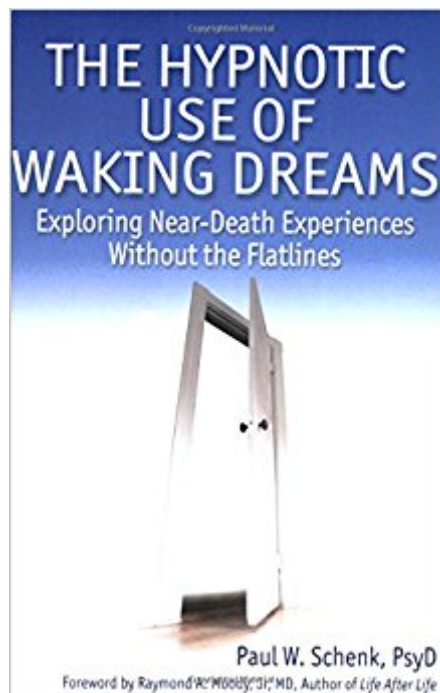




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# The Hypnotic Use Of Waking Dreams: Exploring Near-Death Experiences Without The Flatlines



## Synopsis

People who undergo near death experiences often have profound and life changing experiences. It is as if the whole of their life has been put into perspective and they can see relationships, experiences, hopes and dreams in a completely new light. Now, Paul Schenk shows you how you can help clients experience some of the life changing benefits of a near death experience without the life-threatening cardiovascular crisis. With full length annotated case transcripts, you will learn how to do this and explore the many other things you can do with hypnotically facilitated waking dreams. The therapeutic usefulness of dream interpretation is deeply rooted in psychotherapy. Good fiction can make for rich clinical material. "The Hypnotic Uses of Waking Dreams" bypasses the core problem associated with past life therapy, i.e. that if reincarnation doesn't exist, neither can past life therapy. It provides a much more traditional approach to understanding and utilizing the kinds of chemical experiences that occur with this interactive approach to hypnotically facilitated dream-like imagery. Dr Schenk integrates classic teachings on dream interpretation and trauma treatment with decades of published work on near death experiences. The therapeutic use of waking dreams is independent of both the clinician's and the client's beliefs about reincarnation because the dream content can be understood as being just good fiction as it is in classical dream analysis. The secondary market is seen as the large segment of the lay public who have followed the writings of authors such as Drs. Brian Weiss, Raymond Moody, Carolyn Myss, Gary Schwartz, Kenneth Ring, and Ms. Carol Bowman. The varied themes in the case studies were chosen for their broad appeal. Feedback on the current manuscript suggests readers find the material deeply moving and thought provoking.

## Book Information

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## Customer Reviews

Explores and illustrates the practical use of [near-death experiences]. -- Thomas Connelly, Secretary of the British Society of Clinical HypnosisI cannot imagine any serious psychotherapist, or student of psychotherapy, not needed to read it very carefully. -- Robert Almeder, Professor of Philosophy, Hamilton CollegeOpens the reader up to the imagery world of waking dreams. A book that will leave you thinking. --Tom Barber, CCTS Senior TutorA major innovative contribution to the spiritual use of psychotherapy. ---- Kenneth Ring, Ph.D., author of Lessons from the LightA pioneering work that acknowledges the central position of the spirit in human affairs. --- Raymond A. Moody, Jr., M.D., author of Life After Life

Dr Paul Schenk is a Clinical Psychologist in private practice in Atlanta, USA. For a quarter of a century he has explored numerous applications of hypnosis for treating a variety of presenting problems. An Approved Consultant with the American Society of Clinical Hypnosis, his articles have appeared in professional and lay journals.

In *The Hypnotic Use of Waking Dreams* psychotherapist Paul W. Schenk explores the therapeutic and spiritual implications of imagined alternative lives. Through "waking dreams" Schenk invites his clients to imagine living another life, as a "dream character." The dream life provides a medium for working through current life issues and problems from another perspective. The client describes significant events in this imagined life and then narrates the dream character's death and after-life experiences. Schenk believes that the true power of the waking dream begins in the after-life episode, a time of philosophical reflection and spiritual exploration. The book draws from Raymond A. Moody Jr. M.D., who, wrote *Life after Life*, about near-death-experiences. Schenk's tenet is that by imagining the after-life experience of an imaginary self, the client can reflect upon the deeper meanings and purposes of his or her own life. He asks, "What did you learn from this life?" In waking dreams, clients discover their faulty assumptions and develop insights into the dynamics of current relationships. They use the waking dream to address metaphysical, existential, and spiritual issues. They can dialog with the dream character, see parallels between the dream life and real life, and discuss the implications of dream content. Schenk asks his clients to identify and converse with "spirit guides" representing intuitive parts of the client's own personality. The book contains case

transcripts that illustrate trance induction, guided imagery, and hypnotic language patterns. Dr. Milton H. Erickson's influence is evident. Each waking dream unfolds spontaneously as a teaching tale, created by the client. The therapist facilitates by asking questions, encouraging exploration and curiosity, and suggesting choices and possibilities. Clients choose their own dreamscapes, work through dilemmas, answer their own questions, find their own meanings and interpretations, and draw their own conclusions. Schenk reflects on the profound effect that 20 years of this work has had on his own life, reporting that it has led him to examine his thinking on many spiritual issues. In reading the transcripts, it is often hard to tell what, in each client's story, is imagined and what might be true "paranormal" phenomena. Or is it the case that all "paranormal" phenomena are simply figments of the imagination? Hypnotherapists who work with metaphor and guided imagery will like this book. Each reader will find something uniquely intriguing, depending on one's model of human psychology. Some will find evidence of the unconscious mind at play. Others will see this work as highly spiritual, giving a glimpse into the latent supernatural abilities in each individual. Some readers will see evidence of various therapeutic approaches and theories of personality, such as psychodynamics, ego state theory, client-centered therapy, Gestalt Therapy, and of course, Erickson's language patterns. This book blurs the line between reality and fantasy and entices us to ask questions about the mind and soul, life and after-life. The answers are elusive, but the questions are sheer delight!

Opens another door to self-understanding and self-discovery. While some need only to sit still and listen to find help in dealing with emotional stress others will use this book to open the inner door to healing and understanding. This book will be helpful to many individuals who have not yet found a clear understanding of what to do next. I found this book easy to understand and useful in my life. I am sure others will also.

Written by clinical psychologist and approved consultant of the American Society of Clinical Hypnosis Dr. Paul W. Schenk, *The Hypnotic Use of Waking Dreams: Exploring Near-Death Experiences Without the Flatlines* is a guide to experiencing the perspective-transforming miracle of a near-death experience without risking one's life, but rather through the process of a hypnotic waking dream. Chapters further explore the other benefits that hypnotic waking dreams can bring, such as connecting one with past lives or spirit guides, and offer several individual testimonies at length. "If, then, our entire lives can be seen as an ongoing work in progress, negotiating that process can be easier with the help of a seasoned coach or mentor. When faced with an unfamiliar

or difficult situation, it is nice to have someone to turn to for advice and support. As a therapist, I enjoy the opportunity to service in this capacity for my clients. Yet even more than this, I enjoy helping my clients develop (or strengthen) a conscious connection with their own spirit guides." A straightforward introduction to the dimensions and life-changing benefits of certain metaphysical practices.

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