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# Active Dreaming Journeying Beyond Self Limitation To A Life Of Wild Freedom Robert Moss

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Symbols for Self  
Understanding Workman  
Publishing  
My Big TOE, written by a  
nuclear physicist in the  
language of contemporary

Western culture, unifies  
science and philosophy,  
physics and metaphysics, mind  
and matter, purpose and  
meaning, the normal and the  
paranormal. The entirety of  
human experience (mind, body,  
and spirit) including both our  
objective and subjective  
worlds, are brought together  
under one seamless scientific  
understanding. If you have a  
logical, open, and inquisitive  
mind - an attitude of

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scientific pragmatism that appreciates the elegance of fundamental truth and the thrill of breakthrough - you will enjoy this journey of personal and scientific discovery. Based upon careful scientific research and logical deduction, this is a book for all who have an interest in the nature of the reality in which they exist. My Big TOE is not only about scientific theory, function, process, and discovery - but also speaks to each individual reader about their innate capabilities. Readers will learn to appreciate that their human potential stretches far beyond the limitations of the physical universe. This trilogy delivers the next major scientific conceptual breakthrough since relativity and quantum mechanics raised scientific eyebrows in the first half of the twentieth century. No catch, no megalomania, no hypothetical wackiness, no goofy beliefs, no unusual assumptions - just straightforward science that better describes the totality of our experience and provides a wealth of practical results

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and new understanding that can and clarity. This book is an  
be applied personally and adventure into the overlapping  
professionally by scientists worlds of science, philosophy,  
and nonscientists alike. This and metaphysics. It is tightly  
is the real thing. My Big TOE analytical and logical as all  
is about life, purpose, good works of science and  
personal significance, philosophy should be, while at  
physics, evolution, and the the same time down to earth,  
reason why. The acronym "TOE" easily understandable, and  
is a standard term in the full of good humor. No leaps  
physics community that stands of faith or beliefs of any  
for "Theory Of Everything." sort are required to get to  
Such a theory has been the where these books will take  
"Holy Grail" of physicists for you. Campbell did not put the  
more than fifty years. My Big "My" in My Big TOE to flaunt  
TOE delivers the solution to pride of authorship. Nor does  
that scientific quest at the the "My" indicate any lack of  
layman's level with precision generality or applicability to

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others. The "My" was added to to be a special case of a more  
be a constant reminder to you general set of basic  
that this reality model cannot principles. Physics is in the  
serve as your personal Big TOE business of modeling reality.  
until it is based upon your General Relativity, Quantum  
personal experience. On the Mechanics, and currently  
other hand, personal or String Theory have all  
subjective experience is only unsuccessfully tried to  
one piece of the reality produce an overarching model  
puzzle. In the objective of our objective reality. In  
physical world of traditional the physics community, these  
science, My Big TOE delivers a one-theory-explains-all  
comprehensive model of reality reality models are called  
that subsumes modern science, TOEs. This particular TOE is  
describes our objective Big because it successfully  
material reality, and is integrates metaphysics and  
universally applicable. physics into a single unified  
Contemporary physics is shown big-picture view of our larger

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reality. The My Big TOE trilogy provides a rational, logically consistent Theory Of Everything, develops the required new paradigms to support that theory, constructs a solid scientific foundation for future explorations to be built upon, and explains the interfaces and connections between newly derived knowledge and the existing database of scientific and personal experience. It subsumes physics, redeems philosophy, and explains many objective as well as subjective phenomena.

Within My Big TOE, the physical universe and consciousness are fully integrated into a single scientific, tightly logical exposition that encompasses the subjective as well as the objective, the normal as well as the paranormal, the whole of your experience body, mind, and spirit. The My Big TOE reality model will help you understand your life, your purpose, all of the reality you experience, how that reality works, and how you might interact most profitably with it. The author, in

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addition to his ongoing career dual career in both physics  
in a traditional hard science, and parapsychology. Most  
spent almost thirty years readers find these books to be  
carefully researching altered non-technical, lively, full of  
states of consciousness both humor and good fun, as well as  
in and out of formal personally challenging and  
laboratory settings. With one enlightening. The My Big TOE  
foot in the world of physics trilogy is hard hitting,  
and the other firmly planted personal, controversial, and  
in the scientific exploration full of new ways of viewing  
of consciousness, Campbell is familiar things. It will make  
in a unique position to you laugh, wince, and  
accomplish the synthesis reconsider what you thought  
required to bring all the you knew about almost  
disparate pieces of science everything. This book is  
together into a coherent guaranteed to annoy, anger,  
scientific whole. My Big TOE and offend some, as well as  
is the result of this unusual illuminate and emancipate

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others. It will turn your personal reality upside down and inside out as it unites mind, body, and spirit in one overarching scientific model. Our objective physical reality is shown to be just one piece of the larger puzzle of existence. This reality model provides a sound theoretical basis for understanding many of the scientific, technical, and philosophical enigmas that have been nagging at the minds of scientists and scholars for decades. Even more importantly, My Big TOE provides the scientific basis for finally answering many of the most unfathomable and pressing personal questions that have challenged human understanding since time immemorial since men and women first stared into a starlit sky and wondered who and why they were. After reading My Big TOE, one will understand both the universal and the personal (subjective) nature of consciousness, reality, and Big TOEs. One will learn to appreciate the fact that the larger reality extends beyond objective causality, beyond the reach of purely



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intellectual effort, into the personal subjective mind of each individual. The concepts in this book will initiate, and be the catalyst for, serious scientific and philosophical discussions in the fields of psychology, physics, philosophy, mathematics, evolution, and biology, as well as religion, theology, metaphysics, ontology, epistemology, and cosmology. The author chooses to first publish these ground breaking concepts in a trade publication rather than a technical journal because of their potential importance to every individual, and because the nature of the material (like Darwins theory of evolution, for example) requires broad explanations spanning multiple academic disciplines. Because this material must develop entirely new scientific and reality paradigms, it requires a substantial intellectual and logical presentation to shed light upon the limitations of normal culturally habituated patterns of thought a goal that cannot be reached both quickly and effectively. This

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journey will take you to the beginning of time. It will dive deeply into the human heart as well as probe the limits of the human mind. My Big TOE will redefine the significance of you, and provide new meaning to your existence. It will help you realize and optimize your potential as well as provide you with a wholly new, fully integrated, scientific understanding of both your inside and outside world. My Big TOE, written by a scientist from a Western technological viewp

*Awakening, Discovery, Inner Workings: A Trilogy Unifying Philosophy, Physics, and Metaphysics* Ryland Peters & Small  
The author of *Conscious Dreaming* and *The Three "Only" Things* poses arguments for understanding one's dreams in order to resolve past events and prepare for the future, explaining the practices of ancient dreaming cultures and the dream experiences of famous historical figures.

*Shamanic Breathwork* New World Library  
Take a glimpse into the Twin World. How does our heroine survive twin loss? The Tao shows her the way. She learns: ' The dark is the root of the light. The still is the source of all motion. The wise one trusts her heart above the world. She lets all things come and go and focuses on Heaven. ' Twins inhabit a separate world from Singles and

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view that world through the lens of the Twinship. How can Twins recover as individuals when the co-twin is lost? How can the co-twin be found?

*Transcend Time and Space with Out-of-Body Experiences* New World Library

A guide to co-dreaming with animals for personal and planetary evolution • Presents lucid dream encounters with living polar bears and teachings from polar bear spirits • Explores ways to consciously engage with dreams, co-dream with animals through shared awareness, and form human-animal dream relationships • Reveals the role of human-polar bear dreaming in the Earth's planetary evolution Dreams speak to us on deep levels. Through dreaming we open a gateway to our inner world. Through lucid

dreaming we open to conscious interaction with the surroundings, happenings, and living beings within the dreamscape. Over many years, animal communicator Dawn Baumann Brunke dreamed of polar bears. One night, a lucid dream triggered the realization that not only was she dreaming of a living polar bear but also that the polar bear was dreaming of her. Through shared dream encounters, Brunke became adept at connecting with the bear both while asleep and awake. Together, they explored nonphysical locales where lucid dreamers meet to join in consciousness and co-dream together. Recounting the dreams she had with polar bears as well as with a council of spirit bears, Brunke presents techniques she learned to enter shared dreamscapes and

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form meaningful dream relationships with other species. Brunke also examines how our assumptions about polar bears, or any animal, can teach us about ourselves. As we awaken to the wisdom of our dreams, we begin to heal ourselves and our Earth. Sharing ways to recall dreams and engage lucid dream awareness, Brunke shows how dreamwork can help us forge deeper connections with the natural world and move more consciously in planetary evolution with all beings. Guided by the polar bears in her dreams, the sacred guardians of North Pole evolutionary energy, Brunke reveals how we can each dream ourselves awake and, with animal companions and guides, help dream a new world into being.

Dreaming the Soul Back Home Hunter House  
Utilizing the healing power of breath to change consciousness • Explains how to enter altered states of consciousness, increase paranormal abilities, and resolve old traumas using breathwork • Introduces the Five Cycles of Change that bring about major life shifts and how to work with them Incorporating psychospiritual tools with her Shamanic Breathwork practice, Linda Star Wolf shows how to spiritually journey in the same way shamans entrain to the rhythms of drums or rattles using the breath, either alone or together with music. Much like traveling to sacred places or ingesting entheogens, this practice can be used to enter altered states of consciousness, connect to cosmic consciousness, increase paranormal abilities, and awaken the shaman within. Breathwork can also be used to resolve old traumas and shapeshift unproductive modes of thinking in order to move beyond them. Utilizing the healing power of breath along with chakra-attuned music, Linda Star Wolf explores the Five Cycles of

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Change--the Alchemical Map of Shamanic Consciousness--and how these cycles affect you as you move through major shifts in your life.

*Journeying Beyond Self-Limitation to a Life of Wild Freedom* New World Library

Prepare to Encounter Goddesses, Daimons & Parallel Worlds Sigmund Freud called dreams the “royal road to the unconscious,” but to bestselling author and world-renowned dream explorer Robert Moss, they are more: portals to the imaginal realm, a higher reality that exists at the intersection of time and eternity. The traveler’s tales in this book are just-so stories in the sense that they spring from direct experience in the many worlds. As you journey from the temple of the Great Goddess at Ephesus to an amazing chance encounter on an airplane, from Dracula

country in Transylvania to the astral realm of Luna, you’ll confirm that the doors to the otherworld open from wherever you are. You’ll see what it means to live on a mythic edge and to make a deal with your personal Death for a life extension. At any moment, you may fall, like the author, into the lap of a goddess or the jaws of an archetype.

*The Tao of Twins* New World Library

A revised guide to positive transformation through meditation profiles 35 diverse practices from different world regions while explaining their respective histories and virtues, in a resource that includes coverage of options ranging from drumming and trance dancing to labyrinth walking and gardening. Original.

*The Boy Who Died and Came Back* Simon and Schuster

A world-renowned authority on the history,

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uses, and power of dreaming, Robert Moss guides neophyte and experienced adventurers alike to open their own dreamgates. Through these gates await otherwise inaccessible realms of reality as well as soul remembering — the “recovering of knowledge that belonged to us before we came into this life experience.” Exercises, meditations, and the mesmerizing tales of fellow dream travelers outline Moss’ Active Dreaming technique, a kind of shamanic soul-flight that offers “frequent flyers” a passport between worlds. In this world beyond physical reality, Moss points to wellsprings of healing, creativity, and insight. As readers move into these different ways of seeing and knowing, they may also communicate with spiritual guides and departed loved ones in ways that transform

their everyday lives.

[A Journey into Healing through Dreamwork](#)  
Shambhala Publications

Bestselling author Carlos Castaneda introduces readers to the worlds that exist within their dreams.

The Three "Only" Things (EasyRead Large Bold Edition) Simon and Schuster

Just as an earthquake's mission is to release seismic pressure through the planet's faultlines, a LifeQuake happens when your soul's next purpose begins to pierce through the layers of internalized faulty programs, emerging as a crisis. The LifeQuake Miracle: Awakening to Your True Purpose in Times of Personal and Global Upheaval identifies a revolutionary approach to restructuring ourselves into the next level of personal and

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global change. Dr. Toni Galardi, "The LifeQuake Doctor," provides the comforting roadmap through the unknown. You will learn how to:

- Fluidly adapt to sudden change
- Prepare for your next chapter
- Transform economic upheavals into true wealth
- Discover your true purpose
- Morph into a joyous life beyond your dreams

Dr. Galardi assists the reader in identifying the early signs of a LifeQuake. She then offers a definitive, seven-stage roadmap with tools in each stage for the body, mind, and spirit that simultaneously leads to both personal and global evolutionary transformation.

Playing with Signs, Symbols, and Synchronicity in Everyday Life New World Library

Have you ever said something was only a dream, only a coincidence, or only your imagination? In this book you'll discover that these "only" things can be keys to

finding and living your bigger story. You'll learn to tap into the nine powers of dreaming, the nine rules of coincidence, and the seven uses of imagination. You'll be inspired by stories of how innovators and world changers have used these gifts, and you'll learn wonderful games to help you access your intuition, heal yourself, and bring juice to your everyday life.

When we claim the power of the Three Only Things, we reclaim tools that are profoundly simple yet have the power to remake our lives and the world. "What Robert Moss does - again and again and with such clarity and greatness of heart - is remind us that magic is a breath away and that everyone has the capacity to tap into the heritage that is truly ours." - MANDA SCOTT, bestselling author of the Boudica novels *Awakening to Your True Purpose of Personal and Global Upheaval* Hampton Roads Publishing Company

*Lucid Dreaming: Gateway to the Inner Self* is the account of an extraordinarily talented lucid dreamer who goes beyond the boundaries of both psychology

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and religion. In the process, he stumbles upon the Inner Self. While lucid (consciously aware) in the dream state and able to act and interact with dream figures, objects, and settings, dream expert Robert Waggoner experienced something transformative and unexpected. He was able to interact consciously with the dream observer - the apparent Inner Self - within the dream. At first this seemed shocking, even impossible, since psychology normally alludes to such theoretical inner aspects as the Subliminal Self, the Center, the Internal Self-Helper in vague and theoretical ways. Waggoner came to realize, however, that aware interaction with the Inner Self was not only possible, but actual and highly inspiring. He concluded that while aware in the dream state, one has both a psychological tool and a platform from which to understand dreaming and the larger picture of man's psyche as well. Waggoner proposes 5 stages of lucid dreaming and guides readers through them, offering advice for those who have never experienced the lucid dream state and suggestions for how

experienced lucid dreamers can advance to a new level. Lucid Dreaming offers exciting insights and vivid illustrations that will intrigue not only avid dreamworkers but anyone who is interested in consciousness, identity, and the definition of reality. Sidewalk Oracles Active Dreaming Journeying Beyond Self-Limitation to a Life of Wild Freedom Travels in Many Worlds with a Master Storyteller Join Robert Moss for an unforgettable journey that will expand your sense of reality and confirm that there is life beyond death and in other dimensions of the multiverse. Moss describes how he lived a whole life in another world when he died at age nine in a Melbourne hospital and how he died and came back again, in another sense, in a crisis of spiritual emergence during midlife. As he shares his adventures in walking



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between the worlds, we begin to understand that all times — past, future, and parallel — may be accessible now. Moss presents nine keys for living consciously at the center of the multidimensional universe, embracing synchronicity, entertaining our creative spirits, and communicating with a higher Self.

A Brief History of Everything New World Library

Wanda Burch dreamt that she would die at a certain age; her dreams foretold her diagnosis of cancer, and they guided her toward treatment and wellness.

Although she took advantage of all the medical resources available to her, Wanda believes she is alive today because of her intimate engagement with the dreamworld. This book is more than one woman's story, however. Wanda provides techniques such as questioning the dream and observing the surroundings of the dream to delve into the meaning behind the personal stories we tell ourselves in sleep. Through powerful prose and practical exercises, this

book demonstrates that wisdom lives within each of us, and we can tap into that wisdom through dreamwork.

A Heroine's Journey New World Library  
Your dreams hold the key to a better, fuller life. There is a reason we dream at night. It's not random nonsense. When we are dreaming, we are thinking on a much deeper, more insightful level than when we're awake. When we're dreaming, we're actually problem solving...it's just in a different language. Our minds are speaking to us in codes: warning, helping, and guiding us through our constantly evolving situations in life. The mind, through dreams, is trying to alert us to problems it wants fixed. The truth is, our best thinking isn't done in the shower, it's done while we dream. In fact, when we say, "Let me sleep on it," what we're really saying is, "Let

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me dream on it." In this easy-to-use guide, renowned dream analyst Lauri Quinn Loewenberg gives you the tools to interpret the often confounding language of dreams. You will learn how to: \* unlock the hidden dream communications your mind wants you to know \* understand commonly occurring people, places and animals as extensions of your personality \* decipher the real meaning behind nightmares like falling, drowning, and being chased \* discover the big messages in seemingly small dream elements as Lauri guides you through dozens of real-life dreams \* use your dreams as a tool to solve your everyday problems and effect real change in your life and relationships \* reference the most important dream symbols with a comprehensive dream dictionary

Dreaming with Polar Bears Simon and Schuster

Provides guidance for raising intuitive children, including techniques to prevent sensory overload and reduce stress, advice on when and how to seek professional help, and how to minimize other every day challenges they face.

Studies in Dreams New World Library

As the success of the recent film Inception shows, dreams are a source of perennial fascination. Robert Moss has advanced our understanding of the phenomenon with his visionary and down-to-earth synthesis of contemporary dreamwork and venerable shamanic methods. His “ active dreaming ” involves re-entering dreams, exploring their possibilities, and directing the subconscious

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to illuminate and solve problems. He blazes a new trail, guiding readers to use the powers that govern their night dreams to pursue their ideal waking “ dream lives. ” Based on Moss's decades of teaching, the techniques he shares in these pages are proven, powerful, and even playful. Readers learn to understand and utilize synchronicity, shared dreaming, children's dreams, and healing dreams. The examples Moss shares encourage readers to face fears and tap into dormant power. The result is the freedom to choose — and then revel in — the life of their dreams.

Playing with Signs, Symbols, and Synchronicity in  
Everyday Life Balboa Press

Synchronicity is when the universe gets personal. Through this book of games and enchanting stories, you ’ ll learn how to monitor the play of coincidence and the symbolic resonance of incidents in daily life

in order to tap into the deeper logic of events, receive extraordinary counsel, and have wonderful fun. You will be invited to become a kairomancer: someone who is poised to catch the messages in special moments when synchronicity is in play — and to take action to seize the opportunities those moments present. To be a kairomancer, you need to trust your feelings as you walk the roads of this world, to develop your personal science of shivers, and to recognize in your gut and your skin that you know far more than you hold on the surface of consciousness. This is a way of real magic, which is the art of bringing gifts from a deeper world into this one. Follow it, and you will put a champagne fizz of enchantment into your everyday life.

Dream on It Wheatmark, Inc.

In this extraordinary book, shamanic dream teacher Robert Moss shows us how to become shamans of our own souls and healers of our own lives. The greatest contribution of the ancient shamans to modern healing is the understanding that in the

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course of any life we are liable to suffer soul loss — the loss of parts of our vital energy and identity — and that in order to be whole and well, we must find the means of soul recovery. Moss teaches us that our dreams give us maps we can use to travel to the places where we can find and bring home our lost or stolen soul parts. He shows us how to recover our animal spirits and ride the windhorse of spirit to places of healing and adventure in the larger reality. We discover how we can heal ancestral wounds and open the way for cultural soul recovery. You ’ ll learn how to enter past lives, future lives, and the life experiences of parallel selves and how to bring back lessons and gifts. “ It ’ s not just about keeping soul in the body, ” Moss writes. “ It ’ s about growing soul, becoming more than we ever were before, embodying more of the Greater Self. ” With fierce joy, he incites us to take the creator ’ s leap and bring something new into our world.

Journeying Beyond Self-Limitation to a Life of Wild Freedom Simon and Schuster

Explores the ancient Iroquois tradition of dreams, healing, and the recovery of the soul • Explains Native American shamanic dream practices and their applications and purpose in modern life • Shows how dreams call us to remember and honor our soul ’ s true purpose • Offers powerful Active Dreaming methods for regaining lost soul energy to restore our vitality and identity

The ancient teaching of the Iroquois people is that dreams are experiences of the soul in which we may travel outside the body, across time and space, and into other dimensions--or receive visitations from ancestors or spiritual guides. Dreams also reveal the wishes of the soul, calling us to move beyond our ego agendas and the web of other people ’ s projections into a deeper, more spirited life. They call us to remember our sacred contracts and reclaim the knowledge that belonged to us, on the levels of soul and spirit,

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before we entered our present life experience. In dreams we also discover where our vital soul energy may have gone missing--through pain or trauma or heartbreak--and how to get it back. Robert Moss was called to these ways when he started dreaming in a language he did not know, which proved to be an early form of the Mohawk Iroquois language. From his personal experiences, he developed a spirited approach to dreaming and living that he calls Active Dreaming. Dreamways of the Iroquois is at once a spiritual odyssey, a tribute to the deep wisdom of the First Peoples, a guide to healing our lives through dreamwork, and an invitation to soul recovery.