



Conscious Dreaming: A Spiritual Path for Everyday Life

By Robert Moss

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Written by a popular leader of dream workshops and seminars, Conscious Dreaming details a unique nine-step approach to dreams, especially precognitive and clairvoyant ones, that uses contemporary dreamwork methods and techniques developed from shamanic cultures around the world.

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Conscious Dreaming: A Spiritual Path for Everyday Life By Robert Moss Bibliography

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Editorial Review

From [Booklist](#)

This is more and better than just a book about how to remember and understand dreams, although it is that kind of book and as good as any such recently published. Moss covers all the expected terrain, from how to train the mind to recall its nightly narratives, through how to unravel meaning from them, to how to start and sustain a dream group. But his book excels because he extends its purview to include shamanic dreaming, dreams of dead loved ones, healing dreams, angels, and spirit guides. Moss explores these more esoteric matters with great skill. Taking his cue from ancient and tribal traditions that see in dreams more than a set of symbols connected to individual psychology, Moss offers evidence that in dreams we connect with the transpersonal. Thus, an angel in a dream could be the dreamer's better self--or a real angel, come to help the dreamer through life's challenges. Moss' unusual approach to a perpetually intriguing subject is likely to appeal to a wide spectrum of readers. *Patricia Monaghan*

From the Back Cover

In *Conscious Dreaming*, Robert Moss details a unique, nine-step approach to understanding dreams, using contemporary dreamwork techniques developed from shamanic cultures around the world. *Conscious Dreaming* shows you how to use your dreams to understand your past, shape your future, get in touch with your deepest desires, and be guided by your higher self. Moss explains how to apply shamanic dreamwork techniques, most notably from Australian Aboriginal and Native American traditions, to the challenges of modern life and embark on dream journeys. Moss's methods are easy, effective, and entertaining, animated by his skillful retelling of his own dreams and those of his students - and the dreams' often dramatic insights and outcomes. According to Moss, some shamans believe that nothing occurs in ordinary reality unless it has been dreamed first. In the dreamscape, we not only glimpse future events, we can also develop our ability to choose more carefully between possible futures. *Conscious Dreaming*'s innovative system of dream-catching and transpersonal interpretation, of dream re-entry and keeping a dream journal enables the reader to tap the deepest sources of creativity and intuition and make better choices in the critical passages of life.

Users Review

From reader reviews:

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