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**Supernatural Girlz**

Guest: Tim Verner

1  
00:00:30,730 --> 00:00:28,750  
archangels ghosts and Bigfoot oh my it's

2  
00:00:33,880 --> 00:00:30,740  
just another night for Supernatural

3  
00:00:36,280 --> 00:00:33,890  
girls real stories real answers to

4  
00:00:38,799 --> 00:00:36,290  
life's biggest supernatural mysteries

5  
00:00:41,530 --> 00:00:38,809  
and now for another exciting interview

6  
00:00:44,290 --> 00:00:41,540  
with Errol experts in this world and

7  
00:00:47,319 --> 00:00:44,300  
others here's your host paranormal

8  
00:00:47,650 --> 00:00:47,329  
researcher Patricia Baker on the one the

9  
00:01:05,980 --> 00:00:47,660  
only

10  
00:01:11,240 --> 00:01:08,450  
welcome everyone to another exciting

11  
00:01:13,670 --> 00:01:11,250  
episode of Supernatural girls radio

12  
00:01:15,710 --> 00:01:13,680  
I'm your host Patricia Baker I am here

13  
00:01:18,920 --> 00:01:15,720

with my co-host all the way from sunny

14

00:01:22,780 --> 00:01:18,930

Tucson at 104 degrees PK Patricia

15

00:01:25,760 --> 00:01:22,790

Kirkman are you doing tonight PK I am

16

00:01:28,280 --> 00:01:25,770

absolutely aesthetic can't wait for our

17

00:01:30,590 --> 00:01:28,290

show tonight I know we've got a terrific

18

00:01:34,010 --> 00:01:30,600

guest oh yeah always having to guess but

19

00:01:35,359 --> 00:01:34,020

we don't get wait also this isn't super

20

00:01:39,020 --> 00:01:35,369

subject you know it's one of our

21

00:01:41,270 --> 00:01:39,030

favorites dreaming well I find everybody

22

00:01:43,249 --> 00:01:41,280

dreams but me so I can't wait to talk to

23

00:01:45,649 --> 00:01:43,259

Tom well Tom's gonna straighten you

24

00:01:49,430 --> 00:01:45,659

right out I mean god I hope so help you

25

00:01:51,919 --> 00:01:49,440

he's gonna help all of us and inspire us

26  
00:01:54,050 --> 00:01:51,929  
to get interested in our dreaming minds

27  
00:01:56,090 --> 00:01:54,060  
again because it's a really important

28  
00:01:59,059 --> 00:01:56,100  
part of our consciousness and I think

29  
00:02:01,460 --> 00:01:59,069  
overall our culture has gone a little

30  
00:02:04,309 --> 00:02:01,470  
too crazy we've kind of forgotten about

31  
00:02:07,460 --> 00:02:04,319  
it so we never bring this back and Tom

32  
00:02:09,529 --> 00:02:07,470  
Verner is the one to do it and he's here

33  
00:02:11,600 --> 00:02:09,539  
with us tonight he's the author of a

34  
00:02:14,570 --> 00:02:11,610  
tremendous book that we both read called

35  
00:02:17,449 --> 00:02:14,580  
the transformational power of dreaming

36  
00:02:19,610 --> 00:02:17,459  
there it is we love this book and he's

37  
00:02:22,040 --> 00:02:19,620  
the co-author with Stephen Larson but

38  
00:02:24,080 --> 00:02:22,050

Tom is a spokesperson tonight we're

39

00:02:27,589 --> 00:02:24,090

gonna bring him on in a few minutes but

40

00:02:31,070 --> 00:02:27,599

first my goodness we've all survived

41

00:02:32,270 --> 00:02:31,080

hurricane mmm-hmm it's easy to survive

42

00:02:33,890 --> 00:02:32,280

when you're in Tucson I'm in

43

00:02:35,059 --> 00:02:33,900

Massachusetts right that's very true

44

00:02:36,890 --> 00:02:35,069

that's very true

45

00:02:39,440 --> 00:02:36,900

ask those that in the middle of it not

46

00:02:41,900 --> 00:02:39,450

so much not so much and we have a dear

47

00:02:44,660 --> 00:02:41,910

friend down there in Florida but he did

48

00:02:48,759 --> 00:02:44,670

make out okay he's all right yeah I just

49

00:02:51,710 --> 00:02:48,769

a bit of this you can fly that's right

50

00:02:54,229 --> 00:02:51,720

so anyways but our our hearts and minds

51  
00:02:56,030 --> 00:02:54,239  
and prayers still go to the people there

52  
00:02:58,460 --> 00:02:56,040  
that are still doing the cleanup still

53  
00:03:00,920 --> 00:02:58,470  
trying to find a way out of the mess

54  
00:03:02,900 --> 00:03:00,930  
that this created well had a mass prayer

55  
00:03:05,660 --> 00:03:02,910  
group that went on I said it to

56  
00:03:07,130 --> 00:03:05,670  
everybody I knew and it was hundreds of

57  
00:03:09,860 --> 00:03:07,140  
people that came together for prayers

58  
00:03:12,170 --> 00:03:09,870  
the day after this hit yes I'm so

59  
00:03:14,059 --> 00:03:12,180  
grateful to them for being

60  
00:03:17,300 --> 00:03:14,069  
so kind and stopping their day at noon

61  
00:03:19,399 --> 00:03:17,310  
to join together just so important for

62  
00:03:20,990 --> 00:03:19,409  
us to do that because as we all know and

63  
00:03:21,649 --> 00:03:21,000

two or more gathered anything is

64

00:03:24,979 --> 00:03:21,659

possible

65

00:03:27,080 --> 00:03:24,989

oh so being a part of a prayer group is

66

00:03:30,349 --> 00:03:27,090

a in a prayer chain is a great thing in

67

00:03:32,119 --> 00:03:30,359

today's crazy world where we have some

68

00:03:35,390 --> 00:03:32,129

nut over there in North Korea with his

69

00:03:38,259 --> 00:03:35,400

finger on the button and in all kinds of

70

00:03:40,670 --> 00:03:38,269

other things going on so tell us

71

00:03:43,369 --> 00:03:40,680

numerologically PK what's happening

72

00:03:46,399 --> 00:03:43,379

we're still in that shadow period every

73

00:03:48,500 --> 00:03:46,409

shadow period until the 15th and

74

00:03:52,280 --> 00:03:48,510

supposedly it disappears my god I pray

75

00:03:53,839 --> 00:03:52,290

so but the the month itself is for

76

00:03:56,240 --> 00:03:53,849

everyone if you hadn't heard it before

77

00:04:01,160 --> 00:03:56,250

but that's as an echo chamber it is a

78

00:04:04,099 --> 00:04:01,170

review of last year okay we're all tree

79

00:04:06,860 --> 00:04:04,109

reviewing the year but the thing that's

80

00:04:09,379 --> 00:04:06,870

so important today is it's a five-day

81

00:04:11,839 --> 00:04:09,389

which deals with change major change

82

00:04:15,259 --> 00:04:11,849

good to bad bad to good everything seems

83

00:04:17,750 --> 00:04:15,269

to be moving faster it's trying to ride

84

00:04:20,659 --> 00:04:17,760

the bicycle down the hill and you can't

85

00:04:23,240 --> 00:04:20,669

put your foot on the pedals well that's

86

00:04:24,770 --> 00:04:23,250

what the day is all about yeah if you'll

87

00:04:27,020 --> 00:04:24,780

pay attention later you'll see that

88

00:04:28,760 --> 00:04:27,030

there been more accidents today more

89

00:04:32,270 --> 00:04:28,770

people doing skits of crazy things

90

00:04:33,800 --> 00:04:32,280

because the five brings out this I got

91

00:04:36,320 --> 00:04:33,810

to do it in a hurry got to do it the

92

00:04:39,890 --> 00:04:36,330

quick fix but then on the other half is

93

00:04:43,520 --> 00:04:39,900

a Kenny Rogers are I should the the

94

00:04:45,560 --> 00:04:43,530

gambler song the gambler that there's a

95

00:04:48,080 --> 00:04:45,570

luck factor that goes with today if

96

00:04:50,960 --> 00:04:48,090

you're lucky enough to have those odds

97

00:04:52,490 --> 00:04:50,970

in your chart me I keep looking at him I

98

00:05:04,580 --> 00:04:52,500

want to play him and I look at the

99

00:05:07,279 --> 00:05:04,590

numbers they look at me and they go but

100

00:05:10,010 --> 00:05:07,289

it is all about quick change and that's

101  
00:05:13,070 --> 00:05:10,020  
the part that's important let change

102  
00:05:15,830 --> 00:05:13,080  
move us from one spot into something

103  
00:05:18,379 --> 00:05:15,840  
that's better why not open up the arms

104  
00:05:20,600 --> 00:05:18,389  
wide and go for the good stuff yes we

105  
00:05:22,459 --> 00:05:20,610  
deserve it it's been a real roller

106  
00:05:23,690 --> 00:05:22,469  
coaster ride and the mercury retrograde

107  
00:05:24,430 --> 00:05:23,700  
didn't help anything

108  
00:05:27,760 --> 00:05:24,440  
that's for

109  
00:05:29,500 --> 00:05:27,770  
no it did not no but it's good they were

110  
00:05:31,630 --> 00:05:29,510  
at the tail end of it let's hope we can

111  
00:05:34,660 --> 00:05:31,640  
keep this moving forward in a good way

112  
00:05:36,940 --> 00:05:34,670  
that's great PK thank you and we had

113  
00:05:39,520 --> 00:05:36,950

some some some really interesting

114

00:05:41,890 --> 00:05:39,530

paranormal news stories now first and

115

00:05:47,260 --> 00:05:41,900

foremost the one on our driveway here

116

00:05:49,780 --> 00:05:47,270

yes I reposted these pictures because I

117

00:05:52,180 --> 00:05:49,790

wanted it to be seen first and foremost

118

00:05:54,220 --> 00:05:52,190

by our listeners so please go to our

119

00:05:58,270 --> 00:05:54,230

Facebook page Supernatural girls on

120

00:06:02,020 --> 00:05:58,280

Facebook you will see three photos that

121

00:06:05,260 --> 00:06:02,030

have no explanation you will see the

122

00:06:08,140 --> 00:06:05,270

first photo which is a big huge ball of

123

00:06:10,630 --> 00:06:08,150

light with streams of light coming from

124

00:06:12,720 --> 00:06:10,640

it and it almost looks like two feet

125

00:06:15,310 --> 00:06:12,730

underneath it or a trail or something

126

00:06:17,530 --> 00:06:15,320

mm-hmm there's a deer off to the

127

00:06:20,590 --> 00:06:17,540

left-hand side that is standing there

128

00:06:22,180 --> 00:06:20,600

and let me tell you there is no lighting

129

00:06:24,280 --> 00:06:22,190

on our driveway we have a driveway

130

00:06:27,010 --> 00:06:24,290

that's almost a mile long there are no

131

00:06:30,610 --> 00:06:27,020

lights on the driveway there are no

132

00:06:33,190 --> 00:06:30,620

lights in the entire town by the way if

133

00:06:35,530 --> 00:06:33,200

there are no streetlights at all so

134

00:06:38,350 --> 00:06:35,540

where this came from I can't tell you

135

00:06:40,300 --> 00:06:38,360

but this showed up on the trail cam then

136

00:06:42,790 --> 00:06:40,310

there were two more photos taken in

137

00:06:45,280 --> 00:06:42,800

succession the other thing that's weird

138

00:06:47,890 --> 00:06:45,290

about these photos and I want everybody

139

00:06:51,310 --> 00:06:47,900

to know this camera is set up to take

140

00:06:54,390 --> 00:06:51,320

photos every three seconds yet these

141

00:06:57,100 --> 00:06:54,400

photos were taken almost simultaneously

142

00:06:59,470 --> 00:06:57,110

so they happened boom boom boom one

143

00:07:02,320 --> 00:06:59,480

after another and there was only a

144

00:07:05,080 --> 00:07:02,330

fraction of a second in between so this

145

00:07:07,510 --> 00:07:05,090

is highly unusual and we've had as you

146

00:07:10,390 --> 00:07:07,520

know and all our listeners know that

147

00:07:12,520 --> 00:07:10,400

have been had with us for years now we

148

00:07:14,950 --> 00:07:12,530

have had this happen before

149

00:07:17,830 --> 00:07:14,960

this is a portal on the right side of

150

00:07:19,960 --> 00:07:17,840

the driveway and things come through so

151

00:07:23,020 --> 00:07:19,970

this is the latest of what has come

152

00:07:26,140 --> 00:07:23,030

through to visit us we again don't know

153

00:07:27,580 --> 00:07:26,150

what it is it's we've asked people for

154

00:07:29,980 --> 00:07:27,590

their input we're asking you our

155

00:07:31,900 --> 00:07:29,990

audience to take a look let us know what

156

00:07:34,240 --> 00:07:31,910

you think it is see if you can tune in

157

00:07:35,800 --> 00:07:34,250

and figure out what in the world this is

158

00:07:38,020 --> 00:07:35,810

it came through the portal that night

159

00:07:41,470 --> 00:07:38,030

it's fascinating

160

00:07:44,680 --> 00:07:41,480

well and also you have the negative yes

161

00:07:46,480 --> 00:07:44,690

doesn't let you see through now Bob Luca

162

00:07:48,130 --> 00:07:46,490

who's a dear friend of ours and was on

163

00:07:50,170 --> 00:07:48,140

the show a few weeks ago they have a new

164

00:07:53,770 --> 00:07:50,180

book called lifting the veil he and his

165

00:07:55,870 --> 00:07:53,780

wife Betty Andres and Luca Bob took the

166

00:07:57,940 --> 00:07:55,880

photograph the first one and did a

167

00:08:00,820 --> 00:07:57,950

negative of it and one of the things

168

00:08:03,040 --> 00:08:00,830

that he said was this object is solid

169

00:08:05,170 --> 00:08:03,050

there's no question about it so it's not

170

00:08:08,080 --> 00:08:05,180

something on the lens of the camera it's

171

00:08:09,760 --> 00:08:08,090

not like a little bubble of water or

172

00:08:12,490 --> 00:08:09,770

whenever it's not there's something

173

00:08:14,590 --> 00:08:12,500

solid there and that's also on our

174

00:08:18,400 --> 00:08:14,600

Facebook page so take a look at that as

175

00:08:20,260 --> 00:08:18,410

well you will be our participant in this

176

00:08:23,080 --> 00:08:20,270

paranormal experiment we want to know

177

00:08:24,490 --> 00:08:23,090

what you think this is so this is a real

178

00:08:27,490 --> 00:08:24,500

deal everybody I don't know how to

179

00:08:29,950 --> 00:08:27,500

Photoshop anything so it's either get

180

00:08:33,399 --> 00:08:29,960

what it is whatever comes out on the

181

00:08:36,700 --> 00:08:33,409

camera you get it for all the world to

182

00:08:40,060 --> 00:08:36,710

see so anyways we also have some other

183

00:08:43,170 --> 00:08:40,070

great stories that we posted today now

184

00:08:45,280 --> 00:08:43,180

we have that strange unfortunate it

185

00:08:47,050 --> 00:08:45,290

unfortunately resulted in the death of

186

00:08:50,560 --> 00:08:47,060

the pilot right there was an aircraft

187

00:08:54,040 --> 00:08:50,570

from area 51 that crashed but they are

188

00:08:55,480 --> 00:08:54,050

not releasing anything no details on

189

00:08:58,120 --> 00:08:55,490

this crap so what does that tell you

190

00:08:59,770 --> 00:08:58,130

three days after is with it announced

191

00:09:01,780 --> 00:08:59,780

that he was had passed because of the

192

00:09:04,350 --> 00:09:01,790

crash we still don't know what kind of a

193

00:09:07,540 --> 00:09:04,360

plane it was it's just very unusual

194

00:09:11,829 --> 00:09:07,550

highly he's active isn't he active duty

195

00:09:14,530 --> 00:09:11,839

as well I do yes yes so that's very

196

00:09:16,390 --> 00:09:14,540

unusual and you know because you were we

197

00:09:17,920 --> 00:09:16,400

worked with the military so you know

198

00:09:21,700 --> 00:09:17,930

them they don't usually do things like

199

00:09:23,560 --> 00:09:21,710

that so we have to take a wild guess and

200

00:09:27,810 --> 00:09:23,570

think that perhaps this is one of the

201  
00:09:31,360 --> 00:09:27,820  
back-engineered UFO types of craft and

202  
00:09:33,280 --> 00:09:31,370  
it is something that we all need to pay

203  
00:09:35,170 --> 00:09:33,290  
attention to now we don't need just

204  
00:09:36,970 --> 00:09:35,180  
closure from the government everybody we

205  
00:09:38,610 --> 00:09:36,980  
know they're here and we know we've been

206  
00:09:41,079 --> 00:09:38,620  
back-engineering these types of things

207  
00:09:43,570 --> 00:09:41,089  
and we're sad to hear that somebody lost

208  
00:09:46,900 --> 00:09:43,580  
their life and one of these tests

209  
00:09:50,020 --> 00:09:46,910  
flights but again there it is area 51

210  
00:09:51,370 --> 00:09:50,030  
that's what happened there now he can

211  
00:09:51,820 --> 00:09:51,380  
you found something interesting

212  
00:09:55,450 --> 00:09:51,830  
Oh

213  
00:09:57,610 --> 00:09:55,460

yes what well about a couple weeks ago

214

00:09:59,890 --> 00:09:57,620

my sister sent this picture of a cloud

215

00:10:02,290 --> 00:09:59,900

which looked like a like an odd like as

216

00:10:02,980 --> 00:10:02,300

a dish but it was definitely a cloud it

217

00:10:06,340 --> 00:10:02,990

was pink

218

00:10:09,010 --> 00:10:06,350

it was very fluffy but it was it looked

219

00:10:11,280 --> 00:10:09,020

like a you have some conference yes so

220

00:10:13,120 --> 00:10:11,290

as we were looking at the pilot

221

00:10:14,620 --> 00:10:13,130

situation that we're looking at right

222

00:10:19,570 --> 00:10:14,630

below it it was talking about another

223

00:10:22,390 --> 00:10:19,580

UFO thing that took place five years ago

224

00:10:24,580 --> 00:10:22,400

was the same type of cloud the only

225

00:10:27,280 --> 00:10:24,590

difference is it's long it's narrow

226

00:10:29,290 --> 00:10:27,290

this one's elongated but outside of that

227

00:10:31,330 --> 00:10:29,300

the colors in it are the same in

228

00:10:34,240 --> 00:10:31,340

whatever so whatever's up there playing

229

00:10:36,730 --> 00:10:34,250

around they better start giving us some

230

00:10:39,040 --> 00:10:36,740

answers that's right we want a

231

00:10:41,140 --> 00:10:39,050

conversation so they're welcome you're

232

00:10:42,490 --> 00:10:41,150

welcome to your house in Tucson to my

233

00:10:45,190 --> 00:10:42,500

house here they can come and visit

234

00:10:46,830 --> 00:10:45,200

definitely we are happy to have these

235

00:10:48,730 --> 00:10:46,840

conversations with these

236

00:10:50,920 --> 00:10:48,740

extraterrestrials or interdimensional

237

00:10:53,530 --> 00:10:50,930

whatever they may be or a combination

238

00:10:56,980 --> 00:10:53,540

thereof but we know they're here it's

239

00:10:58,720 --> 00:10:56,990

it's well-documented so those are such

240

00:11:00,280 --> 00:10:58,730

just some of the stories that you're

241

00:11:02,770 --> 00:11:00,290

gonna see there's also there's many

242

00:11:06,070 --> 00:11:02,780

others there's a Viking woman who is

243

00:11:07,780 --> 00:11:06,080

found in a grave of warrior that's an

244

00:11:09,700 --> 00:11:07,790

interesting story as well so take a look

245

00:11:12,400 --> 00:11:09,710

everybody at our Facebook page give us a

246

00:11:14,530 --> 00:11:12,410

like follow us on facebook follow us on

247

00:11:16,540 --> 00:11:14,540

twitter and sign up for the fringe files

248

00:11:19,270 --> 00:11:16,550

newsletter so you can keep abreast of

249

00:11:21,430 --> 00:11:19,280

what we're doing and who's coming up on

250

00:11:23,740 --> 00:11:21,440

the show is you've got always great

251  
00:11:25,570 --> 00:11:23,750  
guests for you the best of the best

252  
00:11:28,810 --> 00:11:25,580  
we've got him right here on supernatural

253  
00:11:32,500 --> 00:11:28,820  
girls radio like tonight's it's like

254  
00:11:36,390 --> 00:11:32,510  
tonight we've got the best of the best

255  
00:11:39,450 --> 00:11:36,400  
once again we have with us the author of

256  
00:11:42,820 --> 00:11:39,460  
the transformational power of dreaming

257  
00:11:45,370 --> 00:11:42,830  
discovering the wishes of the soul is a

258  
00:11:47,320 --> 00:11:45,380  
very powerful book and the co-author

259  
00:11:49,990 --> 00:11:47,330  
again is Steven Larson we're gonna give

260  
00:11:53,320 --> 00:11:50,000  
him some credit as well but our guest

261  
00:11:56,350 --> 00:11:53,330  
tonight is Tom Verner and he is a

262  
00:11:58,600 --> 00:11:56,360  
practicing psychotherapist and also

263  
00:12:00,760 --> 00:11:58,610

we're going to talk about later he has

264

00:12:03,610 --> 00:12:00,770

some very interesting things he does

265

00:12:05,410 --> 00:12:03,620

with children as a professional magician

266

00:12:07,240 --> 00:12:05,420

now tom was

267

00:12:10,960 --> 00:12:07,250

also a professor of psychology at

268

00:12:13,270 --> 00:12:10,970

Burlington College for 35 years and he's

269

00:12:15,370 --> 00:12:13,280

a specialist in dream analysis and we

270

00:12:18,400 --> 00:12:15,380

have him here with us so let's welcome

271

00:12:20,950 --> 00:12:18,410

him to the show Tom happy to have you

272

00:12:23,110 --> 00:12:20,960

here that's wonderful to be here thank

273

00:12:25,450 --> 00:12:23,120

you so much for inviting me and I'm

274

00:12:29,140 --> 00:12:25,460

looking forward to a great discussion

275

00:12:36,270 --> 00:12:29,150

about this world of dreams ah-ha I am

276

00:12:40,660 --> 00:12:38,830

and we have so much to ask you but let's

277

00:12:43,590 --> 00:12:40,670

start with how did you get involved with

278

00:12:48,460 --> 00:12:43,600

dreams what drew you to that subject

279

00:12:52,600 --> 00:12:48,470

well I lived in a monastery for seven

280

00:12:55,150 --> 00:12:52,610

years uh a Christian cloistered

281

00:12:58,180 --> 00:12:55,160

monastery was like living in the 13th

282

00:13:00,940 --> 00:12:58,190

century we chanted seven times a day in

283

00:13:03,630 --> 00:13:00,950

Latin and meditated and did all those

284

00:13:09,010 --> 00:13:03,640

kind of things but at some point I

285

00:13:11,230 --> 00:13:09,020

decided I needed to leave and do

286

00:13:14,710 --> 00:13:11,240

something else with my life and as I was

287

00:13:18,370 --> 00:13:14,720

leaving the master of the monastery had

288

00:13:20,530 --> 00:13:18,380

a book in his hand and he said I'm gonna

289

00:13:23,200 --> 00:13:20,540

give you a book and it was written by a

290

00:13:26,500 --> 00:13:23,210

man and this book is gonna help you get

291

00:13:28,390 --> 00:13:26,510

from this world of the monastery to the

292

00:13:31,150 --> 00:13:28,400

world where you're going because the

293

00:13:35,050 --> 00:13:31,160

author of this book had a foot in each

294

00:13:38,770 --> 00:13:35,060

world and he handed me memories dreams

295

00:13:42,970 --> 00:13:38,780

reflections the autobiography of Carl

296

00:13:46,150 --> 00:13:42,980

Jung and the first time I ever heard of

297

00:13:48,340 --> 00:13:46,160

Jung that was over 40 years ago and I'm

298

00:13:51,910 --> 00:13:48,350

sitting here in front of my bookcase and

299

00:13:58,440 --> 00:13:51,920

this is the very book Oh for him to say

300

00:14:01,690 --> 00:13:58,450

because that monk gave me and here it is

301

00:14:04,270 --> 00:14:01,700

it's a book I've read many many times

302

00:14:08,550 --> 00:14:04,280

and I say if you want to learn about

303

00:14:14,170 --> 00:14:08,560

Jung that's the best place to begin so

304

00:14:17,830 --> 00:14:14,180

in the index of the book I think it has

305

00:14:18,820 --> 00:14:17,840

I could look but I think it has four

306

00:14:23,830 --> 00:14:18,830

columns

307

00:14:26,620 --> 00:14:23,840

of dreams of Jung's recounted in the in

308

00:14:29,230 --> 00:14:26,630

the book so the book is very much about

309

00:14:32,380 --> 00:14:29,240

his dream life and it introduced me to

310

00:14:33,330 --> 00:14:32,390

the world of dreams and I haven't looked

311

00:14:38,320 --> 00:14:33,340

back since

312

00:14:40,990 --> 00:14:38,330

so dreamer pardon me are you a heavy

313

00:14:44,970 --> 00:14:41,000

dreamer I'm not I wouldn't consider

314

00:14:47,560 --> 00:14:44,980

myself a heavy dreamer right dream are I

315

00:14:51,220 --> 00:14:47,570

we probably have to clear this up maybe

316

00:14:54,340 --> 00:14:51,230

right off the bat because all the time

317

00:14:57,990 --> 00:14:54,350

people say to me I don't dream well it's

318

00:15:01,540 --> 00:14:58,000

just not possible not to dream I mean my

319

00:15:06,220 --> 00:15:01,550

my PhD advisor Stanley krypter who

320

00:15:09,900 --> 00:15:06,230

probably his work yes yes Stanley did

321

00:15:12,610 --> 00:15:09,910

some dream deprivation research where he

322

00:15:14,830 --> 00:15:12,620

would as soon as people would begin to

323

00:15:17,100 --> 00:15:14,840

go into a dream state they would wake

324

00:15:20,500 --> 00:15:17,110

them up in the dream laboratory and

325

00:15:23,110 --> 00:15:20,510

within three days the people if they had

326

00:15:25,930 --> 00:15:23,120

walked into an emergency room would have

327

00:15:29,590 --> 00:15:25,940

been diagnosed paranoid schizophrenic

328

00:15:32,680 --> 00:15:29,600

if you don't as Mick Jagger says in Ruby

329

00:15:36,220 --> 00:15:32,690

Tuesday if you lose your dreams you lose

330

00:15:39,160 --> 00:15:36,230

your mind and it's absolutely true we

331

00:15:42,340 --> 00:15:39,170

just don't remember them that's all for

332

00:15:44,950 --> 00:15:42,350

the most part so they're there but

333

00:15:48,970 --> 00:15:44,960

people just don't remember I found it

334

00:15:52,720 --> 00:15:48,980

again how do we learn to remember well

335

00:15:56,380 --> 00:15:52,730

that's kind of the very first thing that

336

00:16:01,060 --> 00:15:56,390

you need to pay some attention to and

337

00:16:03,010 --> 00:16:01,070

put some energy into and a couple of

338

00:16:06,070 --> 00:16:03,020

things I can say maybe this will come up

339

00:16:09,190 --> 00:16:06,080

again but you know put a notebook and a

340

00:16:11,950 --> 00:16:09,200

pen beside your bed and then before you

341

00:16:15,670 --> 00:16:11,960

go to sleep as you're falling asleep

342

00:16:18,940 --> 00:16:15,680

give yourself some pre sleep suggestion

343

00:16:24,220 --> 00:16:18,950

in the morning I will remember my dream

344

00:16:26,950 --> 00:16:24,230

and just say that three or four times as

345

00:16:31,450 --> 00:16:26,960

you're falling asleep and that kind of

346

00:16:32,470 --> 00:16:31,460

seeds the unconscious you know to help

347

00:16:35,229 --> 00:16:32,480

you in the morning

348

00:16:39,340 --> 00:16:35,239

and then the other important thing is

349

00:16:42,609 --> 00:16:39,350

when you wake up in the morning jot

350

00:16:45,909 --> 00:16:42,619

something down you don't have to jot the

351  
00:16:48,999 --> 00:16:45,919  
whole dream down but Johnson key images

352  
00:16:51,179 --> 00:16:49,009  
that will bring the dream back and it's

353  
00:16:54,429 --> 00:16:51,189  
the last thing you're gonna want to do

354  
00:16:57,759 --> 00:16:54,439  
at that hour of the morning is just to

355  
00:17:00,009 --> 00:16:57,769  
reach over and write down or it's gone

356  
00:17:02,169 --> 00:17:00,019  
that's one of the mysterious things

357  
00:17:07,329 --> 00:17:02,179  
about dreams is you can be in the middle

358  
00:17:11,220 --> 00:17:07,339  
of this amazingly intense experience you

359  
00:17:14,799 --> 00:17:11,230  
wake up I could never forget this and

360  
00:17:19,600 --> 00:17:14,809  
it's gone time yeah how does that happen

361  
00:17:21,960 --> 00:17:19,610  
how does it points the part of the

362  
00:17:24,730 --> 00:17:21,970  
mystery of dreams is that they can be

363  
00:17:27,990 --> 00:17:24,740

forgotten so quickly it's like they

364

00:17:31,419 --> 00:17:28,000

somehow James Hillman my great teacher

365

00:17:33,970 --> 00:17:31,429

they seem to resist being dragged into

366

00:17:38,740 --> 00:17:33,980

the light of day somehow and we have to

367

00:17:41,560 --> 00:17:38,750

do it very gently and so anyhow that's a

368

00:17:43,870 --> 00:17:41,570

few thoughts about oh there are other

369

00:17:47,019 --> 00:17:43,880

ways you can drink a lot of water and

370

00:17:50,649 --> 00:17:47,029

you have to pee in the night and that'll

371

00:17:52,600 --> 00:17:50,659

wake you up that can make you up or you

372

00:17:55,269 --> 00:17:52,610

can take b6

373

00:17:57,840 --> 00:17:55,279

about a half hour before you go to bed

374

00:18:00,820 --> 00:17:57,850

and that seems to enhance dreaming

375

00:18:02,710 --> 00:18:00,830

there's lots of other things that we

376

00:18:07,029 --> 00:18:02,720

talked about we have an entire chapter

377

00:18:09,340 --> 00:18:07,039

in the book on remembering dreams the

378

00:18:13,090 --> 00:18:09,350

only dream I could honestly say I

379

00:18:16,539 --> 00:18:13,100

remember to any degree was about 10

380

00:18:19,840 --> 00:18:16,549

years ago and my husband had passed away

381

00:18:22,019 --> 00:18:19,850

at 37 years of age there was different

382

00:18:26,919 --> 00:18:22,029

questions that had never been answered I

383

00:18:27,399 --> 00:18:26,929

woke up I thought I felt the bed sit

384

00:18:32,919 --> 00:18:27,409

down

385

00:18:35,019 --> 00:18:32,929

favorite sweater leaning over kissing me

386

00:18:36,490 --> 00:18:35,029

on the cheek heard him tell me what I

387

00:18:39,370 --> 00:18:36,500

needed to do where the children were

388

00:18:42,039 --> 00:18:39,380

concerned and that was as vivid to me

389

00:18:44,619 --> 00:18:42,049

for three or four days I couldn't I

390

00:18:46,250 --> 00:18:44,629

couldn't lose it it was there that day

391

00:18:48,080 --> 00:18:46,260

and then after that it was called

392

00:18:50,750 --> 00:18:48,090

but that's the only time I've ever

393

00:18:54,290 --> 00:18:50,760

remembered anything that intensely how

394

00:18:58,610 --> 00:18:54,300

long ago was that I mean how long after

395

00:19:03,340 --> 00:18:58,620

he passed did you about about 35 37

396

00:19:13,220 --> 00:19:03,350

years you have the dream 37 years later

397

00:19:14,990 --> 00:19:13,230

yeah yeah I'm a slow learners there's

398

00:19:16,940 --> 00:19:15,000

usually people have those kinds of

399

00:19:19,340 --> 00:19:16,950

dreams a little sooner right Tom I mean

400

00:19:24,170 --> 00:19:19,350

maybe a little bit sooner after somebody

401  
00:19:27,260 --> 00:19:24,180  
passes away they certainly can my my mom

402  
00:19:30,470 --> 00:19:27,270  
passed a couple of years ago just two

403  
00:19:35,930 --> 00:19:30,480  
years ago at 98 years old I was doing

404  
00:19:37,850 --> 00:19:35,940  
Alice to have her around and my

405  
00:19:42,020 --> 00:19:37,860  
granddaughter we had dinner together

406  
00:19:47,450 --> 00:19:42,030  
every Sunday night almost the family and

407  
00:19:50,240 --> 00:19:47,460  
my granddaughter Sangeeta and my mom

408  
00:19:56,000 --> 00:19:50,250  
developed a very very intense

409  
00:19:58,640 --> 00:19:56,010  
relationship and she died and guida

410  
00:20:02,240 --> 00:19:58,650  
missed her very much and then about a

411  
00:20:07,160 --> 00:20:02,250  
month later she called me on the phone

412  
00:20:10,310 --> 00:20:07,170  
and she said I saw Grammy last night in

413  
00:20:13,340 --> 00:20:10,320

a dream but it wasn't a dream

414

00:20:15,860 --> 00:20:13,350

Vibha she kept saying that over and over

415

00:20:18,680 --> 00:20:15,870

she said he wasn't a dream she came into

416

00:20:21,470 --> 00:20:18,690

my room it was very much like your

417

00:20:23,780 --> 00:20:21,480

husband standing there you know she came

418

00:20:28,250 --> 00:20:23,790

in you know she came into my room and

419

00:20:31,550 --> 00:20:28,260

woke me up Nita said and said I want to

420

00:20:34,040 --> 00:20:31,560

take you somewhere and she took my

421

00:20:37,580 --> 00:20:34,050

granddaughter by her hand and they went

422

00:20:41,300 --> 00:20:37,590

up into the sky and my brother who died

423

00:20:44,240 --> 00:20:41,310

before Sangeeta was born was very close

424

00:20:48,410 --> 00:20:44,250

to my daughter and she heard a lot about

425

00:20:51,140 --> 00:20:48,420

my brother from her mother and so my

426

00:20:53,210 --> 00:20:51,150

mother took her into a room and said I

427

00:20:56,360 --> 00:20:53,220

want you to meet a very special person

428

00:20:58,190 --> 00:20:56,370

and she looked and she said are you

429

00:21:01,190 --> 00:20:58,200

Uncle Jim

430

00:21:03,560 --> 00:21:01,200

and for heaven sakes she he said I've

431

00:21:05,960 --> 00:21:03,570

been looking out for you and keeping you

432

00:21:09,440 --> 00:21:05,970

safe and you're doing wonderfully don't

433

00:21:11,779 --> 00:21:09,450

you worry and then my mom started back

434

00:21:15,499 --> 00:21:11,789

down and she said oh there's one other

435

00:21:18,979 --> 00:21:15,509

person my mom was a very devout Catholic

436

00:21:21,080 --> 00:21:18,989

and she said I just almost offhandedly

437

00:21:23,570 --> 00:21:21,090

she said I want you to meet somebody and

438

00:21:28,729 --> 00:21:23,580

they went into another space and there

439

00:21:30,950 --> 00:21:28,739

was Jesus and Jesus said to Dida you're

440

00:21:33,950 --> 00:21:30,960

a wonderful little girl and your

441

00:21:36,619 --> 00:21:33,960

grandmother's were so happy to have her

442

00:21:40,279 --> 00:21:36,629

here with us and you'll be here someday

443

00:21:42,979 --> 00:21:40,289

with us also and then she took her down

444

00:21:45,229 --> 00:21:42,989

she said b-but this wasn't a dream she

445

00:21:48,019 --> 00:21:45,239

said again this wasn't a dream and and

446

00:21:51,320 --> 00:21:48,029

then Graeme took me back to my room and

447

00:21:54,859 --> 00:21:51,330

tucked me in and kissed me and said

448

00:21:57,409 --> 00:21:54,869

goodnight and went out my door and I got

449

00:21:59,090 --> 00:21:57,419

up out of my bed beep ah she said and I

450

00:22:01,789 --> 00:21:59,100

opened the door and look down the

451

00:22:04,399 --> 00:22:01,799

corridor to see if she was still there

452

00:22:08,570 --> 00:22:04,409

but she was gone and I went back and

453

00:22:11,690 --> 00:22:08,580

went to sleep so that there's the whole

454

00:22:14,659 --> 00:22:11,700

story of that in the book and other

455

00:22:17,479 --> 00:22:14,669

dreams about death and it seemed like

456

00:22:18,529 --> 00:22:17,489

death and the life but not a

457

00:22:22,820 --> 00:22:18,539

relationship

458

00:22:25,729 --> 00:22:22,830

no and and often it can go out that it

459

00:22:33,349 --> 00:22:25,739

can go on in in the dream world which is

460

00:22:37,509 --> 00:22:33,359

quite magical it again gives it gives us

461

00:22:40,369 --> 00:22:37,519

a reason to understand the importance of

462

00:22:42,470 --> 00:22:40,379

dreams I mean if you're not paying

463

00:22:44,989 --> 00:22:42,480

attention to your dreams this could be

464

00:22:46,759 --> 00:22:44,999

some of the wonderful experiences that

465

00:22:49,720 --> 00:22:46,769

you're missing and certainly a

466

00:22:52,659 --> 00:22:49,730

granddaughter had a spectacular

467

00:22:55,909 --> 00:22:52,669

experience with your grandmother but

468

00:22:57,979 --> 00:22:55,919

it's if you're not paying attention you

469

00:23:02,930 --> 00:22:57,989

know as an adult this is what you're

470

00:23:06,859 --> 00:23:02,940

going to miss yeah and and she that

471

00:23:08,599 --> 00:23:06,869

Christmas I gave a copy of that dream to

472

00:23:10,280 --> 00:23:08,609

all the grandchildren and

473

00:23:13,490 --> 00:23:10,290

great-grandchildren

474

00:23:17,060 --> 00:23:13,500

that there Graham is still alive and

475

00:23:20,600 --> 00:23:17,070

well and looking after them you know and

476

00:23:23,570 --> 00:23:20,610

it's really wonderful like her her life

477

00:23:26,600 --> 00:23:23,580

goes on that's beautiful wonder what a

478

00:23:33,890 --> 00:23:26,610

gift yes definitely I think something

479

00:23:36,980 --> 00:23:33,900

you said Patricia is that we it's one

480

00:23:39,410 --> 00:23:36,990

thing to remember the dream and then we

481

00:23:44,450 --> 00:23:39,420

have to do something with it it can be

482

00:23:48,440 --> 00:23:44,460

as little as my granddaughter telling me

483

00:23:50,360 --> 00:23:48,450

you know and then asking me or I asked

484

00:23:52,280 --> 00:23:50,370

her if I could write it down and she

485

00:23:55,100 --> 00:23:52,290

wrote it all down for me and then I

486

00:23:58,250 --> 00:23:55,110

copied it out in calligraphy and made a

487

00:24:00,560 --> 00:23:58,260

card for all everyone in the family but

488

00:24:04,360 --> 00:24:00,570

if we don't do something there's a

489

00:24:08,120 --> 00:24:04,370

wonderful story about Edgar Cayce who

490

00:24:10,430 --> 00:24:08,130

yeah use you know he would go into the -

491

00:24:13,790 --> 00:24:10,440

the sleeping prophet he would go into

492

00:24:15,590 --> 00:24:13,800

those sleeping trance States and people

493

00:24:19,060 --> 00:24:15,600

would write him all these letters and

494

00:24:22,400 --> 00:24:19,070

his secretary Gladys Davis would read

495

00:24:24,790 --> 00:24:22,410

these letters and he his source would

496

00:24:27,530 --> 00:24:24,800

answer their questions they might be

497

00:24:30,560 --> 00:24:27,540

physical diseases or financial problems

498

00:24:33,860 --> 00:24:30,570

or spiritual questions or whatever but

499

00:24:36,320 --> 00:24:33,870

Casey also had the wonderful gift of

500

00:24:40,130 --> 00:24:36,330

being able to have Gladys read his

501  
00:24:42,170 --> 00:24:40,140  
dreams to him while he was in that state

502  
00:24:47,300 --> 00:24:42,180  
and have them interpreted from that

503  
00:24:50,030 --> 00:24:47,310  
source that he contacted and so he he

504  
00:24:53,390 --> 00:24:50,040  
had given a Gladys a dream that he

505  
00:24:55,910 --> 00:24:53,400  
wanted to have read to him and then he

506  
00:24:58,220 --> 00:24:55,920  
came out of his trance and he said the

507  
00:25:00,560 --> 00:24:58,230  
Gladys he said what did they say about

508  
00:25:03,800 --> 00:25:00,570  
that dream he really wanted to know it

509  
00:25:06,050 --> 00:25:03,810  
was a very powerful dream and Gladys was

510  
00:25:09,980 --> 00:25:06,060  
very embarrassed she had great respect

511  
00:25:12,740 --> 00:25:09,990  
for Edgar Cayce and she said well what

512  
00:25:16,490 --> 00:25:12,750  
what the source said was I gave you some

513  
00:25:18,950 --> 00:25:16,500

information about a dream about a week

514

00:25:20,540 --> 00:25:18,960

ago and you've done nothing about it and

515

00:25:30,730 --> 00:25:20,550

until you do

516

00:25:34,220 --> 00:25:30,740

there will be no further information so

517

00:25:36,470 --> 00:25:34,230

if we do have the gift of receiving a

518

00:25:38,300 --> 00:25:36,480

dream then we really need to do

519

00:25:41,240 --> 00:25:38,310

something with it because young once

520

00:25:43,760 --> 00:25:41,250

said the conscious and unconscious work

521

00:25:46,970 --> 00:25:43,770

as hard as each other works and it's a

522

00:25:48,560 --> 00:25:46,980

relationship so okay so then we have to

523

00:25:51,640 --> 00:25:48,570

do something with it and this is where I

524

00:25:54,920 --> 00:25:51,650

think dream groups become a really

525

00:25:57,680 --> 00:25:54,930

important adjunct to dream work having

526

00:25:59,930 --> 00:25:57,690

people to talk to you to talk about your

527

00:26:00,620 --> 00:25:59,940

dreams and to listen to them about their

528

00:26:05,630 --> 00:26:00,630

dreams

529

00:26:07,700 --> 00:26:05,640

it becomes very powerful dream dream

530

00:26:11,060 --> 00:26:07,710

groups can be there's a there's a

531

00:26:14,330 --> 00:26:11,070

wonderful book by a man named Montague

532

00:26:17,870 --> 00:26:14,340

Ullman and he worked with Stan krypter

533

00:26:19,970 --> 00:26:17,880

on telepathic dreams and a woman named

534

00:26:23,300 --> 00:26:19,980

Nan's immerman called working with your

535

00:26:26,720 --> 00:26:23,310

dreams and it's it's the best book on

536

00:26:29,090 --> 00:26:26,730

how regular folks you know not psycho

537

00:26:31,640 --> 00:26:29,100

therapist or psychologist or dream

538

00:26:35,330 --> 00:26:31,650

experts or anything can start a dream

539

00:26:38,750 --> 00:26:35,340

group and it's if you have somebody like

540

00:26:42,320 --> 00:26:38,760

my wife is really also interested in her

541

00:26:44,570 --> 00:26:42,330

dreams and oh like for mornings a week

542

00:26:47,180 --> 00:26:44,580

we'll tell each other our dreams you

543

00:26:51,620 --> 00:26:47,190

know if we bring them back and one of us

544

00:26:54,800 --> 00:26:51,630

does or the other both sometimes but one

545

00:26:57,820 --> 00:26:54,810

of the best exercises that Omen and

546

00:27:01,010 --> 00:26:57,830

Zimmerman talk about in there is a

547

00:27:03,230 --> 00:27:01,020

dreamer one of the things about dream

548

00:27:05,060 --> 00:27:03,240

groups that when I've been in dream

549

00:27:07,700 --> 00:27:05,070

groups and there was a professional

550

00:27:10,250 --> 00:27:07,710

there they usually worked on one dream

551  
00:27:13,160 --> 00:27:10,260  
and the rest of the group kind of sat

552  
00:27:15,500 --> 00:27:13,170  
there well omen and Zimmerman came up

553  
00:27:18,770 --> 00:27:15,510  
with this really marvelous exercise

554  
00:27:21,440 --> 00:27:18,780  
where someone tells a dream and then

555  
00:27:24,440 --> 00:27:21,450  
everyone in the group writes the dream

556  
00:27:26,900 --> 00:27:24,450  
down and then they take about 20 minutes

557  
00:27:31,940 --> 00:27:26,910  
by themselves each person in the group

558  
00:27:34,340 --> 00:27:31,950  
and they say what would what if this was

559  
00:27:38,480 --> 00:27:34,350  
my dream what would it mean

560  
00:27:42,380 --> 00:27:38,490  
to me and then the dreamer gets what

561  
00:27:46,460 --> 00:27:42,390  
omen and calls a reservoir of possible

562  
00:27:48,440 --> 00:27:46,470  
meanings everybody reads back that what

563  
00:27:51,380 --> 00:27:48,450

the dream would have meant to them and

564

00:27:56,120 --> 00:27:51,390

the dreamer gets this gift of all these

565

00:27:58,460 --> 00:27:56,130

different and MMus happened actually my

566

00:28:01,669 --> 00:27:58,470

wife and I do these week long dream

567

00:28:04,070 --> 00:28:01,679

retreats and we did that exercise a

568

00:28:07,039 --> 00:28:04,080

couple of times that week and someone

569

00:28:08,810 --> 00:28:07,049

told the dream and I took it on as if it

570

00:28:12,950 --> 00:28:08,820

was my dream and I wrote it down I

571

00:28:15,860 --> 00:28:12,960

worked on it and got a lot from it for

572

00:28:19,820 --> 00:28:15,870

myself and as well as for the dreamer

573

00:28:21,409 --> 00:28:19,830

and about two weeks later I ran into

574

00:28:23,720 --> 00:28:21,419

someone who had been at the dream

575

00:28:25,580 --> 00:28:23,730

retreat and I said how are you doing he

576

00:28:28,100 --> 00:28:25,590

said I'm still thinking about the dream

577

00:28:29,720 --> 00:28:28,110

retreat and I said I'm still thinking

578

00:28:32,930 --> 00:28:29,730

about it too I'm thinking about that

579

00:28:36,020 --> 00:28:32,940

dream I had and I told them you know a

580

00:28:38,149 --> 00:28:36,030

little bit of the dream and the person

581

00:28:41,390 --> 00:28:38,159

looked at me and said Tom that wasn't

582

00:28:45,230 --> 00:28:41,400

your dream I said what do you mean he

583

00:28:49,100 --> 00:28:45,240

said that was Brenda's dream what do you

584

00:28:51,890 --> 00:28:49,110

mean so taking that on as my own and

585

00:28:54,770 --> 00:28:51,900

that continued to work with it that I

586

00:28:58,549 --> 00:28:54,780

actually began to believe it was my own

587

00:29:01,279 --> 00:28:58,559

dream so anyhow dream groups Patricia

588

00:29:04,490 --> 00:29:01,289

are a great way to work on on your

589

00:29:07,220 --> 00:29:04,500

dreams and we have a bunch of exercises

590

00:29:10,010 --> 00:29:07,230

in the book about how dream groups can

591

00:29:12,020 --> 00:29:10,020

work on on each other's dreams yeah this

592

00:29:14,210 --> 00:29:12,030

is this is I think much needed

593

00:29:17,000 --> 00:29:14,220

especially today it helps people come

594

00:29:19,010 --> 00:29:17,010

together helps us really go inside and

595

00:29:20,870 --> 00:29:19,020

see what are the truths we can determine

596

00:29:23,029 --> 00:29:20,880

now we're gonna take a short break in a

597

00:29:25,460 --> 00:29:23,039

minute and we'll be we'll be back but

598

00:29:28,430 --> 00:29:25,470

before we go I wanted to tell everybody

599

00:29:29,000 --> 00:29:28,440

you can watch us live tonight at this

600

00:29:34,220 --> 00:29:29,010

link

601  
00:29:43,970 --> 00:29:34,230  
ir n dot BZ /pha spook live again that

602  
00:29:45,890 --> 00:29:43,980  
is ir n dot b z /pha spook live and take

603  
00:29:47,720 --> 00:29:45,900  
a look at our facebook page again

604  
00:29:48,230 --> 00:29:47,730  
supernatural girls they got some crazy

605  
00:29:49,760 --> 00:29:48,240  
stuff

606  
00:29:52,700 --> 00:29:49,770  
there for you to look at we want to know

607  
00:29:55,280 --> 00:29:52,710  
what you think of it so everybody we are

608  
00:29:58,070 --> 00:29:55,290  
speaking tonight with Tom Verner he is a

609  
00:30:00,350 --> 00:29:58,080  
dream expert and we've got a lot to talk

610  
00:30:02,810 --> 00:30:00,360  
about tonight and hopefully give you the

611  
00:30:05,080 --> 00:30:02,820  
insight you may be looking for so stay

612  
00:30:07,549 --> 00:30:05,090  
tuned everybody we'll be right back

613  
00:30:08,510 --> 00:30:07,559

welcome back everyone to Supernatural

614

00:30:10,760 --> 00:30:08,520

girls radio

615

00:30:14,660 --> 00:30:10,770

I'm your host Patricia Baker here with

616

00:30:17,540 --> 00:30:14,670

my co-host pk and our illustrious guest

617

00:30:20,510 --> 00:30:17,550

Tom Werner expert in dreaming and author

618

00:30:24,230 --> 00:30:20,520

of the transformational power of

619

00:30:26,330 --> 00:30:24,240

dreaming discovering which is one so

620

00:30:28,010 --> 00:30:26,340

that's what we need to do is discover

621

00:30:30,980 --> 00:30:28,020

the wishes of the soul we've got a

622

00:30:33,500 --> 00:30:30,990

couple of questions for you Tom from our

623

00:30:37,100 --> 00:30:33,510

chat room this one is from a CEO who

624

00:30:41,330 --> 00:30:37,110

says hello I had a dream that my friend

625

00:30:47,450 --> 00:30:41,340

who had recently become my enemy is dead

626

00:30:54,350 --> 00:30:47,460

what does that mean Oh bye-bye dougie

627

00:30:57,049 --> 00:30:54,360

yeah had a dream about her friend who

628

00:31:00,740 --> 00:30:57,059

was now on the outs with in some way

629

00:31:04,570 --> 00:31:00,750

that had become her enemy yeah became an

630

00:31:09,320 --> 00:31:04,580

enemy and now that enemy in the dream

631

00:31:11,870 --> 00:31:09,330

died what does that mean well I have to

632

00:31:13,549 --> 00:31:11,880

I have to preface I'm sure there were

633

00:31:18,320 --> 00:31:13,559

gonna be other dreams I just have to

634

00:31:22,070 --> 00:31:18,330

preface this with young once said to

635

00:31:27,140 --> 00:31:22,080

Freud he said the difference between you

636

00:31:30,830 --> 00:31:27,150

and me is you interpret dreams and I

637

00:31:33,530 --> 00:31:30,840

interpret dreamers he said you don't

638

00:31:36,320 --> 00:31:33,540

need the dreamer there because you know

639

00:31:38,750 --> 00:31:36,330

what the dream means already because you

640

00:31:42,320 --> 00:31:38,760

have a theory and you reduce the dream

641

00:31:46,400 --> 00:31:42,330

to your theory he said but I need to ask

642

00:31:48,680 --> 00:31:46,410

the dreamer about the symbols in the

643

00:31:53,630 --> 00:31:48,690

dream because only the dreamer knows

644

00:31:56,180 --> 00:31:53,640

what the dream means he said say there

645

00:31:59,060 --> 00:31:56,190

was a pencil in the dream well Freud

646

00:32:01,580 --> 00:31:59,070

knew what that meant it was some phallic

647

00:32:04,159 --> 00:32:01,590

symbol of sexuality or power or

648

00:32:07,820 --> 00:32:04,169

something but young said to him wonder

649

00:32:10,789 --> 00:32:07,830

if the dreamer was a writer wonder if

650

00:32:13,519 --> 00:32:10,799

the dreamer was illiterate wonder if the

651  
00:32:15,260 --> 00:32:13,529  
dreamer had had his eye poked out by his

652  
00:32:18,649 --> 00:32:15,270  
older brother when they were 10 years

653  
00:32:21,140 --> 00:32:18,659  
old with a pencil there are three very

654  
00:32:23,000 --> 00:32:21,150  
different pencils young said and I

655  
00:32:31,700 --> 00:32:23,010  
wouldn't know that and once I had the

656  
00:32:36,200 --> 00:32:31,710  
dreamer so that being said I would ask

657  
00:32:40,730 --> 00:32:36,210  
the dreamer why is this person showing

658  
00:32:45,139 --> 00:32:40,740  
up right now I'd want to know how long

659  
00:32:48,560 --> 00:32:45,149  
the dreamer has been enemies with this

660  
00:32:50,330 --> 00:32:48,570  
person this who sounded like they might

661  
00:32:54,019 --> 00:32:50,340  
have been an important person in their

662  
00:32:57,080 --> 00:32:54,029  
life and now they're an enemy and I know

663  
00:33:03,080 --> 00:32:57,090

how hard that has been in my life when a

664

00:33:08,330 --> 00:33:03,090

good friend has become an enemy and it

665

00:33:10,700 --> 00:33:08,340

feels like a very it's almost as if the

666

00:33:12,710 --> 00:33:10,710

person would like them completely out of

667

00:33:14,690 --> 00:33:12,720

their life so they don't have to think

668

00:33:16,779 --> 00:33:14,700

about them they don't have to deal with

669

00:33:20,630 --> 00:33:16,789

them they don't have to deal with that

670

00:33:23,659 --> 00:33:20,640

maybe hurt or pain or missing or longing

671

00:33:26,810 --> 00:33:23,669

or whatever I don't know I'd love to

672

00:33:30,380 --> 00:33:26,820

talk with that dreamer about it what I

673

00:33:33,889 --> 00:33:30,390

would do if I was that dreamer I can

674

00:33:38,029 --> 00:33:33,899

give them some I would sit down I would

675

00:33:41,840 --> 00:33:38,039

quiet myself I would put myself in my

676  
00:33:44,919 --> 00:33:41,850  
imagination in a place where that person

677  
00:33:49,010 --> 00:33:44,929  
and I used to really like to go together

678  
00:33:51,500 --> 00:33:49,020  
that friend now an enemy and close their

679  
00:33:54,769 --> 00:33:51,510  
eyes imagine that person across from

680  
00:33:57,889 --> 00:33:54,779  
them have a piece of paper there on

681  
00:34:00,320 --> 00:33:57,899  
their desk as she's imagining this

682  
00:34:03,350 --> 00:34:00,330  
person there and have a conversation

683  
00:34:06,950 --> 00:34:03,360  
with that person like why are you

684  
00:34:10,339 --> 00:34:06,960  
showing up in my dream and why are you

685  
00:34:16,039 --> 00:34:10,349  
you know and and just see what it can be

686  
00:34:19,190 --> 00:34:16,049  
amazing how that person can say things

687  
00:34:23,180 --> 00:34:19,200  
if you can open yourself up to being

688  
00:34:26,750 --> 00:34:23,190

surprised things they will say that

689

00:34:30,200 --> 00:34:26,760

you're shocked by and it might heal the

690

00:34:32,599 --> 00:34:30,210

relationship you know I don't know I

691

00:34:35,359 --> 00:34:32,609

somehow it feels to me and this might be

692

00:34:41,899 --> 00:34:35,369

wishful thinking or something it feels

693

00:34:47,379 --> 00:34:41,909

like the relationship is looking to be

694

00:34:50,419 --> 00:34:47,389

healed in some way and I know that a my

695

00:34:52,970 --> 00:34:50,429

intuition about the dream ya know it

696

00:34:54,230 --> 00:34:52,980

seems to be saying the hell with you I

697

00:34:56,240 --> 00:34:54,240

wish you were dead

698

00:34:57,410 --> 00:34:56,250

I'm not sure that's what the dream is

699

00:35:00,920 --> 00:34:57,420

saying at all

700

00:35:05,079 --> 00:35:00,930

yes and I can't justify that rationally

701  
00:35:07,849 --> 00:35:05,089  
but just having heard so many dreams

702  
00:35:09,920 --> 00:35:07,859  
that's what it feels like if that makes

703  
00:35:12,259 --> 00:35:09,930  
that's all I can say right now that

704  
00:35:14,509 --> 00:35:12,269  
makes sense yes thank you for that

705  
00:35:16,730 --> 00:35:14,519  
now here's another question this is from

706  
00:35:22,490 --> 00:35:16,740  
starlight who would like to know what do

707  
00:35:27,740 --> 00:35:22,500  
constant dreams of beaches mean beaches

708  
00:35:32,509 --> 00:35:27,750  
Wow the first thing that comes to my

709  
00:35:34,670 --> 00:35:32,519  
mind and and its really interesting I'm

710  
00:35:37,339 --> 00:35:34,680  
not really pitching the book every time

711  
00:35:42,499 --> 00:35:37,349  
I say this but there's a lot in the book

712  
00:35:45,920 --> 00:35:42,509  
about the in-between places the places

713  
00:35:48,349 --> 00:35:45,930

between waking and sleeping the between

714

00:35:51,620 --> 00:35:48,359

darkness and light between dreaming and

715

00:35:58,279 --> 00:35:51,630

waking on all that and beaches are very

716

00:36:01,160 --> 00:35:58,289

much places between ah okay between the

717

00:36:04,490 --> 00:36:01,170

great source of life the the great

718

00:36:07,940 --> 00:36:04,500

mother herself the ocean and the land

719

00:36:11,269 --> 00:36:07,950

and to be in that place between is a

720

00:36:15,170 --> 00:36:11,279

very very powerful place like on the

721

00:36:19,430 --> 00:36:15,180

equinoxes or the solstices those places

722

00:36:25,279 --> 00:36:19,440

between seasons dawn and the dusk those

723

00:36:27,849 --> 00:36:25,289

power times are all times between and I

724

00:36:31,029 --> 00:36:27,859

can't say what

725

00:36:34,299 --> 00:36:31,039

that particular beach means but I would

726

00:36:36,970 --> 00:36:34,309

ask her to place herself there in her

727

00:36:40,479 --> 00:36:36,980

imagination go back into the dream and

728

00:36:43,120 --> 00:36:40,489

imagine she's in that place and what

729

00:36:47,400 --> 00:36:43,130

does that begin to bring up in her you

730

00:36:51,220 --> 00:36:47,410

know that's hard fast you know and also

731

00:36:54,009 --> 00:36:51,230

young as I said was very hesitant to say

732

00:36:59,019 --> 00:36:54,019

this means that or that means this or

733

00:37:01,930 --> 00:36:59,029

you know but the the ocean he really

734

00:37:05,499 --> 00:37:01,940

felt was the unconscious in many ways

735

00:37:09,609 --> 00:37:05,509

was the great source of images and

736

00:37:14,710 --> 00:37:09,619

guidance so it may have something to do

737

00:37:17,739 --> 00:37:14,720

with that I'm not sure yes so I can see

738

00:37:19,569 --> 00:37:17,749

why are you such a great psychotherapist

739

00:37:21,160 --> 00:37:19,579

and I can see why you're such a great

740

00:37:27,849 --> 00:37:21,170

dream analyst you hit it right on the

741

00:37:30,819 --> 00:37:27,859

head star seed uh-huh this is from star

742

00:37:34,109 --> 00:37:30,829

seed who's saying do you recommend using

743

00:37:41,079 --> 00:37:34,119

waking and lucid dreaming to address

744

00:37:44,319 --> 00:37:41,089

recurring dreams I wonder why she's

745

00:37:51,160 --> 00:37:44,329

wondering that Lucent uh you me okay

746

00:37:53,470 --> 00:37:51,170

okay um yeah I think so I think that if

747

00:37:58,599 --> 00:37:53,480

she could if she's having a recurring

748

00:38:04,120 --> 00:37:58,609

dream and she can become lucid in it she

749

00:38:08,380 --> 00:38:04,130

oftentimes a recurring dream is about

750

00:38:11,650 --> 00:38:08,390

something like Edgar Cayce if you don't

751

00:38:13,569 --> 00:38:11,660

deal with the issue that the dream is

752

00:38:19,269 --> 00:38:13,579

presenting to you it's going to keep

753

00:38:23,140 --> 00:38:19,279

showing up and there's I'd love to tell

754

00:38:26,019 --> 00:38:23,150

a recurring dream that is in the book a

755

00:38:28,930 --> 00:38:26,029

patient of mine yes please go ahead um

756

00:38:35,109 --> 00:38:28,940

and this might help star seed star seed

757

00:38:40,359 --> 00:38:35,119

was it nurse yes this woman a young

758

00:38:41,290 --> 00:38:40,369

woman she was in high school she lived

759

00:38:43,900 --> 00:38:41,300

in a ver

760

00:38:46,990 --> 00:38:43,910

rigid it happened to be a Catholic

761

00:38:49,450 --> 00:38:47,000

family and she just couldn't wait to get

762

00:38:54,340 --> 00:38:49,460

out of the house and she ended up

763

00:38:57,280 --> 00:38:54,350

meeting a guy and she very quickly they

764

00:39:00,280 --> 00:38:57,290

moved in together and very soon after

765

00:39:03,550 --> 00:39:00,290

that she got pregnant and it scared the

766

00:39:09,430 --> 00:39:03,560

hell out of the guy and he took off and

767

00:39:11,500 --> 00:39:09,440

so now now she had she had a baby and

768

00:39:15,340 --> 00:39:11,510

she had to come back home to her parents

769

00:39:17,530 --> 00:39:15,350

crawling back home and she was she

770

00:39:20,500 --> 00:39:17,540

started having a recurring dream she was

771

00:39:22,960 --> 00:39:20,510

in the bedroom and her little bassinet

772

00:39:26,410 --> 00:39:22,970

with her baby was in the bedroom with

773

00:39:28,240 --> 00:39:26,420

her and the door would open she's these

774

00:39:31,470 --> 00:39:28,250

are particularly terrifying dreams

775

00:39:34,360 --> 00:39:31,480

because you're dreaming you're in bed

776

00:39:37,300 --> 00:39:34,370

sleeping you're dreaming where you are

777

00:39:43,210 --> 00:39:37,310

so it feels real

778

00:39:46,270 --> 00:39:43,220

so she wakes up in her dream she's awake

779

00:39:49,180 --> 00:39:46,280

and this door opens and there's some a

780

00:39:51,430 --> 00:39:49,190

dark figure coming over and he has a

781

00:39:55,990 --> 00:39:51,440

knife in his hand and she wakes up

782

00:39:58,360 --> 00:39:56,000

screaming she brought that into into

783

00:40:02,140 --> 00:39:58,370

therapy and we worked on it she went

784

00:40:04,780 --> 00:40:02,150

back into the dream and I just asked her

785

00:40:09,880 --> 00:40:04,790

she had had it two or three times and I

786

00:40:13,000 --> 00:40:09,890

asked her can she when that figure gets

787

00:40:17,740 --> 00:40:13,010

close can she say what do you want from

788

00:40:18,700 --> 00:40:17,750

me confront the figure like that what do

789

00:40:22,330 --> 00:40:18,710

you want from me

790

00:40:28,090 --> 00:40:22,340

and take that fear and have the courage

791

00:40:35,260 --> 00:40:28,100

to like because for me every part of the

792

00:40:37,810 --> 00:40:35,270

dream is a part of myself and so the the

793

00:40:41,260 --> 00:40:37,820

seneye the indigenous people in malaysia

794

00:40:45,430 --> 00:40:41,270

who have a great dream culture say where

795

00:40:48,870 --> 00:40:45,440

the fear is that's where the power is so

796

00:40:52,570 --> 00:40:48,880

if I'm if you can confront that fear

797

00:40:54,589 --> 00:40:52,580

that's power that you're not owning in

798

00:40:57,559 --> 00:40:54,599

some way so the dream

799

00:41:02,509 --> 00:40:57,569

kept the figure kept getting closer and

800

00:41:04,130 --> 00:41:02,519

closer and one night she car one session

801  
00:41:05,239 --> 00:41:04,140  
she came in she said something very

802  
00:41:07,789 --> 00:41:05,249  
strange happened

803  
00:41:11,630 --> 00:41:07,799  
she said the the figure is wearing my

804  
00:41:14,499 --> 00:41:11,640  
coat now so it's making it pretty clear

805  
00:41:17,599 --> 00:41:14,509  
to her that this is part of herself so

806  
00:41:20,239 --> 00:41:17,609  
gradually what ended up happening which

807  
00:41:26,569 --> 00:41:20,249  
he realized the figure was not coming to

808  
00:41:28,789 --> 00:41:26,579  
kill her but to kill her baby and Wow

809  
00:41:31,430 --> 00:41:28,799  
then we started because it would go over

810  
00:41:33,289 --> 00:41:31,440  
toward the bassinet and then she'd say

811  
00:41:35,989 --> 00:41:33,299  
what do you want from me and it would

812  
00:41:39,140 --> 00:41:35,999  
turn and come one but she never told me

813  
00:41:41,599 --> 00:41:39,150

that piece of the dream you know cuz she

814

00:41:44,390 --> 00:41:41,609

couldn't really say it out loud that

815

00:41:49,700 --> 00:41:44,400

this person was really a part of herself

816

00:41:53,269 --> 00:41:49,710

that resented this baby the baby now got

817

00:41:57,170 --> 00:41:53,279

her crawling back home taking all this

818

00:42:02,779 --> 00:41:57,180

kind of stuff from her parents now and

819

00:42:05,420 --> 00:42:02,789

so eventually the person came right next

820

00:42:08,719 --> 00:42:05,430

to the bed in the dream raised this

821

00:42:12,200 --> 00:42:08,729

knife and she said what do you want from

822

00:42:15,890 --> 00:42:12,210

me and the knife came down and just as

823

00:42:21,349 --> 00:42:15,900

it crossed the face of this intruder it

824

00:42:24,079 --> 00:42:21,359

burst into a torch and it illuminated -

825

00:42:28,969 --> 00:42:24,089

the most beautiful version of herself

826

00:42:29,839 --> 00:42:28,979

that she had ever seen and she never had

827

00:42:33,289 --> 00:42:29,849

the dream again

828

00:42:35,420 --> 00:42:33,299

you know once he acknowledged that there

829

00:42:38,029 --> 00:42:35,430

was some part of her that wanted to kill

830

00:42:41,479 --> 00:42:38,039

her baby she didn't have to kill it

831

00:42:44,660 --> 00:42:41,489

anymore and this dark terrible part of

832

00:42:50,319 --> 00:42:44,670

herself became this powerful beautiful

833

00:42:54,349 --> 00:42:50,329

part of herself so I just think that if

834

00:42:58,249 --> 00:42:54,359

that was a kind of lucidity you know yes

835

00:43:01,099 --> 00:42:58,259

yes so I think star seed is on the right

836

00:43:04,279 --> 00:43:01,109

track by saying you know maybe if I can

837

00:43:08,030 --> 00:43:04,289

become lucid in the dream you know

838

00:43:10,700 --> 00:43:08,040

transform whatever darkness is in the

839

00:43:13,100 --> 00:43:10,710

maybe it's often recurring dreams can be

840

00:43:15,740 --> 00:43:13,110

difficult dreams and may she didn't say

841

00:43:18,620 --> 00:43:15,750

what kind of dream it was but I kind of

842

00:43:22,580 --> 00:43:18,630

assumed it probably is I don't know yeah

843

00:43:26,300 --> 00:43:22,590

oftentimes they are difficult and and

844

00:43:27,890 --> 00:43:26,310

and difficult to fathom difficult to you

845

00:43:29,780 --> 00:43:27,900

know people sometimes don't like to go

846

00:43:32,570 --> 00:43:29,790

to sleep in case they have that dream

847

00:43:34,430 --> 00:43:32,580

again but again is it as a dream

848

00:43:37,040 --> 00:43:34,440

therapist and a psychotherapist you

849

00:43:39,950 --> 00:43:37,050

teach people how to confront the fear in

850

00:43:42,410 --> 00:43:39,960

the dream how to become lucid how to use

851  
00:43:43,910 --> 00:43:42,420  
the fear to your advantage and I know

852  
00:43:46,520 --> 00:43:43,920  
there's a lot of techniques and you have

853  
00:43:48,740 --> 00:43:46,530  
a bunch of them in the book about how

854  
00:43:51,170 --> 00:43:48,750  
how to make all of this happen I mean we

855  
00:43:54,710 --> 00:43:51,180  
can have dream buddies so we call on

856  
00:43:57,590 --> 00:43:54,720  
right so that we ask them like if I ask

857  
00:44:01,220 --> 00:43:57,600  
PK to be my dream buddy and things get

858  
00:44:02,990 --> 00:44:01,230  
hairy in my dream and I call on PK she's

859  
00:44:05,300 --> 00:44:03,000  
going to show up because I've asked her

860  
00:44:07,730 --> 00:44:05,310  
in the conscious world to be my dream

861  
00:44:10,610 --> 00:44:07,740  
buddy and so then I've got somebody by

862  
00:44:13,270 --> 00:44:10,620  
my side and as I'm confronting this

863  
00:44:16,550 --> 00:44:13,280

whatever it is the monster that is

864

00:44:19,280 --> 00:44:16,560

stalking me she's right there with me so

865

00:44:21,560 --> 00:44:19,290

it's it's really important and I see

866

00:44:23,150 --> 00:44:21,570

dreams and the way you talk about them

867

00:44:26,300 --> 00:44:23,160

in the book as a way of bringing people

868

00:44:27,920 --> 00:44:26,310

together again as a way of teaching

869

00:44:29,930 --> 00:44:27,930

people self empowerment through

870

00:44:32,030 --> 00:44:29,940

connection connection to the south

871

00:44:34,130 --> 00:44:32,040

connection to the people around us and

872

00:44:37,820 --> 00:44:34,140

again you've got these great techniques

873

00:44:40,100 --> 00:44:37,830

in here in this book to help you to feel

874

00:44:43,160 --> 00:44:40,110

safe when you encounter things in your

875

00:44:44,690 --> 00:44:43,170

dream that are scary but also how to

876

00:44:47,600 --> 00:44:44,700

deal with them how to take the power

877

00:44:49,180 --> 00:44:47,610

back from them the Senoia tribe now you

878

00:44:52,580 --> 00:44:49,190

say it a little differently than I do

879

00:44:56,480 --> 00:44:52,590

they they teach the children how to do

880

00:44:59,600 --> 00:44:56,490

this right they do absolutely if yeah I

881

00:45:03,350 --> 00:44:59,610

mean what you said was you know having

882

00:45:07,100 --> 00:45:03,360

PK come into your dream as an ally

883

00:45:11,270 --> 00:45:07,110

that's something say a sin oh a child

884

00:45:14,870 --> 00:45:11,280

has a as a nightmare like they're they

885

00:45:18,410 --> 00:45:14,880

fell off a cliff and they're falling in

886

00:45:21,370 --> 00:45:18,420

the in the morning or even in the night

887

00:45:23,440 --> 00:45:21,380

if the child woke up they would come

888

00:45:25,270 --> 00:45:23,450

the child let them go back to sleep in

889

00:45:29,140 --> 00:45:25,280

the morning they would say to the child

890

00:45:33,190 --> 00:45:29,150

you are not falling you were beginning

891

00:45:36,160 --> 00:45:33,200

to fly but you forgot you were in the

892

00:45:40,900 --> 00:45:36,170

dream universe where you can fly so

893

00:45:43,060 --> 00:45:40,910

tonight go over to that cliff in your

894

00:45:45,220 --> 00:45:43,070

dream and the parent will sit on the bed

895

00:45:48,340 --> 00:45:45,230

as the child is falling asleep and

896

00:45:49,240 --> 00:45:48,350

instead of saying oh it was just a dream

897

00:45:53,350 --> 00:45:49,250

forget it

898

00:45:55,360 --> 00:45:53,360

they'll say in the dream tonight go over

899

00:45:58,600 --> 00:45:55,370

to that cliff behind uncle Charlie's

900

00:46:01,210 --> 00:45:58,610

house and stand there and leap off the

901  
00:46:01,900 --> 00:46:01,220  
cliff because you are not only about to

902  
00:46:06,610 --> 00:46:01,910  
fly

903  
00:46:10,410 --> 00:46:06,620  
beautiful place where you were going to

904  
00:46:14,320 --> 00:46:10,420  
receive a gift that would be very

905  
00:46:17,260 --> 00:46:14,330  
important for you and if you get scared

906  
00:46:19,780 --> 00:46:17,270  
at the edge of the cliff have PK come

907  
00:46:23,170 --> 00:46:19,790  
over and stand beside you or have your

908  
00:46:25,720 --> 00:46:23,180  
buddy or your or have us come over and

909  
00:46:28,810 --> 00:46:25,730  
stand beside you and encourage you and

910  
00:46:33,550 --> 00:46:28,820  
support you and then the child goes and

911  
00:46:36,880 --> 00:46:33,560  
the next morning tells what gift they

912  
00:46:41,020 --> 00:46:36,890  
received and then they'll spend the next

913  
00:46:43,840 --> 00:46:41,030

days creating that gift or finding

914

00:46:46,870 --> 00:46:43,850

someone and maybe it was a blowpipe for

915

00:46:48,880 --> 00:46:46,880

hunting and they would go and with

916

00:46:50,410 --> 00:46:48,890

someone who's an expert on that kind of

917

00:46:53,830 --> 00:46:50,420

thing and they would find and make a

918

00:46:56,350 --> 00:46:53,840

blowpipe and then once a month the son

919

00:46:58,930 --> 00:46:56,360

who I have these show-and-tell where

920

00:47:03,040 --> 00:46:58,940

recipes they found in dreams clothes

921

00:47:05,710 --> 00:47:03,050

songs dances gifts and they'll get

922

00:47:08,350 --> 00:47:05,720

together and have a big dream party and

923

00:47:11,890 --> 00:47:08,360

bring the food that they learned about

924

00:47:14,590 --> 00:47:11,900

integer someone just told me cooked a

925

00:47:17,260 --> 00:47:14,600

meal for me and they told me that it was

926

00:47:23,050 --> 00:47:17,270

a meal that they first tasted in the

927

00:47:28,330 --> 00:47:23,060

dream that happened about him so anyone

928

00:47:30,160 --> 00:47:28,340

is powerful very powerful now again

929

00:47:33,070 --> 00:47:30,170

there there is a tremendous amount of

930

00:47:35,289 --> 00:47:33,080

power in in the dream world there are

931

00:47:36,870 --> 00:47:35,299

also there's

932

00:47:38,919 --> 00:47:36,880

there's a difference though between

933

00:47:41,099 --> 00:47:38,929

something that we were just talking

934

00:47:44,589 --> 00:47:41,109

about and that's having a nightmare okay

935

00:47:47,429 --> 00:47:44,599

and having a night terror yeah what's

936

00:47:51,099 --> 00:47:47,439

the difference between those two things

937

00:47:53,589 --> 00:47:51,109

well I'm not I'm not um actually my

938

00:47:56,169 --> 00:47:53,599

co-author Stephen who's really a

939

00:47:58,389 --> 00:47:56,179

neurophysiologist knows a lot more about

940

00:48:04,949 --> 00:47:58,399

night terrors than I do but I can answer

941

00:48:09,759 --> 00:48:04,959

that question at least partially a

942

00:48:13,149 --> 00:48:09,769

nightmare happens in the dream state it

943

00:48:16,870 --> 00:48:13,159

happens during REM sleep night terrors

944

00:48:21,370 --> 00:48:16,880

do not happen during dreams okay in

945

00:48:24,279 --> 00:48:21,380

Italy it happens in non-rem in the

946

00:48:27,479 --> 00:48:24,289

alright in the nightmare it has content

947

00:48:30,669 --> 00:48:27,489

I'm afraid of something

948

00:48:32,889 --> 00:48:30,679

hmm could be a spider could be somebody

949

00:48:37,120 --> 00:48:32,899

chasing me or whatever it is there's

950

00:48:40,929 --> 00:48:37,130

content and if you wake someone up from

951  
00:48:43,539 --> 00:48:40,939  
and in a nightmare there may be some

952  
00:48:45,719 --> 00:48:43,549  
moaning you might make some noises there

953  
00:48:49,120 --> 00:48:45,729  
might be a little bit of movement but

954  
00:48:52,359 --> 00:48:49,130  
very very little and if you come back

955  
00:48:56,279 --> 00:48:52,369  
from the nightmare you often have the

956  
00:49:00,339 --> 00:48:56,289  
content people in having night terrors

957  
00:49:05,409 --> 00:49:00,349  
it's very very physiological there's

958  
00:49:07,599 --> 00:49:05,419  
often no content it's often difficult to

959  
00:49:10,809 --> 00:49:07,609  
rouse the person sometimes it can take

960  
00:49:13,929 --> 00:49:10,819  
as long as 20 minutes to get some and

961  
00:49:16,029 --> 00:49:13,939  
that's terrifying for a parent you know

962  
00:49:19,449 --> 00:49:16,039  
to have a child who's in this crazy

963  
00:49:21,669 --> 00:49:19,459

state of screaming moving around who's

964

00:49:25,329 --> 00:49:21,679

walking around their room who's yelling

965

00:49:28,989 --> 00:49:25,339

who's soaking soaking wet with sweat

966

00:49:32,649 --> 00:49:28,999

often times and they come back and

967

00:49:35,349 --> 00:49:32,659

there's often total amnesia about the

968

00:49:37,779 --> 00:49:35,359

experience they don't have a they don't

969

00:49:42,209 --> 00:49:37,789

have content so another way to think

970

00:49:46,479 --> 00:49:42,219

about it is a nightmare is like fear

971

00:49:48,940 --> 00:49:46,489

where there's an object night terror is

972

00:49:52,210 --> 00:49:48,950

like anxiety with you

973

00:49:55,599 --> 00:49:52,220

object 'less fear psychologist college

974

00:49:57,940 --> 00:49:55,609

it's fear without any object that's what

975

00:50:00,010 --> 00:49:57,950

makes it so swen you're afraid you're

976

00:50:02,290 --> 00:50:00,020

afraid of a spider afraid of the dark

977

00:50:05,819 --> 00:50:02,300

afraid of heights are afraid of a person

978

00:50:09,099 --> 00:50:05,829

with anxiety you're just filled with

979

00:50:11,770 --> 00:50:09,109

object this fear dread but you don't

980

00:50:15,220 --> 00:50:11,780

know why you don't have some you can't

981

00:50:17,829 --> 00:50:15,230

step on the spider yeah you know that's

982

00:50:21,660 --> 00:50:17,839

what makes night terror so terrifying is

983

00:50:25,270 --> 00:50:21,670

that there's nothing there no it seems

984

00:50:28,450 --> 00:50:25,280

that you're yes it's just just this

985

00:50:31,089 --> 00:50:28,460

overwhelming terrifying anxiety does

986

00:50:36,640 --> 00:50:31,099

that make any sense yes it makes a lot

987

00:50:41,170 --> 00:50:36,650

yes this a message a dream a nightmare

988

00:50:43,390 --> 00:50:41,180

and I think if a child has I mean the

989

00:50:48,430 --> 00:50:43,400

good news is night terrors tend to go

990

00:50:51,400 --> 00:50:48,440

away now as a child grows you know but

991

00:50:55,120 --> 00:50:51,410

there can be physiological reasons for

992

00:50:57,730 --> 00:50:55,130

them and you should always tell your

993

00:51:00,359 --> 00:50:57,740

pediatrician or your doctor about your

994

00:51:02,430 --> 00:51:00,369

child having night terrors and

995

00:51:04,839 --> 00:51:02,440

pediatricians who know about a

996

00:51:07,980 --> 00:51:04,849

conjectures and things that may be

997

00:51:11,050 --> 00:51:07,990

causing the night there that is not

998

00:51:13,480 --> 00:51:11,060

psychological but physiological it's

999

00:51:16,450 --> 00:51:13,490

very important information and thank you

1000

00:51:18,490 --> 00:51:16,460

so much for giving that to us tonight

1001  
00:51:20,079 --> 00:51:18,500  
and especially for parents they need to

1002  
00:51:23,020 --> 00:51:20,089  
know the difference between those two

1003  
00:51:24,819 --> 00:51:23,030  
things so that is very important and

1004  
00:51:26,650 --> 00:51:24,829  
they should be confiding with the

1005  
00:51:27,880 --> 00:51:26,660  
pediatrician if that's happening if

1006  
00:51:29,620 --> 00:51:27,890  
they're having their child is having

1007  
00:51:31,750 --> 00:51:29,630  
night terrors this is more of a child

1008  
00:51:34,059 --> 00:51:31,760  
thing right night terrors not not an

1009  
00:51:37,480 --> 00:51:34,069  
adult thing it tends to be with children

1010  
00:51:39,670 --> 00:51:37,490  
but adults adults and again we had a

1011  
00:51:42,160 --> 00:51:39,680  
woman we had a woman at our dream

1012  
00:51:46,690 --> 00:51:42,170  
retreat who we didn't know before she

1013  
00:51:50,710 --> 00:51:46,700

came was you know subject night terrors

1014

00:51:51,510 --> 00:51:50,720

and it was it was really scary no see an

1015

00:51:59,620 --> 00:51:51,520

adult

1016

00:52:02,350 --> 00:51:59,630

no but this see a grown woman screaming

1017

00:52:05,380 --> 00:52:02,360

and sweating and terrified and try

1018

00:52:09,180 --> 00:52:05,390

to wake her it was it was scary but

1019

00:52:13,150 --> 00:52:09,190

you're right it tends to be in children

1020

00:52:15,100 --> 00:52:13,160

and there is very interesting okay I

1021

00:52:17,310 --> 00:52:15,110

mean there are more there's more to be

1022

00:52:20,170 --> 00:52:17,320

said some psychologists think it's

1023

00:52:22,720 --> 00:52:20,180

children dealing with anxiety of

1024

00:52:27,030 --> 00:52:22,730

developmental stages and changes in

1025

00:52:30,510 --> 00:52:27,040

their life and different things but

1026  
00:52:33,610 --> 00:52:30,520  
pediatricians usually know about this so

1027  
00:52:36,640 --> 00:52:33,620  
yes I think it's important as you

1028  
00:52:37,960 --> 00:52:36,650  
mentioned to have that dialog if they

1029  
00:52:39,550 --> 00:52:37,970  
have children that are going through

1030  
00:52:41,860 --> 00:52:39,560  
something like that

1031  
00:52:44,710 --> 00:52:41,870  
but I love the way you described it I

1032  
00:52:46,690 --> 00:52:44,720  
think it's very clear to understand easy

1033  
00:52:48,790 --> 00:52:46,700  
to understand the way you just described

1034  
00:52:51,100 --> 00:52:48,800  
it for us in our audience right so we're

1035  
00:52:54,490 --> 00:52:51,110  
going to take another very short break

1036  
00:52:56,230 --> 00:52:54,500  
and if you have a question for Tom then

1037  
00:53:01,050 --> 00:52:56,240  
you can write it in the chat room and

1038  
00:53:05,920 --> 00:53:01,060

that is irn chat com that's I are in

1039

00:53:08,050 --> 00:53:05,930

chat comm and also take a look again at

1040

00:53:10,750 --> 00:53:08,060

our Facebook page give us a like and

1041

00:53:14,200 --> 00:53:10,760

follow tell us what you think of those

1042

00:53:15,850 --> 00:53:14,210

balls of light maybe you can program a

1043

00:53:18,730 --> 00:53:15,860

dream about it and ask where you're

1044

00:53:20,920 --> 00:53:18,740

dreaming mine to tell you what are these

1045

00:53:23,920 --> 00:53:20,930

things and we want to hear about it we

1046

00:53:25,930 --> 00:53:23,930

want to hear what dreams you have about

1047

00:53:28,780 --> 00:53:25,940

these balls of light maybe you've got

1048

00:53:31,840 --> 00:53:28,790

the answer or you're dreaming mind the

1049

00:53:35,020 --> 00:53:31,850

answer for us so we would love to hear

1050

00:53:37,210 --> 00:53:35,030

about all of that from you guys so make

1051  
00:53:40,030 --> 00:53:37,220  
sure you take a look at those on our

1052  
00:53:43,750 --> 00:53:40,040  
Facebook page and then write us and tell

1053  
00:53:45,460 --> 00:53:43,760  
us what you think is going on so anyway

1054  
00:53:47,130 --> 00:53:45,470  
stay tuned everybody we are speaking

1055  
00:53:49,590 --> 00:53:47,140  
with Tom Verner tonight on the

1056  
00:53:52,990 --> 00:53:49,600  
transformational power of dreaming

1057  
00:53:55,540 --> 00:53:53,000  
discovering the wishes of the soul don't

1058  
00:53:57,850 --> 00:53:55,550  
we all want to know that we're listening

1059  
00:53:58,660 --> 00:53:57,860  
to Supernatural girls radio we'll be

1060  
00:54:01,150 --> 00:53:58,670  
right back

1061  
00:54:03,520 --> 00:54:01,160  
welcome back everyone to Supernatural

1062  
00:54:06,730 --> 00:54:03,530  
girls radio I'm your host Patricia Baker

1063  
00:54:10,320 --> 00:54:06,740

here with my co-host pk and our guest

1064

00:54:13,090 --> 00:54:10,330

tonight Tom Werner he is helping us to

1065

00:54:16,250 --> 00:54:13,100

understand the landscape of dreams now

1066

00:54:19,310 --> 00:54:16,260

we're gonna talk about dream incubation

1067

00:54:20,240 --> 00:54:19,320

how can you get an answer to your

1068

00:54:22,820 --> 00:54:20,250

questions

1069

00:54:25,400 --> 00:54:22,830

how can you program a dream Tom help us

1070

00:54:29,150 --> 00:54:25,410

out with this okay

1071

00:54:32,020 --> 00:54:29,160

so dream incubation is a term that's

1072

00:54:35,390 --> 00:54:32,030

used for a practice that has been

1073

00:54:38,810 --> 00:54:35,400

practiced by human beings for literally

1074

00:54:41,030 --> 00:54:38,820

thousands of years China India the

1075

00:54:44,050 --> 00:54:41,040

Middle East it was raised to an

1076  
00:54:49,730 --> 00:54:44,060  
amazingly high level in ancient Greece

1077  
00:54:53,330 --> 00:54:49,740  
the Iroquois had numerous Native

1078  
00:54:59,990 --> 00:54:53,340  
American tribes used incue bation and so

1079  
00:55:02,870 --> 00:55:00,000  
what it is is actually turning regarding

1080  
00:55:06,470 --> 00:55:02,880  
your dream your this source inside of

1081  
00:55:09,740 --> 00:55:06,480  
you as a source of guidance and that you

1082  
00:55:12,320 --> 00:55:09,750  
don't have to just be passive about it

1083  
00:55:14,600 --> 00:55:12,330  
but that you could prepare yourself say

1084  
00:55:17,150 --> 00:55:14,610  
you have a question a concern it might

1085  
00:55:20,690 --> 00:55:17,160  
be physical psychological spiritual

1086  
00:55:25,100 --> 00:55:20,700  
whatever it is that before you go to

1087  
00:55:28,820 --> 00:55:25,110  
sleep you formulate a question and you

1088  
00:55:31,880 --> 00:55:28,830

ask your dream for a response to that

1089

00:55:35,720 --> 00:55:31,890

question and you have what James Hillman

1090

00:55:39,020 --> 00:55:35,730

called psychological faith faith in the

1091

00:55:41,750 --> 00:55:39,030

psyche that she will give you a response

1092

00:55:46,100 --> 00:55:41,760

to your question and no matter how

1093

00:55:48,830 --> 00:55:46,110

strange the response might be assume

1094

00:55:51,350 --> 00:55:48,840

that it's a response to your question

1095

00:55:53,360 --> 00:55:51,360

and you may not remember a dream the

1096

00:55:58,460 --> 00:55:53,370

next morning try it again the next night

1097

00:56:02,530 --> 00:55:58,470

they in in ancient Greece around 500 BC

1098

00:56:07,190 --> 00:56:02,540

there were 300 temples around Greece

1099

00:56:09,410 --> 00:56:07,200

where people would go and sleep and ask

1100

00:56:12,500 --> 00:56:09,420

for a special dream from the god of

1101  
00:56:15,200 --> 00:56:12,510  
healing escalate pious but before they

1102  
00:56:17,510 --> 00:56:15,210  
went into the temple to sleep they would

1103  
00:56:21,230 --> 00:56:17,520  
talk to the temple attendant whose name

1104  
00:56:25,400 --> 00:56:21,240  
was therapy tous where we get the word

1105  
00:56:27,830 --> 00:56:25,410  
therapists from and they would talk to

1106  
00:56:30,230 --> 00:56:27,840  
the therapy dose about their question

1107  
00:56:32,810 --> 00:56:30,240  
the therapy dose would help

1108  
00:56:35,540 --> 00:56:32,820  
clarify their question and then they

1109  
00:56:40,190 --> 00:56:35,550  
would go into the temple and ask for a

1110  
00:56:43,250 --> 00:56:40,200  
dream and it's a it's something we do we

1111  
00:56:47,060 --> 00:56:43,260  
have a little house it's only ten by ten

1112  
00:56:50,780 --> 00:56:47,070  
on our property that's only for dreaming

1113  
00:56:53,960 --> 00:56:50,790

it's only it's only a dream incubation

1114

00:56:57,260 --> 00:56:53,970

house and people will come and sleep in

1115

00:56:58,900 --> 00:56:57,270

there during our retreats we prepare

1116

00:57:02,120 --> 00:56:58,910

someone they spend the whole day

1117

00:57:04,490 --> 00:57:02,130

clarifying in the dream house clarifying

1118

00:57:06,710 --> 00:57:04,500

their question I'll go and talk with

1119

00:57:09,589 --> 00:57:06,720

them they'll do solitary walks

1120

00:57:14,000 --> 00:57:09,599

clarifying and then the group works with

1121

00:57:16,820 --> 00:57:14,010

them at night and then in a torch lit

1122

00:57:19,520 --> 00:57:16,830

procession we take them to the dream

1123

00:57:22,640 --> 00:57:19,530

house and someone goes in with them who

1124

00:57:27,050 --> 00:57:22,650

tucks them in and they ask for a dream

1125

00:57:29,900 --> 00:57:27,060

and it's been astonishing when you when

1126  
00:57:32,120 --> 00:57:29,910  
you give the dream that kind of regard

1127  
00:57:36,260 --> 00:57:32,130  
and that kind of reverence and that kind

1128  
00:57:39,589 --> 00:57:36,270  
of respect what it gives you so that's

1129  
00:57:42,680 --> 00:57:39,599  
roughly what dream incubation I had a

1130  
00:57:45,530 --> 00:57:42,690  
thought that maybe your listeners could

1131  
00:57:49,700 --> 00:57:45,540  
go to the is that on the Facebook page

1132  
00:57:54,290 --> 00:57:49,710  
and look at yes look at those balls of

1133  
00:57:56,300 --> 00:57:54,300  
light mine spent some time like looking

1134  
00:57:58,670 --> 00:57:56,310  
at them being in their presence the

1135  
00:58:02,180 --> 00:57:58,680  
photograph or the picture whatever it is

1136  
00:58:06,710 --> 00:58:02,190  
and then when you go to sleep tonight or

1137  
00:58:09,589 --> 00:58:06,720  
tomorrow night ask for some additional

1138  
00:58:12,470 --> 00:58:09,599

information some image some guidance

1139

00:58:15,109 --> 00:58:12,480

about what these balls of light could

1140

00:58:17,990 --> 00:58:15,119

possibly be and it would be really

1141

00:58:21,440 --> 00:58:18,000

wonderful if people would then send

1142

00:58:24,560 --> 00:58:21,450

their the dreams they came up with to

1143

00:58:28,099 --> 00:58:24,570

the Facebook page you know and and just

1144

00:58:30,829 --> 00:58:28,109

love that yeah I think it could be

1145

00:58:34,460 --> 00:58:30,839

really exciting to see what it shows I

1146

00:58:36,800 --> 00:58:34,470

think this is a great idea at Tom and PK

1147

00:58:39,650 --> 00:58:36,810

and I are going to post this again so

1148

00:58:42,140 --> 00:58:39,660

that people can can do what you're

1149

00:58:43,670 --> 00:58:42,150

suggesting it would be wonderful to read

1150

00:58:46,130 --> 00:58:43,680

everybody's

1151

00:58:48,200 --> 00:58:46,140

rheems as they ask the question what are

1152

00:58:49,849 --> 00:58:48,210

these balls of light or however they

1153

00:58:52,579 --> 00:58:49,859

want to frame the question is fine and

1154

00:58:56,089 --> 00:58:52,589

just let us know this will set up a

1155

00:58:58,609 --> 00:58:56,099

whole new dialogue and again this show

1156

00:59:03,200 --> 00:58:58,619

is all about where paranormal is normal

1157

00:59:05,299 --> 00:59:03,210

so being able to interpret something

1158

00:59:07,730 --> 00:59:05,309

like that or find out the truth about a

1159

00:59:09,500 --> 00:59:07,740

paranormal event through dreaming what a

1160

00:59:11,809 --> 00:59:09,510

wonderful way to do that and again I

1161

00:59:14,150 --> 00:59:11,819

want to keep encouraging everybody to

1162

00:59:17,089 --> 00:59:14,160

pay attention to their dreams do the

1163

00:59:19,160 --> 00:59:17,099

dream work and you're gonna benefit so

1164

00:59:21,440 --> 00:59:19,170

much from it and here's a wonderful way

1165

00:59:23,180 --> 00:59:21,450

that we can all join together and see

1166

00:59:26,530 --> 00:59:23,190

what our dreams tell us about these

1167

00:59:29,180 --> 00:59:26,540

balls of light I'm gonna do that

1168

00:59:34,339 --> 00:59:29,190

audience to this oh yeah we'll make a

1169

00:59:36,410 --> 00:59:34,349

chalice I'll do it also what what I

1170

00:59:39,950 --> 00:59:36,420

think might be happening you know is

1171

00:59:42,200 --> 00:59:39,960

when we fall asleep and that's an

1172

00:59:44,750 --> 00:59:42,210

interesting word that we use you know

1173

00:59:46,790 --> 00:59:44,760

and it shows up in other languages we

1174

00:59:50,420 --> 00:59:46,800

don't ascend to sleep we don't go

1175

00:59:52,990 --> 00:59:50,430

sideways to sleep we fall into sin yeah

1176

00:59:57,380 --> 00:59:53,000

never thought both down you know some

1177

00:59:59,390 --> 00:59:57,390

maybe some reference to the old idea

1178

01:00:02,089 --> 00:59:59,400

that we went down into the underworld

1179

01:00:05,210 --> 01:00:02,099

during our during dreams or or whatever

1180

01:00:09,200 --> 01:00:05,220

but I think whatever that means part of

1181

01:00:13,220 --> 01:00:09,210

the following is that the ego loses its

1182

01:00:15,799 --> 01:00:13,230

grip on our consciousness and in this

1183

01:00:19,130 --> 01:00:15,809

we're in a state that isn't controlled

1184

01:00:22,069 --> 01:00:19,140

by one way of seeing things and so we're

1185

01:00:24,730 --> 01:00:22,079

open to other sources of information and

1186

01:00:28,940 --> 01:00:24,740

possibilities and imagination and

1187

01:00:31,280 --> 01:00:28,950

perspectives and I think that's one of

1188

01:00:35,750 --> 01:00:31,290

the things that makes dream so powerful

1189

01:00:39,740 --> 01:00:35,760

is it it's a door well Jung said it it

1190

01:00:43,609 --> 01:00:39,750

it's um the dream is a secret little

1191

01:00:47,359 --> 01:00:43,619

door hidden in the deepest recesses of

1192

01:00:51,020 --> 01:00:47,369

the psyche that opens out into cosmic

1193

01:00:54,049 --> 01:00:51,030

night he said hmm and and I think

1194

01:00:57,590 --> 01:00:54,059

through that door all kinds of things

1195

01:01:00,740 --> 01:00:57,600

come and we can go through that door

1196

01:01:04,070 --> 01:01:00,750

I would just like to tell one dream that

1197

01:01:06,790 --> 01:01:04,080

I think your listeners might be

1198

01:01:09,740 --> 01:01:06,800

interested in from my answer please

1199

01:01:12,800 --> 01:01:09,750

yes and it changed my way of

1200

01:01:15,920 --> 01:01:12,810

understanding the world I mean that's

1201  
01:01:18,740 --> 01:01:15,930  
how big this dream was I was in Union

1202  
01:01:20,840 --> 01:01:18,750  
analysis with this yummy-yum analyst who

1203  
01:01:24,140 --> 01:01:20,850  
had worked with young in Switzerland and

1204  
01:01:25,880 --> 01:01:24,150  
then she opened up a residential

1205  
01:01:29,870 --> 01:01:25,890  
treatment center in Litchfield

1206  
01:01:32,260 --> 01:01:29,880  
Connecticut yeah for young schizophrenic

1207  
01:01:35,720 --> 01:01:32,270  
sand I worked there with her as a

1208  
01:01:38,930 --> 01:01:35,730  
therapist and I was also an analysis

1209  
01:01:41,330 --> 01:01:38,940  
with her for a number of years and then

1210  
01:01:43,820 --> 01:01:41,340  
I moved to British Columbia and I lived

1211  
01:01:45,830 --> 01:01:43,830  
on an island in British Columbia for a

1212  
01:01:50,990 --> 01:01:45,840  
number of years I woke up one morning

1213  
01:01:53,510 --> 01:01:51,000

with a dream and the dream is that I'm

1214

01:01:56,150 --> 01:01:53,520

standing that we had a little conference

1215

01:01:59,150 --> 01:01:56,160

center on the property of this

1216

01:02:00,260 --> 01:01:59,160

residential treatment center where Renee

1217

01:02:03,320 --> 01:02:00,270

that was her name

1218

01:02:05,450 --> 01:02:03,330

would do little conferences and courses

1219

01:02:08,870 --> 01:02:05,460

and workshops on dreams and union

1220

01:02:11,930 --> 01:02:08,880

psychology in my dream Renee

1221

01:02:16,490 --> 01:02:11,940

there's a circle of people she's about

1222

01:02:18,290 --> 01:02:16,500

to begin a workshop on dreams and out of

1223

01:02:20,720 --> 01:02:18,300

the kitchen comes the cook

1224

01:02:24,560 --> 01:02:20,730

Joni and she says there's a phone call

1225

01:02:27,680 --> 01:02:24,570

for you Renee and so Renee gets up goes

1226

01:02:30,830 --> 01:02:27,690

into the kitchen and I know like you

1227

01:02:33,860 --> 01:02:30,840

know in dreams sometimes that the dream

1228

01:02:37,790 --> 01:02:33,870

is about the death of her brother I also

1229

01:02:40,730 --> 01:02:37,800

know from from knowing her that this was

1230

01:02:44,690 --> 01:02:40,740

her last living relative and it was

1231

01:02:48,440 --> 01:02:44,700

really gonna be a difficult news for her

1232

01:02:50,900 --> 01:02:48,450

she comes out of the kitchen I walk over

1233

01:02:53,810 --> 01:02:50,910

to her in the dream and I give her a hug

1234

01:02:56,180 --> 01:02:53,820

and I say I'm really really sorry to

1235

01:02:57,980 --> 01:02:56,190

hear about Carlos's death and she says

1236

01:03:00,770 --> 01:02:57,990

thank you very much and gives me a big

1237

01:03:05,450 --> 01:03:00,780

hug back and it's just a beautiful

1238

01:03:08,450 --> 01:03:05,460

moment and the dream ends so I write it

1239

01:03:11,000 --> 01:03:08,460

down three months later I come back to

1240

01:03:12,830 --> 01:03:11,010

the East Coast and I

1241

01:03:15,380 --> 01:03:12,840

Renaë and she says why don't we have

1242

01:03:18,740 --> 01:03:15,390

dinner together so we sit down we have

1243

01:03:20,900 --> 01:03:18,750

dinner and in the course of dinner she

1244

01:03:23,390 --> 01:03:20,910

says have you had any interesting dreams

1245

01:03:26,120 --> 01:03:23,400

lately which was a question she asked me

1246

01:03:29,720 --> 01:03:26,130

many many times it wasn't a strange

1247

01:03:31,490 --> 01:03:29,730

thing for her to ask me and I said as a

1248

01:03:34,960 --> 01:03:31,500

matter of fact I had a dream about you

1249

01:03:38,630 --> 01:03:34,970

and I told her the dream I just told you

1250

01:03:42,290 --> 01:03:38,640

and she said when was that and I took

1251

01:03:46,550 --> 01:03:42,300

out my dream journal and I looked it up

1252

01:03:49,610 --> 01:03:46,560

and I said it was October 21st she takes

1253

01:03:53,920 --> 01:03:49,620

out her appointment book and she says

1254

01:03:55,580 --> 01:03:53,930

that's exactly what was happening that

1255

01:03:59,210 --> 01:03:55,590

litchfield kinetic

1256

01:04:02,390 --> 01:03:59,220

ah you know I was in that circle Joni

1257

01:04:04,460 --> 01:04:02,400

came out said you have a phone call it

1258

01:04:07,970 --> 01:04:04,470

was about Carlos's death she said that's

1259

01:04:10,610 --> 01:04:07,980

interesting enough she said but what's

1260

01:04:13,250 --> 01:04:10,620

really interesting was when I was coming

1261

01:04:16,100 --> 01:04:13,260

out of the kitchen walking back to the

1262

01:04:19,220 --> 01:04:16,110

circle I was going to say I just don't

1263

01:04:22,100 --> 01:04:19,230

have the strength to go on with the

1264

01:04:24,650 --> 01:04:22,110

workshop right now I need some time but

1265

01:04:29,240 --> 01:04:24,660

somewhere between that teach and door

1266

01:04:32,830 --> 01:04:29,250

and my seat I got strength and now I

1267

01:04:36,740 --> 01:04:32,840

know where that strength came oh my god

1268

01:04:39,200 --> 01:04:36,750

fabulous and and she got up from the

1269

01:04:41,210 --> 01:04:39,210

table and walked over and gave me this

1270

01:04:44,120 --> 01:04:41,220

big hug in this restaurant and said

1271

01:04:47,150 --> 01:04:44,130

thank you and sat down and we ended up

1272

01:04:51,530 --> 01:04:47,160

having this conversation and part of the

1273

01:04:54,470 --> 01:04:51,540

conversation was how often does this

1274

01:04:56,480 --> 01:04:54,480

happen you know I think it happens all

1275

01:04:59,840 --> 01:04:56,490

the time but we just happen to have a

1276

01:05:02,990 --> 01:04:59,850

relationship where she would ask me I I

1277

01:05:05,420 --> 01:05:03,000

didn't even say to her Renee I had a

1278

01:05:07,790 --> 01:05:05,430

dream the way I think about I can't

1279

01:05:09,590 --> 01:05:07,800

explain that I can't explain you can

1280

01:05:12,620 --> 01:05:09,600

call it out-of-body travel or you can

1281

01:05:15,050 --> 01:05:12,630

call it whatever but it felt like here

1282

01:05:17,210 --> 01:05:15,060

was a woman I mean this is just so

1283

01:05:21,830 --> 01:05:17,220

wonderful here was a woman who helped me

1284

01:05:24,740 --> 01:05:21,840

so much in my life as my analyst and I'm

1285

01:05:27,440 --> 01:05:24,750

there in British Columbia three

1286

01:05:32,650 --> 01:05:27,450

thousand miles away kind of like Clark

1287

01:05:37,660 --> 01:05:32,660

Kent you know down the street my Oh

1288

01:05:46,520 --> 01:05:40,550

some part of me that loved her and that

1289

01:05:50,780 --> 01:05:46,530

knew she was hurting smooth air a hug I

1290

01:05:53,720 --> 01:05:50,790

mean that's astonishing it is it is what

1291

01:05:55,520 --> 01:05:53,730

a beautiful experience that you had and

1292

01:05:58,250 --> 01:05:55,530

like you said this may be happening all

1293

01:06:00,310 --> 01:05:58,260

the time but we need to pay attention to

1294

01:06:05,510 --> 01:06:00,320

our dreams and have these conversations

1295

01:06:08,810 --> 01:06:05,520

so that the next step can unfold so this

1296

01:06:12,500 --> 01:06:08,820

is beautiful beautiful event that you

1297

01:06:14,960 --> 01:06:12,510

and she had together Wow all I can say

1298

01:06:17,930 --> 01:06:14,970

about it is I can't explain it and the

1299

01:06:20,570 --> 01:06:17,940

explanations are not as powerful as the

1300

01:06:23,630 --> 01:06:20,580

experience you know in many ways yes but

1301

01:06:27,050 --> 01:06:23,640

there's more going on than meets the eye

1302

01:06:30,680 --> 01:06:27,060

that's for sure and in this dream in

1303

01:06:33,710 --> 01:06:30,690

this great state it's a there's a door

1304

01:06:36,230 --> 01:06:33,720

and we can do all kinds of things I

1305

01:06:39,080 --> 01:06:36,240

think like go to Litchfield Rita and

1306

01:06:42,230 --> 01:06:39,090

what's interesting was it was exactly

1307

01:06:43,820 --> 01:06:42,240

the same time it was six o'clock a.m. oh

1308

01:06:47,060 --> 01:06:43,830

wow

1309

01:06:50,870 --> 01:06:47,070

Island and nine o'clock in which I don't

1310

01:06:52,670 --> 01:06:50,880

think it necessarily had to be because

1311

01:06:56,440 --> 01:06:52,680

the dreams can do interesting things

1312

01:07:00,410 --> 01:06:56,450

with nine space but it happened to be

1313

01:07:05,480 --> 01:07:00,420

just when that was happening and hoping

1314

01:07:08,030 --> 01:07:05,490

I'd get there how did I know that yes it

1315

01:07:09,950 --> 01:07:08,040

is incredible that it really speaks to

1316

01:07:13,220 --> 01:07:09,960

that we are all connected and especially

1317

01:07:16,220 --> 01:07:13,230

you had such a love and respect for each

1318

01:07:19,790 --> 01:07:16,230

other and so you responded to something

1319

01:07:23,660 --> 01:07:19,800

somewhere just a beautiful event just

1320

01:07:27,070 --> 01:07:23,670

beautiful and again I believe Tom we can

1321

01:07:29,630 --> 01:07:27,080

all have these types of experiences but

1322

01:07:32,780 --> 01:07:29,640

we do need to pay attention to our

1323

01:07:35,780 --> 01:07:32,790

dreams keep the dream journal top people

1324

01:07:38,570 --> 01:07:35,790

about our dreams develop very more than

1325

01:07:41,480 --> 01:07:38,580

our own friendships have it happen

1326

01:07:43,190 --> 01:07:41,490

if you have a dream about somebody and

1327

01:07:45,770 --> 01:07:43,200

you have to be careful about this

1328

01:07:47,720 --> 01:07:45,780

because you know sometimes the dreams

1329

01:07:50,270 --> 01:07:47,730

are people are gonna think they're

1330

01:07:53,780 --> 01:07:50,280

really weird but sometimes it's really

1331

01:07:55,220 --> 01:07:53,790

important to tell a person I had a dream

1332

01:07:59,990 --> 01:07:55,230

about you last night

1333

01:08:02,690 --> 01:08:00,000

cuz the dream might be for them yes fool

1334

01:08:05,990 --> 01:08:02,700

you but it might be their dream that it

1335

01:08:09,200 --> 01:08:06,000

could be yes it has happened it has

1336

01:08:12,320 --> 01:08:09,210

absolutely so it's so important and

1337

01:08:14,030 --> 01:08:12,330

again your book details a lot of the

1338

01:08:17,390 --> 01:08:14,040

techniques and the tools that people

1339

01:08:19,160 --> 01:08:17,400

need to begin this journey or to start

1340

01:08:21,650 --> 01:08:19,170

it up when they maybe they started this

1341

01:08:24,110 --> 01:08:21,660

a while ago put it away time to dust it

1342

01:08:26,270 --> 01:08:24,120

off and bring it back around so this is

1343

01:08:28,579 --> 01:08:26,280

a book to get the transformational power

1344

01:08:30,890 --> 01:08:28,589

of dreaming I've got a bunch more

1345

01:08:32,180 --> 01:08:30,900

questions from the chat room also let me

1346

01:08:34,400 --> 01:08:32,190

see if I can get to just a couple

1347

01:08:36,860 --> 01:08:34,410

somebody wants to know can you actually

1348

01:08:38,360 --> 01:08:36,870

die for real in a dream so if I guess

1349

01:08:44,440 --> 01:08:38,370

who they're asking is if you dream about

1350

01:08:51,710 --> 01:08:48,470

death in a dream is more often than not

1351

01:08:56,360 --> 01:08:51,720

has nothing to do with physical death it

1352

01:09:01,220 --> 01:08:56,370

really has to do with change and then a

1353

01:09:03,920 --> 01:09:01,230

big dying to one and something new and

1354

01:09:08,840 --> 01:09:03,930

that's that's the best possible way to

1355

01:09:13,039 --> 01:09:08,850

think about death in a dream I imagine

1356

01:09:16,700 --> 01:09:13,049

people have died in you know a dream

1357

01:09:19,160 --> 01:09:16,710

state but we don't know because right

1358

01:09:23,210 --> 01:09:19,170

it'd be hard to know wouldn't it be hard

1359

01:09:26,900 --> 01:09:23,220

to know but I certainly now have died in

1360

01:09:30,170 --> 01:09:26,910

their dreams and woke up and and it

1361

01:09:34,400 --> 01:09:30,180

really did have to the word dream and

1362

01:09:39,920 --> 01:09:34,410

the word drama come from exactly the

1363

01:09:41,510 --> 01:09:39,930

same etymological root so if dreams want

1364

01:09:44,480 --> 01:09:41,520

to tell us something they're gonna tell

1365

01:09:48,490 --> 01:09:44,490

us something in a dramatic kind of way

1366

01:09:51,239 --> 01:09:48,500

and if changes is coming they're gonna

1367

01:09:54,839 --> 01:09:51,249

present it as death

1368

01:09:59,580 --> 01:09:54,849

often times oh but you know I think if

1369

01:10:01,529 --> 01:09:59,590

someone dreams about Abraham Lincoln you

1370

01:10:03,810 --> 01:10:01,539

know four days before he was

1371

01:10:06,689 --> 01:10:03,820

assassinated it had a dream he came down

1372

01:10:08,669 --> 01:10:06,699

the stairs and there was this hush sad

1373

01:10:11,819 --> 01:10:08,679

feeling in the White House and there was

1374

01:10:14,129 --> 01:10:11,829

someone standing outside the room where

1375

01:10:17,100 --> 01:10:14,139

this hush this kind of something was

1376

01:10:19,229 --> 01:10:17,110

going on and he said what's going on in

1377

01:10:23,399 --> 01:10:19,239

there and they said the president's been

1378

01:10:27,779 --> 01:10:23,409

killed that was Lincoln's dream four

1379

01:10:33,919 --> 01:10:27,789

days before he was killed yes that's

1380

01:10:37,200 --> 01:10:33,929

right you can dream about yes awesome

1381

01:10:39,750 --> 01:10:37,210

yeah let me just mention I feel little

1382

01:10:41,850 --> 01:10:39,760

dreams go ahead yeah I just wanted to

1383

01:10:44,790 --> 01:10:41,860

say to everybody out in our audience

1384

01:10:46,859 --> 01:10:44,800

tonight that I know a lot of people are

1385

01:10:50,370 --> 01:10:46,869

interested in becoming more psychic more

1386

01:10:52,469 --> 01:10:50,380

intuitive this is a great way to do it I

1387

01:10:55,709 --> 01:10:52,479

mean if you pay attention to your dreams

1388

01:10:59,459 --> 01:10:55,719

you can become precognitive I remember a

1389

01:11:01,469 --> 01:10:59,469

week before 9/11 happened and I had said

1390

01:11:03,600 --> 01:11:01,479

to my husband there was going to be a

1391

01:11:06,060 --> 01:11:03,610

terrorist attack on American soil he

1392

01:11:08,339 --> 01:11:06,070

left his hat off at me oh you thought

1393

01:11:11,600 --> 01:11:08,349

that was the stupidest thing I ever said

1394

01:11:13,950 --> 01:11:11,610

and yet a week later my dream came

1395

01:11:16,529 --> 01:11:13,960

unfortunately true this is what happened

1396

01:11:19,169 --> 01:11:16,539

so again I've worked with my dreams for

1397

01:11:21,750 --> 01:11:19,179

many many years and so I this is true

1398

01:11:24,689 --> 01:11:21,760

for everybody that I know and everybody

1399

01:11:28,620 --> 01:11:24,699

I've worked with with dreams you can

1400

01:11:31,200 --> 01:11:28,630

become precognitive you can become more

1401

01:11:32,939 --> 01:11:31,210

intuitive more psychic through paying

1402

01:11:35,040 --> 01:11:32,949

attention to your dreams it is so

1403

01:11:37,140 --> 01:11:35,050

worthwhile I want to urge everybody to

1404

01:11:40,649 --> 01:11:37,150

do that so go ahead time you wanted to

1405

01:11:46,169 --> 01:11:40,659

share something I just I just wanted to

1406

01:11:49,169 --> 01:11:46,179

say that my teacher James Hillman used

1407

01:11:51,770 --> 01:11:49,179

to like to say any meaning that we get

1408

01:11:55,020 --> 01:11:51,780

from a dream is one of many

1409

01:11:58,500 --> 01:11:55,030

possibilities at the end of a good dream

1410

01:12:00,899 --> 01:11:58,510

session if I'm working with someone the

1411

01:12:03,029 --> 01:12:00,909

ending is that they got something really

1412

01:12:05,100 --> 01:12:03,039

valuable that was useful and helpful in

1413

01:12:07,550 --> 01:12:05,110

their life and yet there's still

1414

01:12:11,580 --> 01:12:07,560

this sense that there's so much more

1415

01:12:14,700 --> 01:12:11,590

that the dream has to give us and I just

1416

01:12:17,310 --> 01:12:14,710

wanted to say that an example of how

1417

01:12:20,459 --> 01:12:17,320

dreams can mean different things on

1418

01:12:22,800 --> 01:12:20,469

different levels a woman comes into my

1419

01:12:27,060 --> 01:12:22,810

office she tells me a dream she's

1420

01:12:30,390 --> 01:12:27,070

driving along the highway she exits a

1421

01:12:34,439 --> 01:12:30,400

right exit that goes down the hill the

1422

01:12:36,959 --> 01:12:34,449

exit stops at a crossroad at E there's a

1423

01:12:40,410 --> 01:12:36,969

traffic light and she's going down the

1424

01:12:42,629 --> 01:12:40,420

hill there's traffic going and she puts

1425

01:12:47,220 --> 01:12:42,639

on her brakes and she has no brakes and

1426

01:12:50,430 --> 01:12:47,230

she wakes up terrified not an unusual

1427

01:12:54,030 --> 01:12:50,440

dream so she tells me that during the

1428

01:12:57,720 --> 01:12:54,040

first thing I say to her is have you had

1429

01:13:01,680 --> 01:12:57,730

your brakes checked lately and she's

1430

01:13:04,050 --> 01:13:01,690

fine she laughs and and she said no I

1431

01:13:06,629 --> 01:13:04,060

think they're fine you know but I'm

1432

01:13:09,060 --> 01:13:06,639

having my car inspected next week and

1433

01:13:12,090 --> 01:13:09,070

they'll check the brakes I said good so

1434

01:13:14,070 --> 01:13:12,100

then I went to the next thing which is I

1435

01:13:15,060 --> 01:13:14,080

would encourage your listeners to do

1436

01:13:18,530 --> 01:13:15,070

with their dreams

1437

01:13:22,740 --> 01:13:18,540

what's your association with that exit

1438

01:13:25,290 --> 01:13:22,750

sigourney Street exit then she said to

1439

01:13:28,379 --> 01:13:25,300

me well that's where I get off to visit

1440

01:13:30,870 --> 01:13:28,389

my new boyfriend John she had been in a

1441

01:13:33,419 --> 01:13:30,880

relationship with about three months at

1442

01:13:35,729 --> 01:13:33,429

that point and I said to her house that

1443

01:13:38,850 --> 01:13:35,739

relationship going and totally

1444

01:13:41,939 --> 01:13:38,860

unconsciously she says to me she says

1445

01:13:46,169 --> 01:13:41,949

well I'm afraid I'm doing what I often

1446

01:13:48,629 --> 01:13:46,179

do I'm going too fast in in the

1447

01:13:51,300 --> 01:13:48,639

relationship it feels out of control

1448

01:13:54,120 --> 01:13:51,310

I'd like to slow it down maybe even stop

1449

01:13:57,240 --> 01:13:54,130

it for a while but I can't it's just out

1450

01:14:01,109 --> 01:13:57,250

of control no connection whatsoever it's

1451

01:14:03,169 --> 01:14:01,119

in the dream all right I saw Mike good

1452

01:14:05,669 --> 01:14:03,179

he just said to her I said do you feel

1453

01:14:07,890 --> 01:14:05,679

been in the relationship the way you

1454

01:14:11,160 --> 01:14:07,900

felt in the car when you couldn't stop

1455

01:14:14,700 --> 01:14:11,170

and she said yes and we talked and she

1456

01:14:17,430 --> 01:14:14,710

said you know I'd like to talk with John

1457

01:14:18,360 --> 01:14:17,440

about it but I'm afraid he's gonna think

1458

01:14:20,580 --> 01:14:18,370

I want to end

1459

01:14:23,100 --> 01:14:20,590

relationship and I just want to slow it

1460

01:14:25,230 --> 01:14:23,110

down a little bit because I do this over

1461

01:14:28,350 --> 01:14:25,240

and over and I end relationships because

1462

01:14:30,570 --> 01:14:28,360

I go too far too fast in the dreams so

1463

01:14:32,580 --> 01:14:30,580

she comes back the next week she sits

1464

01:14:37,080 --> 01:14:32,590

down she has this little sheepish smile

1465

01:14:39,690 --> 01:14:37,090

on her face she said you know my

1466

01:14:49,950 --> 01:14:39,700

mechanic said I had no brake pads

1467

01:14:53,640 --> 01:14:49,960

whatsoever it was meh and so hmm

1468

01:14:57,150 --> 01:14:53,650

so then I said she said I had that talk

1469

01:14:59,670 --> 01:14:57,160

with John about slowing down and she

1470

01:15:02,040 --> 01:14:59,680

said he wanted to do the same thing he

1471

01:15:04,260 --> 01:15:02,050

just felt so much pressure and we were

1472

01:15:06,330 --> 01:15:04,270

going too fast and he thought I was

1473

01:15:08,180 --> 01:15:06,340

gonna ask him could I move in and let's

1474

01:15:10,980 --> 01:15:08,190

get married

1475

01:15:14,730 --> 01:15:10,990

so we Jen and we talked about that for

1476

01:15:19,440 --> 01:15:14,740

many sessions to go but the way I kind

1477

01:15:22,920 --> 01:15:19,450

of think about it is story editors like

1478

01:15:26,310 --> 01:15:22,930

in Hollywood who make up the plot of a

1479

01:15:28,770 --> 01:15:26,320

movie I think during those dreams come

1480

01:15:30,840 --> 01:15:28,780

every 90 minutes throughout the night

1481

01:15:33,680 --> 01:15:30,850

it's a it's a whole other conversation

1482

01:15:36,150 --> 01:15:33,690

we could have about what's going on

1483

01:15:39,120 --> 01:15:36,160

amazingly in the body when we're

1484

01:15:41,610 --> 01:15:39,130

dreaming but anyhow during those 80

1485

01:15:44,430 --> 01:15:41,620

minutes or so before the dream begins

1486

01:15:47,720 --> 01:15:44,440

there the story editors sitting around

1487

01:15:50,790 --> 01:15:47,730

in our sights and one of them the really

1488

01:15:52,410 --> 01:15:50,800

practical dude on the committee says you

1489

01:15:54,720 --> 01:15:52,420

know we got to talk to her about her

1490

01:15:57,150 --> 01:15:54,730

brakes because it's not equipment a

1491

01:15:59,820 --> 01:15:57,160

fixer breaks it doesn't matter all this

1492

01:16:02,820 --> 01:15:59,830

technological stuff she's gonna be dead

1493

01:16:05,730 --> 01:16:02,830

okay and there's a person writing down

1494

01:16:09,180 --> 01:16:05,740

ideas and then the sensitive probably

1495

01:16:11,580 --> 01:16:09,190

woman relationship person says you know

1496

01:16:13,770 --> 01:16:11,590

she's out of control again in her

1497

01:16:15,420 --> 01:16:13,780

relationship with John we got to slow

1498

01:16:17,700 --> 01:16:15,430

her down she's gonna ruin that

1499

01:16:20,520 --> 01:16:17,710

relationship like she's ruined the last

1500

01:16:23,100 --> 01:16:20,530

four so there write that down and now

1501

01:16:25,500 --> 01:16:23,110

the clock is ticking REM is about this

1502

01:16:28,080 --> 01:16:25,510

start and they say then the creative

1503

01:16:30,660 --> 01:16:28,090

person on the committee says here I got

1504

01:16:31,740 --> 01:16:30,670

an idea whatever going along route 84

1505

01:16:40,230 --> 01:16:31,750

exit

1506

01:16:42,420 --> 01:16:40,240

can't stop and in the can drop the dream

1507

01:16:44,580 --> 01:16:42,430

in the psyche and off we go

1508

01:16:46,740 --> 01:16:44,590

and it's talking about the most

1509

01:16:50,790 --> 01:16:46,750

practical thing and it's talking about

1510

01:16:54,450 --> 01:16:50,800

this ongoing life issue both at the same

1511

01:16:55,940 --> 01:16:54,460

time and dreams are immensely creative

1512

01:17:00,150 --> 01:16:55,950

and that's a whole other topic

1513

01:17:02,490 --> 01:17:00,160

creativity but it's so important I mean

1514

01:17:06,830 --> 01:17:02,500

again this is why we need to pay

1515

01:17:09,270 --> 01:17:06,840

attention and I'm so glad that you and

1516

01:17:12,600 --> 01:17:09,280

Steven wrote this book together because

1517

01:17:14,550 --> 01:17:12,610

it really people need people need your

1518

01:17:19,200 --> 01:17:14,560

book people need to understand the power

1519

01:17:21,810 --> 01:17:19,210

that's in you know if they want this

1520

01:17:24,210 --> 01:17:21,820

type of relationship with cosmic

1521

01:17:26,850 --> 01:17:24,220

consciousness this is a way to get it

1522

01:17:29,370 --> 01:17:26,860

and what better way than to pay

1523

01:17:32,520 --> 01:17:29,380

attention to your very own dreams it's

1524

01:17:35,550 --> 01:17:32,530

so important this is important work it's

1525

01:17:36,420 --> 01:17:35,560

fun work its mouthful it'll save your

1526

01:17:40,290 --> 01:17:36,430

life

1527

01:17:42,750 --> 01:17:40,300

you know it's save your relationships is

1528

01:17:45,090 --> 01:17:42,760

what could I mean there's nothing better

1529

01:17:47,010 --> 01:17:45,100

in my opinion then dream work and Tom

1530

01:17:50,160 --> 01:17:47,020

again thank you so much this has gone

1531

01:17:52,130 --> 01:17:50,170

way too fast this show is way too short

1532

01:17:57,390 --> 01:17:52,140

we're gonna have to have you come back

1533

01:18:00,300 --> 01:17:57,400

because it's so much more to talk about

1534

01:18:01,890 --> 01:18:00,310

and you definitely have you back but

1535

01:18:04,050 --> 01:18:01,900

anyways I'm sorry everybody I know

1536

01:18:05,700 --> 01:18:04,060

either a ton more questions in the chat

1537

01:18:07,200 --> 01:18:05,710

room and they were all good questions

1538

01:18:10,280 --> 01:18:07,210

I'm sorry you couldn't get to you all

1539

01:18:13,920 --> 01:18:10,290

tonight but do get a copy of Tom's

1540

01:18:16,380 --> 01:18:13,930

terrific book yeah again true is the

1541

01:18:18,620 --> 01:18:16,390

transformational power of dreaming

1542

01:18:21,780 --> 01:18:18,630

discovering the wishes of the soul it's

1543

01:18:24,270 --> 01:18:21,790

great and keep your dream journal take a

1544

01:18:26,460 --> 01:18:24,280

look at those lights on the driveway and

1545

01:18:30,780 --> 01:18:26,470

we're all going to do some dreaming on

1546

01:18:33,840 --> 01:18:30,790

this to figure it out what we want to

1547

01:18:38,010 --> 01:18:33,850

know it's this paranormal event has to

1548

01:18:40,050 --> 01:18:38,020

do with us all of us so we're gonna find

1549

01:18:41,850 --> 01:18:40,060

out and then in the meantime everybody

1550

01:18:44,040 --> 01:18:41,860

will be back next week with another new

1551

01:18:45,000 --> 01:18:44,050

show we caught going back to talking

1552

01:18:46,589 --> 01:18:45,010

about alien

1553

01:18:49,259 --> 01:18:46,599

we have a lady coming in she's gonna

1554

01:18:51,270 --> 01:18:49,269

fascinate you all about aliens

1555

01:18:54,479 --> 01:18:51,280

earthquakes hurricanes we're gonna do it

1556

01:18:56,580 --> 01:18:54,489

all next week in the meantime we'll see

1557

01:18:58,130 --> 01:18:56,590

you on the blue Highway good night