

EXPAND YOUR DREAM LIFE: PART II

By Penney Peirce



I began talking about the power—and fun—of working with your dreams in my last article. This month, let's dip a little deeper into remembering your dreams. But first, why remember dreams anyway? From ancient times, wise people have used dreams for many practical purposes. Today, dreams can help you learn to be super-conscious of life at every frequency—whether physical or nonphysical.

In ancient Greece, dreams were used to receive guidance from the “gods,” foretell the future, and find cures for illnesses. The Greeks believed dreams helped them speak with the dead and witness events happening at great distances. Greek doctors sought healing remedies and surgical instruction in dreams and even listened to the words uttered by dreaming patients to help determine cures. The practice of seeking healing dreams became so popular that hundreds of sleep temples were built where the sick could go to concentrate exclusively on their inner world. The Greeks raised the act of seeking, remembering, and interpreting dreams to a high art.

Egyptian, Babylonian, Hebrew, Roman, Chinese, Hindu, and Aboriginal writings about dreams all reflect the idea that *dreams are the actual travels of the soul*, which moves beyond the body during altered states like sleep or meditation. They believed that the waking world and the dream world are just two different views of the same reality. In this ancient view, we are not separate from our dreams and we don't “have” them like we have a car or house. They are a real part of our actual living experience.

NIGHT AND DAY ARE CONTINUOUS AND FEED INTO EACH OTHER.

Consider this: your daily reality is like the tip of an iceberg—most of your life is being lived “under the surface” in various nonphysical, mental, emotional, and spiritual “dream” worlds. Your dreams are other-world experiences that influ-

ence, even create, what occurs in your waking world. And what happens in your daily life sends waves back out again into your dream world experience, influencing it. Your life here on earth is a constant rocking back and forth between the physical and nonphysical worlds, between the unlimited possibilities of imagination and the physical end result of the ideas you choose to focus on.

So how can you increase your ability to know what you're doing in the worlds beyond this physical one? The first thing is to realize that your life doesn't just happen during the day. You are conscious, at some level or frequency, all the time! So place some attention on connecting your daytime experience with your nighttime experience. Just like your breath comes in and flows back out, then turns and flows back in, so your day turns to night and night turns to day. Try becoming aware of the times when light turns to dark, and dark to light. Feel the turn, enter the turn, become conscious of the turn. The idea is to stop blanking out when a shift occurs. *There is really no point when consciousness actually disappears.* Stay alert at the end and beginning of cycles, and you'll maintain continuity and build memory.


**“In dreams we catch glimpses of
a life larger than our own.”**

~~Helen Keller

AIM FOR 24-HOUR CONSCIOUSNESS!

At the end of each day, before you drop into sleep, make a habit of reviewing your day's activity. In this *nightly review*, you might take stock of what you accomplished and compare it with what you wanted to do that morning. You might take an honest look at the ways you acted and the feelings you're left with as the day ends. Before you sleep and dream, make sure you're complete and content with how you lived today.





Here are some questions to ask:

- Did I do everything I set out to do today? What's incomplete?
- Am I proud of the way I behaved? Was I kind? Was I generous? What am I happy and satisfied with?
- Did I yell, gossip, or hurt anyone—even with words or thoughts?
- Was I wasteful? Was I disciplined? Was I playful?
- What am I grateful for that happened today?

If anything is incomplete, or if you aren't happy or proud of the way you acted, make a note to carry those things over to the next day and resolve things. What do you want your tomorrow to be like? Then turn attention to your nighttime experiences. What would you like to dream about? Give yourself a pep talk. "Yes! I'm going to have fun tonight! I'm going to fly, travel, learn, meet new people, *and* I'm going to remember it all when I wake up!" What kind of experiences do you want to have? Be creative. Anything is possible! Here are some suggestions:

- I want to visit a distant place or talk with a relative who's died.
- I'd like to heal an emotional wound or physical problem.
- I'd like to help others tonight.
- I want to learn about the healing power of plants or how to compose music.
- I want to go to the inventor's library and learn about the technologies of the future.
- I want to have an adventure with one of my guides or an angel.
- I need help solving a problem.

Use a dream incubation technique (see my May 2018 article), relax, then go to sleep. In the morning, take a few minutes to return gently from the depths of sleep, so you can maintain a connection with your dream world. If you jerk awake, it's like throwing a boulder in a pond. The clear reflected images lying on the glassy surface will be shattered. Practice a new style of waking up consciously, without disturbance. Try the following things:

- Say to yourself right away: "What have I just been doing?"
- Maintain the subtle sensations from your dream state in your body before your logical mind kicks into gear.
- Look internally for the most predominant images that are still floating in your soft consciousness.
- List or describe out loud the images, subtle feelings or emotions, or gist of the actions you've been involved with.
- Make your dreams real and physical to your body. Tell someone right away, describe the dream into a tape recorder, or write it in your diary.

Have a dream journal next to your bed so you can make notes about your dreams, and if you don't remember any, make something up. Your subconscious mind will soon get the message to follow through with what you asked for. Then, remember what you wanted to carry over to this new day and establish your focus for the sort of experience you want the day to contain. If you practice this day-night-day connection technique for a week, you'll be amazed at how different you feel and how much more alert you are.

“I can never decide whether my dreams are the result of my thoughts or my thoughts are the result of my dreams.”

~~D. H. Lawrence

YOUR DAYTIME AS WELL AS NIGHTTIME DREAMIND EXPERIENCES

Who’s doing the dreaming? You are—you-the-soul, not just you-the-mind. And that “real you” is creatively dreaming everything—even daily reality. That means you can choose the focus of your dreams and steer them—and *that* means you can influence the flow of your life. So you might practice checking in with yourself throughout the day to see if your daily “dream” is unfolding the way you want it to. You can shift things the minute you notice you’d prefer a different direction by shifting your thoughts, feelings, and inner images. In dreams, this is called *lucid dreaming* where you control the dream from within the dream. In life, it’s called *mindfulness*.

Throughout the day, check in with yourself to make sure you’re present and alert to what’s happening, 360-degrees around you. Is your mind in the future or the past? Have you projected to another location, or are you thinking about what it’s like in someone else’s reality or in a fictitious, fantasy reality? When you’re not in the Now, you can’t be conscious of the dream and direct it. Mindfulness is a great starting point for remem-

bering dreams. By cultivating the habit of being centered and 100 percent present, you improve your ability to receive accurate insight about what—and why—you’re “dreaming.”

Try this: Pick something you do a number of times each day and choose to use it as a *mindfulness trigger*. It could be every time you sit in a chair, or pass through a doorway, or finish sending a text or email. Use this signal to remind yourself to come fully into the here-and-now and notice what’s happening in your body and around you. Ask yourself: What thoughts and ideas am I focusing on? What message is trying to get through to me? What do I already know about this situation? What’s the deeper meaning of what I’m noticing?

Becoming more conscious of the known and unknown worlds, and how they cycle from day to night to day, is a worthy undertaking. By regularly using your attention to penetrate below the surface of what you dream at night and how your life unfolds during the day—and *everything* carries meaning—you’ll discover an incredibly vibrant, loving world. You’ll feel more and more of who you are and how creative you can be.

Penney Peirce is an articulate and accurate clairvoyant empath, visionary, and author of 10 books on intuition development, inner energy dynamics, expanded perception, dreamwork, and personal transformation. She coaches business and government leaders, psychologists, scientists, celebrities, and those on a spiritual path about the hidden dynamics of what makes for true success. Her books include *Transparency*, *Leap of Perception*, *Frequency*, *Be the Dreamer Not the Dream*, and *The Intuitive Way*.

