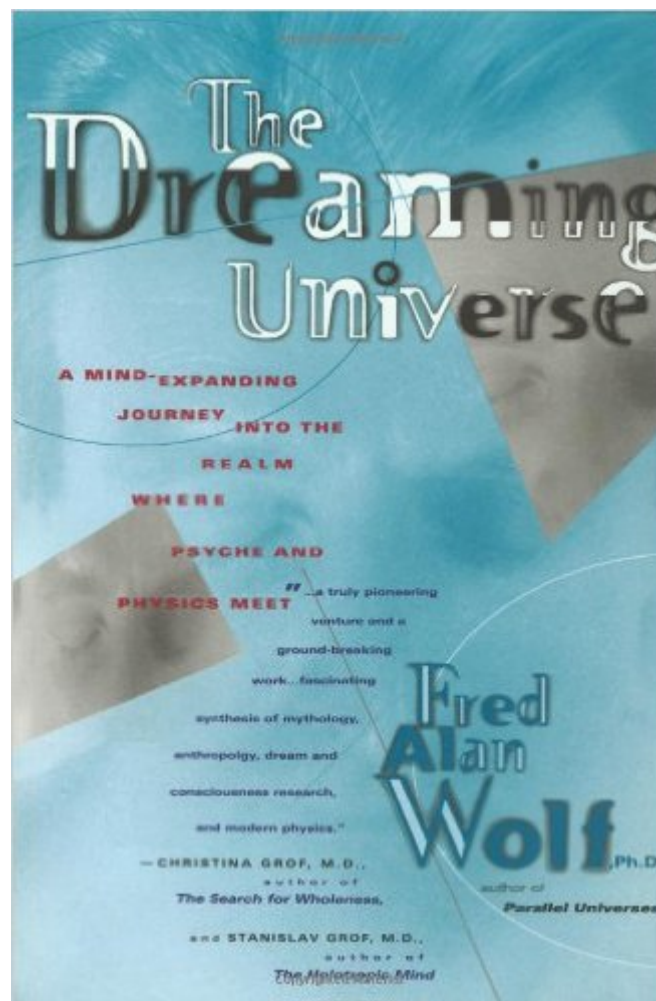


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# The Dreaming Universe: A Mind-Expanding Journey Into The Realm Where Psyche And Physics Meet



## Synopsis

In *The Dreaming Universe* author Fred Alan Wolf examines the psychological and scientific elements of this most personal yet most enigmatic of human processes. By linking research ranging from the ancient Greek "dream temples" and modern experiments in telepathy, REM, and lucid dreaming to his own research on human consciousness, he theorizes that dreaming is the basis for consciousness, and that it is through dreaming that we are able to manifest a sense of ourselves.

## Book Information

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## Customer Reviews

*The Dreaming Universe* picks up where most lucid dreaming books leave off... and challenges the reader to consider the deeper implications and significance of dreaming and reality. This book will excite and stimulate anyone already interested in the subjects of lucid dreaming or consciousness as it raises new questions and combines old ideas in creative new ways as only Wolf can do -- with his unique in-depth experience with physics, spirituality, and magic.

Fred Alan Wolf takes us closer than ever to understanding the "Mind's Eye," and how the brain produces pictures through holograms. Whether you agree or disagree with Wolf's conclusions, you can't read this book without learning something, or seeing something new in the world of consciousness, matter, and dreams. I highly recommend this book.

This book is a must if you've ever wondered why it's easier to hunt deer with a computer game than it is to hunt the real thing. A computer (and the brain, according to some physicists) operate under

Boolean theory. A program contains all possible scenarios at once, with overlaps in some segments of each. A specific inquiry narrows the choices, but ultimately, there is only one outcome. Fred Alan Wolf attempts to explain the variable 'instinct' that is the ancient universal holding place for all knowledge. Instinct can't be duplicated by a computer, so it must exist in a Quantum environment. A semi-conscious state like a dream would be necessary to access such an environment. An excellent thought-provoking read.

I have always enjoyed the books of Fred Alan Wolf, but this one was a disappointment. It does contain some interesting nuggets of information, but they're scattered throughout the book, which attempts to deal with virtually every scientific and metaphysical theory under the sun. By his own admission, Wolf skipped around during the composition of the book, which is probably why he continually says "I'll explain more about this later." Attempting to join holographic theory, quantum mechanics, synchronicity, Jungian psychology of the collective unconscious, lucid dreaming, UFO abductions, and dozens of other phenomena puts this book a tad over the top. I am no novice in reading metaphysics or science, but in the long run, I couldn't follow it. The organization has no coherent thread other than reality might be a dream. The book may be worth the price if one is an avid Fred Wolf fan or if one is willing to sift through the pages to find those sections that lapse into intelligibility (or else read it numerous times until some of the difficult connections can be made). It's not a bad book, just awfully difficult and not Wolf's usual "layman's fare."

This has much of the same information as the Holographic Universe (above) but worded in a more scientific way. I found Talbot's book much easier to read and just better overall. This book is highly worthwhile in its own right although. If I had to pick one it would be Talbot's.

This is not light reading..It is a read that one has to take slow and think about. The information presented in the book is very thought stimulating. It is an excellent book and the author does a good job of simplifying a very complex subject.

The book is interesting in that the author tries to relate human consciousness, quantum physics, and eastern mysticism to an understanding of dreams. Some of his comments are thought provoking but the material needs to be more tightly organized. He keeps telling the reader "I will explain this more fully in a later chapter...". This made the 360 page read less enjoyable for me than it might have been had the material been presented in a less conversational format.

Author Fred Alan Wolf offers readers some delightfully interesting possibilities about our connections to All That Is through dreams. Considered as "groundbreaking" by some, his work as presented here is the construction of a direct link between consciousness and the essence of reality. Using developments in quantum physics, anthropology, biology and psychology, Wolf asserts that our dreams are the base upon which our consciousness is built. Citing examples in telepathy, synchronicity, lucid dreaming and dream interpretation from ancient cultures, he says our survival might well depend upon our nightly dreaming. Chapter titles like, "We Dream to Create a Self", "The Dreamtime", and "The Physics of the Imaginal Realm" give you a hint at the mind-bending but clearly stated concepts this book holds. If he is right, the possibilities are endless. Solid end notes, an extensive bibliography and a detailed index testify to the author's research and the accessibility of his presentation.

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