



Dreaming-The Sacred Art: Incubating, Navigating and Interpreting Sacred Dreams for Spiritual and Personal Growth (the art of spiritual living)

Lori Joan Swick

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This fascinating introduction to sacred dreaming celebrates the dream experience as a way to deepen spiritual awareness and as a source of self-healing for people of all faith traditions—or none. Includes practical, step-by-step exercises in every chapter.

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