



Sonar despierto (Coleccion Psicologia) (Spanish Edition)

Robert Moss

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Sonar despierto significa poder vivir plenamente la realidad al mismo tiempo que mantenemos un contacto constante y enriquecedor con otros mundos. A lo largo de la historia, muchas ideas e inventos famosos han surgido de los sueños. Estos pueden guiarnos en nuestra vida actual, pasada o futura, y mostrarnos lo que podemos hacer para lograr la felicidad, acometer proyectos y tener éxito. Escribir un diario de los sueños que tenemos, sonar en grupo, introducirnos en el sueño de otra persona, y recuperar sueños perdidos, son algunas de las técnicas que nos propone su autor, Robert Moss, para sonar de una forma activa y vivir una existencia repleta de posibilidades. / Active Dreaming is an original synthesis of contemporary dreamwork and shamanic methods of journeying and healing. Dreaming isn't just what happens during sleep; dreaming is waking up to sources of guidance, healing, and creativity beyond the reach of everyday's mind. This book will help you expand notions of what it means to dream.

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