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Always Dreaming: A Five-Step Technique for Interpreting Our Waking Dream-Like Conflicts

David Rivinus

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At night we dream, but what about during the day? Are the experiences of our waking lives any different than those scenes that come to us while we sleep?

The book *Always Dreaming* questions the nature of our daytime experiences. It argues that the perplexing or upsetting events of our waking hours are far more significant than we realize. They are in fact designed to instruct, not to distress. They unsettle us only because they are trying desperately to attract our attention.

Always Dreaming teaches a simple, five-step technique for interpreting these dream-like conflicts. When we recognize upsetting events as metaphysical messages, then act on our new understanding, solutions present themselves, and these daytime irritants--called "waking dreams"--cease. An instructive narrative follows participants from their initial confrontations to the profound spiritual understandings and life changes that come when their dilemmas are resolved.

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