Foreword

Everyone, at some point in their life, suffers from a sleepless night. Unfortunately, some are haunted by what appears to be endless nights without sleep. While some may say that the nocturnal life depends heavily on how calm we are and how calm the day was, it does not necessarily provide the solutions for those afflicted. The good news is that Dr. Hamid Montakab has created a clinically proven and extremely eclectic synthesis of medical traditions that has brought hope and sound sleep to his patients.

In addition, the shadowless images and the nameless voices expressed in dreams tell us that at the heart of our sleep lies an enduring sense of revelation. Drawing upon dream analysis can provide us with a deeper understanding of life where our psyche or *shen*-spirit is confronted with the choices, conscious or unconscious, that can further unravel the meaning of our life. From sweet dreams to nightmares, signposts are fashioned for our undertaking. We may find ourselves awake, only to close our eyes again and let our deep inhalation bring us back to the humanness of our plight. Some may choose not to return to sleep and lie awake, tossing and turning with the uncertainties of the glimpses they have broken away from. Dr. Montakab explores this process with his insightful methodology to bring tangible results to those suffering from dream disturbances.

Insomnia can also be viewed as a continuous challenge of emptying the heart and mind of its sediment, so a new life as expressed by a new day can makes its way into these domains. For some, the new day never comes and life continues in its standstill defiance. Surrender is the blossoming of the heart and the welcoming of a new tomorrow. The words on these pages will show the reader how the heart and mind can dance ecstatically together in steps toward personal transformation.

Hamid Montakab, MD, the inspired author of this book, has taken on the vision and task beyond the current literature available on sleep, insomnia, and dreams. Sharing his vision not only from his understanding of the research from Western medicine, but also weaving the wisdom of Chinese medicine and the influence of French acupuncture, Dr. Montakab has created a comprehensive approach for delving into the mystery of sleep. Beyond the alpha waves, hormones, circadian rhythms, and wandering *hun*, Dr. Montakab investigates the significance of sleep to the essence of our spirit. With the integration of these various traditions, the content of this book will provoke the clinician, comfort the patient, and implore the reader to utilize these protocols.

Often physicians and clinicians tend to be conservative, fearful of saying things in print that might be challenged by their peers as seemingly "unscientific," "anecdotal," or "lacking references." Dr. Montakab, trained in the scientific inquiry, has yet also trekked into the vast abyss of Chinese medical wisdom—garnered from centuries of empirical practice. I believe he has decided to be brave and to begin sharing his logic with those in both the scientific and clinical community with his synthesis of East and West, so as to open and perhaps stimulate their minds to these other viable and sensible options in the treatment of insomnia.

Every now and then a book is written that is not inert matter, mere paper upon which ink has been spread in a specific font, format, and print. Rather, it serves to not only change the way we think but also the way we feel. Not only does it open our minds, it opens our hearts. This book is a product of such endeavors, written and expressed through the intelligence of a clinician who genuinely cares about our ordeal in the struggle to achieve restful and restorative sleep. It points the way to a new perspective in its contribution to the profession of Oriental medicine.

Metaphorically, sleep is the preparation for death—the passage that instills letting go and being at peace. Instead of the curiosity enticed by the light, we move into the darkness. Here lays transformation, for the unknown forces us to surrender. Upon awakening, we are resurrected into a new day. We are refreshed and the opportunity to embrace a new day or mindset is here. Paving the way to new possibilities is bestowed upon us each morning. The treatments instructed in this text

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will serve as an important companion toward that renewal.

It is reassuring that Dr. Hamid Montakab is leading the way toward a new healing system that is more clinically effective, more humane, and more cost effective. He continues to demonstrate his brilliance, determination, and altruism in his servitude to humanity in this text.

May this book honor that which has guided the reader through life in that dance we call being asleep.

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