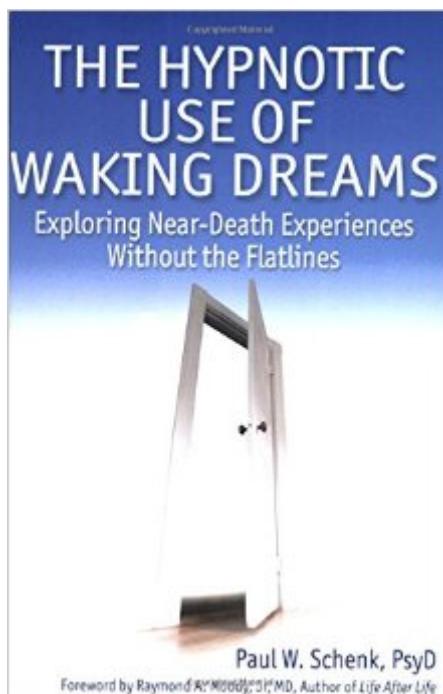


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# The Hypnotic Use Of Waking Dreams: Exploring Near-Death Experiences Without The Flatlines



## Synopsis

People who undergo near death experiences often have profound and life changing experiences. It is as if the whole of their life has been put into perspective and they can see relationships, experiences, hopes and dreams in a completely new light. Now, Paul Schenk shows you how you can help clients experience some of the life changing benefits of a near death experience without the life-threatening cardiovascular crisis. With full length annotated case transcripts, you will learn how to do this and explore the many other things you can do with hypnotically facilitated waking dreams. The therapeutic usefulness of dream interpretation is deeply rooted in psychotherapy. Good fiction can make for rich clinical material. "The Hypnotic Uses of Waking Dreams" bypasses the core problem associated with past life therapy, i.e. that if reincarnation doesn't exist, neither can past life therapy. It provides a much more traditional approach to understanding and utilizing the kinds of chemical experiences that occur with this interactive approach to hypnotically facilitated dream-like imagery. Dr Schenk integrates classic teachings on dream interpretation and trauma treatment with decades of published work on near death experiences. The therapeutic use of waking dreams is independent of both the clinician's and the client's beliefs about reincarnation because the dream content can be understood as being just good fiction as it is in classical dream analysis. The secondary market is seen as the large segment of the lay public who have followed the writings of authors such as Drs. Brian Weiss, Raymond Moody, Carolyn Myss, Gary Schwartz, Kenneth Ring, and Ms. Carol Bowman. The varied themes in the case studies were chosen for their broad appeal. Feedback on the current manuscript suggests readers find the material deeply moving and thought provoking.

## Book Information

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## Customer Reviews

In *The Hypnotic Use of Waking Dreams* psychotherapist Paul W. Schenk explores the therapeutic and spiritual implications of imagined alternative lives. Through "waking dreams" Schenk invites his clients to imagine living another life, as a "dream character." The dream life provides a medium for working through current life issues and problems from another perspective. The client describes significant events in this imagined life and then narrates the dream character's death and after-life experiences. Schenk believes that the true power of the waking dream begins in the after-life episode, a time of philosophical reflection and spiritual exploration. The book draws from Raymond A. Moody Jr. M.D., who, wrote *Life after Life*, about near-death-experiences. Schenk's tenet is that by imagining the after-life experience of an imaginary self, the client can reflect upon the deeper meanings and purposes of his or her own life. He asks, "What did you learn from this life?" In waking dreams, clients discover their faulty assumptions and develop insights into the dynamics of current relationships. They use the waking dream to address metaphysical, existential, and spiritual issues. They can dialog with the dream character, see parallels between the dream life and real life, and discuss the implications of dream content. Schenk asks his clients to identify and converse with "spirit guides" representing intuitive parts of the client's own personality. The book contains case transcripts that illustrate trance induction, guided imagery, and hypnotic language patterns. Dr. Milton H. Erickson's influence is evident. Each waking dream unfolds spontaneously as a teaching tale, created by the client.

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