

Communing With The Gods Consciousness Culture And The Dreaming Brain

The Dreaming Brain Dreaming as Delirium Dreaming Dreaming The Dreaming Brain The Three Pound Crystal Ball The Dreaming Brain Dream Life Encyclopedia of Sleep and Dreams Neuropsychology of the Dreaming Brain Agent and Multi-Agent Systems: Technology and Applications A Guide to the World of Dreams Toward a Science of Consciousness III The Mindful Way to a Good Night's Sleep The Dreaming (1996-) #15 The Dream Drugstore The Dream Cure: How recalling your dreams can heal your life The Indian Religions Dreaming on Both Sides of the Brain The Dreaming Universe J. Allan Hobson J. Allan Hobson J. Allan Hobson J. Allan Hobson J. Allan Hobson Louis Ferrante J. Allan Hobson J. Allan Hobson Deirdre Barrett Ken Howell Gordan Jezic Ole Vedfelt Stuart R. Hameroff Tzivia Gover Jeff Nicholson J. Allan Hobson Theresa Cheung Hargrave Jennings Doris E. Cohen Fred Alan Wolf The Dreaming Brain Dreaming as Delirium Dreaming Dreaming The Dreaming Brain The Three Pound Crystal Ball The Dreaming Brain Dream Life Encyclopedia of Sleep and Dreams Neuropsychology of the Dreaming Brain Agent and Multi-Agent Systems: Technology and Applications A Guide to the World of Dreams Toward a Science of Consciousness III The Mindful Way to a Good Night's Sleep The Dreaming (1996-) #15 The Dream Drugstore The Dream Cure: How recalling your dreams can heal your life The Indian Religions Dreaming on Both Sides of the Brain The Dreaming Universe J. Allan Hobson J. Allan Hobson J. Allan Hobson J. Allan Hobson J. Allan Hobson Louis Ferrante J. Allan Hobson J. Allan Hobson Deirdre Barrett Ken Howell Gordan Jezic Ole Vedfelt Stuart R. Hameroff Tzivia Gover Jeff Nicholson J. Allan Hobson Theresa Cheung Hargrave Jennings Doris E. Cohen Fred Alan Wolf

in this book j allan hobson sets out a compelling and controversial theory of consciousness our brain mind as he calls it is not a fixed identity but a dynamic balancing act between the chemical systems that regulate waking and dreaming with a new foreword by the author in this book j allan hobson sets out a compelling and controversial theory of consciousness our brain mind as he calls it is not a fixed identity but a dynamic balancing act between the chemical systems that regulate waking and dreaming drawing on his work both as a sleep researcher and as a psychiatrist hobson looks in particular at the strikingly similar chemical characteristics of the states of dreaming and psychosis his underlying theme is that the form of our thoughts emotions dreams and memories derive from specific nerve cells and electrochemical impulses described by neuroscientists among the questions hobson explores are what are dreams do they have any hidden meaning or are they simply emotionally salient images whose peculiar narrative structure reflects the unique neurophysiology of sleep and what is the relationship between the delirium of our dream life and psychosis originally published by little brown under the title the chemistry of conscious states

in this fascinating book harvard researcher hobson offers an intriguing look at the nightly odyssey through the illusory world of dreams hobson describes how the theory of dreaming has advanced dramatically over the past 50 years sparked by the use of eegs in the 1950s and by recent innovations in brain imaging 20 illustrations

what is dreaming why are dreams so strange and why are they so hard to remember in this fascinating book harvard researcher allan hobson offers an intriguing look at our nightly odyssey through the illusory world of dreams hobson describes how the theory of dreaming has advanced dramatically over the past fifty years sparked by the use of eegs in the 1950s and by recent innovations in brain imaging we have learned for instance that in dreaming some areas of the brain are very active the visual and auditory centers for instance while others are completely shut down including the centers for self awareness logic and memory thus we can have visually vivid dreams but be utterly unaware that the sequence of events or locales may be bizarre and quite often impossible and because the memory center is inactive we don't remember the dream at all unless we wake up while it is in progress hobson also shows that modern research has disproved most of freud's interpretation of dreams as one scientist put it freud was 50 right and 100 wrong but we have gained new insight into the nature of mental illness the book also discusses dream disorders nightmares night terrors sleep walking the possible link between dreaming and the regulation of body temperature the effects of sleep deprivation and much more with special boxed features that highlight intriguing questions do we dream in color yes do animals dream probably do men and women dream differently no dreaming offers a cutting edge account of the most mysterious area of our mental life

a harvard medical school psychiatrist and neuroscientist shows how dream science draws on psychology and neurobiology to provide new insight into the nature of the human mind

the three pound crystal ball is a landmark book that combines physics psychology personal experiences extensive research and neuroscience to establish that the dreaming brain can indeed see the future and in turn prepare for it a book for scientists and non scientists alike or anyone that has ever dreamt a dream that came true louis ferrante takes the reader on a journey through history and time to unravel his brain time theory his startling conclusion the brain can indeed see the near future

a pioneer in sleep and dream science surveys his life and work through the lens of dreaming and consciousness j allan hobson s scientific experimentation began in childhood with a soot filled investigation into the capacity of a chimney to admit santa claus he discovered that even with the damper open the chimney was far too narrow hobson s life as an experimentalist has continued through a pioneering career devoted to aligning psychology and biology and to investigating the relationship of dreaming and consciousness in dream life hobson conducts an experimental investigation into his life and work hobson charts his developing consciousness through a vividly imagined conception in october of 1932 birth and babyhood offering a theory about protoconsciousness in fetuses and infants he recounts his youthful zeal for scientific discovery his early sexual experimentation and his education he describes taking on the entrenched freudians at harvard medical school in the 1950s as a maverick psychiatrist who wanted to replace psychoanalysis with biological science he describes his further studies his marriages and love affairs his travels and what he learned about the brain from his whiplash induced amnesia after a 1963 automobile accident and from his brain death after a stroke in 2001 through it all hobson uses his life as the ultimate case study for his theory that rem sleep provides a test pattern that allows the brain to develop offline dreams most intense in rem sleep when the brain is active need no freudian style decoding he says dreaming is a glorious mental state to be enjoyed and studied for what it tells us about consciousness

this fascinating reference covers the major topics concerning dreaming and sleep based on the latest empirical evidence from sleep research as well as drawn from a broad range of dream related interdisciplinary contexts including history and anthropology while many books have been written on the subject of sleep and dreams no other resource has provided the depth of empirical evidence concerning sleep and dream phenomena nor revealed the latest scientific breakthroughs in the field encyclopedia of sleep and dreams the evolution function nature and mysteries of slumber explores the evolution nature and functions of sleep and dreams the encyclopedia is divided into two volumes and is arranged alphabetically by entry topics include nightmares and their treatment how sleep and dreams change across the lifetime and the new field of evolution of sleep and dream while this book includes ample material on the science of sleep and dreams content is drawn from a broad range of disciplinary contexts including history and anthropology

drs sigmund freud carl jung and the giants of dream psychology in last century missed the mark finally we get the answers and the evidence about sleep and dreaming we have sought why we and all animals sleep why we dream and are they truly meaningful why we forget some dreams and remember others through these answer we learn about brain evolution and structure adc after death contact telepathy precognition schizophrenia and much more empirically psychology of any sort without an underlying neurological structure as its progenitor is not possible dreams are not possible without the neurological structure we have evolved to support dreaming this neurological perspective of dreaming is the basis for all the implications of dreams you will explore and discover through the neuropsychology of the dreaming brain ken howell is a member of the cognitive science society cognitive neuroscience society international association for the study of dreams national sleep foundation human behavior evolution society and philadelphia neuropsychology society he is the previously published author of the dream document and a retired cfo of a diverse medical facility and primary care medical group in philadelphia ken currently moderates dream discussions at sleeps com provides dream translation services and offers lectures based on his groundbreaking theories

this volume highlights new trends and challenges in research on agents and the new digital and knowledge economy and includes 23 papers classified into the following categories business process management agent based modeling and simulation and anthropic oriented computing all papers were originally presented at the 11th international kes conference on agents and multi agent systems technologies and applications kes amsta 2017 held june 21 23 2017 in vilamoura algarve portugal today s economy is driven by technologies and knowledge digital technologies can free shift and multiply choices and often intrude on the territory of other industries by providing new ways of conducting business operations and creating value for customers and companies the topics covered in this volume include software agents multi agent systems agent modeling mobile and cloud computing big data analysis business intelligence artificial intelligence social systems computer embedded systems and nature inspired manufacturing etc all of which contribute to the modern digital economy the results presented here will be of theoretical and practical value to researchers and industrial practitioners working in the fields of artificial intelligence collective computational intelligence innovative business models the new digital and knowledge economy and in particular agent and multi agent systems technologies tools and applications

in a guide to the world of dreams ole vedfelt presents an in depth look at dreams in psychotherapy counselling and self help and offers an

overview of current clinical knowledge and scientific research including contemporary neuroscience this book describes essential aspects of jungian psychoanalytic existential experiential and cognitive approaches to dreams and dreaming and explores dreams in sleep laboratories neuroscience and contemporary theories of dream cognition vedfelt clearly and effectively describes ten core qualities of dreams and delineates a resource oriented step by step manual for dreamwork at varying levels of expertise for each core quality key learning outcomes are clarified and resource oriented creative and motivating exercises for practical dreamwork are spelled out providing clear and manageable methods a guide to the world of dreams also introduces a new cybernetic theory of dreams as intelligent unconscious information processing and integrates contemporary clinical research into this theory the book even includes a wealth of engaging examples from the author s lifelong practical experience with all levels and facets of dreamwork vedfelt s seminal work is essential reading for psychotherapists psychologists counsellors and even psychiatrists and could well be a fundamental textbook for courses at high schools colleges universities and even in adult education classes the book s transparent method and real life examples will inspire individuals all over the world who seek self help or self development any reader will be captivated to discover how knowledge of dreams stimulates creativity in everyday life and even in professional life

can there be a science of consciousness this issue has been the focus of three landmark conferences sponsored by the university of arizona in tucson the first two conferences and books have become touchstones for the field this volume presents a selection of invited papers from the third conference can there be a science of consciousness this issue has been the focus of three landmark conferences sponsored by the university of arizona in tucson the first two conferences and books have become touchstones for the field this volume presents a selection of invited papers from the third conference it showcases recent progress in this maturing field by researchers from philosophy neuroscience cognitive psychology phenomenology and physics it is divided into nine sections the explanatory gap color neural correlates of consciousness vision emotion the evolution and function of consciousness physical reality the timing of conscious experience and phenomenology each section is preceded by an overview and commentary by the editors contributors dick j bierman jeffrey burgdorf a graham cairns smith william h calvin christian de quincey frank h durgin vittorio gallese elizabeth l glisky melvyn a goodale richard l gregory scott hagan c larry hardin c a heywood masayuki hirafuji nicholas humphrey harry t hunt piet hut alfred w kaszniak robert w kentridge stanley a klein charles d laughlin joseph levine lianggang lou shimon malin a david milner steven mithen martine nida rumelin stephen palmer jaak panksepp dean radin steven z rapcsak sheryl l reminger antti revonsuo gregg h rosenberg yves rossetti jeffrey m schwartz jonathan shear galen strawson robert van gulick frances vaughan franz x vollenweider b alan wallace douglas f watt larry weiskrantz fred a wolf kunio yasue arthur zajonc

this accessible guide to cultivating deep restful sleep naturally combines author tzivia gover s expertise in both mindfulness and dreamwork along with a healthy dose of encouragement gover offers practical lifestyle advice simple yoga poses 10 minute meditations and easy breathing exercises plus visualization and journaling activities you ll also learn how to set the scene for safe productive dreaming and cultivate your dream recall this holistic approach extends into your waking hours with tips on morning routines to ensure that sound sleep leads to refreshed more conscious living all day long

a white collar guy who longs for a blue collar kind of freedom gets taken on a very special tour of the dreaming by none other than merv pumpkinhead

an investigation into the brain s chemistry and the mechanisms of chemically altered states of consciousness in this book j allan hobson offers a new understanding of altered states of consciousness based on knowledge of how our brain chemistry is balanced when we are awake and how that balance shifts when we fall asleep and dream he draws on recent research that enables us to explain how psychedelic drugs work to disturb that balance and how similar imbalances may cause depression and schizophrenia he also draws on work that expands our understanding of how certain drugs can correct imbalances and restore the brain s natural equilibrium hobson explains the chemical balance concept in terms of what we know about the regulation of normal states of consciousness over the course of the day by brain chemicals called neuromodulators he presents striking confirmation of the principle that every drug that has transformative effects on consciousness interacts with the brain s own consciousness altering chemicals in the section called the medical drugstore hobson describes drugs used to counteract anxiety and insomnia to raise and lower mood and to eliminate or diminish the hallucinations and delusions of schizophrenia he discusses the risks involved in their administration including the possibility of new disorders caused by indiscriminate long term use in the recreational drugstore hobson discusses psychedelic drugs narcotic analgesia and natural drugs he also considers the distinctions between legitimate and illegitimate drug use in the concluding psychological drugstore he discusses the mind as an agent not just the mediator of change and corrects many erroneous assumptions and practices that hinder the progress of psychoanalysis

decode your dreams and heal your life the essential book to fix your life from the inside richard moriarty north west district editor the sun

learn how to use dreamwork to translate personalized messages from your unconscious to gain spiritual growth and self awareness a dream is not just white noise or something that happens to you while you sleep dreams are the secret language of your unconscious they hold critical information that if embraced and explored can transform your waking life dreaming on both sides of the brain will guide you through this fertile nighttime landscape to unlock the secrets of your personal dream language explore and interpret the meaning of your dreams and harness the power of your brain to uncover a life of greater richness and meaning so often when we awake we find that our dreams have either evaporated like mist or seem to be just on the edge of our memory many people cannot recall their dreams at all clinical psychologist and psychotherapist doris e cohen has developed a 7 step process to let you tap into the rich repository of your subconscious 1 recall and record 2 title your dream 3 read or repeat aloud 4 consider what is uppermost in your life right now 5 describe your dream s objects and qualities as if you were talking to a martian 6 summarize the message from the unconscious 7 consider the dream s guidance for waking life drawing on years of clinical experience and her familiarity with freud myth and sacred writings cohen presents a program that results in a life of abundance texture and self awareness

wolf provides a provocative exploration of the mysteries of how and why we dream artfully combining anthropology psychology and physics to present his revolutionary theory that establishes previously unrecognized links between the physical act of dreaming and the development of consciousness line art

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