

Book Review

Reflections: A Dream Quest

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

This book was written for the rational, educated reader who is suspicious that ancient wisdom had something important to say. Author George Elder tackles the immense topic of dream interpretation, offering his own dream history to test a view that combines contemporary neurophysiology and dream interpretation schema from cultures around the world.

Elder's own dreams offer a glimpse into the experiences of lucid dreams, astral dreams, and precognition, dream states that might have been induced by his Multi-System Atrophy (MSA), or perhaps by "early experiences with marijuana, LSD, and various psychedelic agents." Modern psychology can't fully explain Elder's dreams, however, and he occasionally explores wisdom traditions that might better describe and explain the phenomena.

The most challenging aspect of Elder's dreams involves their apparent utility as a channel for communication. Sometimes there are real bonds formed with what appear to be other dreamers. In other cases, parts of Elder's own psyche appear as characters in his dreams. Most troubling, perhaps, are the messages that seem to come from another realm. Elder's dream's sometimes offer glimpses of the future. At other times, they offer insights into the structure of the universe.

In the end, Elder simply offers his insights, leaving it to the reader to decide whether there is more to dreams than our culture's cool rationality would allow us to believe.

Review provided by Dale Cyphert, PhD, University of Northern Iowa