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Dream To Freedom: A Handbook for Integrating Dreamwork and Energy Psychology

Robert Hoss, Lynne Hoss

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Dreams are often laden with emotion. Not only do the dreams themselves contain emotional triggers, but a frightening dream can leave us stressed and shaken in waking life. We might also be anxious about the possible recurrence of a bad dream. The Dream to Freedom technique is an effective way to address both the fear-producing aspects of dreams, and the waking anxiety associated with the possible recurrence of the dream. Using a structured approach drawn from traditional Gestalt therapy, it identifies emotionally triggering elements of a dream, and then applies EFT (also known as "tapping") to each one in turn. Robert and Lynne Hoss are pioneers of the Dream to Freedom technique, which shows you the hidden meaning of each dream element. This practice, when combined with EFT, often provides surprising insights about the link between the dream and your waking life problems. Dream to Freedom guides you on an imaginal journey to creating positive outcomes in your dreams. It's also been used to: Evoke lucid dreams; Eliminate recurring nightmares; Remember forgotten dreams; Access subconscious creativity; Heal old childhood traumas; Reduce emotional triggering when you can't recall a specific event; Heal anxiety, depression, panic attacks, and other psychological problems; Tap within dreams. Dream to Freedom represents one of the most fascinating frontiers in which EFT can be applied, and is recommended for longtime dreamwork students as well as those with a more casual interest in the intersection between dreamwork, personal growth, and EFT.

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