 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. He explains how to apply shamanic methods, most notably from Australian Aboriginal and Native American traditions, to any and all practical and spiritual challenges. Moss's approach is easy, effective and entertaining, animated by the skilful retelling of his own dreams and those of his students - and their 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 but can also develop our ability to choose more carefully between possible futures. CONCIOUS DREAMING'S innovative methods of dream-catching and transpersonal interpretation, of dream re-entry and of keeping a dream journal enable the reader to tap into the deepest sources of creativity and intuition - and make better choices in the critical passages of life. Author: Moss, Robert Publisher: Ebury Digital Illustration: N Language: ENG Title: Conscious Dreaming: A Unique Nine-Step Approach to Understanding Dreams Pages: 00382 (Encrypted EPUB) On Sale: 2010-11-09 SKU-13/ISBN: 9780712672283 Category: Psychology : General

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