



The Jewish Dream Book: The Key to Opening the Inner Meaning of Your Dreams

By Vanessa L. Ochs PhD

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Find Inspiration and Spiritual Understanding in Judaism's Ancient Traditions of Dream Interpretation

This engaging, entertaining, and informative bedside companion will help you open up your dreams and discover the meanings they may hold for you.

The Jewish Dream Book invites you to integrate the spiritual wisdom of Judaism's past into your life today by honoring your dreams and striving to uncover their hidden messages. Exploring the Bible, Talmud, and other ancient sources, it will introduce you to inspiring, easy-to-use rituals and practices.

Included are diverse topics covering everything you've ever wondered about dreams and dreaming:

- Uniquely Jewish ways to bless and honor your dreams
- Transforming a bad dream into a good one
- How?and why?to keep a dream journal
- How to encourage enlightening, productive, and healing dreams
- Guidelines for being a dream interpreter
- Historical dream interpretations
- Dream symbols and their meanings
- How to link your dreams to Torah

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Editorial Review

From Publishers Weekly

Have you dreamt recently that an ox kicked you? According to the Talmud, a long journey awaits you. Have you dreamt of wheat? Ancient wisdom says that peace will follow you throughout your life. Scholar and author Ochs does not pretend to be a Joseph who can interpret dreams with divine help. She does, however, set the stage for individuals to tackle their own dreams from a Jewish perspective. Ochs admits that she once thought of dreams as part of her private life, not subject to Jewish laws and teachings, and that her own Jewish dream knowledge was limited to biblical stories and dream sequences from Fiddler on the Roof. Then she discovered the Talmudic tractate Berakhot (Blessings), which opened a rich new resource. "I learned that long after biblical dreamers such as Abraham and Joseph, who saw their dreams as encounters with God, and long before modern dream interpreters such as Freud and Jung, who saw dreams as insights into the unconscious mind, the best Jewish minds of antiquity were putting their heads together to make sense of dreaming." Written with her daughter Elizabeth, Ochs divides her book into two sections: an overview of Jewish teachings on dreams and their interpretation; and a variety of "dream practices," such as keeping a book of dreams and preparing for dream "incubation" (a kind of intentional dreaming to solve a problem or answer a question). This slender book, illustrated with vivid paintings in deep dream-like blues, can clear a new pathway to self-knowledge.

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Review

"A wonderful book, rich in ideas and information. The night I finished reading it, I had vivid dreams filled with meaning."

?**Rabbi Karyn D. Kedar**, author of *God Whispers: Stories of the Soul, Lessons of the Heart* and *Our Dance with God: Finding Prayer, Perspectives and Meaning in the Stories of Our Lives*

"This book is now on the top of the stack on my nightstand. It's my new source to help me realize my dreams."

?**Rabbi Kerry M. Olitzky**, coauthor of *Restful Reflections: Nighttime Inspiration to Calm the Soul, Based on Jewish Wisdom*

"Part history, part dream manual, part spiritual guide, The Jewish Dream Book is delightful...Should intrigue anyone interested in dreams as a route to self-knowledge."

?**Timothy D. Wilson**, author of *Strangers to Ourselves: Discovering the Adaptive Unconscious*

"With practice, following the exercises in this book can help you open your intuitive channels to the important yet subtle messages from your inner spirit."

?**Stephen A. Rapp**, author of *Aleph-Bet Yoga: Embodying the Hebrew Letters for Physical and Spiritual Well-Being*

About the Author

Vanessa L. Ochs is the Ida and Nathan Kolodiz Director of Jewish Studies and associate professor of religious studies at the University of Virginia. A recipient of a fellowship in creative writing from the National Endowment of the Arts, she is author of several books, coauthor of *The Jewish Dream Book: The Key to Opening the Inner Meaning of Your Dreams*, and coeditor, with Rabbi Irwin Kula, of *The Book of Jewish Sacred Practices: CLAL's Guide to Everyday & Holiday Rituals & Blessings* (both Jewish Lights).

Vanessa L. Ochs is available to speak on the following topics:

- Jewish Ritual Innovation
- Haggadah
- Jewish Feminism
- What Makes a Jewish Home Jewish
- Raising Kids with Jewish Values

Elizabeth Ochs is a student at Brown University. Her writing appears in *God Within: Our Spiritual Future? As Told by Today's New Adults* (SkyLight Paths).

Kristina Swarner is the award-winning illustrator of *Yiddish Wisdom* and *Yiddish Wisdom for Parents* (Chronicle). She lives in Chicago.

Users Review

From reader reviews:

Mary York:

Nowadays reading books are more than want or need but also become a life style. This reading routine give you lot of advantages. The huge benefits you got of course the knowledge the actual information inside the book this improve your knowledge and information. The knowledge you get based on what kind of guide you read, if you want have more knowledge just go with education books but if you want experience happy read one having theme for entertaining for example comic or novel. The *The Jewish Dream Book: The Key to Opening the Inner Meaning of Your Dreams* is kind of e-book which is giving the reader unpredictable experience.

Tom Moore:

The particular book *The Jewish Dream Book: The Key to Opening the Inner Meaning of Your Dreams* will bring someone to the new experience of reading any book. The author style to explain the idea is very unique. In case you try to find new book to see, this book very acceptable to you. The book *The Jewish Dream Book: The Key to Opening the Inner Meaning of Your Dreams* is much recommended to you to study. You can also get the e-book from the official web site, so you can easier to read the book.

Kay Roberts:

Playing with family within a park, coming to see the ocean world or hanging out with good friends is thing that usually you will have done when you have spare time, in that case why you don't try matter that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love The Jewish Dream Book: The Key to Opening the Inner Meaning of Your Dreams, you could enjoy both. It is good combination right, you still would like to miss it? What kind of hang type is it? Oh seriously its mind hangout fellas. What? Still don't have it, oh come on its identified as reading friends.

James Labrecque:

A number of people said that they feel bored when they reading a book. They are directly felt this when they get a half parts of the book. You can choose the book The Jewish Dream Book: The Key to Opening the Inner Meaning of Your Dreams to make your reading is interesting. Your skill of reading proficiency is developing when you including reading. Try to choose straightforward book to make you enjoy to learn it and mingle the sensation about book and studying especially. It is to be 1st opinion for you to like to open up a book and go through it. Beside that the e-book The Jewish Dream Book: The Key to Opening the Inner Meaning of Your Dreams can to be your brand new friend when you're really feel alone and confuse in what must you're doing of these time.

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