

1
00:00:00,000 --> 00:00:04,349
morale I know it's been a long night and

2
00:00:02,339 --> 00:00:07,918
I'm not going to spend a lot of time on

3
00:00:04,349 --> 00:00:10,558
background but I'm gonna say this you've

4
00:00:07,918 --> 00:00:15,239
heard two and a half hours worth of the

5
00:00:10,558 --> 00:00:17,160
day the daylight side of sigh we're not

6
00:00:15,240 --> 00:00:20,189
going to go into the night side of sigh

7
00:00:17,160 --> 00:00:22,589
and I personally feel and I've been

8
00:00:20,189 --> 00:00:25,230
involved professionally with the the

9
00:00:22,589 --> 00:00:28,050
remove Ewing program since 1976 and one

10
00:00:25,230 --> 00:00:30,329
form or another so you would think that

11
00:00:28,050 --> 00:00:33,058
I would be totally totally 100 percent

12
00:00:30,329 --> 00:00:34,649
every move your and of course I support

13
00:00:33,058 --> 00:00:35,099
that field there's no question about

14
00:00:34,649 --> 00:00:38,009
that

15
00:00:35,100 --> 00:00:41,280
but I don't want any collect the easiest

16
00:00:38,009 --> 00:00:43,829
part of how you and I or anybody can be

17
00:00:41,280 --> 00:00:46,109
really psychic it can be as good as a

18
00:00:43,829 --> 00:00:49,770
best remote viewer that's your dream

19
00:00:46,109 --> 00:00:51,719
life it's so easy to do and really you

20
00:00:49,770 --> 00:00:53,609
can get some really accurate material

21
00:00:51,719 --> 00:00:55,558
you thought some of the sketches here

22
00:00:53,609 --> 00:00:59,070
we're great wait till you start drawing

23
00:00:55,558 --> 00:01:01,890
your dream imagery then you will realize

24
00:00:59,070 --> 00:01:04,799
there are two ways of cracking the sign

25
00:01:01,890 --> 00:01:07,590
not removed you in conscious state and

26
00:01:04,799 --> 00:01:14,549
the easy one at night when you are

27
00:01:07,590 --> 00:01:17,670
asleep now I'm do this right so the main

28
00:01:14,549 --> 00:01:22,229
objective tonight is to get geared up

29

00:01:17,670 --> 00:01:24,500
for the night side of sigh that time at

30
00:01:22,228 --> 00:01:28,079
night when you are sleeping dreaming

31
00:01:24,500 --> 00:01:29,969
when the side feel opens up to you if

32
00:01:28,079 --> 00:01:32,429
you are willing to let it come into your

33
00:01:29,969 --> 00:01:35,219
dream consciousness just like Russell

34
00:01:32,430 --> 00:01:37,110
was saying letting the universe come

35
00:01:35,219 --> 00:01:39,868
into your waking state consciousness

36
00:01:37,109 --> 00:01:43,438
it's there all the time take advantage

37
00:01:39,868 --> 00:01:47,340
of it at night so the workshop will be

38
00:01:43,438 --> 00:01:48,719
focusing on that and tonight I'm going

39
00:01:47,340 --> 00:01:52,530
to be talking about how do you

40
00:01:48,719 --> 00:01:54,989
experience and you call a side dream now

41
00:01:52,530 --> 00:01:56,790
I'm not going to go into a big survey

42
00:01:54,989 --> 00:02:00,000
right now I'll save that for a Friday

43
00:01:56,790 --> 00:02:02,520

morning but I'm assuming that many of

44

00:02:00,000 --> 00:02:05,310

you already do remember dreams so you

45

00:02:02,519 --> 00:02:08,669

should have an easy transition to go to

46

00:02:05,310 --> 00:02:11,098

a specific dream a dream that has the

47

00:02:08,669 --> 00:02:12,909

the hidden information that I'll be

48

00:02:11,098 --> 00:02:15,709

talking about shortly

49

00:02:12,909 --> 00:02:17,599

if you don't remember if you don't have

50

00:02:15,710 --> 00:02:20,659

a lot of factors and remembering dreams

51

00:02:17,599 --> 00:02:22,909

don't worry about it you have three to

52

00:02:20,659 --> 00:02:25,789

four nights for the rest of the week to

53

00:02:22,909 --> 00:02:28,669

actually remember a dream so the

54

00:02:25,789 --> 00:02:31,879

workshop will be focusing on beefing up

55

00:02:28,669 --> 00:02:34,839

your ability to remember dreams and also

56

00:02:31,879 --> 00:02:38,329

giving you very basic guidelines

57

00:02:34,840 --> 00:02:41,090

encouragement specifics on how you can

58
00:02:38,330 --> 00:02:43,400
move to the next step and move it out of

59
00:02:41,090 --> 00:02:47,110
the random kind of dreams that most of

60
00:02:43,400 --> 00:02:49,909
us have and in a dream research world

61
00:02:47,110 --> 00:02:53,030
most breathing is referred to as full of

62
00:02:49,909 --> 00:02:56,150
de residue or things that tend to be

63
00:02:53,030 --> 00:02:59,209
kind of not that important but I

64
00:02:56,150 --> 00:03:01,039
maintain that most all dreams have some

65
00:02:59,209 --> 00:03:03,620
importance and we'll be talking about

66
00:03:01,039 --> 00:03:07,729
that as well even though the focus will

67
00:03:03,620 --> 00:03:13,069
be on the side part the ESP part the

68
00:03:07,729 --> 00:03:15,409
psyche part of our dreamscape now the in

69
00:03:13,069 --> 00:03:17,509
addition to just simply remembering a

70
00:03:15,409 --> 00:03:19,669
dream we're going to focus on

71
00:03:17,509 --> 00:03:23,629
remembering what I call the side dream

72
00:03:19,669 --> 00:03:25,488
or a dream that has the material that

73
00:03:23,629 --> 00:03:30,439
will be in an envelope that I'll talk

74
00:03:25,489 --> 00:03:32,509
about shortly now I'm not going to dwell

75
00:03:30,439 --> 00:03:35,629
in this a lot of detail most of you know

76
00:03:32,509 --> 00:03:39,439
about all this you will be dreaming

77
00:03:35,629 --> 00:03:42,349
anyway six to eight times a night maybe

78
00:03:39,439 --> 00:03:44,780
one third or maybe twenty to thirty

79
00:03:42,349 --> 00:03:47,629
percent of the time you will be in a

80
00:03:44,780 --> 00:03:49,400
dream state whether you realize it or

81
00:03:47,629 --> 00:03:52,549
not so if you're gonna be dreaming

82
00:03:49,400 --> 00:03:54,950
anyway which is my main thesis take

83
00:03:52,549 --> 00:03:57,620
advantage of just a few seconds or maybe

84
00:03:54,949 --> 00:04:00,169
a minutes worth of dreams that gives you

85
00:03:57,620 --> 00:04:03,640
some really significant information like

86

00:04:00,169 --> 00:04:06,139
remote viewing or some other form of

87
00:04:03,639 --> 00:04:09,289
information you couldn't ordinarily get

88
00:04:06,139 --> 00:04:09,828
so whatever the case is you will be

89
00:04:09,289 --> 00:04:14,139
dreaming

90
00:04:09,829 --> 00:04:16,939
that's a given so now is the time

91
00:04:14,139 --> 00:04:18,949
starting tonight or any night for the

92
00:04:16,939 --> 00:04:20,959
rest of the week and certainly by the

93
00:04:18,949 --> 00:04:23,750
time you get through the workshop you

94
00:04:20,959 --> 00:04:25,850
will then have a different perspective

95
00:04:23,750 --> 00:04:27,170
on dreams I hope and how you

96
00:04:25,850 --> 00:04:32,150
and actually bring them into your life

97
00:04:27,170 --> 00:04:34,490
on a routine basis now I will be

98
00:04:32,149 --> 00:04:38,019
honoring in the beginning of my workshop

99
00:04:34,490 --> 00:04:42,290
and throughout the founder in my view of

100
00:04:38,019 --> 00:04:46,490

the first fully awareness that you and I

101

00:04:42,290 --> 00:04:49,100

can have aside dreams now in back in the

102

00:04:46,490 --> 00:04:51,920

1960s when Stan krepper and I'm sure you

103

00:04:49,100 --> 00:04:54,020

all know of him set up the dream

104

00:04:51,920 --> 00:04:57,290

telepathy lab as they called it at that

105

00:04:54,019 --> 00:04:59,839

time in Brooklyn New York to study the

106

00:04:57,290 --> 00:05:03,379

phenomenon of people who can recall

107

00:04:59,839 --> 00:05:05,179

dreams that have side content and a

108

00:05:03,379 --> 00:05:07,100

whole series of research programs that

109

00:05:05,180 --> 00:05:09,410

came out of that that I'll be going over

110

00:05:07,100 --> 00:05:11,810

in some detail and on the Friday

111

00:05:09,410 --> 00:05:13,880

workshop so that's going to be my key

112

00:05:11,810 --> 00:05:15,920

reference point I'll be talking a lot

113

00:05:13,879 --> 00:05:18,589

about that work I've known the people

114

00:05:15,920 --> 00:05:20,569

that were involved in that directly all

115
00:05:18,589 --> 00:05:23,209
men I've known him that was him over the

116
00:05:20,569 --> 00:05:26,170
years Bob banter castle and many others

117
00:05:23,209 --> 00:05:28,639
and not just dimensions Stan krepner

118
00:05:26,170 --> 00:05:30,379
Stan had also written a very interesting

119
00:05:28,639 --> 00:05:31,969
moniker and that's a little hard to find

120
00:05:30,379 --> 00:05:33,829
but it really gives you a good history

121
00:05:31,970 --> 00:05:36,590
I'll be going into that to some extent

122
00:05:33,829 --> 00:05:38,930
as well as well as a wealth of other

123
00:05:36,589 --> 00:05:42,069
kinds of material that's available on

124
00:05:38,930 --> 00:05:44,660
sie greening now I'm a member of the

125
00:05:42,069 --> 00:05:48,019
Association for the study of dreams so

126
00:05:44,660 --> 00:05:51,560
I'm usually you're quite tied in to the

127
00:05:48,019 --> 00:05:54,339
dream research community I will also be

128
00:05:51,560 --> 00:05:56,899
drawing on some really good work some

129
00:05:54,339 --> 00:06:00,739
analytical work that Chris Rowe and

130
00:05:56,899 --> 00:06:03,620
server did some years ago to help back

131
00:06:00,740 --> 00:06:06,139
up the the findings of some of the dream

132
00:06:03,620 --> 00:06:09,050
research and this one here focuses on a

133
00:06:06,139 --> 00:06:12,649
mom and the my money day's work but that

134
00:06:09,050 --> 00:06:15,350
report also covers on work with dreams

135
00:06:12,649 --> 00:06:18,589
that have been carried on since the

136
00:06:15,350 --> 00:06:21,470
Maimonides Laboratory closed in the

137
00:06:18,589 --> 00:06:23,359
early 1970s in nineteen seventy five or

138
00:06:21,470 --> 00:06:27,260
six so I'll be going into this in some

139
00:06:23,360 --> 00:06:29,210
detail as well but let's get right to

140
00:06:27,259 --> 00:06:32,269
the point of what we want to do tonight

141
00:06:29,209 --> 00:06:35,629
and in any of the night's remaining

142
00:06:32,269 --> 00:06:37,939
either tonight Tuesday Wednesday or

143

00:06:35,629 --> 00:06:39,469
Thursday you got one four nights if you

144
00:06:37,939 --> 00:06:42,889
work on the project

145
00:06:39,470 --> 00:06:46,010
shortly but I want to really mention the

146
00:06:42,889 --> 00:06:48,800
best way to start is and this is what we

147
00:06:46,009 --> 00:06:52,370
call in a dream where community the side

148
00:06:48,800 --> 00:06:53,840
dream focus statement dream workers like

149
00:06:52,370 --> 00:06:56,720
to think of it as an incubation

150
00:06:53,839 --> 00:07:00,229
intention but it's really a way in which

151
00:06:56,720 --> 00:07:02,390
you focus your mind your objective prior

152
00:07:00,230 --> 00:07:05,060
to when you go to sleep I would want to

153
00:07:02,389 --> 00:07:06,889
dream about now we're making a big jump

154
00:07:05,060 --> 00:07:10,370
we're going right from consciousness

155
00:07:06,889 --> 00:07:12,079
into a side dream I'm not saying any

156
00:07:10,370 --> 00:07:13,129
kind of dream although that may happen

157
00:07:12,079 --> 00:07:15,680

as well

158

00:07:13,129 --> 00:07:18,589

whatever the case your focus tonight

159

00:07:15,680 --> 00:07:22,220

Tuesday Wednesday or Thursday whichever

160

00:07:18,589 --> 00:07:24,829

one works for you will be this just

161

00:07:22,220 --> 00:07:28,520

simply and there's a hangout all this is

162

00:07:24,829 --> 00:07:30,560

on your handout read this book focus

163

00:07:28,519 --> 00:07:33,049

statement I also have another one but

164

00:07:30,560 --> 00:07:35,930

something like this and you rephrase it

165

00:07:33,050 --> 00:07:39,139

to suit you tonight I desire to

166

00:07:35,930 --> 00:07:41,780

experience and recall a dream that

167

00:07:39,139 --> 00:07:45,979

represents the content of the target

168

00:07:41,779 --> 00:07:50,179

picture envelope designated as a seven

169

00:07:45,980 --> 00:07:52,669

and cue I will wake up immediately after

170

00:07:50,180 --> 00:07:55,340

the dream and will easily recall the

171

00:07:52,668 --> 00:07:58,519

dream so now we're hitting two aspects

172
00:07:55,339 --> 00:08:02,089
here not just a dream you'll wake up and

173
00:07:58,519 --> 00:08:05,449
remember the dream many times I know you

174
00:08:02,089 --> 00:08:07,069
I do it you wake up no other dream but

175
00:08:05,449 --> 00:08:09,379
you can't remember but tonight or

176
00:08:07,069 --> 00:08:12,860
whatever other night you want to work on

177
00:08:09,379 --> 00:08:16,370
this this week then intend to recall a

178
00:08:12,860 --> 00:08:18,500
dream that has the content of the target

179
00:08:16,370 --> 00:08:21,918
picture antelope that I will pull out

180
00:08:18,500 --> 00:08:25,819
shortly and you also give yourself the

181
00:08:21,918 --> 00:08:28,370
suggestion that I will either be more I

182
00:08:25,819 --> 00:08:30,560
mean I will wake up immediately after

183
00:08:28,370 --> 00:08:34,839
the dream keypoint wake up immediately

184
00:08:30,560 --> 00:08:38,059
after the dream and easily we call it

185
00:08:34,839 --> 00:08:40,700
now there's another dream

186
00:08:38,059 --> 00:08:43,009
statement that I found over my years of

187
00:08:40,700 --> 00:08:45,710
working with dream groups that some

188
00:08:43,009 --> 00:08:49,819
people actually prefer so I'll give you

189
00:08:45,710 --> 00:08:51,960
a choice here's an alternative dream

190
00:08:49,820 --> 00:08:55,330
focus statement

191
00:08:51,960 --> 00:08:59,290
tonight I desire a dream that presents

192
00:08:55,330 --> 00:09:02,620
the designated target picture in the

193
00:08:59,289 --> 00:09:04,899
same way that I will see it on Friday

194
00:09:02,620 --> 00:09:08,589
morning when it is revealed in the side

195
00:09:04,899 --> 00:09:11,950
dreaming workshop basically this is

196
00:09:08,589 --> 00:09:14,410
precognition so you have your choice of

197
00:09:11,950 --> 00:09:17,050
going to the target in a remote viewing

198
00:09:14,409 --> 00:09:19,990
style and by the way I do use the term

199
00:09:17,049 --> 00:09:22,088
dream remote viewing as well so it's

200

00:09:19,990 --> 00:09:24,459
synonymous in my view and I'll explain

201
00:09:22,089 --> 00:09:28,390
that in more detail during the workshop

202
00:09:24,458 --> 00:09:30,849
why I use them synonymously but you also

203
00:09:28,389 --> 00:09:34,179
have the option of going ahead in time

204
00:09:30,850 --> 00:09:36,100
and it just imagine walking into the

205
00:09:34,179 --> 00:09:38,799
room shortly after the introduction

206
00:09:36,100 --> 00:09:41,259
because I'll be getting right to the

207
00:09:38,799 --> 00:09:43,899
dream event shortly after that we begin

208
00:09:41,259 --> 00:09:46,389
on Friday and there's going to be the

209
00:09:43,899 --> 00:09:48,850
picture that will be the target picture

210
00:09:46,389 --> 00:09:51,039
for you to dream about for anyone in

211
00:09:48,850 --> 00:09:56,050
these nights tonight Tuesday Wednesday

212
00:09:51,039 --> 00:09:59,139
or Thursday now let me go ahead and give

213
00:09:56,049 --> 00:10:01,059
you a couple of guidelines here first I

214
00:09:59,139 --> 00:10:03,189

like to see your show of hands briefly

215

00:10:01,059 --> 00:10:06,489

how many people generally do remember

216

00:10:03,190 --> 00:10:08,740

dreams okay so I'm not going to tell you

217

00:10:06,490 --> 00:10:10,659

a lot that's new and I know some people

218

00:10:08,740 --> 00:10:13,419

didn't put up their hands so I just go

219

00:10:10,659 --> 00:10:16,778

over this real briefly already talked

220

00:10:13,419 --> 00:10:18,879

about the objective it's good if you can

221

00:10:16,778 --> 00:10:21,519

write it out you don't have to keep

222

00:10:18,879 --> 00:10:23,230

writing at dozens of times but you get a

223

00:10:21,519 --> 00:10:25,569

nice plain piece of paper or whatever

224

00:10:23,230 --> 00:10:27,720

you have and write out that objective

225

00:10:25,570 --> 00:10:30,129

that's on in front of you in the handout

226

00:10:27,720 --> 00:10:35,670

I've talked about the Knights it can be

227

00:10:30,129 --> 00:10:39,399

any night between now and Thursday yes

228

00:10:35,669 --> 00:10:42,759

no the the the I'm giving you the

229

00:10:39,399 --> 00:10:45,370
freedom to have a dream for the

230

00:10:42,759 --> 00:10:47,679
objective of the target angle of any

231

00:10:45,370 --> 00:10:50,409
night now if you want to do more than

232

00:10:47,679 --> 00:10:51,909
one go ahead for the same objective so

233

00:10:50,409 --> 00:10:53,980
it's up to you if you want to choose

234

00:10:51,909 --> 00:10:56,049
tonight of the night or Tuesday or

235

00:10:53,980 --> 00:10:59,860
Wednesday or Thursday whatever it might

236

00:10:56,049 --> 00:11:01,990
be more convenient for you it's up to

237

00:10:59,860 --> 00:11:04,149
you whichever one you want if you do it

238

00:11:01,990 --> 00:11:05,019
tonight and you get dreams there's no

239

00:11:04,149 --> 00:11:07,149
reason you can't do

240

00:11:05,019 --> 00:11:09,879
again tomorrow just repeat that that

241

00:11:07,149 --> 00:11:12,399
focus statement you may have personal

242

00:11:09,879 --> 00:11:13,990
dreams and you'll recognize that as your

243
00:11:12,399 --> 00:11:15,819
personal dream and you feel well I

244
00:11:13,990 --> 00:11:18,730
didn't quite get the target but I'll

245
00:11:15,820 --> 00:11:20,530
come back again because this doesn't try

246
00:11:18,730 --> 00:11:23,710
again so then you have an option of

247
00:11:20,529 --> 00:11:26,639
doing another dream doing another dream

248
00:11:23,710 --> 00:11:30,550
focus for the same target for the target

249
00:11:26,639 --> 00:11:31,439
so any of these nights whatever works

250
00:11:30,549 --> 00:11:36,849
for you

251
00:11:31,440 --> 00:11:39,070
now when you wake up from a from the

252
00:11:36,850 --> 00:11:42,430
dream presumably you will wake up and

253
00:11:39,070 --> 00:11:44,830
remember a dream or dream fragment try

254
00:11:42,429 --> 00:11:46,539
to have a notepad that's real close you

255
00:11:44,830 --> 00:11:49,600
don't have to turn a light on or

256
00:11:46,539 --> 00:11:52,959
anything have a pencil there pen then

257

00:11:49,600 --> 00:11:55,180
check out the disparity the logistics

258
00:11:52,960 --> 00:11:57,370
here just reach over it without turning

259
00:11:55,179 --> 00:11:59,229
the light on because that doesn't wake

260
00:11:57,370 --> 00:12:01,990
you up even more you want to get to away

261
00:11:59,230 --> 00:12:04,090
and just grab that little pen and just

262
00:12:01,990 --> 00:12:06,940
scribble out a couple of words that

263
00:12:04,090 --> 00:12:09,220
captures the essence of the dream you do

264
00:12:06,940 --> 00:12:12,490
not have to write out the dream at that

265
00:12:09,220 --> 00:12:15,190
time you kind of you want but it's not

266
00:12:12,490 --> 00:12:17,740
necessary generally speaking all you

267
00:12:15,190 --> 00:12:21,670
need to do is dot down a couple of key

268
00:12:17,740 --> 00:12:25,180
words and fix it in memory don't move

269
00:12:21,669 --> 00:12:27,969
just lie motionless until you have

270
00:12:25,179 --> 00:12:30,370
remembered that dream jot down a couple

271
00:12:27,970 --> 00:12:32,950

of key words and then go back to sleep

272

00:12:30,370 --> 00:12:36,490

and if you feel you want to have a

273

00:12:32,950 --> 00:12:39,400

follow on dream recycles a desire to

274

00:12:36,490 --> 00:12:43,600

have a following dream to what I just

275

00:12:39,399 --> 00:12:46,449

have so the key is wake up when you wake

276

00:12:43,600 --> 00:12:48,940

up from the dream lie there motions

277

00:12:46,450 --> 00:12:52,080

until you really feel you have it

278

00:12:48,940 --> 00:12:56,230

memorized and all they going over drills

279

00:12:52,080 --> 00:12:58,600

how to do that in the workshop then when

280

00:12:56,230 --> 00:13:01,450

you're comfortable that you remember

281

00:12:58,600 --> 00:13:04,120

that dream reach over and jot down a

282

00:13:01,450 --> 00:13:05,860

couple of words no full sentences just a

283

00:13:04,120 --> 00:13:09,580

key word the key option whatever might

284

00:13:05,860 --> 00:13:11,950

be on your path then go back to sleep

285

00:13:09,580 --> 00:13:15,160

but then in the morning at your first

286

00:13:11,950 --> 00:13:18,140

opportunity get your notepad

287

00:13:15,159 --> 00:13:22,278

and look over those words

288

00:13:18,139 --> 00:13:25,009

and we reconstruct the dream for memory

289

00:13:22,278 --> 00:13:27,289

because this buzzwords those keywords on

290

00:13:25,009 --> 00:13:29,000

your notepad will do it for you just

291

00:13:27,289 --> 00:13:31,879

just like an icon on your computer just

292

00:13:29,000 --> 00:13:35,360

plug them all back and then write out

293

00:13:31,879 --> 00:13:38,809

the details of the dream your narrative

294

00:13:35,360 --> 00:13:42,379

at that time based on your keywords

295

00:13:38,809 --> 00:13:45,500

keywords that you have now when you do

296

00:13:42,379 --> 00:13:48,559

that also and I really encourage this

297

00:13:45,500 --> 00:13:51,528

and this goes back into Mariana remote

298

00:13:48,559 --> 00:13:54,979

viewing background make sketches of key

299

00:13:51,528 --> 00:13:57,620

imagery that really is important you may

300
00:13:54,980 --> 00:14:00,409
write words in your narrative that's

301
00:13:57,620 --> 00:14:03,310
that's fine but it's also good to have a

302
00:14:00,409 --> 00:14:06,708
sketch handy remember we're comparing

303
00:14:03,309 --> 00:14:07,489
imagery to imagery dream imagery to a

304
00:14:06,708 --> 00:14:11,479
picture

305
00:14:07,490 --> 00:14:14,930
so the verbalizing of it is not always

306
00:14:11,480 --> 00:14:17,149
going to be tracking what the picture is

307
00:14:14,929 --> 00:14:19,159
that you intend to dream it down just

308
00:14:17,149 --> 00:14:21,950
like an email viewing how many times did

309
00:14:19,159 --> 00:14:24,828
you hear people say just sketch what you

310
00:14:21,950 --> 00:14:26,870
see don't tell me what you see so

311
00:14:24,828 --> 00:14:29,870
there's a little bit of that disconnect

312
00:14:26,870 --> 00:14:32,480
in the analysis and what we do even at a

313
00:14:29,870 --> 00:14:34,490
subconscious level during the dream it's

314

00:14:32,480 --> 00:14:36,589
very similar to remote viewing in a

315
00:14:34,490 --> 00:14:40,250
sense and I'll have a lot more to say

316
00:14:36,589 --> 00:14:44,170
about that on Friday now if you wake up

317
00:14:40,250 --> 00:14:47,028
and you just don't remember anything

318
00:14:44,169 --> 00:14:49,278
such at a dream but you can remember it

319
00:14:47,028 --> 00:14:51,799
don't worry about that just repeat your

320
00:14:49,278 --> 00:14:54,289
objective and you'll go back to sleep

321
00:14:51,799 --> 00:14:57,109
and then you'll eventually will have a

322
00:14:54,289 --> 00:15:00,139
dream that you'll remember enough to jot

323
00:14:57,110 --> 00:15:02,659
down and you go then you slip back to

324
00:15:00,139 --> 00:15:05,569
sleep then just repeat the a

325
00:15:02,659 --> 00:15:07,519
desire to have a dream not any green but

326
00:15:05,570 --> 00:15:09,890
a dream that has the content of the

327
00:15:07,519 --> 00:15:13,250
target picture so you keep reiterating

328
00:15:09,889 --> 00:15:15,679

the the objective the one that you wrote

329

00:15:13,250 --> 00:15:17,958
down and if you wake up at night just

330

00:15:15,679 --> 00:15:21,549
keep repeating that if nothing is

331

00:15:17,958 --> 00:15:25,359
happening now because our dream cycle is

332

00:15:21,549 --> 00:15:27,338
sort of wavy like this and

333

00:15:25,360 --> 00:15:30,278
toward the end of the day of the night

334

00:15:27,339 --> 00:15:33,010
but gets longer but you're not in as a

335

00:15:30,278 --> 00:15:36,820
deep asleep it is still in the REM the

336

00:15:33,009 --> 00:15:41,009
rapid eye movement phase the dream will

337

00:15:36,820 --> 00:15:43,540
be longer but it's easier to remember

338

00:15:41,009 --> 00:15:46,600
normally dreams that occur late at night

339

00:15:43,539 --> 00:15:48,159
are easier to remember the exceptions

340

00:15:46,600 --> 00:15:49,810
would be nightmares or people that might

341

00:15:48,159 --> 00:15:52,149
have night traumas just something like

342

00:15:49,809 --> 00:15:54,819
that but normally it's easier to

343
00:15:52,149 --> 00:15:57,669
remember a dream later at night when you

344
00:15:54,820 --> 00:16:01,149
already are about to wake up anyway and

345
00:15:57,669 --> 00:16:04,179
this is where the dream the sigh part of

346
00:16:01,149 --> 00:16:06,278
the of the target picture little slip

347
00:16:04,179 --> 00:16:09,519
into your dreamscape and there you have

348
00:16:06,278 --> 00:16:11,039
it an easier to remember because it's

349
00:16:09,519 --> 00:16:17,350
later at night

350
00:16:11,039 --> 00:16:19,449
now I mentioned previously wake up write

351
00:16:17,350 --> 00:16:21,759
a brief to skip the description and note

352
00:16:19,450 --> 00:16:24,160
and your write up when you're thinking

353
00:16:21,759 --> 00:16:27,189
about it and reliving it just just note

354
00:16:24,159 --> 00:16:30,429
the colors note anything about the dream

355
00:16:27,190 --> 00:16:32,649
that you might characterize the content

356
00:16:30,429 --> 00:16:35,859
of it I'm not going to go into any

357
00:16:32,649 --> 00:16:38,350
specific example here I could load

358
00:16:35,860 --> 00:16:40,209
dozens of pictures but I don't want to

359
00:16:38,350 --> 00:16:43,329
front load you into thinking about

360
00:16:40,208 --> 00:16:46,479
certain pictures it can happen and then

361
00:16:43,328 --> 00:16:48,969
you'll dream about that so whatever the

362
00:16:46,480 --> 00:16:51,070
case when you write the narrative

363
00:16:48,970 --> 00:16:53,829
go back and check again as a look at it

364
00:16:51,070 --> 00:16:55,870
and underline what you think might be

365
00:16:53,828 --> 00:16:58,239
interesting it'll differerent maybe from

366
00:16:55,870 --> 00:17:00,310
ordinary dreams if you have a dream

367
00:16:58,240 --> 00:17:02,259
history and even if you don't just

368
00:17:00,309 --> 00:17:04,629
circle or underline something for your

369
00:17:02,259 --> 00:17:07,900
benefit mainly and we'll discuss that on

370
00:17:04,630 --> 00:17:11,829
Friday and just a note there's any

371

00:17:07,900 --> 00:17:15,429
directions or activity now remember this

372
00:17:11,828 --> 00:17:15,849
is a static it's a picture it's just a

373
00:17:15,429 --> 00:17:19,360
picture

374
00:17:15,849 --> 00:17:21,909
but in anyone's familiar with art you

375
00:17:19,359 --> 00:17:24,458
know that the eye but will follow

376
00:17:21,910 --> 00:17:27,130
certain lines the picture might be

377
00:17:24,459 --> 00:17:29,470
static but it fills the subconscious

378
00:17:27,130 --> 00:17:32,140
mind was a sense of motion anyway so a

379
00:17:29,470 --> 00:17:34,539
so-called static picture can be very

380
00:17:32,140 --> 00:17:37,270
dynamic in the dreams day

381
00:17:34,539 --> 00:17:39,339
a dynamic picture can even be more

382
00:17:37,269 --> 00:17:41,529
dramatic but but just because of the

383
00:17:39,339 --> 00:17:45,279
picture doesn't mean there won't be any

384
00:17:41,529 --> 00:17:47,710
perceived activity or dynamics dreaming

385
00:17:45,279 --> 00:17:51,460

mine is a wonderful way of energizing

386

00:17:47,710 --> 00:17:54,009

things because dreams like their dynamic

387

00:17:51,460 --> 00:17:56,920

they're like movies I call them mind

388

00:17:54,009 --> 00:17:59,200

movies and when you start working

389

00:17:56,920 --> 00:18:03,550

business material and you can see how

390

00:17:59,200 --> 00:18:07,450

the the picture gets into your dreams it

391

00:18:03,549 --> 00:18:09,369

really is like looking at a movie it's I

392

00:18:07,450 --> 00:18:12,009

call them the mind movies almost any

393

00:18:09,369 --> 00:18:14,469

dream is like that but these are even

394

00:18:12,009 --> 00:18:20,529

more powerful they seem to be even more

395

00:18:14,470 --> 00:18:24,190

movie like so you give a sketch and give

396

00:18:20,529 --> 00:18:26,019

it you dream a title go back look at it

397

00:18:24,190 --> 00:18:28,809

and say okay what's the essence of that

398

00:18:26,019 --> 00:18:31,119

dream is there a theme here is there

399

00:18:28,809 --> 00:18:32,980

something that a title my capture that's

400
00:18:31,119 --> 00:18:35,799
good a good practice to get into that

401
00:18:32,980 --> 00:18:39,519
because when you start keeping a dream

402
00:18:35,799 --> 00:18:42,190
journal in time the easiest way to go

403
00:18:39,519 --> 00:18:45,309
back and review your material is by

404
00:18:42,190 --> 00:18:47,410
jumping from title to title and if you

405
00:18:45,309 --> 00:18:49,990
put it into a computer this is really

406
00:18:47,410 --> 00:18:52,180
great stuff you can just do the the word

407
00:18:49,990 --> 00:18:54,370
search and then you heart you have the

408
00:18:52,180 --> 00:18:56,710
content that you're looking for no

409
00:18:54,369 --> 00:19:00,099
matter when it happened and I began

410
00:18:56,710 --> 00:19:02,799
dream journaling in 1970 long before as

411
00:19:00,099 --> 00:19:05,459
a computer so my files are horrible I

412
00:19:02,799 --> 00:19:09,430
can hardly extract anything out of them

413
00:19:05,460 --> 00:19:12,009
at this stage but you have the benefit

414
00:19:09,430 --> 00:19:14,140
of the internet and computers you don't

415
00:19:12,009 --> 00:19:15,970
have to burden yourself with a huge

416
00:19:14,140 --> 00:19:19,960
notebooks like like I have over the

417
00:19:15,970 --> 00:19:23,410
years a few more comments about

418
00:19:19,960 --> 00:19:26,920
guidelines if you should have more than

419
00:19:23,410 --> 00:19:30,160
one dream and night you poly will that's

420
00:19:26,920 --> 00:19:32,590
usually and again this is not a hard

421
00:19:30,160 --> 00:19:35,080
rule just something I've seen and

422
00:19:32,589 --> 00:19:38,169
working over the years with bring groups

423
00:19:35,079 --> 00:19:41,589
that you should that last dream of a

424
00:19:38,170 --> 00:19:45,220
series of dreams that that will be water

425
00:19:41,589 --> 00:19:47,199
more in line with the content of the

426
00:19:45,220 --> 00:19:51,079
target

427
00:19:47,200 --> 00:19:53,720
if the dream is long then it would be a

428

00:19:51,079 --> 00:19:56,359
good idea if you just pay attention to

429
00:19:53,720 --> 00:19:59,298
the ending of it I've also experienced

430
00:19:56,359 --> 00:20:03,019
long dreams that don't look like much

431
00:19:59,298 --> 00:20:05,720
but the ending then and ends up with the

432
00:20:03,019 --> 00:20:09,319
material that you're looking for in the

433
00:20:05,720 --> 00:20:12,009
hidden picture or whatever so it kind of

434
00:20:09,319 --> 00:20:15,528
came into the tail end of a long dream

435
00:20:12,009 --> 00:20:18,889
now in the workshop I'll be talking

436
00:20:15,528 --> 00:20:22,490
about dream crafting I could actually

437
00:20:18,888 --> 00:20:25,099
shape the style and the length of the

438
00:20:22,490 --> 00:20:27,499
dreams so you can get rid of or

439
00:20:25,099 --> 00:20:29,628
eliminate or minimize a lot of the

440
00:20:27,499 --> 00:20:31,610
nuisance things that happened when you

441
00:20:29,628 --> 00:20:34,069
have dreams and you have a lot of

442
00:20:31,609 --> 00:20:36,308

extraneous information coming along in

443

00:20:34,069 --> 00:20:38,898

with it so their ways of strategizing

444

00:20:36,308 --> 00:20:43,339

your way out of it but we're not going

445

00:20:38,898 --> 00:20:45,979

to get into that tonight I talked about

446

00:20:43,339 --> 00:20:48,859

highlighting features the forms and

447

00:20:45,980 --> 00:20:52,509

shapes the colors the dynamics sense of

448

00:20:48,859 --> 00:20:55,490

emotion feelings that it might evoke and

449

00:20:52,509 --> 00:21:00,769

do that sketching but color burn if you

450

00:20:55,490 --> 00:21:04,028

have color pencil and then on Friday you

451

00:21:00,769 --> 00:21:09,288

will see what the target picture is you

452

00:21:04,028 --> 00:21:12,618

will find out the truth now here we are

453

00:21:09,288 --> 00:21:15,048

it's time to get the target picture

454

00:21:12,618 --> 00:21:20,749

anyone know where I put it

455

00:21:15,048 --> 00:21:22,929

yeah okay I mean I have in here is a

456

00:21:20,749 --> 00:21:26,058

double sealed envelope it is a picture

457
00:21:22,929 --> 00:21:27,619
it could be of anything I'm not even

458
00:21:26,058 --> 00:21:29,690
going to comment any further than that

459
00:21:27,618 --> 00:21:33,408
it's open-ended it's a free response

460
00:21:29,690 --> 00:21:36,558
kind of target like the opposite used in

461
00:21:33,409 --> 00:21:40,610
the ganzfeld and others studies like

462
00:21:36,558 --> 00:21:43,428
that and it's it's similar to how the my

463
00:21:40,609 --> 00:21:45,709
amenities people did this by selecting

464
00:21:43,429 --> 00:21:47,570
either art friends or important or

465
00:21:45,710 --> 00:21:50,028
interesting local photographs or

466
00:21:47,569 --> 00:21:53,329
pictures so it really is pictorial

467
00:21:50,028 --> 00:21:56,388
oriented and that's all I'm going to say

468
00:21:53,329 --> 00:21:58,128
about it it's a it's a pictorial picture

469
00:21:56,388 --> 00:21:59,899
and that's what you want to dream about

470
00:21:58,128 --> 00:22:02,839
you want to have the

471
00:21:59,900 --> 00:22:05,360
content of this picture that's in the

472
00:22:02,839 --> 00:22:09,259
sealed envelope at your dreamscape

473
00:22:05,359 --> 00:22:11,769
whether you do it by imagining accessing

474
00:22:09,259 --> 00:22:14,420
this photograph this envelope and

475
00:22:11,769 --> 00:22:17,960
getting into the contest like Pat price

476
00:22:14,420 --> 00:22:20,509
did into the codewords of that secret

477
00:22:17,960 --> 00:22:25,100
building that NSA had their Sugar Loaf

478
00:22:20,509 --> 00:22:26,539
or whether you move ahead in time to to

479
00:22:25,099 --> 00:22:29,299
meet your future that's the way you're

480
00:22:26,539 --> 00:22:33,589
going to look at it or to pre

481
00:22:29,299 --> 00:22:36,200
cognitively experience the picture four

482
00:22:33,589 --> 00:22:38,899
out of five days from now so whatever

483
00:22:36,200 --> 00:22:42,350
your strategy but this is the envelope

484
00:22:38,900 --> 00:22:44,950
here is a label I put on it and remote

485

00:22:42,349 --> 00:22:48,980
viewing work this is like a coordinate

486
00:22:44,950 --> 00:22:50,680
it's a number is abstract it gives you

487
00:22:48,980 --> 00:22:53,150
something to kind of focus on

488
00:22:50,680 --> 00:22:55,970
psychologically there's nothing magic

489
00:22:53,150 --> 00:22:59,120
about a number the only thing about this

490
00:22:55,970 --> 00:23:03,559
combination of alpha that number is it's

491
00:22:59,119 --> 00:23:06,079
random doesn't make any sense the reason

492
00:23:03,559 --> 00:23:08,710
for that is just like in remote viewing

493
00:23:06,079 --> 00:23:12,109
you don't want to have anything that's

494
00:23:08,710 --> 00:23:14,509
logical attached to a target designator

495
00:23:12,109 --> 00:23:18,079
you want to detach your conscious

496
00:23:14,509 --> 00:23:20,269
thinking here a abstract number like

497
00:23:18,079 --> 00:23:23,269
this will do it but you're in a dream

498
00:23:20,269 --> 00:23:26,480
state so your conscious mind is already

499
00:23:23,269 --> 00:23:29,299

detached you have huge advantage over

500

00:23:26,480 --> 00:23:32,599

remote viewers you already got your

501

00:23:29,299 --> 00:23:35,509

conscious mind out of the way now

502

00:23:32,599 --> 00:23:37,969

welcome your dreaming mind and that's

503

00:23:35,509 --> 00:23:39,259

what we're going to be doing you are

504

00:23:37,970 --> 00:23:42,200

going to be doing that this week

505

00:23:39,259 --> 00:23:45,289

whatever night is convenient for you and

506

00:23:42,200 --> 00:23:49,900

then we will look at the the take the

507

00:23:45,289 --> 00:23:49,899

response on Friday morning

508

00:23:52,730 --> 00:23:57,858

I think that's all I wanted to say you

509

00:23:56,089 --> 00:23:58,579

have the end you have the hang out in

510

00:23:57,858 --> 00:24:02,058

front of you

511

00:23:58,579 --> 00:24:06,439

that has the summary of what I just

512

00:24:02,058 --> 00:24:10,148

talked about and other than that I'm

513

00:24:06,440 --> 00:24:13,788

saying to you sleep well and dream

514
00:24:10,148 --> 00:24:18,939
target and any questions you can now

515
00:24:13,788 --> 00:24:22,519
bring forth cute

516
00:24:18,940 --> 00:24:32,649
it's a cue okay sleep well and dream

517
00:24:22,519 --> 00:24:32,649
target you don't have to

518
00:24:39,500 --> 00:24:45,529
it can help you the question was does

519
00:24:42,319 --> 00:24:49,179
melatonin help I've heard a number of

520
00:24:45,529 --> 00:24:52,549
arguments that certain vitamins or

521
00:24:49,180 --> 00:24:54,740
melatonin can help and dream recall yes

522
00:24:52,549 --> 00:24:57,440
it can if you're not experienced with

523
00:24:54,740 --> 00:24:59,960
dream recall later those might be good

524
00:24:57,440 --> 00:25:02,960
additives it won't hurt you it'll help

525
00:24:59,960 --> 00:25:05,450
you and but the key thing is to set the

526
00:25:02,960 --> 00:25:07,610
focus on wanting to remember and your

527
00:25:05,450 --> 00:25:10,519
your subconscious mind will do it for

528

00:25:07,609 --> 00:25:13,099
you if I take it a little longer but

529

00:25:10,519 --> 00:25:16,099
you'll get there okay so I'll see you

530

00:25:13,099 --> 00:25:18,500
all on Friday morning and I'll be

531

00:25:16,099 --> 00:25:20,269
looking forward to hearing your your

532

00:25:18,500 --> 00:25:22,670
dream reports ought to be really

533

00:25:20,269 --> 00:25:24,740
interesting any other questions please

534

00:25:22,670 --> 00:25:33,460
come up and talk to me I'll be here for

535

00:25:24,740 --> 00:25:33,460
a while yet okay okay okay okay