

## ***Book Review***

### **Reflections: A Dream Quest**

**Author:** George Holton Elder (Independent Researcher and Writer, White River Junction, VT, USA)

An intriguing look at the nature of dreams via Elder's examination and interpretation of his own. Elder recounts a number of dreams from various times during his life, and considers the conditions which may have caused the particular stories that played out while asleep. He does this through examining the history of dream studies from humankind's earliest writings to present scientific understanding.

Part memoir, part scientific analysis, part personal philosophy, and overall a quest to understand the human consciousness's connections to God, the Universe, and our 'raison d'être,' *Reflections: A Dream Quest* covers the reasons why we dream as well as what dreams mean from numerous points of view, from historical religious and scientific works to finishing with Elder's personal insights.

A fascinating read that encourages one to look more closely at the significance of their own dreams.

Review provided by Sayward Ayre, author of *Tribute to Og: Memories of a Future Lifemate*