



Dream Spells

Claire Nahmad

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The world of dreams is one that has captivated both amateurs and professionals alike for millennia. Claire Nahmad, a Yorkshire wisewoman, draws on the notebooks and manuscripts of her great-grandmother who was a genuine white witch, to explore and offer interpretations on this fascinating realm. In the course of the book, Claire examines different types of dreams, how they can be used as a form of therapy, and how the dreamer may use them to divine the future and visit other worlds. She also gives advice on nightmares and how to deal with them using certain magical tools such as the lantern, the staff, the jewel and the rose. The dreamer can also enlist the help and protection of a spirit or an angelic guide to steer a course through these strange and confused realms. Finally, Claire gives a list of recurring symbols which help interpret dreams, such as the distorted face, the clinging animal, the mermaid, the dwarf, the dragon, the dark pool and the stairway.

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