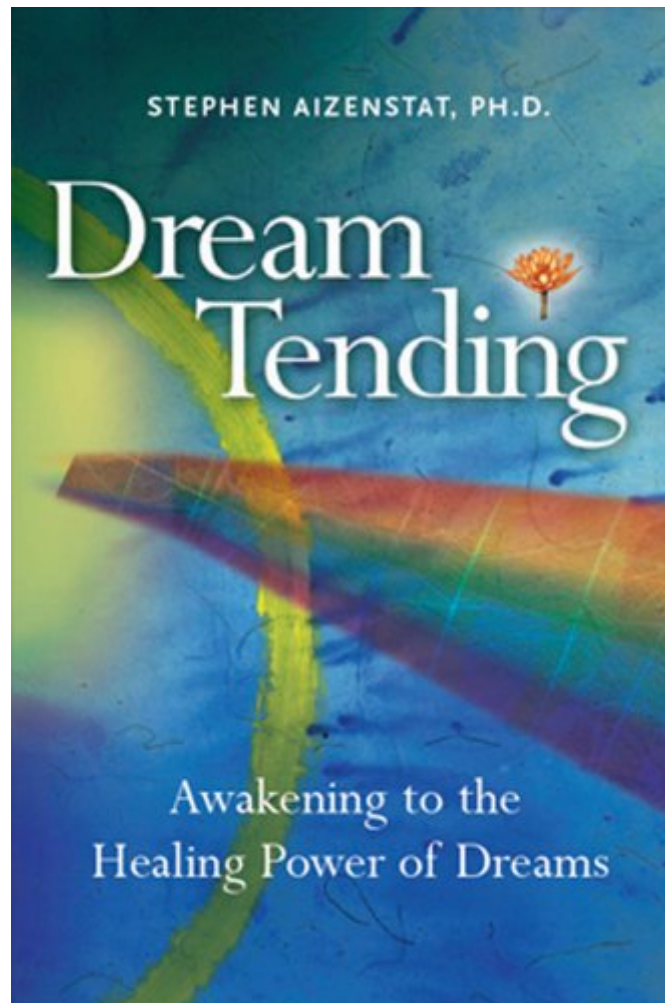


The book was found

Dream Tending: Awakening To The Healing Power Of Dreams



Synopsis

You had the most amazing dream last night. It spoke to your highest aspiration, your most secret wish, presenting a vision of a future that was right for you. But now, in the cold light of day, that inspiring dream is gone foreverâ or is it? According to Dr. Stephen Aizenstat, a psycho-therapist, university professor, and dream specialist, dreams are not just phantoms that pass in the night, but a present living reality that you can engage with and learn from in your daily life. In *Dream Tending* Dr. Aizenstat shows how to access the power of your dreams to:

- Transform nightmare figures into profound and helpful mentors
- Bring fresh warmth and intimacy into your relationships
- Overcome obsessions, compulsions, and addictions
- Engage healing forces of your dreams through imaginal "medicines"
- Re-imagine your career and cope with difficulties in the workplace
- Discover the potential of your untapped creativity
- See the world around you with a new and dynamic perspective

Rooted in Stephen Aizenstat's 35 years of work with the greatest dream masters of the West, as well as respected traditional shamans and healers worldwide, *Dream Tending* is packed with revolutionary insights and practical methods that will help you to experience the powerful, mutually beneficial interaction of dreams and reality that Anais Nin called "the highest form of living."

Book Information

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Customer Reviews

"Dream Tending" is a book about dream work, written by Stephen Aizenstat, Ph.D. and the founding president of Pacifica Graduate Institute. The book aims at awakening the power of our dreams for healing and for living a happier life. The importance of dreams was recognized in antiquity, but dreams were practically forgotten until the year 1900 when Freud wrote "On the Interpretation of Dreams". He proposed the use of word associations to find the meaning of dreams. Jung expanded Freud's ideas, suggesting that, in addition to word association, we should expand certain dreams using amplification, a process that looks for parallels of the dream with world myths. James Hillman, one of Jung's most prominent followers, suggested a step forward; that we should try to relive our dreams. Talk to the images of the dream, make a play out of the dream and become present to the settings of the dream. In summary, use your creativity to play with your dream. Tending Dreams brings several exercises to help us to work with our dreams, and this makes the book an excellent practical guide to dream work. I'm Roberto Lima Netto, a Jungian. I write Jungian books - The Jungian Bible: Life explained through biblical stories and world myths from Jung's perspective, The Little Prince for Grownups - and Psychological thrillers -

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