



The Dream Handbook: Dreams of the Past, Present and Future - A Beginner's Guide (Paperback)

By Craig Hamilton-Parker

Createspace, United States, 2000. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.As seen on BBC 2 Everyman: Mediums Talking to the Dead American Television: Spirit of Princess Diana Bio Channel: Our Psychic Family The Dream Handbook shows you how to remember and work with your dreams to create a happier you. Everybody dreams every night and with this rich source of subconscious information you can find the keys to overcoming fears, solving problems, and revealing your hidden motives and desires. By recalling dreams from our childhood, accessing the memories from past lives and unravelling the emotional problems of today the author shows you how to use dreams as a tool for spiritual well-being. The book includes many experiments you can try that will deepen your access into your unconscious mind and allow you to enter perfect, restful sleep. You are also shown techniques such as how to astral travel, how to trigger lucid dreams and how to use dreams to answer specific questions about your life. Drawing on ancient spiritual teachings and modern psychology The Dream Handbook will show you how dreams can change your life. Dream Hand Book...



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