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Your Dreams: Spiritual Messages in Pajamas

Ana Lora Garrard

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By showing you how to draw forth the innate wisdom of your heart, body, and mind, this refreshingly simple dream book allows you to fully comprehend the messages in your dreams. It tells how you can use your own wisdom to explore your everyday life experiences, or “waking dreams,” and gain insight into your relationships, health, career, finances, and spiritual growth.

Can dreams predict the future, provide healing, or open the door to a higher power? What’s the significance of recurring images, nightmares, and dreams of loved ones who have died? Find the answers to these questions and more in this empowering guide to understanding both your dreams and your waking life.

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