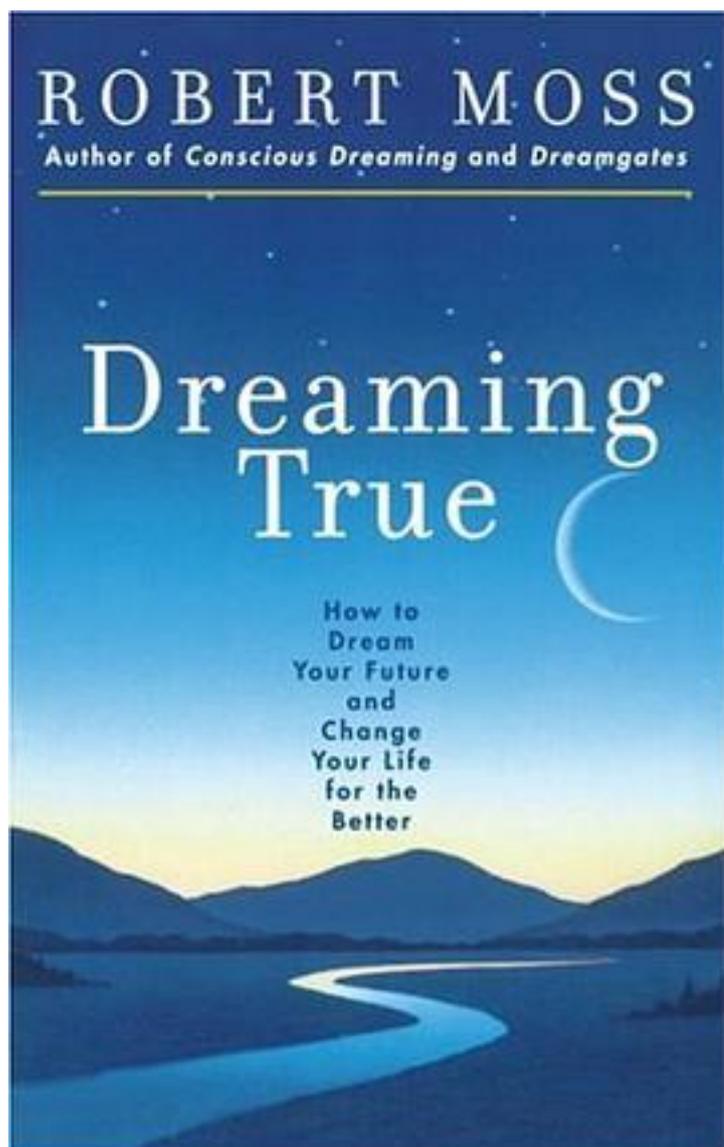


Dreaming True



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著者:Robert Moss

出版者:Pocket

出版时间:2000-09-01

装帧:Paperback

isbn:9780671785307

In our dreams, all of us are psychic.

-- Robert Moss

Dream True

Change the way you dream...and take control of your destiny

Robert Moss helps countless people live more enriched lives by working with the energy and insight of their dreams and becoming conscious dream journeyers. One of the greatest dreamers of all time was Harriet Tubman, who personally escorted three hundred slaves to freedom along the Underground Railroad. On the eve of the American Civil War, Tubman was guided by specific dreams to safe houses, river crossings, and friendly helpers she had never encountered previously.

As Moss explains, our own dreams run like an Underground Railroad through our lives, offering us paths to creativity, healing, and mutual understanding. He shows us how to dream true the way Harriet Tubman dreamed true: how to dream the future, how to go back inside our dreams to clarify their messages and use the information to make wiser choices, and how to bring through life-helping guidance for others.

Dreaming True explores many levels of dreaming and how we can "dream with the body" in order to stay well. Moss offers simple and practical techniques for working with a dream journal to catch -- and act on -- messages about the distant future and tap into our creative source. He shows us how to dream our way toward a better job, a better relationship, and creative fulfillment.

Presented with Moss' trademark humor and down-to-earth style, Dreaming True helps us rediscover what ancient dreamers knew: through dreaming we can become active co-creators of our future, bringing positive energy and insight from a deeper reality into our physical world.

作者介绍:

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