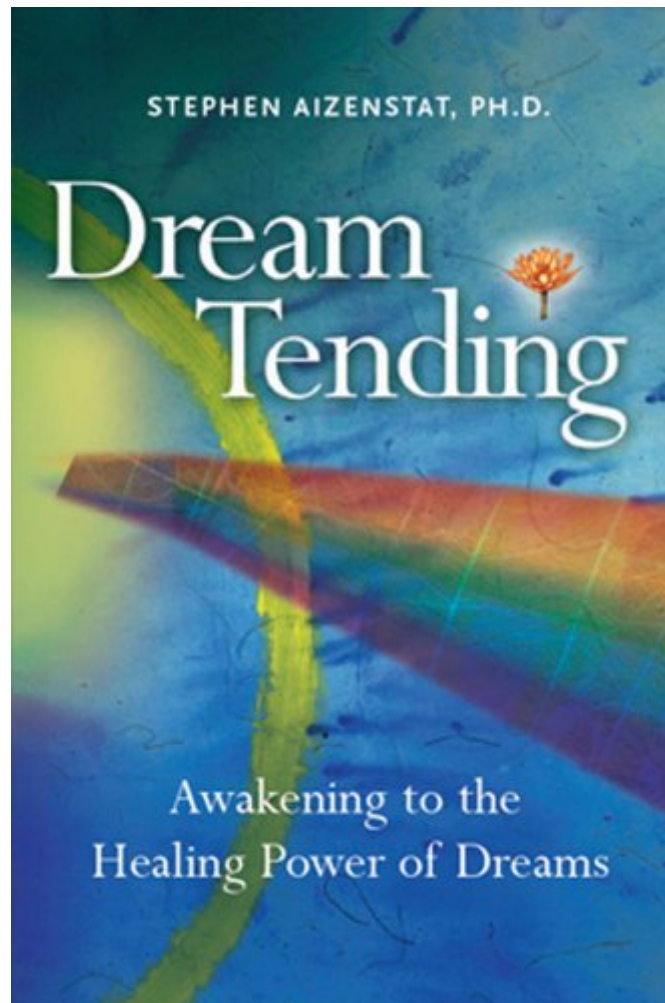


The book was found

Dream Tending: Awakening To The Healing Power Of Dreams



Synopsis

You had the most amazing dream last night. It spoke to your highest aspiration, your most secret wish, presenting a vision of a future that was right for you. But now, in the cold light of day, that inspiring dream is gone foreverâor is it? According to Dr. Stephen Aizenstat, a psycho-therapist, university professor, and dream specialist, dreams are not just phantoms that pass in the night, but a present living reality that you can engage with and learn from in your daily life. In *Dream Tending* Dr. Aizenstat shows how to access the power of your dreams to:

- Transform nightmare figures into profound and helpful mentors
- Bring fresh warmth and intimacy into your relationships
- Overcome obsessions, compulsions, and addictions
- Engage healing forces of your dreams through imaginal "medicines"
- Re-imagine your career and cope with difficulties in the workplace
- Discover the potential of your untapped creativity
- See the world around you with a new and dynamic perspective

Rooted in Stephen Aizenstat's 35 years of work with the greatest dream masters of the West, as well as respected traditional shamans and healers worldwide, *Dream Tending* is packed with revolutionary insights and practical methods that will help you to experience the powerful, mutually beneficial interaction of dreams and reality that Anais Nin called "the highest form of living."

Book Information

File Size: 427 KB

Print Length: 300 pages

Page Numbers Source ISBN: 1882670558

Publisher: Spring Journal, Inc. (April 29, 2012)

Publication Date: April 29, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B007Z3R42W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #502,933 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #83

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

Movements > Jungian #172 in Kindle Store > Kindle eBooks > Religion & Spirituality > New Age > Dreams #310 in Books > Medical Books > Psychology > Movements > Jungian

Customer Reviews

"Dream Tending" is a book about dream work, written by Stephen Aizenstat, Ph.D. and the founding president of Pacifica Graduate Institute. The book aims at awakening the power of our dreams for healing and for living a happier life. The importance of dreams was recognized in antiquity, but dreams were practically forgotten until the year 1900 when Freud wrote "On the Interpretation of Dreams". He proposed the use of word associations to find the meaning of dreams. Jung expanded Freud's ideas, suggesting that, in addition to word association, we should expand certain dreams using amplification, a process that looks for parallels of the dream with world myths. James Hillman, one of Jung's most prominent followers, suggested a step forward; that we should try to relive our dreams. Talk to the images of the dream, make a play out of the dream and become present to the settings of the dream. In summary, use your creativity to play with your dream. Tending Dreams brings several exercises to help us to work with our dreams, and this makes the book an excellent practical guide to dream work. I'm Roberto Lima Netto, a Jungian. I write Jungian books - The Jungian Bible: Life explained through biblical stories and world myths from Jung's perspective, The Little Prince for Grownups - and Psychological thrillers -

[Download to continue reading...](#)

Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology (+BONUS) (Dream Analysis, Dream Meanings, Lucid Dream) Dream Tending: Awakening to the Healing Power of Dreams Dreams: Lucid Dreaming - Lucid Dreams - New Age Dreams: A Beginner's Guide Book on How to Become Conscious in Your Dreams: Dream and Sleep, Volume 2 Dreams: Interpreting Your Dreams and How to Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation (Dreams, Lucid dreaming, Visions,) Dreams: Interpreting Your Dreams and How To Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [A Beginner's Guide to Opening and Balancing Your Chakras] (Mudra Healing Book 3) Tending the Flame: The Art of Unitarian Universalist Parenting Dream Journal Notebook: Sweet Dreams Over

Midnight,Lined Journal, 6 x 9, 150 Pages, Write and Draw, Dream Time interpretation and Mood
Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to
Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power
REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide
to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra
Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual
Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for
Beginners Book 1) Crystals: Crystal Healing For Beginners, Discover The Healing Power Of
Crystals And Healing Stones To Heal The Human Energy Field, Relieve Stress and Experience
Instant Relaxation !-THIRD EDITION- Crystals: Your Beginners Guide To Crystals And Healing
Stones (Power of Crystals, Healing Stones,Relieve Stress, Energy Healing) Third Eye: Awakening
Your Third Eye Chakra: Beginner's Guide (Third Eye, Third Eye Chakra, Third Eye Awakening,
Chakras) Dreams (Psychic Awakening series Book 3) DREAMS AND VISIONS: Is Jesus
Awakening the Muslim World? Awakening to the Dream: The Gift of Lucid Living Gypsy Wedding
Dreams: Ten dresses. Ten Dreams. All the secrets revealed.

[Dmca](#)