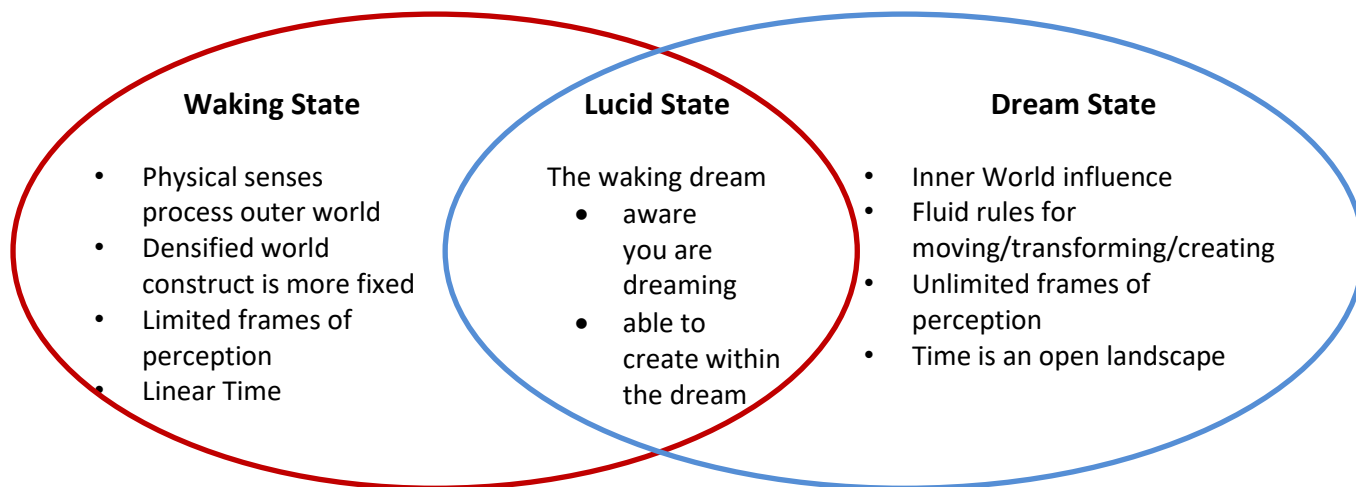


Notes for: *Conscious Dreaming*

Waking & Dreaming are changes in the state of consciousness between the outer and inner worlds



Preparing for Dreaming

- Minimise electric circuitry by the bed, e.g. clocks, phones ...
- Don't consume alcohol or drugs
- Intend that you will remember your dreams
- Keep a dream diary by the bed
- Use a deep breathing exercise to energise the body before sleeping
- Backward Cascade (see notes below)
- Write the dream (or keywords) immediately upon waking even if it is during the night

Dream States

Types of Dreaming	What to Do?
<p>Cleaning Dreaming</p> <ul style="list-style-type: none"> • Low charge • Digestion of experiences • Defragging • Replay/release • Forgetting 	<ul style="list-style-type: none"> • Limit time and energy by using "backward cascade" before sleeping <div style="border: 2px solid black; padding: 5px;"> <p>Backward Cascade</p> <ul style="list-style-type: none"> • To process the day's collected impressions <u>before</u> sleep <p>How to do it</p> <ul style="list-style-type: none"> • work backwards through the day's <u>major</u> mental & emotional impressions – particularly if they had a strong charge/energy to them • Take a moment to consider what you want to do with each one, e.g. plan an action, aim to remember, release with breath, forgive, hold compassion ... </div>
<p>Inner State Dreams</p> <p>Psychological dreams</p> <ul style="list-style-type: none"> • Dream is reflective of the dreamer (Carl Jung) • Aspects of self revealed • Shadow aspects not integrated 	<ul style="list-style-type: none"> • Unpack these dreams • Images / emotions • What part of this is me? People/animals/items/objects/ background • Purpose? Awareness/knowledge/warning/ healing • Write dreams use present tense

<p>Inner State Dreams</p> <p>Trauma dreams</p> <ul style="list-style-type: none"> • PTSD • repetitive 	<ul style="list-style-type: none"> • Forgiveness practice (Ho'oponopono) • Compassion • ASK for help <ul style="list-style-type: none"> • Clearing, counselling, higher forces • Aura repair <ul style="list-style-type: none"> • Colour, sound, movement, intention • Record <ul style="list-style-type: none"> • dissipate anxiety • neutral observer perspective
<p>Higher State Dreams</p> <p>Medicine/Event/Big dreams</p> <ul style="list-style-type: none"> • Different quality to them • High energy • Encounters with forces or beings • Layers of meaning 	<ul style="list-style-type: none"> • More useful to hold as a complete experience or event • Focus on emotion • Record as a story told in first person • Allow information or healing to unfold • Give gratitude for gif
<p>Contact Dreams</p> <ul style="list-style-type: none"> • Some helpful, some not • Often passed relatives • Sometimes living people • Other Worlds / Dimensions 	<ul style="list-style-type: none"> • Use discernment - if reasonable, make an action. • Often bring information / healing • Record • Gratitude for the gift
<p>Pre-cognitive Dreams</p> <ul style="list-style-type: none"> • Small instances are confirmed by actions afterwards • Big episodes can occur over which you have no control 	<ul style="list-style-type: none"> • When to tell someone? <ul style="list-style-type: none"> • Decide what you can live with • Ask if they wish to receive it • Can you change outcome? <ul style="list-style-type: none"> • If a health warning, try clearing out the energy before it becomes physical • Check it out in whatever way you can • Record
<p>Dangerous Dreams</p> <ul style="list-style-type: none"> • Entities • Alien beings • A sense of attack 	<ul style="list-style-type: none"> • Boundaries / Consciousness Filter <ul style="list-style-type: none"> • Why attracted? • What do you need to learn? • Standards – will have/won't have areas • ASK for help <ul style="list-style-type: none"> • Clear entities • Repair aura in case of rips/tears • Affirmation before sleep <p><i>All dreams come to me in service of healing and wholeness.</i></p> <ul style="list-style-type: none"> • Rescind all contracts • Do your shadow work!
<p>Dreaming for/with Others</p> <ul style="list-style-type: none"> • Partners • People in close relationship • Collective consciousness practice e.g. Korean – ask others to dream solution • Dream Teams 	<ul style="list-style-type: none"> • Ask “who is the dreamer?” • Set intention before dreaming • Record information • Share

Lucid Dreaming

Benefits:

- A training ground for consciousness
- Increase the flexibility of the mind
- Explore alternative states of being
- Access higher states to connect beyond time/space

Awareness Method	<ul style="list-style-type: none"> • Regularly check-in during the day that you are awake (present) e.g. every doorway say “I am present” • Practicing self-awareness in your waking state can transfer to your dream state • Before sleeping, remember that you intend to check that you are awake in the dream state
Mnemonic Induction (LaBerge)	<ul style="list-style-type: none"> • Wake in the night and remember as much of your previous dream as possible • Go back to sleep with intent to wake in the dream • Visualise the “dream signs” of your last dream and use them as your signal to know you are dreaming
Dream Seeding (Damanhur)	<ul style="list-style-type: none"> • Set alarm to 3.33am (a synchronic time for consciousness) • Desire to awake within the dream • Use deep breathing rhythm to energise (6 in, hold 3, 6 out, hold 3) • Seed the dream • Look down at tip of nose with eyes closed and hold as long as possible • Find point of relaxation without turning eyes back to forward position • Send image down this “shute” to begin the dream with your imagination
Dream Icons	<ul style="list-style-type: none"> • From recording your dreams, learn your dream icons: these are repeated patterns, events, or items that help you know you are dreaming e.g. flying, not being unable to run, a dream object that often appears • Intend that you will wake within the dream when you see/experience this dream icon

Lucid Dreaming Protocols

- Initially, just be the conscious observer - don't try to change the dream
- Learn how to navigate the dream – move, fly, change landscapes, events
- Ask questions in the dream from point of the watcher to understand what it is showing you or to guide the dream for more information
- DO NO HARM – treat dreams with respect
- Dreams respond to resonance (law of attraction works equally in the dream state – self-awareness and self-responsibility are required)