



ACTIVATING PSI DREAMING

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**SOCIETY
FOR
SCIENTIFIC
EXPLORATION**

1
00:00:04,340 --> 00:00:02,330
morale I know it's been a long night and

2
00:00:07,909 --> 00:00:04,350
I'm not going to spend a lot of time on

3
00:00:10,549 --> 00:00:07,919
background but I'm gonna say this you've

4
00:00:15,230 --> 00:00:10,559
heard two and a half hours worth of the

5
00:00:17,150 --> 00:00:15,240
day the daylight side of sigh we're not

6
00:00:20,179 --> 00:00:17,160
going to go into the night side of sigh

7
00:00:22,580 --> 00:00:20,189
and I personally feel and I've been

8
00:00:25,220 --> 00:00:22,590
involved professionally with the the

9
00:00:28,040 --> 00:00:25,230
remove Ewing program since 1976 and one

10
00:00:30,320 --> 00:00:28,050
form or another so you would think that

11
00:00:33,049 --> 00:00:30,330
I would be totally totally 100 percent

12
00:00:34,639 --> 00:00:33,059
every move your and of course I support

13
00:00:35,090 --> 00:00:34,649

that field there's no question about

14

00:00:38,000 --> 00:00:35,100

that

15

00:00:41,270 --> 00:00:38,010

but I don't want any collect the easiest

16

00:00:43,819 --> 00:00:41,280

part of how you and I or anybody can be

17

00:00:46,100 --> 00:00:43,829

really psychic it can be as good as a

18

00:00:49,760 --> 00:00:46,110

best remote viewer that's your dream

19

00:00:51,709 --> 00:00:49,770

life it's so easy to do and really you

20

00:00:53,600 --> 00:00:51,719

can get some really accurate material

21

00:00:55,549 --> 00:00:53,610

you thought some of the sketches here

22

00:00:59,060 --> 00:00:55,559

we're great wait till you start drawing

23

00:01:01,880 --> 00:00:59,070

your dream imagery then you will realize

24

00:01:04,789 --> 00:01:01,890

there are two ways of cracking the sign

25

00:01:07,580 --> 00:01:04,799

not removed you in conscious state and

26

00:01:14,539 --> 00:01:07,590

the easy one at night when you are

27

00:01:17,660 --> 00:01:14,549

asleep now I'm do this right so the main

28

00:01:22,219 --> 00:01:17,670

objective tonight is to get geared up

29

00:01:24,490 --> 00:01:22,229

for the night side of sigh that time at

30

00:01:28,070 --> 00:01:24,500

night when you are sleeping dreaming

31

00:01:29,960 --> 00:01:28,080

when the side feel opens up to you if

32

00:01:32,420 --> 00:01:29,970

you are willing to let it come into your

33

00:01:35,210 --> 00:01:32,430

dream consciousness just like Russell

34

00:01:37,100 --> 00:01:35,220

was saying letting the universe come

35

00:01:39,859 --> 00:01:37,110

into your waking state consciousness

36

00:01:43,429 --> 00:01:39,869

it's there all the time take advantage

37

00:01:47,330 --> 00:01:43,439

of it at night so the workshop will be

38

00:01:48,710 --> 00:01:47,340

focusing on that and tonight I'm going

39

00:01:52,520 --> 00:01:48,720

to be talking about how do you

40

00:01:54,980 --> 00:01:52,530

experience and you call a side dream now

41

00:01:56,780 --> 00:01:54,990

I'm not going to go into a big survey

42

00:01:59,990 --> 00:01:56,790

right now I'll save that for a Friday

43

00:02:02,510 --> 00:02:00,000

morning but I'm assuming that many of

44

00:02:05,300 --> 00:02:02,520

you already do remember dreams so you

45

00:02:08,660 --> 00:02:05,310

should have an easy transition to go to

46

00:02:11,089 --> 00:02:08,670

a specific dream a dream that has the

47

00:02:12,900 --> 00:02:11,099

the hidden information that I'll be

48

00:02:15,700 --> 00:02:12,910

talking about shortly

49

00:02:17,590 --> 00:02:15,710

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

50

00:02:20,650 --> 00:02:17,600

a lot of factors and remembering dreams

51
00:02:22,900 --> 00:02:20,660
don't worry about it you have three to

52
00:02:25,780 --> 00:02:22,910
four nights for the rest of the week to

53
00:02:28,660 --> 00:02:25,790
actually remember a dream so the

54
00:02:31,870 --> 00:02:28,670
workshop will be focusing on beefing up

55
00:02:34,830 --> 00:02:31,880
your ability to remember dreams and also

56
00:02:38,320 --> 00:02:34,840
giving you very basic guidelines

57
00:02:41,080 --> 00:02:38,330
encouragement specifics on how you can

58
00:02:43,390 --> 00:02:41,090
move to the next step and move it out of

59
00:02:47,100 --> 00:02:43,400
the random kind of dreams that most of

60
00:02:49,900 --> 00:02:47,110
us have and in a dream research world

61
00:02:53,020 --> 00:02:49,910
most breathing is referred to as full of

62
00:02:56,140 --> 00:02:53,030
de residue or things that tend to be

63
00:02:59,199 --> 00:02:56,150

kind of not that important but I

64

00:03:01,030 --> 00:02:59,209

maintain that most all dreams have some

65

00:03:03,610 --> 00:03:01,040

importance and we'll be talking about

66

00:03:07,720 --> 00:03:03,620

that as well even though the focus will

67

00:03:13,060 --> 00:03:07,730

be on the side part the ESP part the

68

00:03:15,400 --> 00:03:13,070

psyche part of our dreamscape now the in

69

00:03:17,500 --> 00:03:15,410

addition to just simply remembering a

70

00:03:19,660 --> 00:03:17,510

dream we're going to focus on

71

00:03:23,620 --> 00:03:19,670

remembering what I call the side dream

72

00:03:25,479 --> 00:03:23,630

or a dream that has the material that

73

00:03:30,430 --> 00:03:25,489

will be in an envelope that I'll talk

74

00:03:32,500 --> 00:03:30,440

about shortly now I'm not going to dwell

75

00:03:35,620 --> 00:03:32,510

in this a lot of detail most of you know

76

00:03:39,430 --> 00:03:35,630

about all this you will be dreaming

77

00:03:42,340 --> 00:03:39,440

anyway six to eight times a night maybe

78

00:03:44,770 --> 00:03:42,350

one third or maybe twenty to thirty

79

00:03:47,620 --> 00:03:44,780

percent of the time you will be in a

80

00:03:49,390 --> 00:03:47,630

dream state whether you realize it or

81

00:03:52,539 --> 00:03:49,400

not so if you're gonna be dreaming

82

00:03:54,940 --> 00:03:52,549

anyway which is my main thesis take

83

00:03:57,610 --> 00:03:54,950

advantage of just a few seconds or maybe

84

00:04:00,160 --> 00:03:57,620

a minutes worth of dreams that gives you

85

00:04:03,630 --> 00:04:00,170

some really significant information like

86

00:04:06,130 --> 00:04:03,640

remote viewing or some other form of

87

00:04:09,280 --> 00:04:06,140

information you couldn't ordinarily get

88

00:04:09,819 --> 00:04:09,290

so whatever the case is you will be

89

00:04:14,130 --> 00:04:09,829

dreaming

90

00:04:16,930 --> 00:04:14,140

that's a given so now is the time

91

00:04:18,940 --> 00:04:16,940

starting tonight or any night for the

92

00:04:20,949 --> 00:04:18,950

rest of the week and certainly by the

93

00:04:23,740 --> 00:04:20,959

time you get through the workshop you

94

00:04:25,840 --> 00:04:23,750

will then have a different perspective

95

00:04:27,160 --> 00:04:25,850

on dreams I hope and how you

96

00:04:32,140 --> 00:04:27,170

and actually bring them into your life

97

00:04:34,480 --> 00:04:32,150

on a routine basis now I will be

98

00:04:38,010 --> 00:04:34,490

honoring in the beginning of my workshop

99

00:04:42,280 --> 00:04:38,020

and throughout the founder in my view of

100

00:04:46,480 --> 00:04:42,290

the first fully awareness that you and I

101
00:04:49,090 --> 00:04:46,490
can have aside dreams now in back in the

102
00:04:51,910 --> 00:04:49,100
1960s when Stan krepner and I'm sure you

103
00:04:54,010 --> 00:04:51,920
all know of him set up the dream

104
00:04:57,280 --> 00:04:54,020
telepathy lab as they called it at that

105
00:04:59,830 --> 00:04:57,290
time in Brooklyn New York to study the

106
00:05:03,370 --> 00:04:59,840
phenomenon of people who can recall

107
00:05:05,170 --> 00:05:03,380
dreams that have side content and a

108
00:05:07,090 --> 00:05:05,180
whole series of research programs that

109
00:05:09,400 --> 00:05:07,100
came out of that that I'll be going over

110
00:05:11,800 --> 00:05:09,410
in some detail and on the Friday

111
00:05:13,870 --> 00:05:11,810
workshop so that's going to be my key

112
00:05:15,910 --> 00:05:13,880
reference point I'll be talking a lot

113
00:05:18,580 --> 00:05:15,920

about that work I've known the people

114

00:05:20,560 --> 00:05:18,590

that were involved in that directly all

115

00:05:23,200 --> 00:05:20,570

men I've known him that was him over the

116

00:05:26,160 --> 00:05:23,210

years Bob banter castle and many others

117

00:05:28,630 --> 00:05:26,170

and not just dimensions Stan krepner

118

00:05:30,370 --> 00:05:28,640

Stan had also written a very interesting

119

00:05:31,960 --> 00:05:30,380

moniker and that's a little hard to find

120

00:05:33,820 --> 00:05:31,970

but it really gives you a good history

121

00:05:36,580 --> 00:05:33,830

I'll be going into that to some extent

122

00:05:38,920 --> 00:05:36,590

as well as well as a wealth of other

123

00:05:42,060 --> 00:05:38,930

kinds of material that's available on

124

00:05:44,650 --> 00:05:42,070

sie greening now I'm a member of the

125

00:05:48,010 --> 00:05:44,660

Association for the study of dreams so

126

00:05:51,550 --> 00:05:48,020

I'm usually you're quite tied in to the

127

00:05:54,330 --> 00:05:51,560

dream research community I will also be

128

00:05:56,890 --> 00:05:54,340

drawing on some really good work some

129

00:06:00,730 --> 00:05:56,900

analytical work that Chris Rowe and

130

00:06:03,610 --> 00:06:00,740

server did some years ago to help back

131

00:06:06,130 --> 00:06:03,620

up the the findings of some of the dream

132

00:06:09,040 --> 00:06:06,140

research and this one here focuses on a

133

00:06:12,640 --> 00:06:09,050

mom and the my money day's work but that

134

00:06:15,340 --> 00:06:12,650

report also covers on work with dreams

135

00:06:18,580 --> 00:06:15,350

that have been carried on since the

136

00:06:21,460 --> 00:06:18,590

Maimonides Laboratory closed in the

137

00:06:23,350 --> 00:06:21,470

early 1970s in nineteen seventy five or

138

00:06:27,250 --> 00:06:23,360

six so I'll be going into this in some

139

00:06:29,200 --> 00:06:27,260

detail as well but let's get right to

140

00:06:32,260 --> 00:06:29,210

the point of what we want to do tonight

141

00:06:35,620 --> 00:06:32,270

and in any of the night's remaining

142

00:06:37,930 --> 00:06:35,630

either tonight Tuesday Wednesday or

143

00:06:39,460 --> 00:06:37,940

Thursday you got one four nights if you

144

00:06:42,880 --> 00:06:39,470

work on the project

145

00:06:46,000 --> 00:06:42,890

shortly but I want to really mention the

146

00:06:48,790 --> 00:06:46,010

best way to start is and this is what we

147

00:06:52,360 --> 00:06:48,800

call in a dream where community the side

148

00:06:53,830 --> 00:06:52,370

dream focus statement dream workers like

149

00:06:56,710 --> 00:06:53,840

to think of it as an incubation

150

00:07:00,220 --> 00:06:56,720

intention but it's really a way in which

151
00:07:02,380 --> 00:07:00,230
you focus your mind your objective prior

152
00:07:05,050 --> 00:07:02,390
to when you go to sleep I would want to

153
00:07:06,880 --> 00:07:05,060
dream about now we're making a big jump

154
00:07:10,360 --> 00:07:06,890
we're going right from consciousness

155
00:07:12,070 --> 00:07:10,370
into a side dream I'm not saying any

156
00:07:13,120 --> 00:07:12,080
kind of dream although that may happen

157
00:07:15,670 --> 00:07:13,130
as well

158
00:07:18,580 --> 00:07:15,680
whatever the case your focus tonight

159
00:07:22,210 --> 00:07:18,590
Tuesday Wednesday or Thursday whichever

160
00:07:24,820 --> 00:07:22,220
one works for you will be this just

161
00:07:28,510 --> 00:07:24,830
simply and there's a hangout all this is

162
00:07:30,550 --> 00:07:28,520
on your handout read this book focus

163
00:07:33,040 --> 00:07:30,560

statement I also have another one but

164

00:07:35,920 --> 00:07:33,050

something like this and you rephrase it

165

00:07:39,130 --> 00:07:35,930

to suit you tonight I desire to

166

00:07:41,770 --> 00:07:39,140

experience and recall a dream that

167

00:07:45,970 --> 00:07:41,780

represents the content of the target

168

00:07:50,170 --> 00:07:45,980

picture envelope designated as a seven

169

00:07:52,659 --> 00:07:50,180

and cue I will wake up immediately after

170

00:07:55,330 --> 00:07:52,669

the dream and will easily recall the

171

00:07:58,510 --> 00:07:55,340

dream so now we're hitting two aspects

172

00:08:02,080 --> 00:07:58,520

here not just a dream you'll wake up and

173

00:08:05,440 --> 00:08:02,090

remember the dream many times I know you

174

00:08:07,060 --> 00:08:05,450

I do it you wake up no other dream but

175

00:08:09,370 --> 00:08:07,070

you can't remember but tonight or

176

00:08:12,850 --> 00:08:09,380

whatever other night you want to work on

177

00:08:16,360 --> 00:08:12,860

this this week then intend to recall a

178

00:08:18,490 --> 00:08:16,370

dream that has the content of the target

179

00:08:21,909 --> 00:08:18,500

picture antelope that I will pull out

180

00:08:25,810 --> 00:08:21,919

shortly and you also give yourself the

181

00:08:28,360 --> 00:08:25,820

suggestion that I will either be more I

182

00:08:30,550 --> 00:08:28,370

mean I will wake up immediately after

183

00:08:34,829 --> 00:08:30,560

the dream keypoint wake up immediately

184

00:08:38,050 --> 00:08:34,839

after the dream and easily we call it

185

00:08:40,690 --> 00:08:38,060

now there's another dream

186

00:08:43,000 --> 00:08:40,700

statement that I found over my years of

187

00:08:45,700 --> 00:08:43,010

working with dream groups that some

188

00:08:49,810 --> 00:08:45,710

people actually prefer so I'll give you

189

00:08:51,950 --> 00:08:49,820

a choice here's an alternative dream

190

00:08:55,320 --> 00:08:51,960

focus statement

191

00:08:59,280 --> 00:08:55,330

tonight I desire a dream that presents

192

00:09:02,610 --> 00:08:59,290

the designated target picture in the

193

00:09:04,889 --> 00:09:02,620

same way that I will see it on Friday

194

00:09:08,579 --> 00:09:04,899

morning when it is revealed in the side

195

00:09:11,940 --> 00:09:08,589

dreaming workshop basically this is

196

00:09:14,400 --> 00:09:11,950

precognition so you have your choice of

197

00:09:17,040 --> 00:09:14,410

going to the target in a remote viewing

198

00:09:19,980 --> 00:09:17,050

style and by the way I do use the term

199

00:09:22,079 --> 00:09:19,990

dream remote viewing as well so it's

200

00:09:24,449 --> 00:09:22,089

synonymous in my view and I'll explain

201
00:09:28,380 --> 00:09:24,459
that in more detail during the workshop

202
00:09:30,840 --> 00:09:28,390
why I use them synonymously but you also

203
00:09:34,170 --> 00:09:30,850
have the option of going ahead in time

204
00:09:36,090 --> 00:09:34,180
and it just imagine walking into the

205
00:09:38,790 --> 00:09:36,100
room shortly after the introduction

206
00:09:41,250 --> 00:09:38,800
because I'll be getting right to the

207
00:09:43,889 --> 00:09:41,260
dream event shortly after that we begin

208
00:09:46,380 --> 00:09:43,899
on Friday and there's going to be the

209
00:09:48,840 --> 00:09:46,390
picture that will be the target picture

210
00:09:51,030 --> 00:09:48,850
for you to dream about for anyone in

211
00:09:56,040 --> 00:09:51,040
these nights tonight Tuesday Wednesday

212
00:09:59,130 --> 00:09:56,050
or Thursday now let me go ahead and give

213
00:10:01,050 --> 00:09:59,140

you a couple of guidelines here first I

214

00:10:03,180 --> 00:10:01,060

like to see your show of hands briefly

215

00:10:06,480 --> 00:10:03,190

how many people generally do remember

216

00:10:08,730 --> 00:10:06,490

dreams okay so I'm not going to tell you

217

00:10:10,650 --> 00:10:08,740

a lot that's new and I know some people

218

00:10:13,410 --> 00:10:10,660

didn't put up their hands so I just go

219

00:10:16,769 --> 00:10:13,420

over this real briefly already talked

220

00:10:18,870 --> 00:10:16,779

about the objective it's good if you can

221

00:10:21,510 --> 00:10:18,880

write it out you don't have to keep

222

00:10:23,220 --> 00:10:21,520

writing at dozens of times but you get a

223

00:10:25,560 --> 00:10:23,230

nice plain piece of paper or whatever

224

00:10:27,710 --> 00:10:25,570

you have and write out that objective

225

00:10:30,120 --> 00:10:27,720

that's on in front of you in the handout

226

00:10:35,660 --> 00:10:30,130

I've talked about the Knights it can be

227

00:10:39,390 --> 00:10:35,670

any night between now and Thursday yes

228

00:10:42,750 --> 00:10:39,400

no the the the I'm giving you the

229

00:10:45,360 --> 00:10:42,760

freedom to have a dream for the

230

00:10:47,670 --> 00:10:45,370

objective of the target angle of any

231

00:10:50,400 --> 00:10:47,680

night now if you want to do more than

232

00:10:51,900 --> 00:10:50,410

one go ahead for the same objective so

233

00:10:53,970 --> 00:10:51,910

it's up to you if you want to choose

234

00:10:56,040 --> 00:10:53,980

tonight of the night or Tuesday or

235

00:10:59,850 --> 00:10:56,050

Wednesday or Thursday whatever it might

236

00:11:01,980 --> 00:10:59,860

be more convenient for you it's up to

237

00:11:04,140 --> 00:11:01,990

you whichever one you want if you do it

238

00:11:05,010 --> 00:11:04,150

tonight and you get dreams there's no

239

00:11:07,140 --> 00:11:05,020

reason you can't do

240

00:11:09,870 --> 00:11:07,150

again tomorrow just repeat that that

241

00:11:12,390 --> 00:11:09,880

focus statement you may have personal

242

00:11:13,980 --> 00:11:12,400

dreams and you'll recognize that as your

243

00:11:15,810 --> 00:11:13,990

personal dream and you feel well I

244

00:11:18,720 --> 00:11:15,820

didn't quite get the target but I'll

245

00:11:20,520 --> 00:11:18,730

come back again because this doesn't try

246

00:11:23,700 --> 00:11:20,530

again so then you have an option of

247

00:11:26,630 --> 00:11:23,710

doing another dream doing another dream

248

00:11:30,540 --> 00:11:26,640

focus for the same target for the target

249

00:11:31,430 --> 00:11:30,550

so any of these nights whatever works

250

00:11:36,840 --> 00:11:31,440

for you

251
00:11:39,060 --> 00:11:36,850
now when you wake up from a from the

252
00:11:42,420 --> 00:11:39,070
dream presumably you will wake up and

253
00:11:44,820 --> 00:11:42,430
remember a dream or dream fragment try

254
00:11:46,530 --> 00:11:44,830
to have a notepad that's real close you

255
00:11:49,590 --> 00:11:46,540
don't have to turn a light on or

256
00:11:52,950 --> 00:11:49,600
anything have a pencil there pen then

257
00:11:55,170 --> 00:11:52,960
check out the disparity the logistics

258
00:11:57,360 --> 00:11:55,180
here just reach over it without turning

259
00:11:59,220 --> 00:11:57,370
the light on because that doesn't wake

260
00:12:01,980 --> 00:11:59,230
you up even more you want to get to away

261
00:12:04,080 --> 00:12:01,990
and just grab that little pen and just

262
00:12:06,930 --> 00:12:04,090
scribble out a couple of words that

263
00:12:09,210 --> 00:12:06,940

captures the essence of the dream you do

264

00:12:12,480 --> 00:12:09,220

not have to write out the dream at that

265

00:12:15,180 --> 00:12:12,490

time you kind of you want but it's not

266

00:12:17,730 --> 00:12:15,190

necessary generally speaking all you

267

00:12:21,660 --> 00:12:17,740

need to do is dot down a couple of key

268

00:12:25,170 --> 00:12:21,670

words and fix it in memory don't move

269

00:12:27,960 --> 00:12:25,180

just lie motionless until you have

270

00:12:30,360 --> 00:12:27,970

remembered that dream jot down a couple

271

00:12:32,940 --> 00:12:30,370

of key words and then go back to sleep

272

00:12:36,480 --> 00:12:32,950

and if you feel you want to have a

273

00:12:39,390 --> 00:12:36,490

follow on dream recycles a desire to

274

00:12:43,590 --> 00:12:39,400

have a following dream to what I just

275

00:12:46,440 --> 00:12:43,600

have so the key is wake up when you wake

276

00:12:48,930 --> 00:12:46,450

up from the dream lie there motions

277

00:12:52,070 --> 00:12:48,940

until you really feel you have it

278

00:12:56,220 --> 00:12:52,080

memorized and all they going over drills

279

00:12:58,590 --> 00:12:56,230

how to do that in the workshop then when

280

00:13:01,440 --> 00:12:58,600

you're comfortable that you remember

281

00:13:04,110 --> 00:13:01,450

that dream reach over and jot down a

282

00:13:05,850 --> 00:13:04,120

couple of words no full sentences just a

283

00:13:09,570 --> 00:13:05,860

key word the key option whatever might

284

00:13:11,940 --> 00:13:09,580

be on your path then go back to sleep

285

00:13:15,150 --> 00:13:11,950

but then in the morning at your first

286

00:13:18,130 --> 00:13:15,160

opportunity get your notepad

287

00:13:22,269 --> 00:13:18,140

and look over those words

288

00:13:25,000 --> 00:13:22,279

and we reconstruct the dream for memory

289

00:13:27,280 --> 00:13:25,010

because this buzzwords those keywords on

290

00:13:28,990 --> 00:13:27,290

your notepad will do it for you just

291

00:13:31,870 --> 00:13:29,000

just like an icon on your computer just

292

00:13:35,350 --> 00:13:31,880

plug them all back and then write out

293

00:13:38,800 --> 00:13:35,360

the details of the dream your narrative

294

00:13:42,370 --> 00:13:38,810

at that time based on your keywords

295

00:13:45,490 --> 00:13:42,380

keywords that you have now when you do

296

00:13:48,550 --> 00:13:45,500

that also and I really encourage this

297

00:13:51,519 --> 00:13:48,560

and this goes back into Mariana remote

298

00:13:54,970 --> 00:13:51,529

viewing background make sketches of key

299

00:13:57,610 --> 00:13:54,980

imagery that really is important you may

300

00:14:00,400 --> 00:13:57,620

write words in your narrative that's

301
00:14:03,300 --> 00:14:00,410
that's fine but it's also good to have a

302
00:14:06,699 --> 00:14:03,310
sketch handy remember we're comparing

303
00:14:07,480 --> 00:14:06,709
imagery to imagery dream imagery to a

304
00:14:11,470 --> 00:14:07,490
picture

305
00:14:14,920 --> 00:14:11,480
so the verbalizing of it is not always

306
00:14:17,139 --> 00:14:14,930
going to be tracking what the picture is

307
00:14:19,150 --> 00:14:17,149
that you intend to dream it down just

308
00:14:21,940 --> 00:14:19,160
like an email viewing how many times did

309
00:14:24,819 --> 00:14:21,950
you hear people say just sketch what you

310
00:14:26,860 --> 00:14:24,829
see don't tell me what you see so

311
00:14:29,860 --> 00:14:26,870
there's a little bit of that disconnect

312
00:14:32,470 --> 00:14:29,870
in the analysis and what we do even at a

313
00:14:34,480 --> 00:14:32,480

subconscious level during the dream it's

314

00:14:36,579 --> 00:14:34,490

very similar to remote viewing in a

315

00:14:40,240 --> 00:14:36,589

sense and I'll have a lot more to say

316

00:14:44,160 --> 00:14:40,250

about that on Friday now if you wake up

317

00:14:47,019 --> 00:14:44,170

and you just don't remember anything

318

00:14:49,269 --> 00:14:47,029

such at a dream but you can remember it

319

00:14:51,790 --> 00:14:49,279

don't worry about that just repeat your

320

00:14:54,280 --> 00:14:51,800

objective and you'll go back to sleep

321

00:14:57,100 --> 00:14:54,290

and then you'll eventually will have a

322

00:15:00,130 --> 00:14:57,110

dream that you'll remember enough to jot

323

00:15:02,650 --> 00:15:00,140

down and you go then you slip back to

324

00:15:05,560 --> 00:15:02,660

sleep then just repeat the a

325

00:15:07,510 --> 00:15:05,570

desire to have a dream not any green but

326

00:15:09,880 --> 00:15:07,520

a dream that has the content of the

327

00:15:13,240 --> 00:15:09,890

target picture so you keep reiterating

328

00:15:15,670 --> 00:15:13,250

the the objective the one that you wrote

329

00:15:17,949 --> 00:15:15,680

down and if you wake up at night just

330

00:15:21,540 --> 00:15:17,959

keep repeating that if nothing is

331

00:15:25,350 --> 00:15:21,550

happening now because our dream cycle is

332

00:15:27,329 --> 00:15:25,360

sort of wavy like this and

333

00:15:30,269 --> 00:15:27,339

toward the end of the day of the night

334

00:15:33,000 --> 00:15:30,279

but gets longer but you're not in as a

335

00:15:36,810 --> 00:15:33,010

deep asleep it is still in the REM the

336

00:15:41,000 --> 00:15:36,820

rapid eye movement phase the dream will

337

00:15:43,530 --> 00:15:41,010

be longer but it's easier to remember

338

00:15:46,590 --> 00:15:43,540

normally dreams that occur late at night

339

00:15:48,150 --> 00:15:46,600

are easier to remember the exceptions

340

00:15:49,800 --> 00:15:48,160

would be nightmares or people that might

341

00:15:52,139 --> 00:15:49,810

have night traumas just something like

342

00:15:54,810 --> 00:15:52,149

that but normally it's easier to

343

00:15:57,660 --> 00:15:54,820

remember a dream later at night when you

344

00:16:01,139 --> 00:15:57,670

already are about to wake up anyway and

345

00:16:04,170 --> 00:16:01,149

this is where the dream the sigh part of

346

00:16:06,269 --> 00:16:04,180

the of the target picture little slip

347

00:16:09,509 --> 00:16:06,279

into your dreamscape and there you have

348

00:16:11,030 --> 00:16:09,519

it an easier to remember because it's

349

00:16:17,340 --> 00:16:11,040

later at night

350

00:16:19,440 --> 00:16:17,350

now I mentioned previously wake up write

351

00:16:21,750 --> 00:16:19,450

a brief to skip the description and note

352

00:16:24,150 --> 00:16:21,760

and your write up when you're thinking

353

00:16:27,180 --> 00:16:24,160

about it and reliving it just just note

354

00:16:30,420 --> 00:16:27,190

the colors note anything about the dream

355

00:16:32,639 --> 00:16:30,430

that you might characterize the content

356

00:16:35,850 --> 00:16:32,649

of it I'm not going to go into any

357

00:16:38,340 --> 00:16:35,860

specific example here I could load

358

00:16:40,199 --> 00:16:38,350

dozens of pictures but I don't want to

359

00:16:43,319 --> 00:16:40,209

front load you into thinking about

360

00:16:46,470 --> 00:16:43,329

certain pictures it can happen and then

361

00:16:48,960 --> 00:16:46,480

you'll dream about that so whatever the

362

00:16:51,060 --> 00:16:48,970

case when you write the narrative

363

00:16:53,819 --> 00:16:51,070

go back and check again as a look at it

364

00:16:55,860 --> 00:16:53,829

and underline what you think might be

365

00:16:58,230 --> 00:16:55,870

interesting it'll different maybe from

366

00:17:00,300 --> 00:16:58,240

ordinary dreams if you have a dream

367

00:17:02,250 --> 00:17:00,310

history and even if you don't just

368

00:17:04,620 --> 00:17:02,260

circle or underline something for your

369

00:17:07,890 --> 00:17:04,630

benefit mainly and we'll discuss that on

370

00:17:11,819 --> 00:17:07,900

Friday and just a note there's any

371

00:17:15,419 --> 00:17:11,829

directions or activity now remember this

372

00:17:15,840 --> 00:17:15,429

is a static it's a picture it's just a

373

00:17:19,350 --> 00:17:15,850

picture

374

00:17:21,900 --> 00:17:19,360

but in anyone's familiar with art you

375

00:17:24,449 --> 00:17:21,910

know that the eye but will follow

376

00:17:27,120 --> 00:17:24,459

certain lines the picture might be

377

00:17:29,460 --> 00:17:27,130

static but it fills the subconscious

378

00:17:32,130 --> 00:17:29,470

mind was a sense of motion anyway so a

379

00:17:34,530 --> 00:17:32,140

so-called static picture can be very

380

00:17:37,260 --> 00:17:34,540

dynamic in the dreams day

381

00:17:39,330 --> 00:17:37,270

a dynamic picture can even be more

382

00:17:41,520 --> 00:17:39,340

dramatic but but just because of the

383

00:17:45,270 --> 00:17:41,530

picture doesn't mean there won't be any

384

00:17:47,700 --> 00:17:45,280

perceived activity or dynamics dreaming

385

00:17:51,450 --> 00:17:47,710

mine is a wonderful way of energizing

386

00:17:54,000 --> 00:17:51,460

things because dreams like their dynamic

387

00:17:56,910 --> 00:17:54,010

they're like movies I call them mind

388

00:17:59,190 --> 00:17:56,920

movies and when you start working

389

00:18:03,540 --> 00:17:59,200

business material and you can see how

390

00:18:07,440 --> 00:18:03,550

the the picture gets into your dreams it

391

00:18:09,360 --> 00:18:07,450

really is like looking at a movie it's I

392

00:18:12,000 --> 00:18:09,370

call them the mind movies almost any

393

00:18:14,460 --> 00:18:12,010

dream is like that but these are even

394

00:18:20,520 --> 00:18:14,470

more powerful they seem to be even more

395

00:18:24,180 --> 00:18:20,530

movie like so you give a sketch and give

396

00:18:26,010 --> 00:18:24,190

it you dream a title go back look at it

397

00:18:28,800 --> 00:18:26,020

and say okay what's the essence of that

398

00:18:31,110 --> 00:18:28,810

dream is there a theme here is there

399

00:18:32,970 --> 00:18:31,120

something that a title my capture that's

400

00:18:35,790 --> 00:18:32,980

good a good practice to get into that

401
00:18:39,510 --> 00:18:35,800
because when you start keeping a dream

402
00:18:42,180 --> 00:18:39,520
journal in time the easiest way to go

403
00:18:45,300 --> 00:18:42,190
back and review your material is by

404
00:18:47,400 --> 00:18:45,310
jumping from title to title and if you

405
00:18:49,980 --> 00:18:47,410
put it into a computer this is really

406
00:18:52,170 --> 00:18:49,990
great stuff you can just do the the word

407
00:18:54,360 --> 00:18:52,180
search and then you heart you have the

408
00:18:56,700 --> 00:18:54,370
content that you're looking for no

409
00:19:00,090 --> 00:18:56,710
matter when it happened and I began

410
00:19:02,790 --> 00:19:00,100
dream journaling in 1970 long before as

411
00:19:05,450 --> 00:19:02,800
a computer so my files are horrible I

412
00:19:09,420 --> 00:19:05,460
can hardly extract anything out of them

413
00:19:12,000 --> 00:19:09,430

at this stage but you have the benefit

414

00:19:14,130 --> 00:19:12,010

of the internet and computers you don't

415

00:19:15,960 --> 00:19:14,140

have to burden yourself with a huge

416

00:19:19,950 --> 00:19:15,970

notebooks like like I have over the

417

00:19:23,400 --> 00:19:19,960

years a few more comments about

418

00:19:26,910 --> 00:19:23,410

guidelines if you should have more than

419

00:19:30,150 --> 00:19:26,920

one dream and night you poly will that's

420

00:19:32,580 --> 00:19:30,160

usually and again this is not a hard

421

00:19:35,070 --> 00:19:32,590

rule just something I've seen and

422

00:19:38,160 --> 00:19:35,080

working over the years with bring groups

423

00:19:41,580 --> 00:19:38,170

that you should that last dream of a

424

00:19:45,210 --> 00:19:41,590

series of dreams that that will be water

425

00:19:47,190 --> 00:19:45,220

more in line with the content of the

426
00:19:51,070 --> 00:19:47,200

target

427
00:19:53,710 --> 00:19:51,080

if the dream is long then it would be a

428
00:19:56,350 --> 00:19:53,720

good idea if you just pay attention to

429
00:19:59,289 --> 00:19:56,360

the ending of it I've also experienced

430
00:20:03,009 --> 00:19:59,299

long dreams that don't look like much

431
00:20:05,710 --> 00:20:03,019

but the ending then and ends up with the

432
00:20:09,310 --> 00:20:05,720

material that you're looking for in the

433
00:20:11,999 --> 00:20:09,320

hidden picture or whatever so it kind of

434
00:20:15,519 --> 00:20:12,009

came into the tail end of a long dream

435
00:20:18,879 --> 00:20:15,529

now in the workshop I'll be talking

436
00:20:22,480 --> 00:20:18,889

about dream crafting I could actually

437
00:20:25,090 --> 00:20:22,490

shape the style and the length of the

438
00:20:27,489 --> 00:20:25,100

dreams so you can get rid of or

439

00:20:29,619 --> 00:20:27,499

eliminate or minimize a lot of the

440

00:20:31,600 --> 00:20:29,629

nuisance things that happened when you

441

00:20:34,060 --> 00:20:31,610

have dreams and you have a lot of

442

00:20:36,299 --> 00:20:34,070

extraneous information coming along in

443

00:20:38,889 --> 00:20:36,309

with it so their ways of strategizing

444

00:20:43,330 --> 00:20:38,899

your way out of it but we're not going

445

00:20:45,970 --> 00:20:43,340

to get into that tonight I talked about

446

00:20:48,850 --> 00:20:45,980

highlighting features the forms and

447

00:20:52,499 --> 00:20:48,860

shapes the colors the dynamics sense of

448

00:20:55,480 --> 00:20:52,509

emotion feelings that it might evoke and

449

00:21:00,759 --> 00:20:55,490

do that sketching but color burn if you

450

00:21:04,019 --> 00:21:00,769

have color pencil and then on Friday you

451
00:21:09,279 --> 00:21:04,029
will see what the target picture is you

452
00:21:12,609 --> 00:21:09,289
will find out the truth now here we are

453
00:21:15,039 --> 00:21:12,619
it's time to get the target picture

454
00:21:20,739 --> 00:21:15,049
anyone know where I put it

455
00:21:22,919 --> 00:21:20,749
yeah okay I mean I have in here is a

456
00:21:26,049 --> 00:21:22,929
double sealed envelope it is a picture

457
00:21:27,609 --> 00:21:26,059
it could be of anything I'm not even

458
00:21:29,680 --> 00:21:27,619
going to comment any further than that

459
00:21:33,399 --> 00:21:29,690
it's open-ended it's a free response

460
00:21:36,549 --> 00:21:33,409
kind of target like the opposite used in

461
00:21:40,600 --> 00:21:36,559
the ganzfeld and others studies like

462
00:21:43,419 --> 00:21:40,610
that and it's it's similar to how the my

463
00:21:45,700 --> 00:21:43,429

amenities people did this by selecting

464

00:21:47,560 --> 00:21:45,710

either art friends or important or

465

00:21:50,019 --> 00:21:47,570

interesting local photographs or

466

00:21:53,320 --> 00:21:50,029

pictures so it really is pictorial

467

00:21:56,379 --> 00:21:53,330

oriented and that's all I'm going to say

468

00:21:58,119 --> 00:21:56,389

about it it's a it's a pictorial picture

469

00:21:59,890 --> 00:21:58,129

and that's what you want to dream about

470

00:22:02,830 --> 00:21:59,900

you want to have the

471

00:22:05,350 --> 00:22:02,840

content of this picture that's in the

472

00:22:09,250 --> 00:22:05,360

sealed envelope at your dreamscape

473

00:22:11,760 --> 00:22:09,260

whether you do it by imagining accessing

474

00:22:14,410 --> 00:22:11,770

this photograph this envelope and

475

00:22:17,950 --> 00:22:14,420

getting into the contest like Pat price

476

00:22:20,500 --> 00:22:17,960

did into the codewords of that secret

477

00:22:25,090 --> 00:22:20,510

building that NSA had their Sugar Loaf

478

00:22:26,530 --> 00:22:25,100

or whether you move ahead in time to to

479

00:22:29,290 --> 00:22:26,540

meet your future that's the way you're

480

00:22:33,580 --> 00:22:29,300

going to look at it or to pre

481

00:22:36,190 --> 00:22:33,590

cognitively experience the picture four

482

00:22:38,890 --> 00:22:36,200

out of five days from now so whatever

483

00:22:42,340 --> 00:22:38,900

your strategy but this is the envelope

484

00:22:44,940 --> 00:22:42,350

here is a label I put on it and remote

485

00:22:48,970 --> 00:22:44,950

viewing work this is like a coordinate

486

00:22:50,670 --> 00:22:48,980

it's a number is abstract it gives you

487

00:22:53,140 --> 00:22:50,680

something to kind of focus on

488

00:22:55,960 --> 00:22:53,150

psychologically there's nothing magic

489

00:22:59,110 --> 00:22:55,970

about a number the only thing about this

490

00:23:03,550 --> 00:22:59,120

combination of alpha that number is it's

491

00:23:06,070 --> 00:23:03,560

random doesn't make any sense the reason

492

00:23:08,700 --> 00:23:06,080

for that is just like in remote viewing

493

00:23:12,100 --> 00:23:08,710

you don't want to have anything that's

494

00:23:14,500 --> 00:23:12,110

logical attached to a target designator

495

00:23:18,070 --> 00:23:14,510

you want to detach your conscious

496

00:23:20,260 --> 00:23:18,080

thinking here a abstract number like

497

00:23:23,260 --> 00:23:20,270

this will do it but you're in a dream

498

00:23:26,470 --> 00:23:23,270

state so your conscious mind is already

499

00:23:29,290 --> 00:23:26,480

detached you have huge advantage over

500

00:23:32,590 --> 00:23:29,300

remote viewers you already got your

501
00:23:35,500 --> 00:23:32,600
conscious mind out of the way now

502
00:23:37,960 --> 00:23:35,510
welcome your dreaming mind and that's

503
00:23:39,250 --> 00:23:37,970
what we're going to be doing you are

504
00:23:42,190 --> 00:23:39,260
going to be doing that this week

505
00:23:45,280 --> 00:23:42,200
whatever night is convenient for you and

506
00:23:52,720 --> 00:23:45,290
then we will look at the the take the

507
00:23:57,849 --> 00:23:56,080
I think that's all I wanted to say you

508
00:23:58,570 --> 00:23:57,859
have the end you have the hang out in

509
00:24:02,049 --> 00:23:58,580
front of you

510
00:24:06,430 --> 00:24:02,059
that has the summary of what I just

511
00:24:10,139 --> 00:24:06,440
talked about and other than that I'm

512
00:24:13,779 --> 00:24:10,149
saying to you sleep well and dream

513
00:24:18,930 --> 00:24:13,789

target and any questions you can now

514

00:24:22,509 --> 00:24:18,940

bring forth cute

515

00:24:39,490 --> 00:24:22,519

it's a cue okay sleep well and dream

516

00:24:45,520 --> 00:24:42,310

it can help you the question was does

517

00:24:49,170 --> 00:24:45,530

melatonin help I've heard a number of

518

00:24:52,540 --> 00:24:49,180

arguments that certain vitamins or

519

00:24:54,730 --> 00:24:52,550

melatonin can help and dream recall yes

520

00:24:57,430 --> 00:24:54,740

it can if you're not experienced with

521

00:24:59,950 --> 00:24:57,440

dream recall later those might be good

522

00:25:02,950 --> 00:24:59,960

additives it won't hurt you it'll help

523

00:25:05,440 --> 00:25:02,960

you and but the key thing is to set the

524

00:25:07,600 --> 00:25:05,450

focus on wanting to remember and your

525

00:25:10,510 --> 00:25:07,610

your subconscious mind will do it for

526

00:25:13,090 --> 00:25:10,520

you if I take it a little longer but

527

00:25:16,090 --> 00:25:13,100

you'll get there okay so I'll see you

528

00:25:18,490 --> 00:25:16,100

all on Friday morning and I'll be

529

00:25:20,260 --> 00:25:18,500

looking forward to hearing your your

530

00:25:22,660 --> 00:25:20,270

dream reports ought to be really

531

00:25:24,730 --> 00:25:22,670

interesting any other questions please