



Dreamworking: How to Listen to the Inner Guidance of Your Dreams (Paperback)

By Christopher Sowton

Llewellyn Publications, U.S., United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Your dreams are trying to guide you, but do you understand what they're saying? Dreamworking provides a practical process for connecting your dreams to your life, helping you understand the profound requests that come while you sleep. Join Dr. Christopher Sowton as he shares five steps to receiving the inner guidance of our dreams: Catch, Amplify, Orient, Connect, Respond. With hands-on techniques, examples from the author's psychotherapy practice, and guidance for working with fourteen common dream motifs, this book shows how to facilitate dreamwork for psychological and spiritual transformation. Whether a dream wants you to take action, improve your understanding, or make a specific change, you can rest assured that it's leading you to new perspectives and fulfilling resolutions.



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