



River's Way: The Process Science of the Dreambody

Arnold Mindell

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Arnold Mindell introduced Process Work as a new scientific paradigm where the observer and an observed event are entangled in a dreamlike way that shows how dreams, body experiences, relationship dynamics, and synchronous phenomenon are part of a unified field organized by process. River's Way creates a practical methodology that bridges psychotherapy, medicine, quantum physics, mythology, and indigenous cosmologies; addressing a broad range of human experience. Arnold Mindell, Ph.D., is the author of twenty books including Dreambody (Deep Democracy Exchange, 2011), The Dreammaker's Apprentice (Hampton Roads, 2001), Quantum Mind (Lao Tse Press, 1999), and The Shaman's Body (HarperSanFrancisco, 1993). He is known throughout the world for his innovative synthesis of dreams and bodywork, Jungian therapy and group process, consciousness, shamanism, quantum physics, and conflict resolution. Dr. Mindell travels widely in the U.S. and abroad, holding workshops and making frequent appearances at professional conferences and on television and radio shows.

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