When Animals Dream: The Hidden World of Animal Consciousness

David M. Peña-Guzmán

$17.95

Are humans the only dreamers on Earth? What goes on in the minds of animals when they sleep? *When Animals Dream* brings together behavioral and neuroscientific research on animal sleep with philosophical theories of dreaming. It shows that dreams provide an invaluable window into the cognitive and emotional lives of nonhuman animals, giving us access to a seemingly inaccessible realm of animal experience.

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Analyzing a Long Dream Series: What Can We Learn About How Dreaming Works?

Michael Schredl

$54.95

Michael Schredl opens up his own personal dream series, offering a unique window into the interplay between waking life and dreaming. The book considers a huge range of dream topics, including family, friends, schoolmates, colleagues, erotic dreams, alongside the appearance of everyday objects. It also discusses rarer themes such as pain perception, temperature perception, and typical dreams about toilets, exams, and teeth.

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Dreams and Self-Development:

Ann Aaboe Bengtsson

$39.90

Dreams are important messengers in the process of Self-Development. They can give you information about obstacles and suggest solutions such as new ways of thinking, feeling and acting in your life. Dreams can also tell you about the past, the present or the future. They may point out what to look for or which direction to take. This book combines the interpretation of dream symbols and their relation to the physical body and the subtle anatomy of man. It also suggests simple meditative exercises related to dream symbols, the physical body and the chakras.

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

Walter Berry

$19.95

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.

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.

The Spirituality of Dreaming: Unlocking the Wisdom of Our Sleeping Selves

Kelly Bulkeley

$28.99

In conversation with people who care about dreams and spirituality, Bulkeley makes a case for taking ourselves seriously as dreaming visionaries. By drawing on classic and contemporary works of theology, anthropology, and psychology, along with the latest dream research, Bulkeley maps the spiritual power of dreaming and argues that our dreams matter in ways we do not yet fully realize, both individually and collectively. Together we can learn how to unlock the sacred truths revealed within our sleeping selves.
The Scribes of Sleep: Insights from the Most Important Dream Journals in History

Kelly Bulkeley

$29.95

*The Scribes of Sleep* is the first book to gather historical and cross-cultural evidence showing the value of dream journals as potent sources of healing, religious experience, and metaphysical insight.

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Woman Between the Worlds: A Call to Your Ancestral and Indigenous Wisdom

Apela Colorado

$18.99

In this book, Apela Colorado, the inspirational authority on indigenous wisdom, shares her lifelong journey of connecting with the essence of indigenous spirituality and culture. From China to Alaska, Benin to France, Apela recounts her passionate work to communicate, conserve, and celebrate sacred indigenous ways, all while reawakening to the wisdom of her Native American and French Gaul ancestors and reclaiming her own truth, healing, and story.

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The Interpretation of Dreams and of Jokes

Matthew Hugh Erdelyi

$56.95

Bringing together extensive research from cognitive psychology, neuroscience and psychoanalysis, the book provides a balanced approach to dream science that is underpinned by experimental and theoretical research. It considers the significance of dreams and their relationships to jokes, examining how both require an understanding of latent content in which context and individual differences play a large part.

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Non-existent facts

Loren Goodman

$12.00

As Elaine Equi writes: We once lived in a world of "just the facts" and have now transitioned into a time of "alternative facts." But Loren Goodman's new book announces the next era - that of "Non-Existent Facts." He shows in a witty way the vast amount of fantasy that makes up history itself - and how non-facts sharing untruth in common become joyously interchangeable as eras collapse into each other. "Sir Mix-a-lot" hangs out with "Queen Arthur" and "King Guinevere." And "You know the legend of King Midas: everything he touched turned to mufflers."

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

Tzivia Gover

$12.95

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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The Little Deck of Dreams

Tzivia Gover

$24.95

This beautifully illustrated deck of 50 cards provides insight into the symbolism and meaning behind common dream themes and types, including recurring dreams, nightmares, and lucid dreams. Each card features a vivid image and accompanying description of a common dream symbol and its significance, helping you to interpret the messages your subconscious mind is sending you, as well as tools for addressing each meaning in your waking life.

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

Tzivia Gover $19.95

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

Tzivia Gover $14.95

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

Tzivia Gover $16.95

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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<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Price</th>
<th>Description</th>
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<tbody>
<tr>
<td>Somatic Art Therapy: Alleviating Pain and Trauma through Art</td>
<td>Johanne Hamel</td>
<td>$39.95</td>
<td>This book focuses on somatic art therapy for treating acute or chronic pain, especially resulting from physical and/or psychological trauma. It discusses the role of the psyche in physical healing and encourages combining of traditional medicine and holistic perspectives in treatment.</td>
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<tr>
<td>Dreams and Nightmares in Art Therapy</td>
<td>Johanne Hamel</td>
<td>$42.95</td>
<td>The author also presents seven different types of nightmares and introduces a simple and efficient five-steps art therapy method for reducing their intensity and their frequency. The book concludes with a unique synthesis of 11 dreamwork methods to draw wisdom from dream journals accumulated over a long period of time.</td>
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<tr>
<td>Art Therapy, Dreams, and Healing</td>
<td>Johanne Hamel</td>
<td>$42.95</td>
<td>The author provides a unique, clear and concise synthesis of 19 available dreamwork methods to find the message of your dreams, with examples from her own 35 years of psychotherapy practice. Along with a classification of types and functions of dreams, chapters include information such as how to keep a dream journal, how to remember one’s dreams, how to identify 25 different dream types and how to follow your own dreamwork process.</td>
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Awakening Through Dreams: The Journey Through the Inner Landscape

Nigel Hamilton $46.95

Dreams are seen as a mixture of worldly impressions and expressions of our individual spirit, which is trying to speak to us through the metaphors and narrative of our dreams. In this way, the spiritual comes through the psychological dimension. Though it may seem to be a contradiction, our dreams hold the key to our 'awakening' and, by actively engaging with them we can unlock their potential for initiating and facilitating our own unfoldment.

The Musical Dream Tarot

Curtiss Hoffman $24.95

The Musical Dream Tarot interweaves Dr. Hoffman’s knowledge of classical music, dreamwork, anthropology, esoterica, and Qabbalah with archetypes from The Pholarcos Tarot by artist Carmen Sorrenti. The Tarot images with associated musical compositions can be experienced at: https://www.musicaldreamtarot.com

Stone Prayers: Native American Constructions of the Eastern Seaboard

Curtiss Hoffman $35.00

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

Curtiss Hoffman  $17.99

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.

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

Robert Hoss, editor  $191.00

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.

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

Robert Hoss  $39.00

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.
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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Dream Language, 2nd Edition
Handbook for Dreamwork

Robert Hoss  Free Download

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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Initiation into Dream Mysteries: Drinking from the Pool of Mnemosyne

Sarah Janes  $18.99

Sharing her more than a decade of research on Sleep Temples and Mystery Schools of the Esoteric Tradition, lucid-dreaming instructor Sarah Janes explores the evolution of imagination, memory, and consciousness throughout the ages and proposes that dreams have been fundamental in the creation and development of culture.  

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

Clare R. Johnson, PhD

$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, PhD

$34.99

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, PhD

$19.99

*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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Dream Therapy
Clare Johnson, PhD  $13.99
In this practical how-to guide, Dr Clare Johnson shows how we can learn from and guide our dreams in order to lead healthier, happier, more mindful and fulfilling lives. She takes us step-by-step through understanding the language of dreams, waking up in our dreams, and finally transforming our dreams to improve our waking life.

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Holiness and Transgression: Mothers of the Messiah in the Jewish Myth
Ruth Kara-Ivanov Kaniel  $41.18
This volume deals with the female dynasty of the House of David and its influence on the Jewish Messianic Myth. It provides a missing link in the chain of research on the topic of messianism and contributes to the understanding of the connection between female transgression and redemption, from the Bible through Rabbinic literature until the Zohar.

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Birth in Kabbalah and Psychoanalysis
Ruth Kara-Ivanov Kaniel  $21.99
*Birth in Kabbalah and Psychoanalysis* examines the centrality of "birth" in Jewish literature, gender theory, and psychoanalysis, thus challenging the centrality of death in Western culture and existential philosophy. In this groundbreaking study, Ruth Kara-Ivanov Kaniel discuss similarities between Biblical, Midrashic, Kabbalistic, and Hasidic perceptions of birth, as well as its place in contemporary cultural and psychoanalytic discourse. In addition, this study shows how birth functions as a vital metaphor that has been foundational to art, philosophy, religion, and literature.

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The Feminine Messiah King David in the Image of the Shekhinah in Kabbalistic Literature

Ruth Kara-Ivanov Kaniel

In The Feminine Messiah, Ruth Kara-Ivanov Kaniel explores the theosophical revolution that is reflected by the identification of the figure of King David and the image of the divine presence, the Shekhina, in medieval kabbalistic literature.

Dreaming in the Classroom: Practices, Methods, and Resources in Dream Education

Philip King, Bernard Welt, Kelly Bulkeley

Dreaming in the Classroom provides teachers from virtually all fields with a uniquely informative guidebook for introducing their students to the universal human phenomenon of dreaming. Although dreaming may not be held in high esteem in mainstream Western society, students at all education levels consistently enjoy learning about dreams and rank classes on dreaming among their favorite, most significant educational experiences.

Soul-Care Workbook: A 33-Day Journey through your Chakras and Elements

Amanda Lux

Soul-Care is a multidimensional version of self-care that invites you to tend to not only your physical, emotional and mental health, but your subtle body as well. Whether you are familiar with your chakra system or brand new to the concept of Energy Medicine, the Soul-Care journey offers an experiential way to go deeper as you learn how to balance, heal and engage with your energetic system.
Extraordinary Dreams: Visions, Announcements and Premonitions Across Time and Place

Kimberly R. Mascaro

$29.95

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.

Dream Medicine: The Intersection of Wellness and Consciousness

Kimberly R. Mascaro

$19.99

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.

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

Angel Morgan

$29.95

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.
The Hidden Lives of Dreams

Melinda Powell  $19.95

The Hidden Lives of Dreams explores the role of light, color, landscapes, space, healing presence and lucidity in dreams, dispels common misconceptions and addresses our fears of nightmares. Powell shows how to tap into our dreams as a source of guidance and inspiration to enhance our wellbeing and to discover a healthier, more balanced approach to life.

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Lucid Surrender: The Alchemy of the Soul in Lucid Dreaming

Melinda Powell  $22.00

Lucid dreaming has been described as entering into the experience of a dream while feeling oneself to be conscious within it. Courageously, Melinda explores her own lucid dreams by releasing her 'ego will' - what she comes to call 'Lucid Surrender', a process through which she progressively enters into the Black Light and dark illumination of her dreams. The result of this release leads to an experience parallel with what the alchemists referred to as the lumen naturae, the light of nature or the light of darkness itself - a primordial phenomenon that links light and darkness into what Jung called a coniunctio oppositorum, or unity of opposites.

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I HAD THE CRAZIEST DREAM LAST NIGHT

Victoria Rabinowe

I had the craziest dream last night, twelve creative explorations into the genius of the night mind.

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The Hero's Journey
Paul Rebillot
$24.80

In The Hero's Journey, Rebillot explains why personal crisis can actually be a form of spiritual calling. Sharing intimate details about his own stormy search for meaning, which took him dangerously close to the edge and prompted his explanation into the healing process, Rebillot shows how, through the process of ritual, a spiritual emergency can be transformed into a rewarding and powerful exercise.

The Dreaming Mind: Understanding Consciousness During Sleep
Melanie Rosen
$56.95

The Dreaming Mind provides an insightful, interdisciplinary approach to the study of dreaming, exploring its nature and examining some of the implications of dream states for theories of consciousness, cognition, and the self.

Messages from the Womb: Babies Talk Through Guided Visualizations Expanding Our Hearts and Minds
Claudia Rosenhouse Raiken
$19.99

A Book designed for anyone who has been in a womb, has a child in the womb, or fervently wants a child in her womb. Written for mothers and fathers-to-be, Claudia Raiken's Messages from the Womb: Babies talk through guided visualizations expanding our hearts and minds reveals the pre-birth relationship between the new Mother and the incoming soul. Establishing this affinity before birthing a child can transform delivery into reunion!
Modern Dreamwork: New Tools for Decoding Your Soul's Wisdom

Linda Yael Schiller

$16.99

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

Lauren Z. Schneider

Tarotpy pioneered over three decades by Lauren Z. Schneider, 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.

DreamBirth: Transforming the Journey of Childbirth Through Imagery

Catherine Shainberg

"By communicating with your body through the language of dreams and imagery," teaches Dr. Catherine Shainberg, "you can experience the journey of childbirth we were meant to have—exhilarating, natural, and overflowing with love." With DreamBirth®, this leading imagery expert offers practical exercises and guidance becoming an active participant in all four phases of childbirth—conception, pregnancy, labor, and post-partum care.

Ask for Horses: Memoir of a Dream-Guided Life

Tina Tau

An adventure story in two realms, a conversation between the visible and invisible worlds; in this eloquent memoir, Tina Tau reveals the life-saving intelligence of her dreams. As a young woman she tries to outrun her pain by moving every year, often thousands of miles at a time. But by paying attention to her dreams, she is finally able to slow down, heal, and begin to shine. Her story is a guide to the daily practice of saying yes to your own life's innate wisdom.
Imagination and Adolescent Trauma: The Role of Imagination in Neurophysiological, Psychological, and Spiritual Healing

Mary Caswell Walsh      $100.00

Exploring the role of imagination in trauma recovery, the author shares the arresting dreams and stories of traumatized adolescents. Describing the impact of trauma on adolescent health and development, the author provides promising research into the use of breathing skills, HRV Biofeedback, and dream work to promote healthy breathing, emotion regulation, and restorative dreaming. Research suggests that these interventions can decrease post-traumatic distress and assist in the creation of meaningful posttraumatic narratives.

Lucid Dreaming: Gateway to the Inner Self

Robert Waggoner        $18.95

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.

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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<thead>
<tr>
<th><strong>Dreamers</strong></th>
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<tbody>
<tr>
<td>Donna Glee Williams</td>
<td>$14.95</td>
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<tr>
<td>Driven by duty towards a dreamless death... By the time she's sixteen, the town's Dreamer has long ago given up her own life. She only dreams for others now, every morning delivering up to them the divine guidance that comes to her in the night. In exchange, they treat the Dreamer like their queen. All her bodily needs are provided, but love and relationships are forbidden to her. Now something unexpected is happening. Something entirely new. A foreign man has come to the village, wearing a scarlet vest and a gold finger-ring that is far, far too good for a mere Water-Bearer.</td>
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<thead>
<tr>
<th><strong>The Braided Path</strong></th>
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<tr>
<td>Donna Glee Williams</td>
<td>$14.95</td>
</tr>
<tr>
<td>&quot;The Braided Path is set in a world which is not this one (but is like this one in some ways), in a culture which is not modernity, and in a world where the laws of nature are basically the same as in our waking world, i.e., there are no vampires, zombies, werewolves, princes, swords, dragons, wizards, or any magic at all, really, except for the alchemy of love.&quot;</td>
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<tr>
<th><strong>The Night Field</strong></th>
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<tr>
<td>Donna Glee Williams</td>
<td>$28.00</td>
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<tr>
<td>A magnificent, moving ecological fable: welcome to The Real, where Pyn-Poi’s people live in harmony with nature - until a brown fog threatens their whole world.</td>
<td></td>
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Divine Dreamers: Unlock Your Soul Essence Through Lucid Dreaming & Astral Projection

Divine Destiny Publishing $10.99

Within these pages lie truths, love, and miraculous moments. Each of us possesses a truly unique experience and a very similar purpose. We have all been called to create epic and magical change on Earth, sharing the vulnerable truth of being chosen to lead the way.

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