



The Art of Dreaming: Tools for Creative Dream Work

By Jill Mellick

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Jill Mellick is ushering in a new era of dreamwork with her revolutionary approach to dream analysis through artistic expression.

Dream books that guide readers to work with their dreams invariably ask those readers to write their dreams down, or perhaps record them. *The Art of Dreaming* stands apart from all other dream books in that it invites readers to work with their dreams in whatever medium is most natural and beneficial to them. For some readers that might in fact be writing or talking, but for others it might be drawing or painting or working in clay or dancing or dramatizing or recreating movement or maskmaking or working in multimedia or creating poetry. This book is a beautiful integration of dreaming and creativity, one that takes readers to a place where they can work with both the essential and deep messages from their dreams.

The beautifully designed book makes use of illustrative icons to clearly indicate to readers the art medium for each activity, whether writing, drawing, painting, maskmaking, etc., giving readers the ability to go directly to the type of activity that most appeals to them.

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Editorial Review

From Library Journal

Ever wondered what that bizarre dream is trying to tell you? Mellick, a clinical psychologist and registered expressive arts therapist, details a multitude of ways to decipher your dreams. A firm believer in subjective dream interpretation, she describes visual, vocal, and theatrical methods for cracking imagery. Examples include writing out dreams in haiku form, making masks of figures from your dreams, and acting out dreams. There's also a chapter that deals exclusively with nightmares and how to uncover their meanings using the aforementioned means, though the thought of reliving them long enough to work them out is off-putting. New Agey, yes, but the insights some of Mellick's patients gained from their dreams ring true. Public libraries with a large spiritualist patron base would do well to purchase this.

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From the Inside Flap

Explore your subconscious life through understanding your dreams. Tame your nightmares through understanding them too. More than fifty activities--many of them can be done in just five to fifteen minutes--will guide you through a fascinating process of self exploration. Learn different ways interpret your dreams and how to choose the right one for a particular dream. With carefully chosen creative tools--paint, words, clay, dance, drama, masks--you will be able to uncover the deep and essential messages your dreams are sending you.

About the Author

Poet, artist, and writer Jill Mellick, Ph.D., is the coauthor of *The Worlds of P'otsunu*, and author of *The Natural Artistry of Dreams*. She travels and teaches internationally, focusing on the use of the arts for psychospiritual dimensions and has been in private practice for many years as a Jungianoriented clinical psychologist and registered expressive arts therapist. She lives in Palo Alto, California.

Marion Woodman, Ph.D. (Hon.) is the author of many widely respected books, including the bestselling *Addiction to Perfection*. She lives in Canada.

Users Review

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