

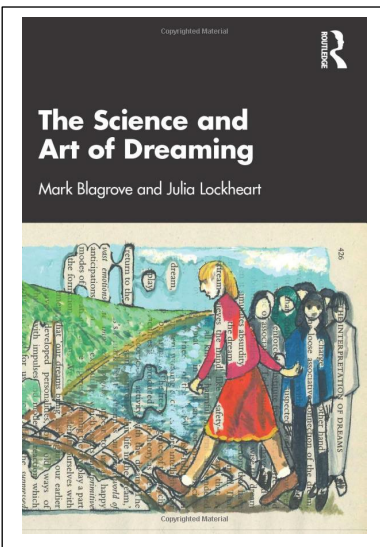
## Drawn into the Dream: How Drawing Your Dreams Can Take You to the Land of Awe

Walter Berry

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In this delightful book filled with stories from the author's life and his encounters with thousands of dreams he has worked, Walter Berry, a master dreamworker, introduces you to the process of drawing your dreams and connecting with your unconscious. When you do this, your authentic self will be present to guide you to an awe-inspired life.

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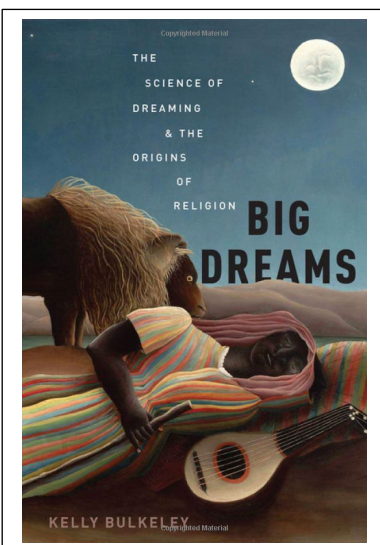
## The Science and Art of Dreaming

Mark Blagrove, Julia Lockheart

\$38.95

*The Science and Art of Dreaming* is an innovative text that reviews the neuroscience and psychology of how dreams are produced, how they are recalled and their relationship to waking life events and concerns of the dreamer. Featuring beautiful original artwork based on dream representations, the book delves deeply into what happens when we dream, the works of art we produce when asleep and the relevance of dreaming to science, art and film.

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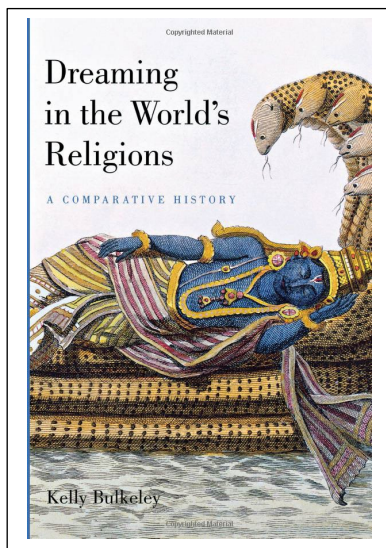
## Big Dreams: The Science of Dreaming and the Origins of Religion

Kelly Bulkeley

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Big dreams are rare but highly memorable dream experiences that make a strong and lasting impact on the dreamer's waking awareness. Moving far beyond "I forgot to study and the finals are today" and other common scenarios, such dreams can include vivid imagery, intense emotions, fantastic characters, and an uncanny sense of being connected to forces beyond one's ordinary dreaming mind.

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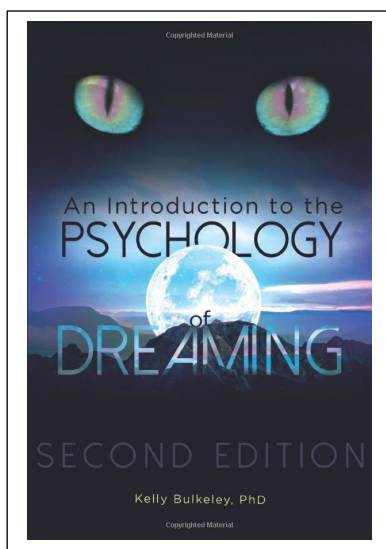
## Dreaming in the World's Religions: A Comparative History

Kelly Bulkeley

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*Dreaming in the World's Religions* provides an authoritative and engaging one-volume resource for the study of dreaming and religion. It tells the story of how dreaming has shaped the religious history of humankind

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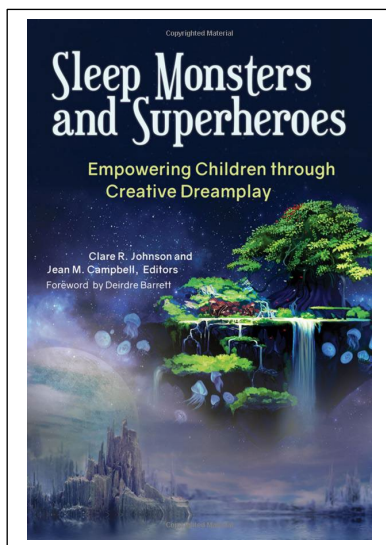
## An Introduction to the Psychology of Dreaming

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*An Introduction to the Psychology of Dreaming* covers all major theories in dream psychology from 1900 to the present day. It provides readers with a unique resource that focuses specifically on this lineage of research in dream psychology.

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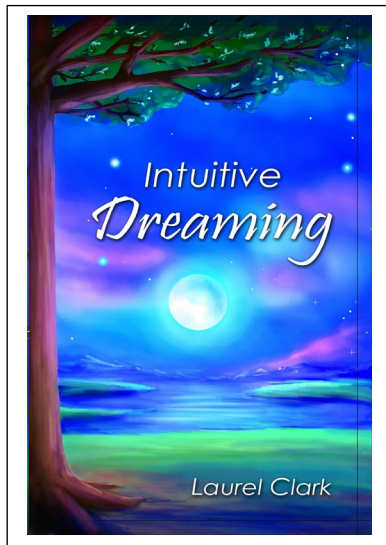
## Sleep Monsters and Superheroes: Empowering Children through Creative Dreamplay

Jean M. Campbell (Editor), Clare R. Johnson (Editor)

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This book shows how to take an active role in guiding children's dreams to help grow their confidence and improve their coping skills for real-life difficulties. Contributors from across various fields provide simple techniques to help children utilize dreamwork as a conduit for creative discovery and empowerment.

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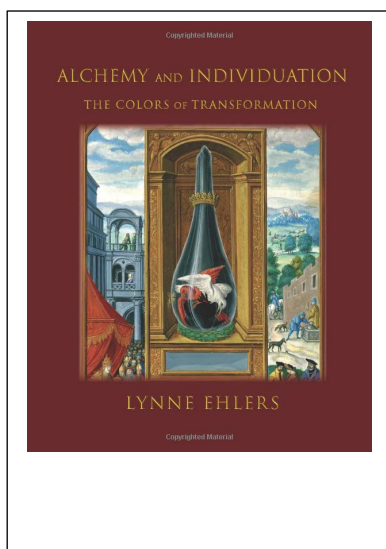
## Intuitive Dreaming

Laurel J. Clark

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This book encourages you to explore your intuition, illustrating how dreams can open doors to the mysterious realm of subconscious and superconscious reality. Whether your dreams are spiritual or healing, inspire art, music, or poetry, or guide you to discover your calling, the dream world is magical and powerful.

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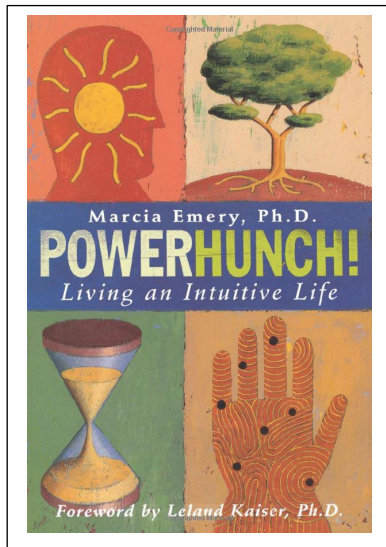
## A Clinician's Guide to Dream Therapy

Leslie Ellis

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*A Clinician's Guide to Dream Therapy* demystifies the process of working with dreams by providing both a grounding in the current science of dreaming as well as a simple, practical approach to clinical dream work.

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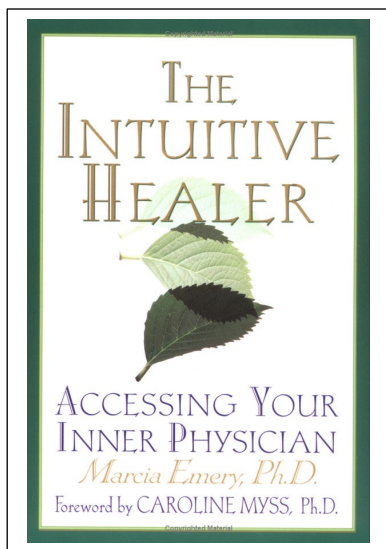
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Call it a gut feeling, a sudden knowing, a bolt from the blue. *PowerHunch!* underscores the strength of this quiet yet powerful force that adds a flash of clarity to any situation. Whether it's relationships, career, balance and healing, or simple everyday decision-making, intuition gives everyone an edge. Now Dr. Marcia Emery shares the "secrets" of intuition so you can make it a part of everything you do.

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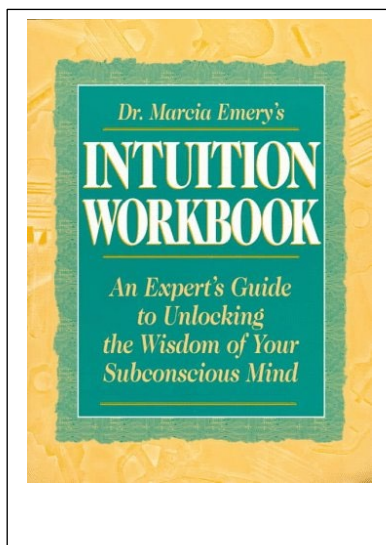
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In *The Intuitive Healer*, renowned intuition expert, Dr. Marcia Emery shows readers how to unlock their inner powers of health and healing by harnessing the wisdom of their intuition.

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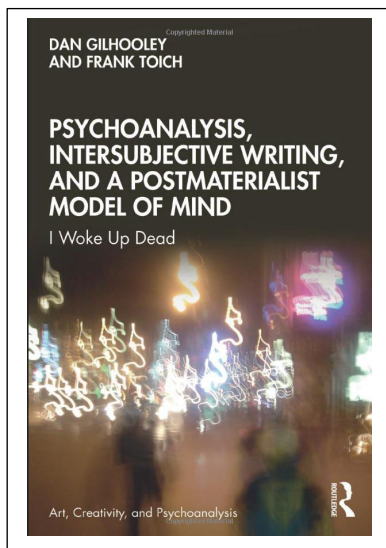


## Dr. Marcia Emery's Intuition Workbook: An Expert's Guide to Unlocking the Wisdom of Your Subconscious Mind

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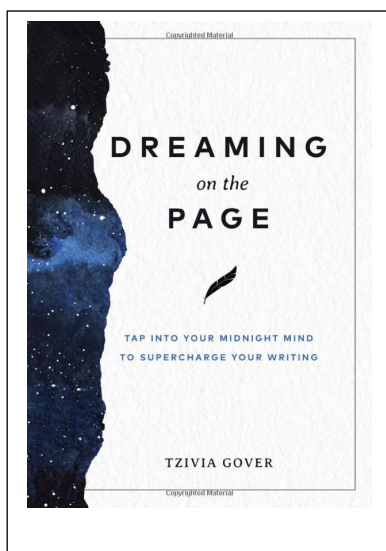
## Psychoanalysis, Intersubjective Writing, and a Postmaterialist Model of Mind: I Woke Up Dead

Dan Gilhooley and Frank Toich

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In this in-depth and unique collaboration between a patient and his psychoanalyst, *Psychoanalysis, Intersubjective Writing, and a Postmaterialist Model of Mind: I Woke Up Dead* examines the unconscious mind by analysing the patient's novel written during his treatment as the focus. Using the patient's creative writing and their intersubjective relationship as evidence, Dan Gilhooley and Frank Toich show how psychoanalysis fits within a postmaterialist model of mind.

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## Dreaming on the Page: Tap Into Your Midnight Mind to Supercharge Your Writing

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Accessible to people who don't remember their dreams as well as for people who do, this book will empower writers to pick up a pen and befriend all aspects of who they are. Dreams and writing offer approachable ways to live richer, more soulful lives both on and off the page.

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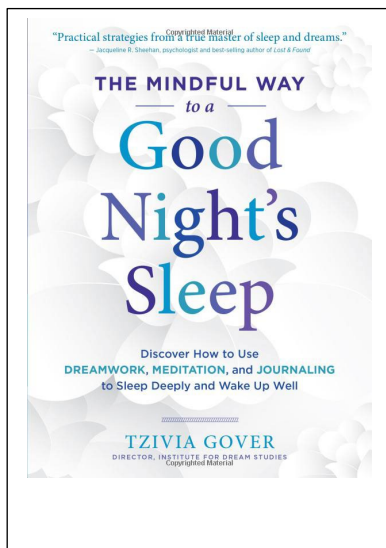
## How to Sleep Tight through the Night: Bedtime Tricks (That Really Work!) for Kids

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Whether it's fear of the dark or worry about the day ahead that is interfering with a good night's sleep, *How to Sleep Tight through the Night* offers creative solutions for soothing children's bedtime anxieties and developing healthy sleep habits.

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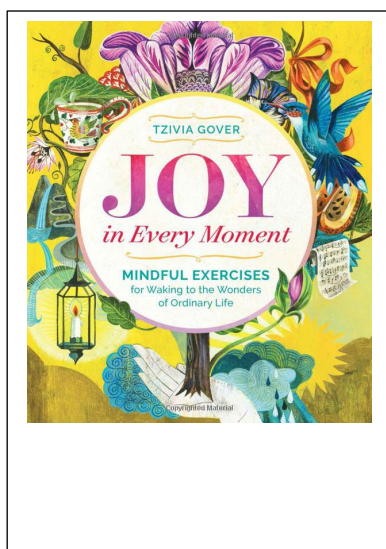
## The Mindful Way to a Good Night's Sleep: Discover How to Use Dreamwork, Meditation, and Journaling to Sleep Deeply and Wake Up Well

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Tzivia Gover offers practical lifestyle advice, easy yoga poses, 10-minute meditations, simple breathing exercises, visualization and journaling activities, and lots of encouragement and inspiration. You'll learn how to set the stage for safe, productive dreaming, cultivate your dream recall, and learn to gain insight from your dreams.

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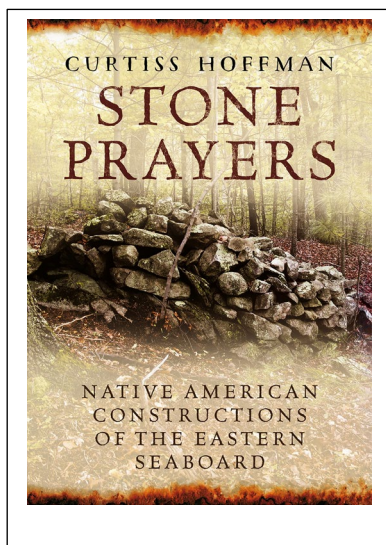
## Joy in Every Moment: Mindful Exercises for Waking to the Wonders of Ordinary Life

Tzivia Gover

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Happiness is already here in this moment, just waiting to be discovered! Mindfulness expert Tzivia Gover offers an inspiring treasury of small, creative ways to shift your perspective and uncover surprising bits of joy over the course of your day. Whether you're making dinner, commuting, exercising, working at the computer, or brushing your teeth, every moment of your life offers an opportunity to uncover happiness.

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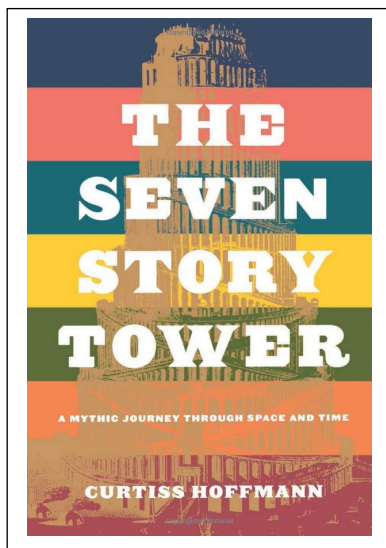
## Stone Prayers: Native American Constructions of the Eastern Seaboard

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Scattered throughout the woodlands and fields of the eastern seaboard of the United States and Canada are tens of thousands of stone monuments. The purpose of this book is to provide quantitative support for the indigenous construction hypothesis, by providing a framework firmly and explicitly situated in the scientific method to test the four hypotheses above against a robust set of data--a total of 5,550 sites from the entire region.

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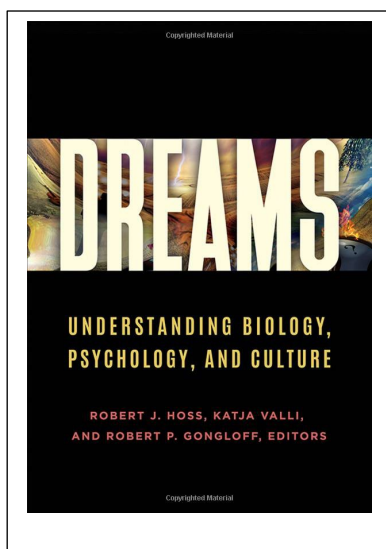
## The Seven Story Tower: A Mythic Journey Through Space and Time

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From the white stag to the green knight, *The Seven Story Tower* examines how myth colors our perception of history, nature, and ourselves. Organized around seven key myths—representing the Irish, Greek, Sumerian, Indonesian, Amazonian, and Inuit cultures, as well as the fantasy world of J. R. R. Tolkien—this book is the perfect introduction to the common themes found in world mythology.

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## Dreams [2 volumes]: Understanding Biology, Psychology, and Culture

Robert Hoss, editor

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This two-volume book examines the complex and often misunderstood subject of dreaming through a variety of lenses. This collection is written by a large and diverse team of experts and edited by leading members of the International Association for the Study of Dreams (IASD) but remains an approachable and accessible introduction to this captivating topic for all readers.

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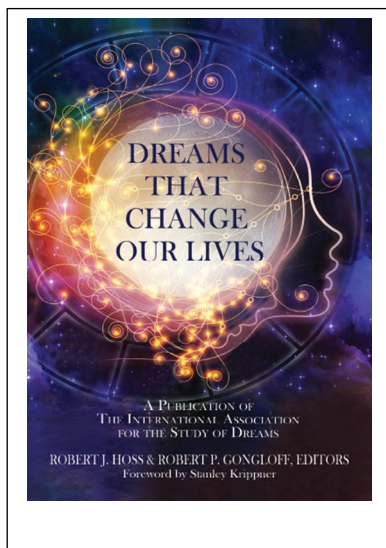
## Dream To Freedom: A Handbook for Integrating Dreamwork and Energy Psychology

Robert Hoss

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Dreams are often laden with emotion. Not only do the dreams themselves contain emotional triggers, but a frightening dream can leave us stressed and shaken in waking life. We might also be anxious about the possible recurrence of a bad dream. The *Dream to Freedom* technique is an effective way to address both the fear-producing aspects of dreams, and the waking anxiety associated with the possible recurrence of the dream.

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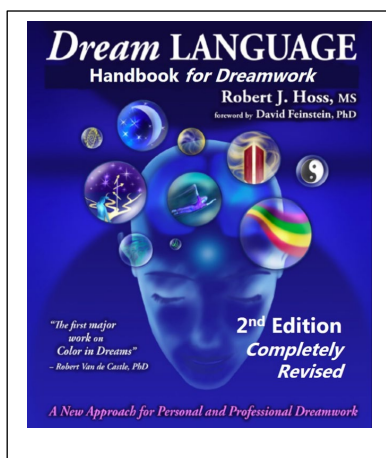
## Dreams That Change Our Lives: A Publication of The International Association for the Study of Dreams

Robert Hoss, editor

\$29.95

Have you ever awakened from a dream that left you feeling stunned—a dream so vivid or impactful—so unexpected—that it changes your life from that point forward? Imagine you could ask a question of a dream character, or the dream itself, and watch as a profoundly surprising response appears. Suppose you could take action in your dream to eliminate a recurring nightmare, heal a relationship, or even a physical ailment.

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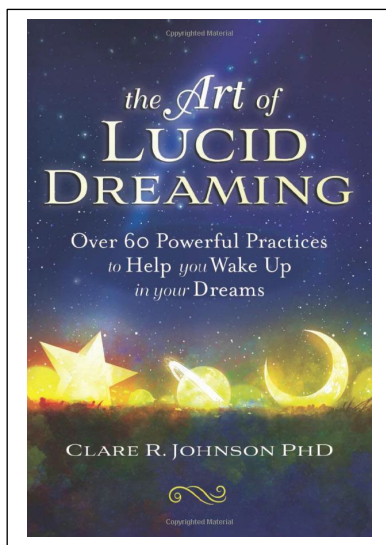
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Robert Hoss

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A Handbook for Dreamers, Dreamworkers and Dream Studies which includes the Science, Psychology and simple but powerful approaches to working with your dreams, plus original work on color in dreams. This book holds interest for professionals, students, plus anyone interested in understanding dreams and how they apply to their lives.

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## The Art of Lucid Dreaming: Over 60 Powerful Practices to Help You Wake Up in Your Dreams

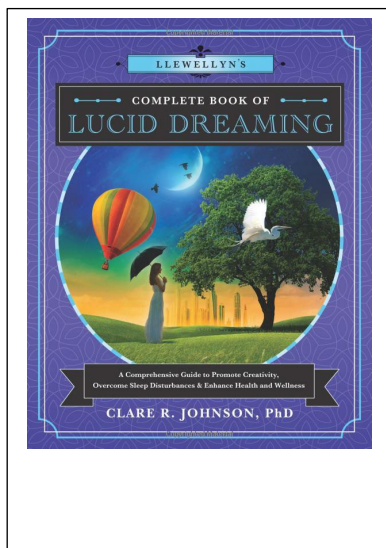
Clare R. Johnson

\$17.99

*The Art of Lucid Dreaming* is a quick and easy guide to help you get lucid fast. Dr. Clare Johnson, world-leading expert on lucid dreaming, shares her best practical tips and a unique Lucidity Quiz that identifies your personal sleeper-dreamer type so you can fast-track to the techniques that work best for you.

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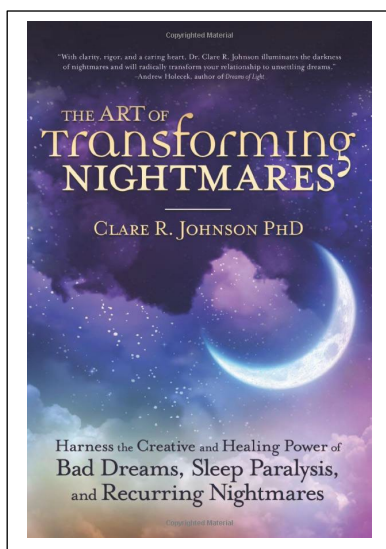
## Llewellyn's Complete Book of Lucid Dreaming: A Comprehensive Guide to Promote Creativity, Overcome Sleep Disturbances & Enhance Health and Wellness

Clare R. Johnson

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A lucid dream is a dream in which you become aware that you're dreaming. It's a powerful opportunity to solve problems, create new possibilities, take charge of your own healing, and explore the depths of reality. This book provides a range of practical techniques and activities to help you bring the creativity and super-conscious awareness of lucid dreaming into your life.

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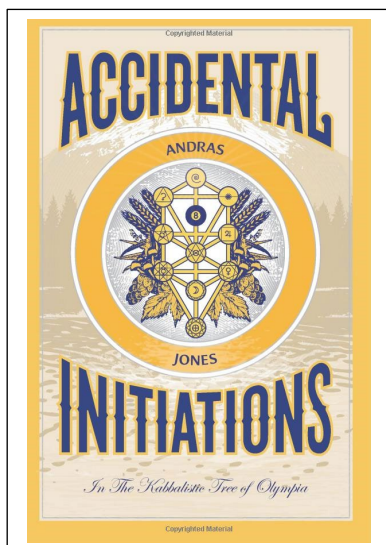
## The Art of Transforming Nightmares: Harness the Creative and Healing Power of Bad Dreams, Sleep Paralysis, and Recurring Nightmares

Clare R. Johnson

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*The Art of Transforming Nightmares* is a friendly, hands-on guide to help you tap into the immensely rich gifts that bad dreams offer up when we work with them in healing ways. Dr. Clare Johnson, world-leading expert on lucid dreaming, shares her best practical tips for overcoming nightmares and a unique quiz that identifies your personal sleeper-dreamer type so you can fast-track to the transformative techniques that work best for you.

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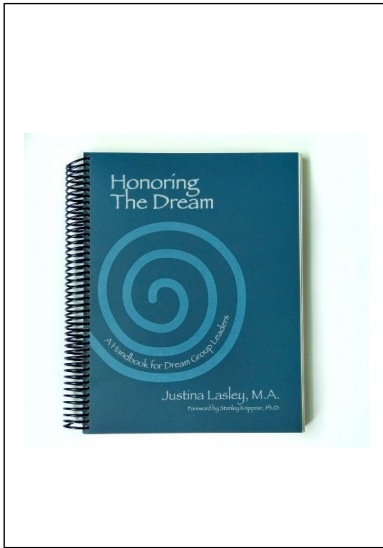
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Andras Jones

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A Kabbalistic Tree of Life built into the architecture of the city of Olympia, Washington provides the setting for Andras Jones' psychedelic Walden Pond. Part travel guide, part intimate memoir, part gonzo self-help book, *Accidental Initiations in The Kabbalistic Tree of Olympia* is that rare literary feat; a living document. Invite yourself into its pages and prepare to be transformed, initiated and entertained.

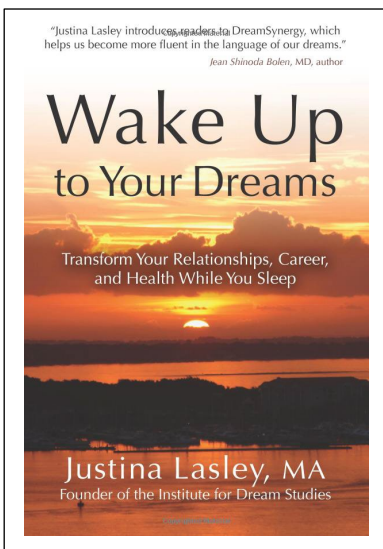
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## Honoring the Dream: A Handbook for Dream Group Leaders

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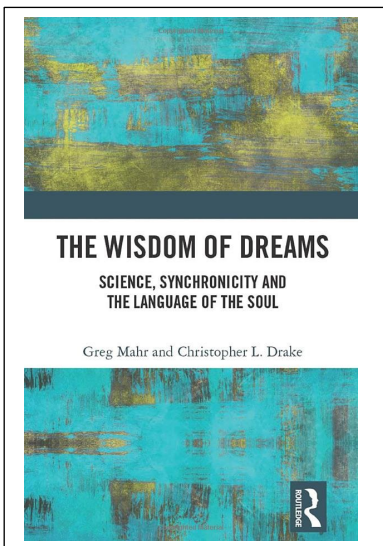
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Wake Up to Your Dreams will inspire you to awaken to your authentic Self and greatest potential, by introducing you to the incredible wealth of wisdom available nightly in your dreams. Learn to easily remember, record, and dissect your dreams to better understand yourself and your life.

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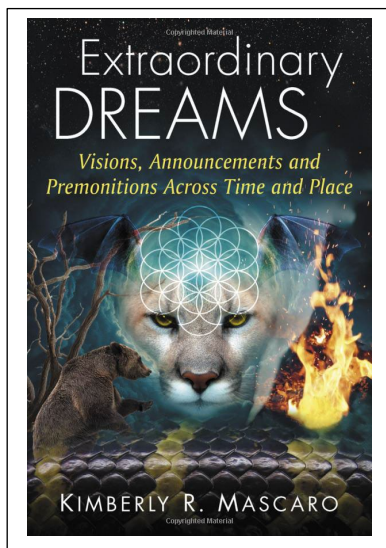
## The Wisdom of Dreams: Science, Synchronicity and the Language of the Soul

Greg Mahr, Christopher Drake

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Bridging the gap between cognitive-behavioral therapies, psychoanalysis and depth psychology, the book explores topics like lucid dreams, end-of-life dreams, cross-cultural dream analysis and Freudian and Jungian models of dream interpretation. The authors offer a new model for better understanding dreams based on symbol formation, narrative structure and current neurophysiology, with the aim of reinvigorating the way we value dreams and their importance to individuals and society.

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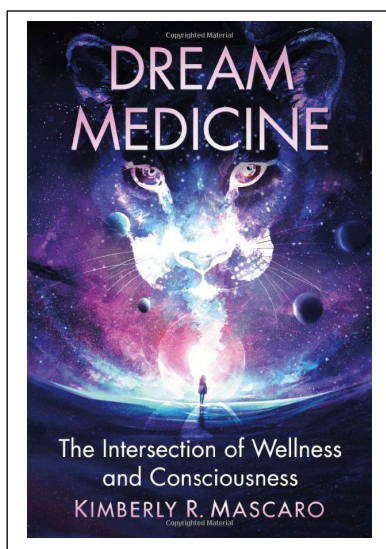
## Extraordinary Dreams: Visions, Announcements and Premonitions Across Time and Place

Kimberly R. Mascaro

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Some see dreams as communications with another reality and others see them as insignificant random phenomena. Dreams range from the mundane of day-to-day events to the extraordinary, including visions, lucid dreaming, out of body experiences, interactions with the deceased, precognition, sleep paralysis and vivid hallucinations during transitions between sleep and wakefulness. Drawing on individuals' reports, this book explores the phenomena and the significance of extraordinary dreams.

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## Dream Medicine: The Intersection of Wellness and Consciousness

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This book surveys both the scientific and the spiritual terrain of altered states of consciousness, highlighting how extrasensory encounters can be soul-healing balm. It explores a wide range of cultural interpretations of out-of-body experiences, from shamanistic practices to the importance of dreams in ancient world cultures. A dozen or more interviews with health-related professionals present unique, holistic glimpses of our inner lives.

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## Dreamer's Powerful Tiger: A New Lucid Dreaming Classic For Children and Parents of the 21st Century

Angel Morgan

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Teaching children about dreams as they grow and develop not only empowers them, it also strengthens and deepens your relationship with them. *Dreamer's Powerful Tiger* values and honors the inner life as well as the outer life of children, and shows how lucid dreamwork and dreamplay can benefit a child's relationship to his or her family and community. In this book, Dreamer and his family explore the powerful feelings that arise for children developmentally with chasing and animal dreams, and suggest a comprehensive Senoi-inspired approach to coping with, resolving, learning, and growing from them.

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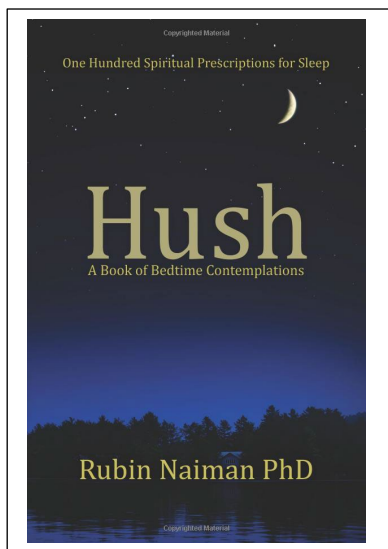
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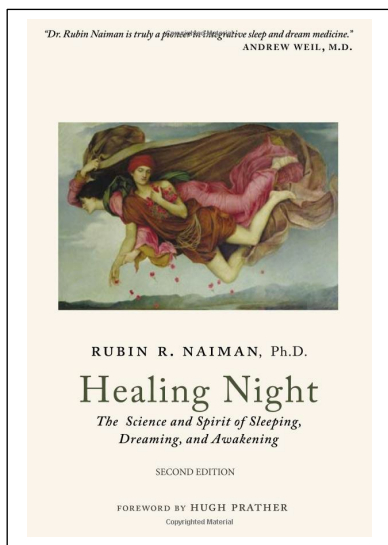
## Hush: A Book of Bedtime Contemplations

Rubin Naiman

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Hush isn't just another book of sleep tips – it's more a book of sleep transformation. Based on an integration of sleep science and spirituality, Hush was written to complement medical approaches with more traditional sacred views of sleep and dreams. Its "one hundred prescriptions" were carefully crafted to speak to both the mind as well as the heart. They are not so much intended to provoke deep analysis, but rather to invoke deep sleep.

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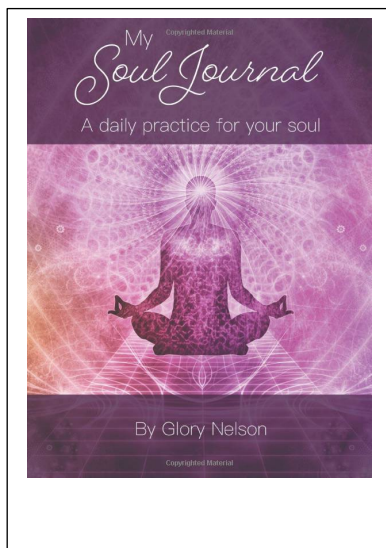
## Healing Night: The Science and Spirit of Sleeping, Dreaming, and Awakening

Rubin Naiman

\$19.95

In Healing Night, sleep and dream expert Rubin Naiman explores sleeping, dreaming, and awakening, going far beyond the science of sleep medicine to reflect on what he believes is the profoundly spiritual nature of night consciousness. Naiman reveals how the erosion of night by artificial light and the devaluation of sleep and dreaming have led to an epidemic of sleep disorders and consequent days of chronically dazed waking consciousness. Drawing on both clinical experience and personal explorations, Naiman offers a fresh look at sleep and dreams, and provides alternative healing practices for sleep disturbances. Moreover, he challenges us to acknowledge our spiritual night blindness and embrace the sacredness of night.

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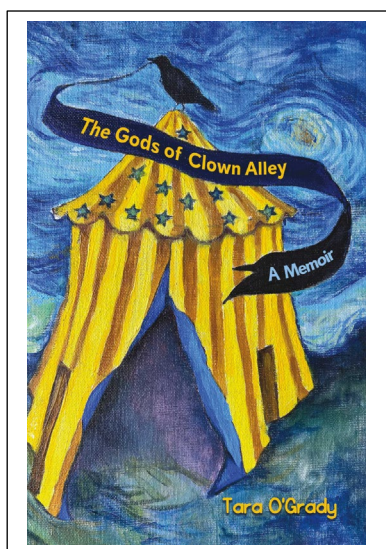
## My Soul Journal

Gloria Nelson

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This journal is an amazing tool for self-exploration! It is not merely a notebook for you to write your thoughts and feelings and schedule your day but will guide you through deeper self-reflection to build a happier and healthier life. This journal asks that you record things like the phase of the moon, the numerology of the day, your dreams, and set intentions each morning. It also asks a series of prompts each night that will allow you to reflect on the day, express gratitude, and look forward to the days to come.

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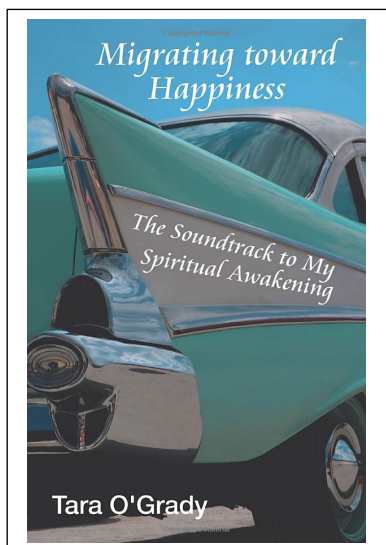
## The Gods of Clown Alley: A Memoir

Tara O'Grady

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During a wellness retreat in Sedona, Arizona, Tara and her mother Mary, an Irish immigrant home caregiver, attend mind-body-spirit workshops as they struggle to self heal from depression. In this true story, the mother-daughter duo travel the world together inspired by their favorite books and films searching for love, meaning, and happiness as they awaken their awareness and remember their divinity. With the influence of artists such as John Lennon, Ernest Hemingway, and Vincent Van Gogh, in addition to the unforgettable cast of her mother's aging patients introduced under the big tent, O'Grady reveals the secrets of surviving this circus called life using the universal wisdom of Star Wars.

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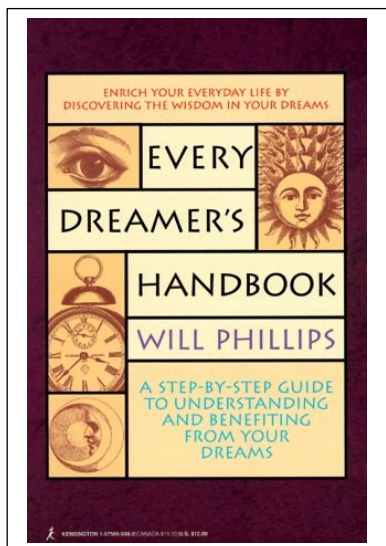
## Migrating toward Happiness: The Soundtrack to My Spiritual Awakening

Tara O'Grady

\$17.99

If you have ever wondered "What is the purpose of my life?" then this book is for you. Want to find out what's on the other side of the rainbow? Put your red shoes on and join Tara O'Grady and her spirit guides as they escort you on a magical and melodious tour down the Yellow Brick Road. Utterly single, recently laid off, and lamenting a city that is consuming her spirit, this native New Yorker begins to not only notice but understand the road signs that the universe is laying out before her as she awakens to its mysteries. Guided to take a symbolic journey replicating her Irish immigrant grandmother's 1957 American road trip in a Chevy Bel Air, Tara begins her path to a spiritual awakening, soundtrack included.

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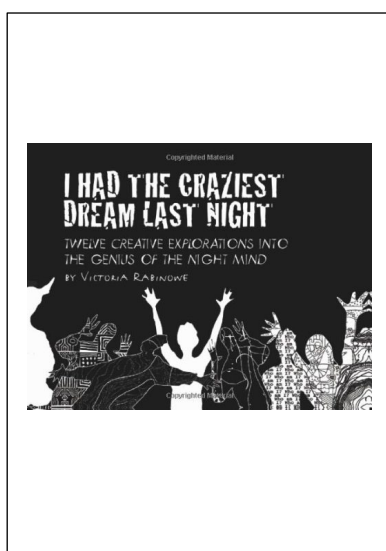


## Every Dreamer's Handbook: A Step-By-Step Guide to Understanding and Benefiting from Your Dreams

Will Phillips

A straightforward, practical guide for interpreting dreams. The book's centerpiece is a 14-step guided interview method for simplifying even the most complex or bizarre dream and relating it to events in one's waking life. This remarkable book also addresses ways to increase dream recall, recognize warning or predictive dreams, and form a dream group.

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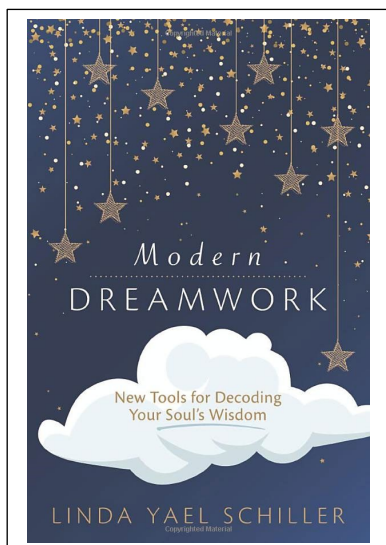


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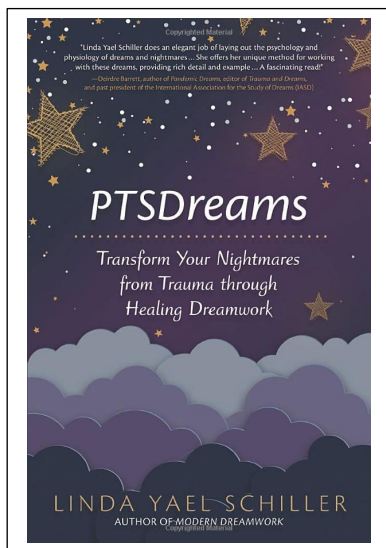
## Modern Dreamwork: New Tools for Decoding Your Soul's Wisdom

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*Modern Dreamwork* is a hands-on guide to interpreting your dreams so you can work through difficult issues with the wisest parts of your soul. The Integrated Embodied Approach incorporates physical sensations, images, associations, and emotions for rich, holistic interpretations. The PARDES Method focuses on multiple layers of meaning so you can untangle complex or confusing dreams. The Guided Active Imagination Approach works with Jungian psychology, creating safety and support for working with frightening dreams and nightmares.

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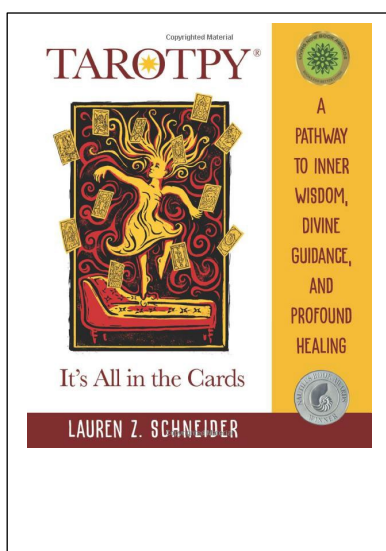
## PTSDreams: Transform Your Nightmares from Trauma through Healing Dreamwork

Linda Yael Schiller

\$18.99

Nightmares, especially those caused by trauma, not only disrupt your sleep but can leave you exhausted and on edge, haunting your daylight hours. With in-depth information on the nature of nightmares, international speaker, author, and psychotherapist Linda Yael Schiller shows you how to turn anxiety-filled or heart-pounding dreams into resources for spiritual growth. Her four decades of experience in both dreamwork and trauma treatment provide the reader with guidelines for turning PTSDreams into PTSG: Post Trauma Spiritual Growth.

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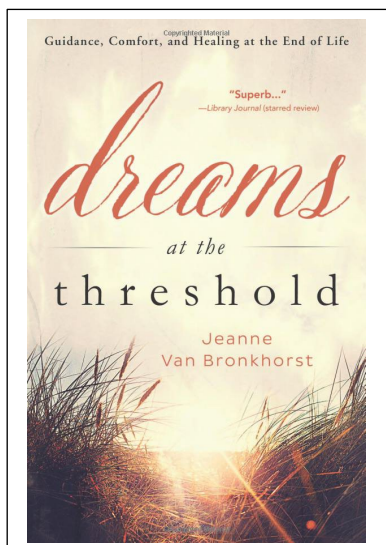
## Tarotpy — It's All in the Cards: A Pathway to Inner Wisdom, Divine Guidance, and Profound Healing

Lauren Z. Schneider

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Pioneered over three decades by Lauren Z. Schneider, *Tarotpy* combines modern psychology - including family systems, hypnotherapy, and dreamwork - with Tarot, Dream Cards, Soul Cards and other symbolic imagery to lay the unconscious on the table. Image, the root of imagination, is the mother language of the unconscious which communicates by way of images and metaphors. *Tarotpy* is not fortune telling but instead, a powerful psycho-spiritual tool to access inner wisdom and stimulate imagination for creative problem solving.

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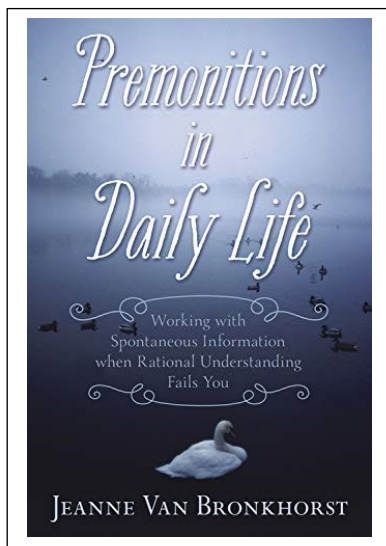
## Dreams at the Threshold: Guidance, Comfort, and Healing at the End of Life

Jeanne Van Bronkhorst

\$15.99

At the end of life dreams can help start important conversations and encourage the resolution of old wounds. They provide a welcome sense of dignity in their sharing and often help those who are dying move confidently toward an unknown future. *Dreams at the Threshold* provides simple instructions on how to listen with a caring, respectful curiosity to our own dreams and the dreams of others. Discover how these important messages can provide the gift of peace and the courage to say goodbye. Just one shared dream can bring lasting comfort to those who are dying and to the community around them.

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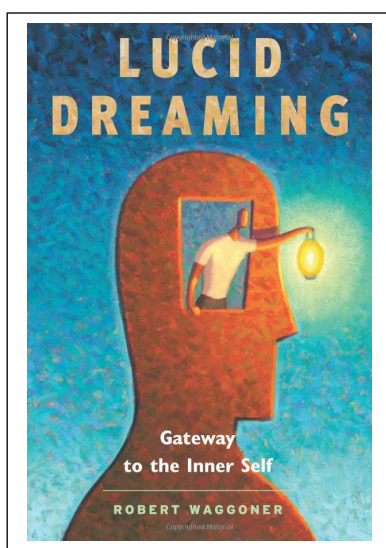


## Premonitions in Daily Life: Working with Spontaneous Information When Rational Understanding Fails You

Jeanne Van Bronkhorst

This in-depth, three-part guide shows how to identify your premonitions, demystifies the assumptions and fears about them, and thoroughly demonstrates how to respond with common sense and without challenging your beliefs. Discover the answers to your most important concerns: What do premonitions say about me? How do I respond? How do I make sense of premonitions when my culture doesn't believe in them?

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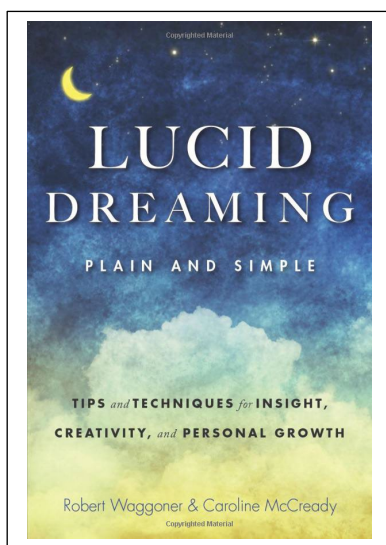
## Lucid Dreaming: Gateway to the Inner Self

Robert Waggoner

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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.

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## Lucid Dreaming, Plain and Simple: Tips and Techniques for Insight, Creativity, and Personal Growth

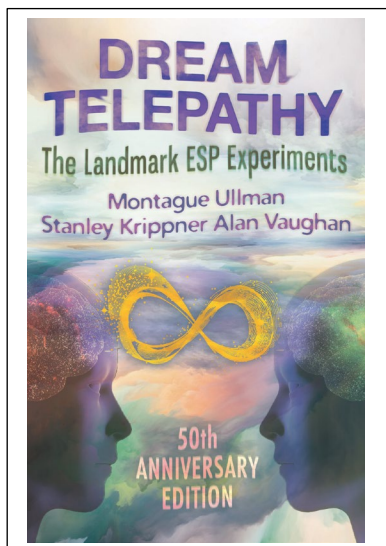
Robert Waggoner

\$19.95

This book approaches lucid dreaming from a more cognitive psychology stance, and focuses more on how to lucid dream and how to use lucid dream techniques for personal growth, insight and transformation. Whether a reader is completely new to lucid dreaming or someone who has experienced that incredible moment of realizing, "This is a dream!", readers will learn valuable tips and techniques gleaned from scientific research and decades of experience to explore this unique state of awareness more deeply.

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## Dream Telepathy: The Landmark ESP Experiments

Montague Ullman, Stanley Krippner, Alan Vaughan

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This book is the first to scientifically explore the phenomenon of telepathic dreaming in depth. It recounts how psychiatrist Montague Ullman and psychologist Stanley Krippner conducted experiments to determine whether persons acting as senders can transfer their thoughts to the minds of sleeping receivers, thereby altering their dreams. Their results were astonishing: the researchers were able to verify several instances of telepathic communication between participants. New 50th Anniversary Edition.

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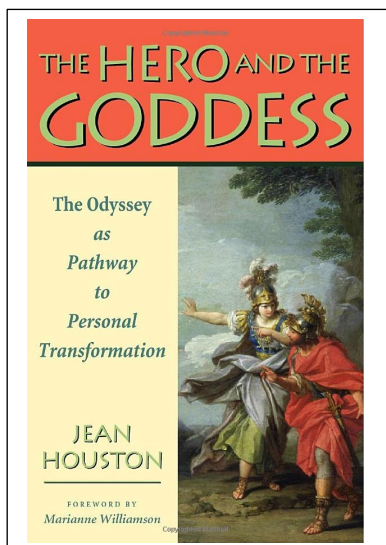


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Carmen Sorrenti

Pholarchos Tarot is a profoundly expressive deck; at times whimsical and playful but can also be dark and full of mysterious intrigue, with tales to tell. Created by an artist who passionately shares both her inner & outer creative realms. This deck is recommended for intermediate & advanced Tarot readers, artists and collectors, especially those who appreciate dreamwork & soulful meditations with the cards and intuitive readings.

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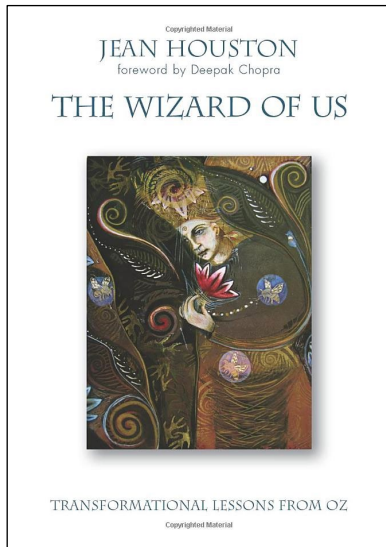
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Jean Houston

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All great stories can change our lives, and practically none is more transformational than Homer's *The Odyssey*, which had a power so great that it launched Greek civilization and has influenced the West ever since. In this fresh approach to self-realization, human potentials leader Jean Houston provides empowering experiential exercises at every key stage of Homer's epic to make *The Odyssey* our own journey.

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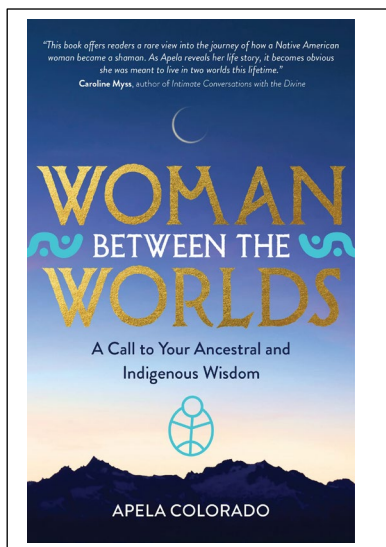
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Apela Colorado

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