



Active Dreaming: Journeying Beyond Self-Limitation to a Life of Wild Freedom

Robert Moss

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As the success of the recent film *Inception* shows, dreams are a source of perennial fascination. Robert Moss has advanced our understanding of the phenomenon with his visionary and down-to-earth synthesis of contemporary dreamwork and venerable shamanic methods. His “active dreaming” involves re-entering dreams, exploring their possibilities, and directing the subconscious to illuminate and solve problems. He blazes a new trail, guiding readers to use the powers that govern their night dreams to pursue their ideal waking “dream lives.” Based on Moss's decades of teaching, the techniques he shares in these pages are proven, powerful, and even playful. Readers learn to understand and utilize synchronicity, shared dreaming, children's dreams, and healing dreams. The examples Moss shares encourage readers to face fears and tap into dormant power. The result is the freedom to choose — and then revel in — the life of their dreams.

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