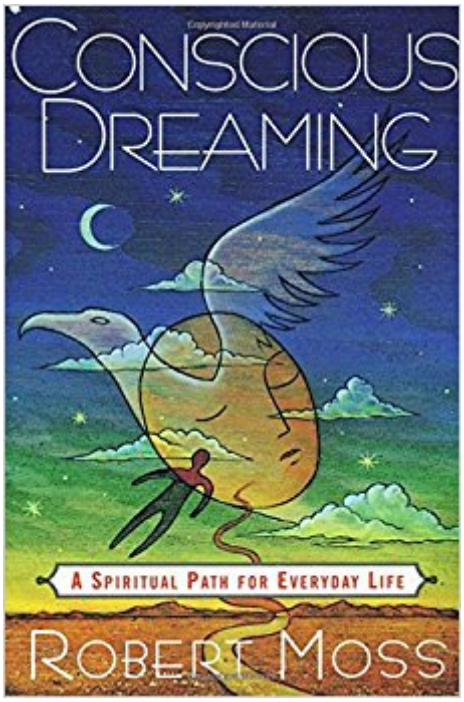
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Conscious Dreaming: A Spiritual Path For Everyday Life



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Synopsis

Written by a popular leader of dream workshops and seminars, Conscious Dreaming details a unique nine-step approach to dreams, especially precognitive and clairvoyant ones, that uses contemporary dreamwork methods and techniques developed from shamanic cultures around the world.

Book Information

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Customer Reviews

This is more and better than just a book about how to remember and understand dreams, although it is that kind of book and as good as any such recently published. Moss covers all the expected terrain, from how to train the mind to recall its nightly narratives, through how to unravel meaning from them, to how to start and sustain a dream group. But his book excels because he extends its purview to include shamanic dreaming, dreams of dead loved ones, healing dreams, angels, and spirit guides. Moss explores these more esoteric matters with great skill. Taking his cue from ancient and tribal traditions that see in dreams more than a set of symbols connected to individual psychology, Moss offers evidence that in dreams we connect with the transpersonal. Thus, an angel in a dream could be the dreamer’s better self--or a real angel, come to help the dreamer through life’s challenges. Moss’ unusual approach to a perpetually intriguing subject is likely to appeal to a wide spectrum of readers. Patricia Monaghan

In Conscious Dreaming, Robert Moss 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. 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.

Fantastic read. If you are a conscious dreamer and wish to enhance your skills whilst dreaming this is a perfect book to guide you into conscious dreaming. Robert Moss is an expert and has wondered through many dreamlands to be able to provide his readers with detailed knowledge of what to expect and what not to miss. Better to read this book than the commercialized dream dictionaries. You can learn how to analyze your dreams yourself depending on your own beliefs, because all symbols have different meanings for every individual. Every dream is important even if it seems insignificant and every dream holds a symbol, a key or a message to a question sought.

Conscious Dreaming presents Robert Moss's methodology for exploring and understanding dreams. This is not a book that gives you a fix interpretation of dreams, but instead, helps you find your own. It's a journey full of personal stories that help you flesh out the inner working of what dreaming is really about.This book is organized as follows:Introduction: Summoned by DreamPart One Active Dreaming1. Becoming A Dream Catcher2. Nine Keys to Your Dreams3. Exploring Dream with Partners4. Conscious Dreaming5. Shamanic DreamingPart Two Dreams of Power6. Using Dream Radar7. Dream of the Departed8. Dream Guides and Guardian Angels9. Dreams of Healing10. The Creative Power of DreamsFrom the introduction, you get a glimpse of the author's experience with dreaming. This work is obviously influenced by his shamanic experience. However, its open nature welcomes any worldview.In Part One of this book you will learn how to remember our dreams, how to interpret them and how to explore them. You will learn that dreams are yours, even as you share them with others. You hold the key to them.In part two, you move further into the

world of dreams. This would seem a daunting task, but you quickly realize that further exploration is made easy through the personal stories of other people. Through them, you'll experience encounters with departed people, find guidance from above, and even healing for everyday life.In all, with this book you will learn how to enrich your life by incorporating your dreams into it. Of course, the message of this book is a positive one, and as such, easily recommended for those taking the first steps into the lucid dreaming.Others book by Robert Moss include:The Three "Only" Things: Tapping the Power of Dreams, Coincidence, and ImaginationDreamgates: Exploring the Worlds of Soul, Imagination, and Life Beyond DeathActive Dreaming: Journeying Beyond Self-Limitation to a Life of Wild Freedom

There are countless books on dreaming and I've looked hopefully at many of them. Usually I've been disappointed by the fact that they really have nothing to say and seem to know nothing more than I do about the subject. Mostly, they are rehashes of other people's psychological analysis of what dreams *might* mean. Since we each dream in our own unique symbolic language, such books are not only useless but misleading. This is NOT the case with Moss's books. A useful, accessible, and comprehensive method for learning about dreams and dreaming first hand is laid out step by step, along with ample examples of many different kinds of dreams, dreamers, and dreaming traditions, to help readers avoid the "one right answer" trap and find their own truth as reflected in their own unique dreams. Dream ethics (ethics, that long-neglected topic!) are also explored.When I was browsing this topic and reading the customer reviews on Moss, not a few of them gave me real pause, claiming he was a fraud who was only out to make a buck on his outrageously priced courses. Well, his courses are expensive, but then it's expensive to go to an ivy league college or study with real Druids too, because what they learn requires them to travel far and spend years of their lives in disciplined practice. The expectation that everything should be free because it comes free from the source is an interesting one. Nothing is free. There is always a price to pay, whether you are paying a person or a travel agency or an institution. If you want something real there is always a price.Moss has provided an easy way to determine if what he is "selling" is real. His books. And unlike most books by people who offer coursework, which hold back all the vital information, Moss puts it all out there. What he is offering is real, it works, and it's authentic in its claims to derive from native worldviews and practices. These books are called "New Age" only because mainstream society is afraid to validate anything *new* as authentically "native". But we are all native to this world. The same source informs us all, if we are open to it. These books ARE the real thing. Along with Caitlin Matthews' books on soul flight, they are outstanding resources for

the novice and the experienced traveller. If you have a serious interest, I urge you to treat yourself to something real and affordable. This is what most of us have been looking for.Enjoy!

Listening to our higher inner self or soul can help us in our daily decisions. A good book to start interpreting dreams and reconnecting with our soul.

i do my best to read as many dreaming themed pieces of literature that i can find, this being something like my 20-25th book on the topic so far. I very much appreciate the perspective given by the author in this book. Although i have been practicing and reading about conscious and lucid dreaming for 4 years now, i still encountered concepts and technique i had not yet been introduced too. If dream study and self growth is of interest to you, this book should not disappoint.

Robert Moss is a highly gifted story teller, very educated, just a joy to read. Learning so much! Highly recommended! I'm also reading Only Three Things, Secret History of Dreamers, and just got Dreaming True, which I have not read. IF you are interested in the power of dreams, while asleep and awake, highly recommended!

This is a great book about dreams, dreaming, and how they apply to our lives. Highly recommend Conscious Dreaming by Robert Moss!

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