



## Integral Dreaming: A Holistic Approach to Dreams (SUNY series in Dream Studies)

*Fariba Bogzaran, Daniel Deslauriers*

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*A holistic approach to the fascinating, multifaceted world of dreams.*

This innovative book offers a holistic approach to one of the most fascinating and puzzling aspects of human experience: dreaming. Advocating the broad-ranging vision termed “integral” by thinkers from Aurobindo to Wilber, Fariba Bogzaran and Daniel Deslauriers consider dreams as multifaceted phenomena in an exploration that includes scientific, phenomenological, sociocultural, and subjective knowledge. Drawing from historical, cross-cultural, and contemporary practices, both interpretive and noninterpretive, the authors present Integral Dream Practice, an approach that emphasizes the dreamer’s creative participation, reflective capacities, and mindful awareness in working with dreams. Bogzaran and Deslauriers have developed this comprehensive way of approaching dreams over many years and highlight their methods in a chapter that unfolds a single dream, showing how sustained creative exploration over time leads to transformative change.

“...a significant contribution to the literature of both integral theory and dream studies ... Highly recommended.” — CHOICE

“There is nothing like Integral Dreaming in the literature. This is an ambitious undertaking and its readers will gain an in-depth understanding of dreams and dreaming that they will find nowhere else. The ‘five movements’ of Integral Dream Practice will encourage many readers to follow the steps outlined, and integrate dreamwork into their own lives. This book will be an instant classic in the field.” — Stanley Krippner

Fariba Bogzaran is Associate Professor of Consciousness Studies at John F. Kennedy University, where she founded the dream studies program. Her previous books include *Extraordinary Dreams and How to Work with Them* (coauthored with Stanley Krippner and André Percia de Carvalho), also published by SUNY Press.

Daniel Deslauriers is Professor of Transformative Studies at the California Institute of Integral Studies.



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