



## MODULE 11 – DREAMING

Welcome everyone, so great to be with you. This month's intention is dreaming and visioning.

“Dreaming will be your greatest accomplishment because you will be training your little self to relinquish control for a while and enter into the ultimate act of co-operation with Spirit.”

~John English

It's really nice to go back to this as I was preparing and really FEEL what takes place when we consciously dream, when we practice the technique of dreaming. We are relinquishing control of the little self and cooperating not just with our spirit but with the Mystery itself, the ONE Spirit.

### DREAMING (slide)

Dreaming is any altered state of perception. So, any time you intentionally alter your perception you are co-operating with Spirit. What is altering your perception? We are going to get into that tonight.

### CHECK IN (slide)

- How has it been going working with working on relationships?
- What would you like to share about your experiences since the last call?
- What's going on right now and how can we serve and support you?

### WHAT IS DREAMING? (slide)

What is dreaming? We are not talking about the typical dream state of deep sleep though that is certainly a realm where we are participating in the dream of life. What we mean by Dreaming is any altered state of perception. You have your normal awareness, your normal perception which takes into account your view of the world surrounding everything. Dreaming is when you are no longer bound by your normal view of the world. When you are in a dream state, you have a fluidity of perception. So, anything that alters your perception is a form of dreaming.

Here are some examples you are likely familiar with:

- Stopping the world – We’ve been talking about this from the very first module. Stopping the dialog and mental chatter and moving your awareness into your spinal column. This is an altered perception and one you’ve all experienced now when you focus on your solar plexus. When you stop the dialog, your perception opens up and you are able to perceive things differently.
- Meditation – especially deep state mediation.
- Exercise (some) – One way many enter a dream state is when they exercise, especially when it lasts for an extended period of time. People can actually enter an alternative state of awareness that way. Another way is when they exercise out in nature.
- Trance – Trance states are states of awareness like in hypnotherapy, where your brain activity actually changes from your normal state of awareness.
- Sleep (REM) – rapid eye movement and lucid dreaming.

#### LEFT VS RIGHT SIDE AWARENESS (slide)

So what happens when we are dreaming? We have two sides in our awareness: Left and Right Side Awareness. These sides are described according to the Toltec perspective so try not to get hung up on other definitions of right or left and what that hemisphere is about in other schools of thought.

Let’s start with Right Side Awareness. Right Side Awareness is the “normal” state of awareness within our particular view of the world. It is rational. It deals with what is known. It is the mind. And if you were to separate into masculine or feminine, it is associated with the masculine.

##### Right Side Awareness

- Rational
- Known
- Mind
- Masculine

Right Side Awareness is the [active awareness](#) within one’s current view of the world.

Left Side Awareness happens to be located on left side of your body. You have an assemblage point in your luminous field and it actually moves to your left side at night when you are dreaming. It’s irrational. It’s the unknown. It’s feeling. And it tends to be more feminine.

##### Left Side Awareness:

- Irrational
- Unknown

- Feeling
- Feminine

Any questions so far?

### TRANCE (slide)

What I'm going to share with you tonight is my system for entering trance. I really want to encourage you to be able to do this.

You can learn to just do it in a couple of deep breaths, almost like you've had a full night's sleep in just 20 minutes. I want to encourage you to develop the ability to do this at will. Of all the things I've learned, Toltec teachings, medicine wheel, who the human being is, how to do things, how to work with power, the most important by far is the trance.

This is an innate ability all of us have. I believe it's even in our DNA.

The first thing you are going to do is form an intention for your dreaming. It might be a question or figuring out a stubborn mirror, or anything you are currently trying to figure out. It can be any intention. I often like to have an intention to clear my energy field or to find out the answer to something I'm working on....something practical or metaphysical. An intention helps you stay focused.

Next, you want protection. Put a column of Source light protection around you.

Then, you want to get comfortable. Lazy boy chairs work for trance states.

Take two deep breaths in through the nose and out through mouth making the ahhhhh sound. The ahhhhh sound is a "huna" breath, Hawaiian shamanism. The Ah sound is in God, Yaweh, Allah, etc....a very powerful sound. Take in two deep breaths and out through the mouth. Allow your physical body to just let go.

On second breath just gently let eyes to close. Allow yourself to drift down towards sleep.

Here intention is everything. You can wake yourself up at a certain time. The only limit to what you can do in a dream state is your imagination. Hover just right above unconscious sleep. That intention makes it easier to go to that space.

As you drift down, you will become aware that your mind drifts off. You drift off and think about one thing or another. It's very natural. You pull your mind back to the intention. As you drift down to right above sleep your mind will wander less. Pretty soon you will hover there and focus on your intention, whatever it is.

Hold your intention in your body. I like to use lower body, Dan Tien or Solar Plexus. Hold that intention there, whatever it is I want to dream on.

Then you are going to navigate the unknown.

Ask questions.

You might start to view something, almost like a movie.

You might start to feel something.

You can ask questions about whatever arises. The information just comes, as I'm focused on the intention and asking questions. Asking questions is the RIGHT Side probing the LEFT side. Like the known probing the unknown or the masculine probing the feminine.

Because your assemblage point is fluid, it's much easier to do that. The way I think about it, the mind has drifted into background and now it's just a recording device.

It truly is phenomenal. With practice you will be able to get there very quickly. Just a few deep breaths. You can even enter the dreaming state standing up if you stop the world (dialog).

It can be a good idea to take notes right after because the information often comes from the etheric realm and it can drift away on you.

You often feel quite refreshed after trance versus a nap where you feel groggy. A natural cycle is 8-20 minutes.

Practice it until you master it.

Any questions?

LET'S GIVE IT A TRY (slide)

What I'd like you to do, is intuitively open up. See what it is you would like to dream on. Let me know what you intend to dream on. (check in)

Shake out your shoulders a bit. Roll your neck a few times. Get yourself ready and comfortable.

I want you to hold to mind your intention.

Let your eyes go soft for a minute, not yet closed, just soft. Pull together that intention and feel it in your solar plexus. Hold it in your solar plexus.

Now that you've placed the intention in your solar plexus, see and feel a column of light beaming down onto your head, in through your crown, surrounding your physical body. Imagine this Source light flooding into your luminous field and surrounding you with love and safety.

You are held and safe here now....

And now take a deep breath in through the nose and out through the mouth with an ahhhhh.

That's right.

Allow your physical body to completely relax.

Feel the chair beneath you.

Feel your body becoming heavy. That's right.....

Take another deep breath in through the nose and out through the mouth with an ahhhhh....

Gently close your eyes.....

That's right....

Let the mind let go and relax....

Holding that intention....feeling it in your solar plexus....

Holding that intention as you drift down....down....down....towards sleep....

That's right.....

Allow yourself to go down....down....down....to sleep.....

As you float down....hold that intention and you go deeper and deeper....

Because you know where your deepest level is.

And if you float, come back to your intention....

Knowing that intention....Holding it in your solar plexus....

Coming back to your intention as you drift down further.....

Allow your self to go deeper still. That's right....holding your intention....

Allow yourself to receive....

To ask questions....

To navigate the unknown with your intention....

Drifting and floating with your intention....

Always navigating your intention....

Now allow yourself to go even deeper and expand your awareness around your intention....

Staying with your intention....

Now there in your dream, gather up all you've received....and bring it into yourself....

However it looks to you, bring it in to yourself so you will remember....

Begin to slowly drift back up....back up....

Coming back, feeling fully back in your physical body. Gently open your eyes. Back fully alert.

Would anyone like to share how that went?

Any difficulties?

Sometimes it can be difficult to get there on a call....Takes a while be able to do it anywhere anytime.

#### TIPS (slide)

- Perfect time to do this is after a mid-day meal.
- Pick an area in the house where you will be undisturbed but might not fall asleep. Open a window so you can hear birds or traffic on the street.
- Sit reclined. Takes a while to lay down without falling asleep. Be comfortable but not too comfortable. Just really relaxed.
- Practice – it will get easier and easier as you do it.

#### BENEFITS OF USING TRACE (slide)

Here is the carrot...

1. Increased energy
2. Vitality
3. Better health – beyond just health, increased energy on every level
4. Information downloads
5. Better cooperation with your Dreamer
6. Ability to learn about anything, any time (provided you are supposed to know)

There's the Known, the Unknown and the Unknowable. Sometimes we wander into things we are not ready to know or not supposed to know and then usually we go unconscious.

The ability to learn anything is pretty appealing. One of the reasons to do it every day.

Anyone have any comments or questions?

#### HOME PLAY (slide)

- Continue taking control of your awareness
- Use your stress stone to eliminate stress and anxiety
- Work with your mirrors
- Notice & remove patterns
- Practice Trance State
- Stay in touch, with your SELF, the group and me.