



Dreaming the Soul Back Home: Shamanic Dreaming for Healing and Becoming Whole

By Robert Moss

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Dreaming the Soul Back Home: Shamanic Dreaming for Healing and Becoming Whole By Robert Moss

In this extraordinary book, shamanic dream teacher Robert Moss shows us how to become shamans of our own souls and healers of our own lives.

The greatest contribution of the ancient shamans to modern healing is the understanding that in the course of any life we are liable to suffer *soul loss* — the loss of parts of our vital energy and identity — and that to be whole and well, we must find the means of soul recovery. Moss teaches that our dreams give us maps we can use to find and bring home our lost or stolen soul parts. He shows how to recover animal spirits and ride the windhorse of spirit to places of healing and adventure in the larger reality. We discover how to heal ancestral wounds and open the way for *cultural* soul recovery.

You'll learn how to enter past lives, future lives, and the life experiences of parallel selves and bring back lessons and gifts. "It's not just about keeping soul in the body," Moss writes. "It's about *growing* soul, becoming more than we ever were before." With fierce joy, he incites us to take the creator's leap and bring something new into our world.

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Editorial Review

Review

“Robert Moss reveals a powerful map of how to recover our soul through shamanic dreaming. This is an inspiring and important book!”

— **Sandra Ingerman, MA**, author of *Soul Retrieval*

“Robert Moss is one of our wisest guides to dreams and dreaming.”

— **Larry Dossey, MD**, author of *The Power of Premonitions*

“Robert Moss ignites the runway for the returning soul’s touchdown with both power and grace.”

— **Caitlín Matthews**, author of *Singing the Soul Back Home* and *Celtic Visions*

“Since reading Robert Moss’s powerhouse of a book, my dreams have been speaking to me in completely new and startling ways. I have no idea how he imbues each page with shamanic truth that actually changes you as you read it, but he does. If you have any interest in your dream life, you will be enthralled and forever changed by this work.”

— **Jennifer Louden**, author of *The Life Organizer* and *The Woman’s Comfort Book*

“This inspirational and practical resource guide honors all forms of dreaming and deep remembrance of our inherent wholeness. Robert Moss demonstrates how to explore the universal language of the imagination and the soul, which together bridge the inner world of spirit and the outer world of action. Deeply healing and useful!”

— **Angeles Arrien, PhD**, cultural anthropologist and author of *The Four-Fold Way*

Praise for *Active Dreaming*:

"Sits at the intersection of poetry and practicality. . . . Read this book." — Peter Block coauthor of *The Abundant Community*

From the Inside Flap

In this extraordinary book, shamanic dream teacher Robert Moss teaches us how to become shamans of our own souls and healers of our own lives.

The essence of the shaman’s power to travel and to heal is the ability to dream strong. In our everyday modern lives, we stand at the edge of such power when we dream and remember to do something with our dreams. If you want to be a shaman, start at the breakfast table, by sharing dreams the right way with your family and friends.

The greatest contribution of the ancient shamans to our medicine and healing today is the understanding that in the course of any life we are liable to suffer *soul loss* — the loss of parts of our vital energy and identity — and that in order to be whole and well, we must find the means of soul recovery. Robert Moss teaches us that our dreams give us maps we can use to travel to where energy that was lost or stolen can be found and brought home. He shows us how to recover our animal spirits and ride the windhorse of spirit to places of

healing and adventure in the larger reality. We discover how the ancestors come seeking us through dreams and how, through conscious engagement, we can heal ancestral wounds and open the way for *cultural* soul recovery.

On our roads of soul, we have a remarkable ally, if we will only accept it. Sufis call it the soul of the soul. It is the Greater or Higher Self. Moss encourages us to open our hearts to receive its guidance.

Dreamers are time travelers, and you'll discover here how the depth of healing and guidance becomes available when you operate in that knowledge. You'll learn how to enter past lives and future lives, and the life experiences of parallel selves, and how to bring back lessons and gifts. You'll learn that you can connect with earlier versions of yourself *in their own Now time*, to provide the support and mentoring they desperately need.

"It's not just about keeping soul in the body. It's about *growing* soul, becoming more than we ever were, embodying more of the Greater Self," writes Moss. With fierce joy, he incites us to take the creator's leap and bring something new into our world.

About the Author

Robert Moss is the creator of Active Dreaming, an original synthesis of modern dreamwork and shamanism that he teaches all over the world. His nine books on dreaming, shamanism, and imagination include *Conscious Dreaming*, *The Three "Only" Things*, *The Secret History of Dreaming*, *Dreamgates*, and *Active Dreaming*. He lives in upstate New York.

Users Review

From reader reviews:

Harry Oliver:

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