



# Dream Interpretation: The Secret

*David F. Melbourne, Keith Hearne*

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## **Dream Interpretation: The Secret** David F. Melbourne, Keith Hearne

Go beyond traditional Freudian and Jungian interpretations to unearth fascinating new scientific facts about the complex way our minds work during sleep -- and how we can control them to our own advantage. Take dream interpretation deeper than just content, and look at dream structure itself. For example, specialists have now determined that within a dream, any effort to adjust a light switch is doomed to failure. So while Freud might have seen this inability as a sign of impotence, it really is an inherent limitation of the form unattributable to any individual's psyche. Knowledge of this misty subject can ward away terror at the games our brains and bodies sometimes play on us. Use these techniques to dream lucidly, manipulate dream content, and better interpret your dreams. Try out mantras that can train your brain to do what you want during a dream. Visit a long-lost friend, escape harmful dream scenarios through willpower, and harness your mental powers to break bad habits or change your life. Whether you actively want to improve your dream skills, or just gain a fuller knowledge of how the mind operates during sleep, you'll find this extensive volume the ultimate bedside companion. Sweet dreams....

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