



Dreaming Realities: A Spiritual System to Create Inner Alignment Through Dreams

Julie Silverthorn

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Taking a refreshing approach to the act of dreaming, this fascinating book goes one step further, offering the opportunity to explore our full potential through the very control of our dreams. Dreaming Realities teaches the reader how to construct dreams that will improve reality, and powerfully demonstrates how such dreams directly affect our lives. Presented is the most up-to-date information about dreaming and related states, plus a number of essential techniques for harnessing the resources of dreams. The result is a book that explores a highly popular subject; a book that will appeal to all those interested in the power of dreams. It provides an alternative path for those interested in seeking inner peace, making this a new and intriguing programme of self-help.

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