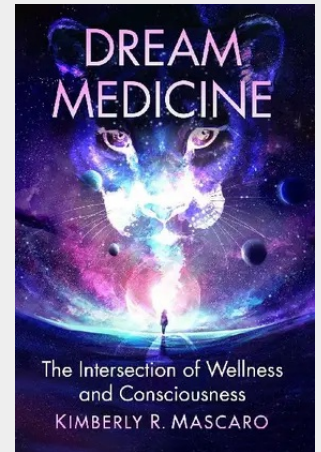


Dream Medicine

The Intersection of Wellness and Consciousness

This book surveys both the scientific and the spiritual terrain of out-of-body experiences, highlighting how extrasensory encounters can be soul-healing balm. Drawing from a wide range of perspectives, it explores the various cultural interpretations of out-of-body experiences, from shamanistic practices to the importance of dreams in ancient world cultures. Throughout the book, there are over a dozen original interviews with professionals in health-related professions, presenting a unique, holistic glimpse of our inner lives. Dreaming takes center stage, with the author presenting her most profound and insidious dreams. Part reference work and part guidebook, this book instructs readers on how to make the most of their dream experiences through a variety of techniques like incubation, talisman creation, tarot and more.

This book surveys both the scientific and the spiritual terrain of altered states of consciousness, highlighting how extrasensory encounters can be soul-healing balm. It explores a wide range of cultural interpretations of out-of-body experiences, from shamanistic practices to the importance of dreams in ancient world cultures. A dozen or more interviews with health-related professionals present unique, holistic glimpses of our inner lives. Dreaming takes center stage, with the author presenting her most profound and insidious dreams. Part reference work and part guidebook, this book tells readers how to make the most of their dream experiences through a variety of techniques like incubation, talisman creation, tarot and more.



26,50 €

26,50 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781476687438

Medium: Buch

ISBN: 978-1-4766-8743-8

Verlag: Toplight Books

Erscheinungstermin: 01.10.2021

Sprache(n): Englisch

Auflage: Erscheinungsjahr 2021

Produktform: Kartoniert

Gewicht: 295 g

Seiten: 277

Format (B x H): 152 x 229 mm

