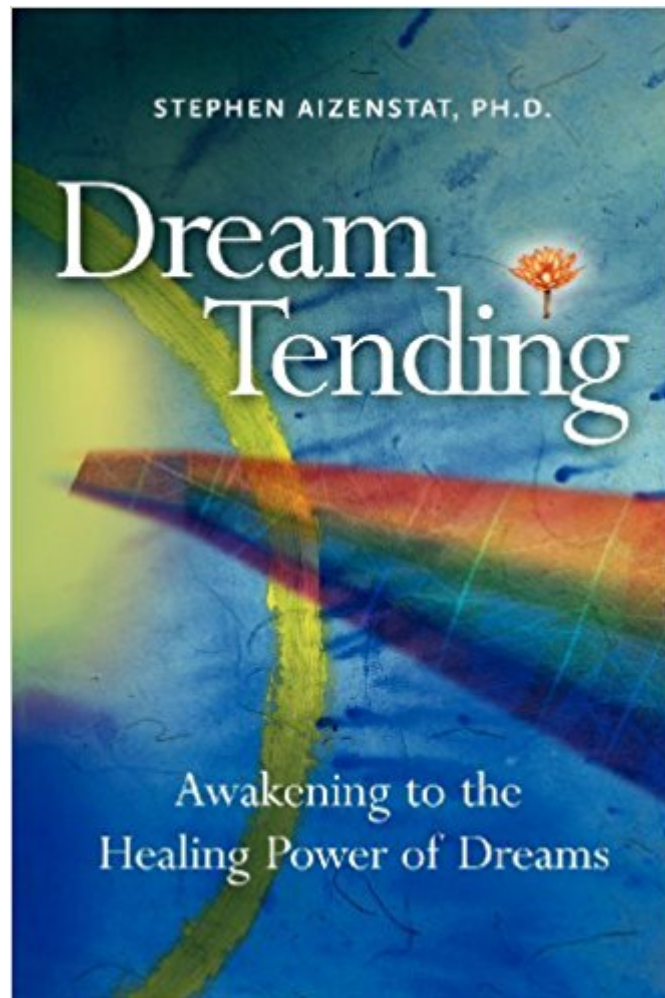




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# Dream Tending: Awakening To The Healing Power Of Dreams



## Synopsis

You had the most amazing dream last night. It spoke to your highest aspiration-your most secret wish-and presented a vision of a future that was right for you. But now, in the cold light of day, that inspiring dream is gone forever-or is it? According to Dr. Stephen Aizenstat, a psychotherapist, 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 imaginary "medicines"; re-imagine your career and cope with difficulties in the workplace; discover the potential of your untapped creativity; and see the world around you from a new and dynamic perspective.

## Book Information

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## Customer Reviews

Stephen Aizenstat, Ph.D., is a clinical psychologist, marriage and family therapist, and the founding president of Pacifica Graduate Institute. For more than thirty-five years he has explored the power of dreams through the study of depth psychology and the pursuit of his own research. He has collaborated with many masters in the field, including Joseph Campbell, Marion Woodman, Robert Johnson, and James Hillman, as well as native elders worldwide. He has conducted hundreds of dreamwork seminars throughout the United States, Europe, and Asia. He lives with his wife and

three children in Santa Barbara, California.

This is my favorite book on dreamwork -- and I've read many for my work as a Life&Soul Coach and hypnotherapist! Stephen Aizenstat is a wise guide to the world of dreams and how to make the most of their wisdom in our everyday lives, as well as a provider of tools for working them with ease and power. I especially love the chapters on The World's Dream and Medicines of the Soul as I consider the World to be "dreaming through us humans" and the inner energy-shifts that occur via our dream-life to be healing medicines as well. I recommend it to anyone seeking tools for working with their own dreams as well as helping others (as clients if in the healing profession) gain wisdom and guidance from theirs.

I was at Casa Pacifica, in Santa Barbara, and was fortunate to hear Dr. Aizenstat speak. I was mesmerized by his demeanor and words. This book is a work with yourself on your own dreams. You have to be committed to do the work if you want the text to be meaningful in your life.

"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 - *The Shaman*, *In Search of Happiness*.

This book approaches dream-work on several different levels, and has some innovative approaches to working with dream. Highly recommended. I attended one of Stephen's Dream Tending

workshop, and would say that he completely embodies what he writes about.

I very much appreciate Aizenstat's articulation of the four levels of dreaming. He is helping us realize the importance of dreams for our society and our planet. I also like his title. Dream Tending is a gentler and more profound approach to dreams than dream analysis or interpretation.

great book

Excellent

Great service and great price!!!!

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