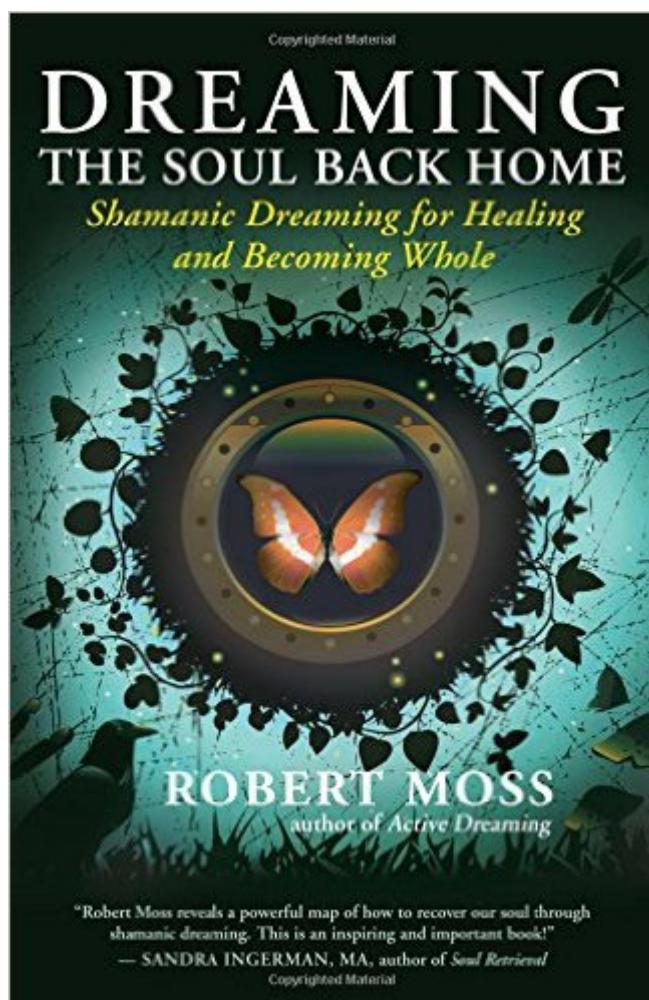


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Dreaming The Soul Back Home: Shamanic Dreaming For Healing And Becoming Whole



Synopsis

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.

Book Information

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Customer Reviews

Robert Moss has written a number of books on dreaming and I have read and treasured them all. These are some of the best books on dreaming for dreamers that exist. It is clear that he has been exploring the great potentials of dreaming and imagination, tracking the ways in which dreamers can grow and heal not only themselves but their culture and the world at large. For me these books are not only great teachings, but are full of practical things you can do right now to change the path of

your life and live a larger, fuller life. Anyone who follows the dreamer's path, or any other sincere inner work, will likely reach places where healing is needed. Perhaps there is a personal trauma or some event in family history, or even just some vague sense of the loss of energy or vitality. Perhaps we see our own potentials and feel we are falling short and wonder why it happens. For whatever reasons our impulse to health and growth and reaching our potentials can take us to the place where we need to recover that lost part of our soul and reach for wholeness. That is the subject of this book, and, as suggested, it is full of stories and teachings and practical advice for the one seeking wholeness. One of the best lessons I have learned from Robert Moss is that working with dreams really is one of the most practical things you can do for yourself. There are many ways to use dreaming for healing, but we can also dream while awake, using the great power of imagination and riding the great magical flow of the world as it plays out the cosmic dramas of life. In your own quest you might find the ideas and exercises in this book useful and practical for dealing with the specifics of healing.

Every time Robert Moss publishes a new book, I pre-order and devour it cover to cover. Each book sends me in new dreaming directions, and refreshes older dreamwork lessons. This one is no exception, and like his others, I will re-read to garner even more treasures. This book is not really a book, however, but a Time Travel Machine. Using examples of his own dreams, and that of other dreamers in his circle, Moss teaches us how to connect with our younger selves, and even with past life selves. Unlike many other shamanic practitioners, Moss instructs readers with a plethora of techniques for doing this on our own. We do not need to pay large sums of money to someone else for the experience. Furthermore, he points out that the past is not necessarily linear. Perhaps our "past" lives are instead alternate realities happening right now, concurrently. On page 148, Moss offers an exercise, to ride a Spirit Horse to the House of Gifts. His stories and instructions reminded me that I used to have a herd of invisible (to others) horses. I managed to put the book down, grab my drum, and head for the fields. Drumming, I called my horses. They came galloping across the field in my internal vision. I claimed one as my own Spirit Horse, and rode off to seek the younger Me who had ridden these horses so long ago. I found her. She did not know what to make of the adult Alice, astride a beautiful horse named Aphrodite, but was willing to join me, on another, Star. Another day, I again drummed, and rode off in search of an Ice Age self, who had long been on the edges of my awareness. I found him, hungry and alone. I spent time with him in my wide awake dream, and later realized the energy of him had shifted and matured.

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