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Dreaming the Divine: Techniques for Sacred Sleep

Scott Cunningham

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Seeking the divine through dreams is an ancient and nearly forgotten technique for personal spiritual connection. *Dreaming the Divine* shows you how to push beyond the boundaries of ordinary dreaming using dream incubation and sacred sleep, techniques practiced in dream temples in early Egypt, Babylon, Greece, and Rome. Discover how to create sacred dreams for healing, advice, glimpses of the future, protection, fertility, and a host of other reasons. This book includes practical and simple techniques for receiving sacred messages in your dreams, including:

- Preparation and journaling
- Rituals and spells
- Tips for remembering dreams
- Meanings of dream symbols
- Messengers and deities
- Helpful baths, foods, teas, and scents

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