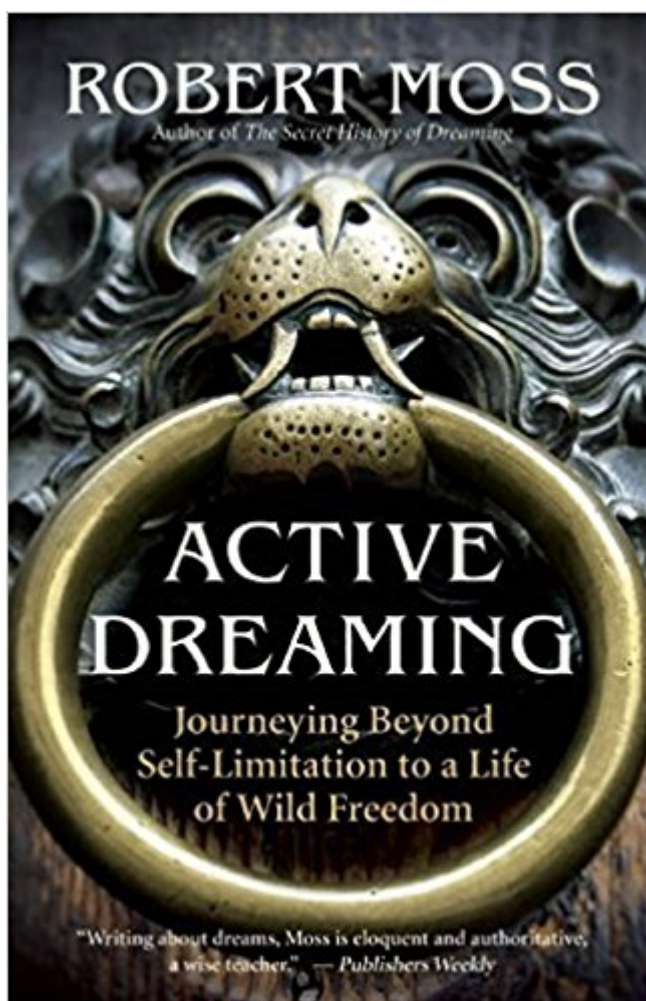


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# Active Dreaming: Journeying Beyond Self-Limitation To A Life Of Wild Freedom



## Synopsis

Practical Magic for Living the "Life of Your Dreams" •Active Dreaming is a way of being fully of this world while maintaining constant contact with another world, the world-behind-the-world, where the deeper logic and purpose of our lives are to be found. Active Dreaming offers three core areas of practice: talking and walking our dreams to bring energy and guidance from the dreamworld into everyday life; shamanic lucid dreaming; and conscious living. Active dreamers are choosers. They learn to recognize that whatever situation they are in, they always have choice. They choose not to buy into self-limiting beliefs or the limited models of reality suggested by others. Active dreamers learn to grow a dream of possibility, a dream strong enough to take them beyond fear and despair to a place of freedom and delight.

## Book Information

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## Customer Reviews

"Writing about dreams, Moss is eloquent and authoritative, a wise teacher." Publishers Weekly  
"This book sits at the intersection of poetry and practicality. Robert Moss speaks to a world we each inhabit and only dimly understand. Read this book." Peter Block, coauthor of The Abundant Community  
"Active Dreaming is a jewel of a book! It not only helps us to personally transform our lives but also provides a path to transform the world we live in." Sandra Ingerman, MA, author of Soul Retrieval and How to Thrive in Changing Times  
"A life cut off from dreams is a life half-lived. Robert Moss is one of our wisest guides to dreams and dreaming. Highly recommended." Larry Dossey, MD, author of The Power of Premonitions and Reinventing Medicine

Robert Moss, the creator of Active Dreaming, leads popular seminars all over the world. His previous books include *Conscious Dreaming*, *Dreamways of the Iroquois*, *The Three &#147;Onlyâ • Things*, *The Secret History of Dreaming*, and *Dreamgates*. He lives in upstate New York.

This book could have just as easily been called "Community Dreaming", and therein lies its strength. I see it as a sequel to one of his previous books "The Three Only Things: Tapping the Power of Dreams, Coincidence, and Imagination". Where that book gave the individual a useful toolkit for opening themselves up to the deeper workings of the multidimensional universe, "Active Dreaming" sets the stage for taking those personal journeys out into the community. This is of great importance. In doing so, Robert is gently helping people reach out to and create something he calls, "The Place of the Lion". What is the Place of the Lion? Through one of the stories Robert tells he shows that it is a place of "wild freedom" where a person can see past the limiting consensual hallucinations which have placed cages around and bars around what humanity thinks is possible. The book is filled with inspiring stories and practical exercises. Personally, my favorite section is the appendix, "Dreamland: Documents of a Possible Future." This dreamland has nothing to do with Area 51 (thank goodness), but shows a neutral society, or "Switzerland of the Mind" which has come into existence after a technological Singularity wreaks soul loss and ecocide across the planet. The Priestess-Scientists who guide this community are using the power of dreams to help repair the planet. This book will certainly benefit those who take the time to not only read it, but work with the material laid out in its pages. It is accessible to the beginner in dreamwork, while also giving some new games to the frequent fliers who have already been playing at this stuff for awhile. Coming from one of my favorite publishers, the dream elucidated between these covers really does give a road map to a new world.

This latest book is Robert Moss at his best, offering an adventure book on dreaming that is accessible to the newest dreamer, yet valuable to the seasoned practitioner of dreamwork. Full of stories and examples of how dreams have changed people's lives, the book includes new games as well as detailed instructions to many of Moss' dream workshop exercises. All that is missing is a dream group to practise them with, so Moss outlines how to start a dream group of one's own. Something new in this volume is a chapter on working with children and their dreams. Moss offers nine keys to helping children access the power of their dreams, concluding with instruction on what NOT to do with a child's dream. Never say it is "just" a dream, and never try to interpret a

child's dream. Many people ask how to become a lucid dreamer, that is, how can we wake up inside our dreams and do whatever we want. Like Robert Moss, I do not seek so-called lucid dreaming. As he puts it, "The easiest way to become a lucid, or conscious, dreamer is to start out lucid and stay that way: in other words, to enter conscious dreaming from a waking or semi-conscious state" (p. 49). This is the essence of Moss' work, to teach us how to dream while awake. As I read this book, I knew I would be back into it many times, to find inspiration and instruction for my own dream adventures. Meanwhile, I was jotting down thoughts and quotes for further research and contemplation inside my journal. Thank you, Robert, for another excellent read.

Good read.

Robert Moss brings to us stories and exercises to follow, to change and transform our lives. No questions left unanswered. The book's theme is dreaming is not a passive state but an active one. To find your own truth and freedom, to access the logic of another world. Finding a deeper awareness in life.. Symbols in your environment and to experience synchronicity of events. Dreamers find that that they have choices in life. Wave good bye to victim-hood or a limited belief system but to freedom. Robert Moss is one of the leaders in dream work. His work is modern shamanism dreaming or journeys. I loved this book taking breaks to experience some of his exercises and found it very inspirational to our technological times. We ourselves can become our own healer.

The two thoughts I had over and over while reading this book were, "That's happened to me, too!" and "That makes sense!" This book covers a wide range of topics with quick, to-the-point guidance on opening oneself up to a greater life - "conscious living" as Section 2 names it. Robert tells engaging tales from his own life and workshops to support his insights, which are beautifully interwoven with scholarly samplings from nearly every era and culture. "Active Dreaming" is rich, yet easy to digest. It will become a trusted resource for me.

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