



The Woman's Book of Dreams: Dreaming as a Spiritual Practice

Connie Cockrell Kaplan

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Every culture throughout time has been fascinated by and curious about its dreams. In this book, dream teacher Connie Kaplan gives readers a way to understand their dreams as a spiritual contract with life. She shows how dreaming energy is connected with the womb and with menstrual and hormonal cycles. Even men and postmenopausal women share this unique connection through the metaphoric womb. Once readers learn to use these cycles to understand and chart their dreams, they can use the lessons learned to improve their lives. Kaplan's is a new look at an age-old system that allows dreamers to read the messages in their dreams as if they were letters from the soul. Her book will stir ancient memories of a time when the spiritual connection to the universe was deeply felt and celebrated.

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