

Madhu, T. (2009) *Dreams and Beyond*. New Delhi: Hay House

A fascinating look at the scientific, religious, paranormal and psychological paradigms of dreaming. What are dreams? Do we all dream? How do they arise? Why do we forget them? Do they mean anything? *Dreams and Beyond* take a thorough look at the different paradigms of dreaming: scientific and religious, paranormal and psychological, to address our questions.

The uniqueness of this groundbreaking work lies in its exploration of the many types of dreams without restricting them to a single lens. In doing so, it presents us with a comprehensive spectrum of dreaming mind and, in turn, a deeper awareness of ourselves. By exploring the multiplicity of the dreaming experience, *Dreams and Beyond* shows that the meaning of a dream can be unlocked with many different keys. It is about a doctor puzzling over a difficult diagnosis and the clues offered to him in a dream; a young woman has resistance to marriage and a dream that made her change course; a boy is sexual awakening and the process is reflected in his dream. These are not merely personal dreams with issues specific to a dreamer; they address fundamental conflicts common to virtually every human being. Thus this book is also about dreams that have changed the course of history - dreams that have changed the world!

For all its exploration into the full range of the dreaming mind, this is a deeply personal book, imbued with the author's affirmative experiences and her passionate belief that to understand dreams is to understand ourselves and our secretly ordered universe. It dares you to set out on that most magical of journeys to know who you really are.

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