



Active Dreaming: Journeying Beyond Self-Limitation to a Life of Wild Freedom

Robert Moss

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Practical Magic for Living the "Life of Your Dreams"

Active Dreaming is a way of being fully of this world while maintaining constant contact with another world, the world-behind-the-world, where the deeper logic and purpose of our lives are to be found. *Active Dreaming* offers three core areas of practice: talking and walking our dreams to bring energy and guidance from the dreamworld into everyday life; shamanic lucid dreaming; and conscious living.

Active dreamers are choosers. They learn to recognize that whatever situation they are in, they always have choice. They choose not to buy into self-limiting beliefs or the limited models of reality suggested by others. Active dreamers learn to grow a dream of possibility, a dream strong enough to take them beyond fear and despair to a place of freedom and delight.

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