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Dreamways of the Iroquois: Honoring the Secret Wishes of the Soul

Robert Moss

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Explores the ancient Iroquois tradition of dreams, healing, and the recovery of the soul

• Explains Native American shamanic dream practices and their applications and purpose in modern life

• Shows how dreams call us to remember and honor our soul's true purpose

• Offers powerful Active Dreaming methods for regaining lost soul energy to restore our vitality and identity

The ancient teaching of the Iroquois people is that dreams are experiences of the soul in which we may travel outside the body, across time and space, and into other dimensions--or receive visitations from ancestors or spiritual guides. Dreams also reveal the wishes of the soul, calling us to move beyond our ego agendas and the web of other people's projections into a deeper, more spirited life. They call us to remember our sacred contracts and reclaim the knowledge that belonged to us, on the levels of soul and spirit, before we entered our present life experience. In dreams we also discover where our vital soul energy may have gone missing--through pain or trauma or heartbreak--and how to get it back.

Robert Moss was called to these ways when he started dreaming in a language he did not know, which proved to be an early form of the Mohawk Iroquois language. From his personal experiences, he developed a spirited approach to dreaming and living that he calls Active Dreaming.

Dreamways of the Iroquois is at once a spiritual odyssey, a tribute to the deep wisdom of the First Peoples, a guide to healing our lives through dreamwork, and an invitation to soul recovery.

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