



Dreamfinder
DISCOVERING THE DIVINE THROUGH YOUR DREAMS

PHILIP DUNN AND SANGEET DUCHANE

**Andrews McMeel
Publishing**
Kansas City

Contents

Dream Finder: Discovering the Divine Through Your Dreams copyright © 2004 by The Book Laboratory ® Inc. All rights reserved. Printed in the United States of America. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of reprints in the context of reviews. For information write:

Andrews McMeel Publishing
an Andrews McMeel Universal company
4520 Main Street
Kansas City
Missouri 64111

Cover Art: *Flaming June* by Lord Frederic Leighton

Design by Amy Ray

ISBN: 0-7407-4175-6

Library of Congress Cataloging-in-Publication Data:

02 03 04 05 06 xxx 10 9 8 7 6 5 4 3 2 1

one	WHAT'S IN A DREAM?.....	7
two	DREAMS AND SPIRITUAL PRACTICE	29
three	CREATING DREAMS	43
four	APPROACHES TO LUCID DREAMING	63
five	LUCID DREAMING ADVENTURES	87
six	DREAM WORK TECHNIQUES	111
seven	DREAM THEORIES	129
eight	DREAM INTERPRETATION	147



What's in a Dream?

This book is designed to help you find the key to understanding the incredible world of your dreams. By unlocking your dreams, you can open up a vast reservoir of information that you might not yet be aware of; information that your unconscious brings you every night. If you sleep eight hours a night, you sleep ten days out of every month. In an average lifetime a person sleeps for about twenty-five years. During that time you have an average of five or more dreams every night, even if you can't remember them. The time you spend sleeping is not just downtime useful only to rejuvenate you. It's a time of intense creativity, and your dreams contain a gold mine of information for your life, your health, and your spiritual development.

Sometimes we think of dreams as not real or less real than our waking state. "It was only a dream," we say. But for people of ancient times and for aboriginal people today, there was and is no such distinction