

8. *The Wisdom of Your Dreams: Using Dreams to Tap into Your Unconscious and Transform Your Life*

Jeremy Taylor, The Penguin Group, 2009

Dr. Taylor, a psychiatrist who works with dream groups (including those who have been involuntarily detained), explains that dreams come in the service of growth and wholeness. One night, he dreams that he takes something harmful out of his patient's psyche. The patient, in the same night, dreams that the doctor has taken something from him. (pp. 206-210.)

Dreams Can be Journeys



*Dreams are the soul reaching out to the mind. We can learn to connect with these messages (often appearing as symbols or images), as they arrive in dreams, in meditation, or in other moments of deep significance.*

9. *Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves, Especially Chapters 8 and 9*

Sharon Begley, Ballantine 2008

Begley, a science writer, discusses data gathered after Buddhist monks, with many years of meditative practice, allowed their brains to be connected to scientific instruments. Not only did the monks' brains overflow with certain types of brain waves while meditating, but also the "action stations" in their brains were fully primed. Meditation makes a person stronger, both physically and mentally, in the chosen meditative habit of thought (pp. 233-239). Meditative practices can and do change people - both the structures of their physical brains, and their capacities for compassion.

Chapter 8 shows how we can change who we are and how we respond to the world, by training ourselves to feel, and think, differently. Chapter 9 describes the experimental process – that of persuading the monks to accept the experiment; the experiment itself; and the findings, which confirm that human beings can change themselves by training their minds. In particular, we can learn how to direct our mental energies so that we feel and radiate compassion.

*Scientific research shows that meditation is beneficial. The difference between compassion and empathy is that compassion involves action; it actively eases the observer's distress at seeing another's pain, while empathy does not. Arguably, the meditator's compassion offers help for the other's pain, as well.*

*Wolynn (Book 18, report coming soon) writes that thinking we are interacting with a distant or deceased relative has the same impact on our brains as if we are actually interacting with him or her. This can be emotionally healing.*

*Since the main subjects of Begley's book were Buddhist monks, next is a book describing Buddhist philosophy. For a Westernized version, you can look for, "Wherever You Go, There You Are," by Jon Kabat-Zinn.*