

Introduction

Though we appear to be sleeping, there is an inner wakefulness that directs the dream . . . that will eventually startle us back to the truth of who we are.

RUMI

When you nestle yourself into bed, turn off the bedside lamp, and close your eyes to your daytime reality, your “conscious self” goes to sleep. Meanwhile, your “dreaming self” slips out of the covers and tiptoes upstairs to the attic of your mind to explore the enchanted realm of dreams.

Within this nocturnal territory you are transported beyond the ego’s five senses to a vast, multidimensional playground of unlimited possibilities. In the realm of dreams you can peruse the tale of your past or future, learn a topic of fascination, converse with a departed loved one, study at the feet of a master, find an answer to a perplexing question, discover the solutions to a health challenge, or explore the larger story of your life.

All this takes place while you are “asleep.” Yet for most people, by the time the alarm blares and they’ve guzzled their morning coffee, the exploration of the vast landscape of their multidimensional soul is shrugged off as “just a dream.” This “just a dream” scenario can be compared to spellbound lovers on a ship who profess undying love to one another by moonlight and then find, in the harsh light of morning, back on dry land, that the glow is gone. In the swirl of “real world” demands, the

lovers revert to being ordinary, sensible, earthbound mortals, vaguely recalling that something magical transpired on the ocean of their dreams. The experience—so real while it was happening—is now as elusive as wisps of cloud.

But, what if it wasn't "just a dream"?

Many of us 21st-century, fast-paced jet-setters fall prey to placing undue emphasis on the tangible, the text-able, and the three-dimensional while discounting the magical, the mystical, and the multidimensional. We would do well to learn from our ancestors who lived close to the earth and were in sync with the tides, seasons, and realms beyond the ordinary. Our indigenous grandmothers and grandfathers considered the dreamtime to be when they were most “awake.” They also believed that a society’s mental and psychological health was related to dreaming. The more disconnected from dreams, the more sick and out of balance the society. The more in touch with dreams, the healthier the society.

Unfortunately, most people think

- dreams are unimportant;
- they don't have time to record, share, and/or work with their dreams;
- they've lost touch with their ability to remember their dreams.

But consider this:

- Science tells us we all have three to nine dreams every night and can learn to remember our dreams.
- Dreams (even the unpleasant ones) can become our greatest allies.
- We cannot afford to *not* pay attention to our dreams, if we want to thrive while being alive.

Drama to Phenomena

I've been an active dreamer since I was old enough to say "I had the strangest dream . . ." I've had dreams that have guided, healed, and even saved my life, and I've witnessed countless dream-related miracles in the lives of people I've worked with professionally as a certified clinical hypnotherapist for the past seventeen years. I've had my mind blown more times than I can count by the transformative power of dreams to alter a person's paradigm and, quite literally, heal them—I'll share some of these stories with you in this book. Needless to say, I'm one of those people you could call a dream enthusiast . . . and by the time you reach the end of this book, I hope you will be too.

I believe every challenge is born with a solution. Just as jewelweed grows near poison oak, the remedy, healing, or answer you seek—whether it is related to your health, wealth, relationship, or even climate change—can be found near the scene of the crime (even if the conscious mind doesn't recognize it). When we develop a respect for our nighttime dreams, coupled with a basic level of fluency in (or at least a way to decode) its bizarre "language," we are able to find the jewel (weed) in the rough and reap the rewards therein.

This book is not a passive, leisurely read. In addition to it containing many of my personal dreams, it's an interactive, awakening catalyst with questions for you to contemplate, journaling prompts to inspire soulful writing, guided meditations to alter your consciousness, videos to watch, and action steps to take in your waking life. The intent of this book is to help you bridge the gap between the 3-D and the multi-D, and from the ordinary world of drama to the extraordinary world of phenomena.

Nighttime Dreams versus Daytime Dreams

When people find out I'm in the dream business, the question they ask me is generally, "Which kind of dreams do you mean: the weird nighttime dreams or the Martin Luther King Jr. kind?"

My response to them is "Both."

They will either look at me with a furrowed brow as if I just told them a Zen koan ("*What is the sound of one hand clapping?*") and begin to search politely for the nearest exit, or they will look as if they've just found an all-you-can-eat-buffet after starving for days in the desert. At that point they confide in me every dream they've ever had along with their entire life story. Which, I love, by the way . . . as long as I don't have a plane to catch.

I find that nighttime dreams and daytime dreams/desires go hand in hand, perhaps because they live on opposite ends of the same spectrum. This is what shamans and indigenous dreaming people believe—that we're always dreaming, whether we are awake or asleep; it's all a dream. This may be why, in the telling of a nighttime dream, secret doorways and hidden passages to the fulfillment of their deepest daytime desires are revealed.

Chapter 1

A Sneak Peek at the Five Portals

Within this book, you will discover secrets to remember your dreams, become fluent in the language of dreams, mine the gold from your dreams, reenter your dreams to transform nightmares into rocket fuel for your soul's evolution, program your dreams, and bring the magic of your nighttime dreams to life in your waking state to fulfill your reason for being alive—and much more.

We are multidimensional beings that, according to the American Hypnosis Association (www.hypnosis.edu/aha/), inhabit a mere 12 percent of our mental and spiritual genius and potential. This is because we've made the third dimension (that which we consider to be "real": the tangible, visible, audible, *tasteable*, and *smellable*) king. I believe that what is actually king (or queen, as the case may be) is 100 percent of who you are—all your power, all your talent, all your experience, all your capacities, and all your potentialities, beyond the confines of your five senses. The D.R.E.A.M. formula I share in this book is a simple acronym to assist you to achieve dream mastery via insight into your dreams—the ones you have at night and the ones you have by day.

Portal 1—*D* Is for *Declaration*

What is it that you truly want? Stronger than setting an intention to be a powerful dreamer, a Declaration is a lightning rod of conductivity to energize the law of your being. Within this portal you will discover nighttime rituals to care and feed your dream zone. You will learn to declare to yourself, to the Dream Maker, and to the universe that you *will recall your nighttime dreams*. And so it shall be done.

In your waking life, what is it that you truly desire to explore, manifest, and *become*? The Founding Fathers of America didn't create the *Intention* of Independence; they created the *Declaration* of Independence, and thus a new world was born. In order to make a Declaration, you must search your soul to identify *what it is you truly stand for*, what it is you truly desire at the core of your being. There is nothing frivolous about a Declaration. A Declaration is a laser that slices through vagaries, egocentric pretenses, and societal conditioning—all the way to the gold at the center of your heart. This portal explores the ongoing inquiry inherent within your Declaration, which is the cornerstone of the life of your dreams.

Portal 2—*R* Is for *Remembrance*

If you genuinely desire to benefit from the magic of your nighttime dreams in a conscious way, then it begins, at the very least, with you remembering your dreams. As you begin to awaken after eight hours spent journeying through the multidimensions of your dreamscape, *don't move a muscle!* While remaining in the position you were in while dreaming, allow your first thought upon awakening to be “What was I dreaming?” Deliberately press the rewind button in your mind and replay

your dreams at least three times. This portal explores techniques like this and rituals to help you remember your nighttime dreams by learning to transfer them from short-term to long-term memory.

If you genuinely desire to live an awakened life, it helps if you can *remember who you really are*, where you came from, and why you are here. Within this portal you learn to discover your true identity as an infinite spiritual being, powerful beyond measure, and heir to all the blessings this earth has to offer. You explore processes and meet dream guides to assist you in recollecting your core strengths, gifts, and genius. Remembering who you are, thus *valuing* who you are, is another cornerstone to awakening to the life of your dreams.

Portal 3—*E* Is for *Embodiment*

The most important aspect of nighttime dreamwork is the embodiment of the energy, emotion, and/or feeling tone of the dream. Whether or not you remember your dream in vivid detail, recalling the way the dream made you *feel* and the energy it produced is key. Within this portal you explore dream alchemy, dream reentry, sexual dreams, and techniques to assist you in embodying the heightened energy of your dream. These processes are among the most valuable ways to affect quantum-level acceleration in your waking life.

When it comes to manifesting the life of your dreams in your waking life, embodiment of the energy is also essential. Einstein said that time (past, present, and future) is all happening at once. Imagine the way you'd *feel* in the future once everything you desire, decree, and declare is in place. Chapter 5 discusses Portal 3 and explores techniques to embody this energy that creates the outer flowering of an inner reality.

Portal 4—A Is for *Activation*

Every nighttime dream requires action in the waking world. For example, your action might simply be to share your dream with your spouse. You might be guided to invest in a new technology that has just gone public. Or, your dream might be prompting you to call a friend to talk them out of boarding an airplane. Within this portal you explore the most common dream types and a cutting-edge dream interpretation formula to assist you in discerning its best “real world” application.

Inspired action that leads to magic and graceful manifestation naturally occurs when your dreams are active and alive within you. Struggling upstream will be a distant dream because within this portal you explore the benefits of “SleepWorking” and “Lucid Living.” These navigational tools will support you to powerfully participate in living your dream life.

Portal 5—M Is for *Mastermind*

When you tell someone else about your dream, you have the benefit of hearing yourself speak; in the telling, details that might otherwise have been lost forever emerge, and even entire plotlines, previously obscured, pop out from behind a mental corner. You also get to hear feedback about your dreams, offering a different perspective that might have remained elusive. Within this portal you discover insights about how to create a Dream Mastermind Group, dream-sharing etiquette, the Hero’s *Dream Journey*, dream transferring, collective dreams, and group dreaming.

As they say in the waking world regarding making dreams come true, “It takes a team to realize a dream.” Within this portal are suggestions for creating your own *Dream Mastermind Group*—two or more dreamers who are just as invested in your

dreams coming true as you are (and vice versa). When you meet (either virtually or in person) in a space of support and accountability, the wheels of your dreams are greased, manifestation is expedited, and you become magnetic to opportunities that will *three-dimensionally* change your life.

Chapter 2

The D-spot

At the center of your being you have the answer; you know who you are and you know what you want.

LAO-TZU

One of my very favorite things to talk about is “The D-spot.” Not just because it provokes a reaction from people when they think they’ve misunderstood me. The D-spot is the nexus, the nectar, the sweet spot of your nighttime *Dreams*, daytime *Desires*, and your highest *Destiny*.

If the D-spot still feels elusive, then try this metaphor on for size:

Picture a beautiful single-story house. Now imagine the lower part of the house (basement) is where your nighttime *Dreams* reside. This dark, underground basement of your being is where the primitive, primal, unconscious hard drive of your mind’s computer lives. This is where your buried treasure, secrets, most valuable inner resources, sacred memories, family traits, past-life hardwiring, and belief systems that go back generations are stored. This is where the primitive, foundational, fundamental aspect of who you are is quite at home.

When you climb the creaky stairs up to the next level, you encounter the main floor of the house and are blinded by the

light of your daytime *Desires*. In the living room of your home, all that blings takes center stage and your ego sprawls out and runs the show. This is where your ego makes its vision boards (collages of images that reflect your desires: a better job, greater love life, more wealth, vibrant health, etc.). This “living room” is the 3-D reality referred to as the “real world,” where we are primarily motivated by our ego’s desire to look good, have the right stuff, be recognized, and—if there’s time left over in a day—make our mark on the world.

If you choose to peel yourself away from the allure of your daytime desires and explore the higher aspect of yourself, you tiptoe upstairs to the attic. Just a few feet above the hustle and bustle of daily life is where your highest *Destiny* resides. Calm, cool, and in a perpetual state of meditation is your higher self. Up here in the attic of your being is where you can hear the voice of your higher self and angelic nature. Your higher wisdom whispers and your creativity is sky-high. To get here all you have to do is take a moment to get still and elevate your mind just a few steps above the mundane. The attic is where you know things you have never read in a book; it’s when you peer into the level of your highest destiny via premonitions, visions, and higher spiritual encounters.

For most people these three aspects of self are vastly separate from one another . . . except in the case of a major life transition or trauma. During these times of heightened reality—like during a crisis or a major rite of passage such as a wedding, a birth, or death—the barriers between the basement, main floor, and attic evaporate. During these moments we have an expanded experience of being both in this world and not of it. These special moments are worth relishing, and yet I believe they are meant to be ordinary occurrences.

When my beloved Grandma Bishop made her transition from the world of 3-D to the realms beyond this world, I remember having particularly vivid dreams and perceiving things with my

eyes in waking life that normally I could not see. I was able to see auras as clear as day. I even recall catching glimpses of “people” that were not embodied (à la Haley Joel Osment’s character in *The Sixth Sense* and his famous line, “I see dead people.”) For me, this expanded way of perceiving was a gift and something that frightened me at the time, but as I’ve continued to explore this realm, these kinds of experiences, thankfully, have become more frequent . . . and ordinary.

The D-spot is where all levels of our house converge. When we are in the D-spot, we are awake, and we have the heightened awareness from our nighttime dreams; insight about how to more accurately navigate the fulfillment of our daytime desires; and, most especially, guidance as to how to live in accord with our highest destiny.

I frequently envision a moving staircase (a figure-eight escalator, if you will) that connects all three levels of the house in a moving meditation that empowers us to be as awake and aware as humanly possible. In other words, this is where our *humanness* becomes *luminous* to the degree that we can *be* the light of the world (while maintaining access to our ability to pay our light bill). This is the reason I am fascinated by dreamwork. Not just for its ability to make sense of our wacky dreams, but also for its ability to connect us with our roots and elevate us to our highest essence while nudging us toward greater levels of fulfillment and awakening.

Okay, let’s face it: When you are in the D-spot, it can be so ecstatic and enlivening that it feels like the emotional/psychological equivalent of the G-spot!

There’s No Business like Soul Business

There’s more to why I love dreamwork than the aforementioned. In addition to the precognition aspect, the healing benefits, the opportunities for “through the roof” creativity that can lead to

exponential contribution to humankind, the reason I am in the dream business is because I'm actually in the *soul* business. Allow me to clarify.

This is the true joy in life: The being used for a purpose recognized by yourself as a mighty one. The being a force of nature, instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the whole community, and as long as I live, it is my privilege to do for it whatever I can.

GEORGE BERNARD SHAW

I believe it to be impossible to speak, write, or even think about a nighttime dream without finding yourself smack-dab in the center of your soul. From my experience, there is nothing better, nothing juicier, and nothing more fulfilling or confidence-enhancing than to be a human being living soulfully. Nothing says it better than the story of Cyrano de Bergerac . . .

Cyrano and the Soul

We humans are made of divine stuff. We are a tapestry of flesh, blood, magic, and grace. We are infinite beings having a momentary human experience. I believe our soul, like Cyrano de Bergerac, is the intermediary between our dreams and our ego. In the play by Edmond Rostand, Cyrano is secretly in love with the beautiful Roxane, whom he woos anonymously on behalf of his handsome but tongue-tied friend, Christian, who is not-so-secretly in love with Roxane. As archetypes, these characters portray aspects of our own consciousness:

Christian: the awkward, yet handsome ego; mental process; socially acceptable

Cyrano: the soul/nighttime dream; odd and socially *unacceptable* in that he has an especially large nose representing instinct and ability to sniff out extraordinary levels of truth

Roxane: the object of Cyrano and Christian's desire; that which we are striving to attain; the prize; what motivates us in our daytime human experience

When we try to manifest a dream/desire in the waking world with the gall, brazenness, and bullishness of our ego/mental process (even with its good looks and social acceptability), we might snag the guy or girl of our dreams for a moment, but we will never woo our heart's desires to fall in love with us in a way that is truly satisfying to our soul.

In the *Cyrano de Bergerac* story, Christian resents the fact that he needs Cyrano to woo Roxane. Christian tries to go it alone, and in the process, makes a fool of himself, stumbling, and fumbling his words, much to Roxane's disgust. This scene brilliantly demonstrates the ineffectiveness of the ego alone in its vain attempt to capture what it thinks it needs to be fulfilled in this world. However, when our ego (Christian) does the bidding of our soul (Cyrano), our most noble dreams/desires (Roxane) come down from on high, find us worthy, and magnetically join us in our dance of life.

When we are *out of touch with our dreams*, and thus our soul, we are susceptible to ego-level familial, cultural, or societal pressures that cause us to be tongue-tied and clumsy (not to mention completely repellant) because our attempts at manifesting have little or nothing to do with the authentic nature of who we are and why we are here.

If you saw the movie *The Secret* and were inspired by its promise (harness the Law of Attraction to manifest everything you desire) but disenchanted by your inability to suddenly live the life of your dreams, perhaps you felt a bit like Christian must have felt when he ditched Cyrano: impatient, frustrated, and

filled with doubt. Perhaps the secret behind *The Secret* is to make sure your soul is part of the equation of your daytime dream creation—a *big* part. When we endeavor to manifest our dreams/dream life *while being in league with our nighttime dreams, thus our soul*, we are suddenly brilliant, talented, awake, turned on, and “in the zone.” From this place, in my experience, I’ve seen people become irresistible to the most wonderful people, places, and opportunities. When we are in touch with our dreams, and thus our soul, our radar is turned on and we become resonant with fortuitous circumstances beyond the scope of what our logical, ego-selves could ever concoct.

In Touch with Your Dreams, in Touch with Your Soul

When you are in touch with your dreams, and thus your soul, you become a homing beacon for your deepest desires. When you are in touch with your dreams, and thus your soul, even if you get a flat tire, break a nail, or have a truly challenging experience (like losing a house or a spouse), you carry a deep ease within you and an awareness that, in spite of appearances, all is well. When you are in touch with your dreams, and thus your soul, you are more able to live your life, to hear your intuition, to fulfill your potential, to heed your calling, to explore your unique vein of gold, and to woo your particular “Roxane” as you navigate your unique path of enlightenment. When you are in touch with your dreams, and thus your soul, the holy trinity within you (Cyrano, Christian, and Roxane) walk hand in hand in hand into the sunset of your highest destiny.

My *Dream* for You

I’ve compiled this book and the dreams contained within it so that, at the very least, you will come to experience your dreams as

a powerful conductor for good in your life and thus be inspired to dedicate a few minutes a day to your dreams (*before* guzzling that first cup of tea or coffee). My greatest *dream* for you is that you will take the tools contained within this book and become so engaged, so enthralled, and so in sync with your dreams that you will go down in history as one who carries remnants of the dream world into the waking world and leaves a legacy of true benefit to the entire human race.

Again and again some people in the crowd wake up.

They have no ground in the crowd and they emerge according to broader laws.

They carry strange customs with them, and demand room for bold gestures.

The future speaks ruthlessly through them.

RAINER MARIA RILKE

Lofty? I think not. Perhaps you will be inspired to up the ante of your dreamwork/play when you realize you and your dreams are in good company. In fact, the greatest thinkers, scientists, artists, visionaries, and leaders throughout history were ordinary people like you and me, who happened to have a deep respect for dreams. Because of this respect, these mere mortals became legendary as they shaped the world through their contributions to art, science, technology, politics, and spirituality. Many of these people attributed their greatest successes to their ability to carry their dream wisdom and visions across the divide into the three-dimensionality of the waking world.

Consider the following examples:

- Our Founding Fathers, **Thomas Jefferson** and **John Adams**, attributed the philosophy contained within the **Declaration of Independence** to their dreams.

- **Albert Einstein** ascribed the theory of relativity to a dream he had as a young boy.
- **Thomas Edison** dreamed of an electricity-powered lamp. It took thousands of “failures” to put his dream into action, but eventually his dream came to pass, and we use electric light bulbs all the time. (Hopefully this factoid will keep you from complaining next time you receive your “Edison bill”!)
- Colonel Harold Dickson made history’s **biggest oil discovery** (which later became the Kuwait Oil Company) based on guidance illumined in his dream.
- Elias Howe sourced his invention of the **sewing machine** to his dreams.
- Dr. Frederick Banting discovered **insulin** in his dream—and won a **Nobel Prize**.
- **Mary Shelley’s *Frankenstein*** was inspired by her dream/nightmare.
- A dream led Otto Loewi to a **Nobel Prize** for his **contribution to medicine**.
- **Dmitry Mendeleev** beheld the complete **periodic table** in his dream.
- **Stravinsky, Wagner, and Beethoven** heard musical compositions, from fragments to entire canons, in their dreams.
- **Bob Dylan** composed music from his dreams.
- **Paul McCartney** praised his dreams for his multiplatinum song “**Yesterday**.”
- At the beginning of the dot-com craze, entrepreneur **Jeff Taylor** dreamed his “monster” of an idea in the form of the online employment bulletin board website, **Monster.com**.
- The movie **Avatar** was dreamed in vivid detail by director **James Cameron**.

- The *Twilight* series was dreamed by stay-at-home-mom **Stephenie Meyer**.
- And the list goes on . . .

Perhaps the dream you have tonight will be your breakthrough to heal your body, solve your problems, lead you to your very own gold mine, or contribute your unique gift to the world. And if your dream “awakens” you, in any way, shape, or form, to the realization of the heroic, beautiful, genius being you truly are, then know you are contributing not only to peace on the planet but also to helping me to sleep (and dream) tonight with a smile on my face.

*If I can stop one heart from breaking,
I shall not live in vain;
If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin,
Unto his nest again,
I shall not live in vain.*

EMILY DICKINSON