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OUR DREAMING MIND. by Robert L. Van de Castle    RELEASE DATE: Aug. 1, 1994. Despite its two-column, textbookish format, an unpedantic survey by a self-described "dreamworker" of how dreams have been regarded throughout history, with emphasis on the author's own experiences during 30 years of investigation into "clear- seeing at night.". The former director of the Sleep and Dream Laboratory at the University of Virginia Medical School, Van de Castle (who will be featured in a Discovery ...

OUR DREAMING MIND | Kirkus Reviews

Robert Van de Castle packs a lifetime of dream study into his new book, Our Dreaming Mind. The work is a broad and extremely ambitious overview of dreams in Western history, ranging through religion and mythology, art and literature, medicine and psychology. In its structure, tone, and effective use of illustrations, the book is very similar to Norman MacKenzie's 1965 Dreams and Dreaming, which also offered a grand historical narrative of Western dream theories.

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--Henry Reed Author of Getting Help from Your Dreams and Dream Solutions In this brilliantly researched and thorough study, internationally recognized dream authority Robert L. Van de Castle examines the vital role that dreams have played throughout history, from the dreams of ancient Sumerian kings to the pioneering dream research of nineteenth-century psychologists. Our Dreaming Mind delves ...

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An engaging and illuminating journey into the world of dreams ranges from ancient times, when dreams were valued tools of philosophers and rulers, through the

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pioneering days of dream interpretation, to recent scientific revelations about the nature of dreams.

"A MASTERPIECE ON DREAMS...This book is a singular resource.... If it inspires you to remember your dreams, this book will change your life. If it inspires you to act on your dreams, this book will change the world." --Henry Reed Author of Getting Help from Your Dreams and Dream Solutions In this brilliantly researched and thorough study, internationally recognized dream authority Robert L. Van de Castle examines the vital role that dreams have played throughout history, from the dreams of ancient Sumerian kings to the pioneering dream research of nineteenth-century psychologists. Our Dreaming Mind delves into the most provocative experiments that scientists are conducting on the dreaming mind in this century and surveys ongoing dream experiments: dreams and sexual arousal, the impact of pregnancy on dreams, the connection between dreams and creativity, and the possibility of paranormal dreams. "In Our Dreaming Mind, Robert Van de Castle pulls decades of accumulated wisdom together in a sweeping panorama unsurpassed in the literature for its scope, its insight, and its ability to captivate its readers. --Stanley Krippner Director of The Saybrook Institute Editor of Dream Time and Dream Work "IMMENSELY READABLE...A monumental history of dreams." --Publishers Weekly "Our Dreaming Mind is really a dream come true--the most comprehensive, authoritative, and inspiring book on dreams I know about. At heart, this book is about human consciousness and our place in the universe. A magnificent contribution." --Larry



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Dossey, M.D. Author of Meaning & Medicine: A Doctor's Tales of Breakthrough and Healing  
AN ALTERNATE SELECTION OF THE BOOK-OF-THE-MONTH CLUB

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

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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.

A valuable dream guide shows readers how to use nightly messages from the unconscious to inform and instruct their waking consciousness. Original.

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

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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.

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.

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.

*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

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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.

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