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Gendlin, E. T. (1986). *Let your body interpret your dreams*. Chicago: Chiron Publications.

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The title belies the true thrust of this book. Certainly Gendlin's new work is about understanding your dreams, but in addition to applying his focusing technique to the analysis and interpretation of dreams, Gendlin describes how the readers might use their insights to facilitate personal growth.

The application of focusing to dreams seems to be a logical extension of Gendlin's previous work. Principally, focusing has been used by participants to gain awareness of previously unknown aspects of life concerns. In the new method, instead of examining a problem, readers are directed to focus on an aspect of a dream they wish to comprehend more fully. In essence, the focuser asks specific questions of the bodily-felt sense of an aspect of a dream. These specific questions and examples of how they are applied form a significant portion of the book.

The book is divided into three stages. Stage I (Chapters 1-6) concentrates on learning and understanding the method. This section includes a summary of the procedure, the kinds of questions the dreamer uses (e.g., Who? What? When? Where? Feelings? What part of you is that?) and "How-To" pointers for difficulties encountered practicing the technique. The author covers the questions in detail, giving many clearly illustrated examples.

The emphasis of Stage II (Chapter 7-11) is learning how to find something new in the dream, a "direction for growth" as Gendlin calls it. Finding this "direction" using focusing is addressed in Chapter Eight. In Chapters Nine and Ten, Gendlin introduces the concept of the "bias control." The "bias control" was devised by the author to help dreamers gain greater depth and clarity in their interpretations. Instead of taking the first or most obvious meaning, the reader is encouraged to find new understanding by working with the dream's unpleasant aspects. The author also offers here a chapter outlining dream symbols using the psychology of Freud and Jung, followed by a listing of the most common themes and their usual meanings.

Stage III (Chapters 12-20) deals with the continuing growth process. Included in this section are ways to see if you are actually "doing it" and to tell if you are progressing in your dreams. Examples are given of kinds of dreams (e.g., grounding) that can stand on their own. Chapter Twenty is lovely—"Instructions for not following instructions." It is both a humorous and useful ending to this work.

I would recommend this book to anyone who is interested in exploring their dreams, as well as anyone who is interested in Gendlin's research. Although this book is written for the general public and is thus not a "professional" publication, the author includes an appendix describing the theoretical foundations of the method for anyone who might be interested. Throughout the book, Gendlin gently emphasizes the personal growth aspects of this application of focusing and the basic tenets of intra- and interpersonal generosity and respect. I believe that is very important in the use of any self-exploration.

The reader need not know "focusing" before beginning this process. The method and the book stand on their own.