

# DREAMTIME

M A G A Z I N E



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# Dream Bibliophile - Book Review

William R. Stimson, Ph.D.



**Anders Omstedt**

**A Philosophical View  
of the Ocean and  
Humanity**

**Cham, Switzerland:  
Springer Nature  
Switzerland, 2020**

He Gives the Ocean a Voice

Few books so directly address the core issue facing our species and our planet today as Anders Omstedt's *A Philosophical View of the Ocean and Humanity*; and perhaps none other reveals in so unassuming and accidental a way just how closely the fate of both is intertwined with that of this unsustainable extractive economy that so richly supports our elite and ruling classes, Capitalist and Communist alike, while wreaking havoc on almost everything and everyone else.

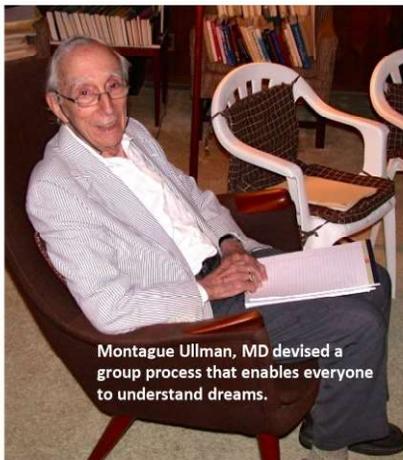
Omstedt is a Swedish oceanographer and, in the data-based manner we would expect from a research scientist like him, sticks close to alarming developments currently underway beneath the waves. But it turns out Omstedt is not just another scientist telling us more about what already concerns a great many. There is a different side to this man. He practices, as do many in Sweden, an approach

to dialoguing with dreams developed there by the American dream psychiatrist Montague Ullman. In *A Philosophical View of the Ocean and Humanity* Omstedt attempts what I don't think has ever been done before, by a scientist or by anyone.

He applies to the ocean a method developed to give voice to that within us which expresses itself by means of dreams. Whether or not he succeeds I'll leave it to readers to judge. To me the startlingly groundbreaking success of this book is that he attempts it. For the first time in modern history a scientist treats the ocean not as an It but as a Thou, like Ullman did with dreams. With Ullman's method, he finds the ocean's voice. Then using actual scientific data he enables us to listen to what it cries out to us today.

The tantalizing genius of the book lies not so much in its audacious juxtaposition of science with art, truth with beauty, or the ocean with our human depths – as in the inescapable awakening all this brings about in us after finishing the last page and laying the volume aside. This is not something any of us would want to miss.

**William R. Stimson's** first book, *Dreams for Self-Discovery*, came out in 2018. He is currently looking for a publisher for his second one, *Glimpses from Beyond the Ego – Dreams, Zen, & Nature*.



Montague Ullman, MD devised a group process that enables everyone to understand dreams.

"Bill Stimson, whom I have known for over two decades, has always been a gifted dream worker. He has the capacity to dig deeply and honestly and to come up with insights that are uncontaminated by waking biases." – **Montague Ullman, M.D.**, *Dream Appreciation* 3(2), Spring 1998.

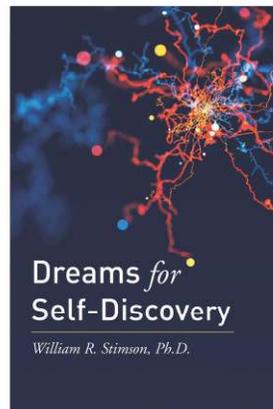
"Bill Stimson is the most avid and pure-hearted torchbearer of Montague Ullman's heritage I know. He approaches dreams with sincerity, intensity and dedication. He has managed to do what Ullman always wanted: bring the dream group into higher education." **Markku Silvola**, psychiatrist, Founder of the Finnish Dream Group Forum.

Start up your own world-class ...

## MONTAGUE ULLMAN DREAM GROUP

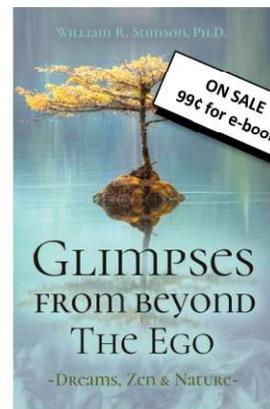
2018

How we do it



2020

Why we do it



Both modestly priced on Amazon.com