

Book Synopsis

The Woman Who Dreams Herself is divided into four sections (apart from the introduction, conclusion and bibliography).

The first section is titled, "The Times." This section explores different native prophecies, scientific discoveries and earth changes, which emphasize the importance of the present times and specifically, the need for the feminine.

The second section is titled, "What prevents us from dreaming ourselves?" This section explores many factors that hinder the awakening of the feminine. It focuses on erroneous definitions of femininity, inherited and outdated belief systems, women's unconscious fear of their feminine power and the need to heal ancient traumas inherited from our matriarchal lineages.

The third section is titled, "What will enable us to dream ourselves?" The purpose of this section is to identify hidden feminine capacities, to awaken them and to put them to use.

The fourth section is titled, "Tools for Dreaming Yourself." The "tools" provided in this section support any discoveries made while reading. This section offers a variety of ceremonies, exercises, strategies, suggestions and projects from different cultures, aimed at self-discovery and the awakening of the feminine.

The book's style is intimate and easy to read. It includes photos, poems, short stories and anecdotes.