

The background of the entire cover is a vibrant blue sky filled with soft, white, fluffy clouds. In the center, a bright sun is rising, its light partially obscured by the peak of a large, dark blue pyramid. The pyramid's base is at the bottom of the frame, and its apex points towards the sun. The overall composition is symmetrical and evokes a sense of spiritual ascent and enlightenment.

DREAMING
realities

**A Spiritual System To Create
Inner Alignment Through Dreams**

JULIE SILVERTHORN M.S. & JOHN OVERDURF C.A.C.

Dreaming Realities

*A Spiritual System To Create
Inner Alignment Through Dreams*

by

**Julie Silverthorn M.S.
&
John Overdurf C.A.C.**



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Introduction

Dreaming is something that comes naturally to all of us. We do it every night and it is as automatic as the sleep that surrounds it. Sometimes we even dream during the day. We dream unconsciously; we do not have to plan to do it, although when we do pay attention to our dreams, we change them. It is a lot like other unconscious processes that we may take for granted. Think of all the processes that our unconscious regulates for us automatically: respiration, digestion, sensation, perception, memory storage, endocrine and immunological functions, motor skills and many others. It seems that, as human beings, the things that are of utmost importance to us are, by necessity, automatic or unconscious. Why? Think what would happen if we ever forgot to do one of them for any period of time. What if we forgot to digest our food or became so preoccupied with something that we forgot to breathe? While reading this book you might want to consider, "Why would a greater intelligence than us bother to include *dreaming* as one of these *automatic* unconscious processes? What purpose does dreaming have?"

Dreams demonstrate the power of the unconscious. Most of us have been emotionally moved by the power of a dream at some point in our lives. We wake up and lie motionless in that half-awake, half-asleep state. The feelings seem so "real." Yet, at other times, dreams seem completely nonsensical. They do not seem "real" at all; if anything, they seem more surreal, like a movie made from the out-takes of everyday life errantly spliced together by some eccentric "art movie" director. Come to think of it, who *is* the director, anyway? Despite all the nonsense, few people go through this life without wondering about dreams and their meanings. We have all had the experience of awakening from a dream, feeling profoundly affected, and thinking, "There must be something to this." Then we get up, get on with our day and only later do we think, "What was that dream all about?" It seemed important at the time. Even if we did not remember the dream, the power of its memory still remained. We experienced it and it affected us—perhaps in the same way that things from long ago had a profound effect on our lives, even though they were completely outside our conscious awareness and long since forgotten.

Dreams are hypnotic. They suck us in. Each night when we dream we visit our own self-generated, internal reality. It is a narrative, running parallel to our conscious, waking life. In our dreams we see, hear, feel, think—and, in some cases, taste and smell—just as we do when we are awake. We carry on relationships, meet new people, often go to school, work, travel, make love and all the other kinds of things that make up what we call life. Sometimes we even dream in a dream!

In our dreams we are very much alive. Dreams can be so convincing at the time that we do not even question if we are dreaming. We just get swept away with our own story line. (We ought to know what would do it!) We adapt to sudden changes that may be contradictory, inconsistent, threatening, or surreal, in the time it takes to think a new thought. The usual constructs of time and space are stretched, twisted, inverted, juxtaposed; however it happens, they are gone!

We can be talking to a childhood friend whom we have not seen for years, in our old neighborhood, and, with the blink of an eye, be on a plane in a different state with people who are unknown but familiar. The next moment, we are in high school and late for a class. Maybe for a second we question, “Haven’t I already graduated from high school?” but quickly we are swept away into the reality of the dream. How often do we see the dream reality for what it really is? Often we just accept it as it is on the surface; just like a positive hypnotic suggestion given in trance; just like the everyday trances and dreams that we accept without question in our “waking” state about who we are, why we are here and what is possible. Do we get the messages from these dreams? Do we use our dreams for guidance and transcend their realities or do we get swept away in the drama of our own narrative?

Dreams can change our life. It is just a matter of whether we have any say in it or not. One incredible resource we have when we dream is the ability to explore possibilities and realities that are beyond what we could do in the physical world. We are freed from the limitations of our everyday sense of logic, time, space, and order. We can use our night dreams to support or change our waking reality and vice versa. As we will discuss later in more

detail, “our dreamer” (our unconscious and Higher Self) is our own private therapist who works the nightshift, doing several sessions every night—solving problems, enhancing creativity, beginning new projects, and finding meaning in life. However, as in the case of most professionals, some payment is expected to ensure we have invested in the process. In this life you have to pay, and with *this* therapist you pay with your attention.

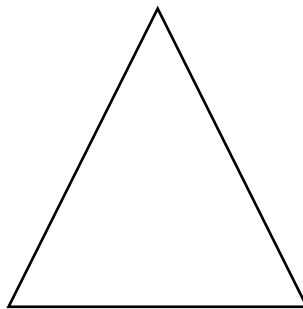
We are all dreaming realities and living dreams. We do this whether we are awake or asleep. We do it whether it is night or day. The question is, “Are we living dreams and dreaming realities that matter?” The purpose of this book is to show you how to use your dreams to *align with your self* so that the reality you are living matters. We wrote this book as a “how to” book. It is an integration of what we have learned from hypnosis, neuroscience, and dream research, as well as from spiritual systems that emphasize the importance of dreams. We believe that the purpose of most psychological and spiritual systems is to produce alignment among the conscious, unconscious, and higher conscious minds. If you are wondering what we mean by this, then you will learn something new in these pages. If you understand this notion of alignment, then we believe that this book will provide you with a deeper understanding and appreciation of **how** you can use your dreams to create alignment inside your self.

The processes in this book have been modified or developed over the years for optimal results. You may find that even the casual use of these approaches can add to your life. These approaches have certainly added to ours. Some of them require a fair amount of commitment on your part, but the results will be worth that commitment. The fact that you are reading this book is an indication that you are interested in dreams and *want to learn more*. It is no mistake that you are reading this book. How far you go with these practices is up to you. Our job is to suggest *possibilities*. One of these possibilities may be that the dream material is not for you. If so, then you have *learned something important for yourself* and you can direct your efforts toward another dream that is worth living.

The Dreamind Triangle Interpretation System

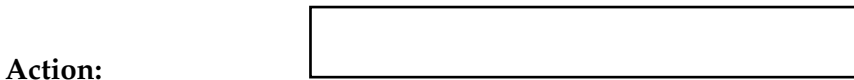


Higher conscious mind
sends message



Unconscious mind
encodes message

Conscious mind
interprets message



Dreams Which Need No Interpretation

There are some dreams that need little or no effort to interpret. Often premonition dreams are like this. In Hawaii they are called *Ho ike na ka po* which means “**revelations of the night, an Aumakua, or Higher Self-advised dream.**” In these dreams our unconscious and higher conscious minds collude and say, “Look, we really do not need to code this one; he is ready for it, just give it to him.” We wake and instantly know what the dream is about. We know what is going to happen. There is no guesswork involved. We know it like we know the back of our hand.

In an interview with a Hawaiian expert on dreams, he told us of one premonition dream in his family. His mother dreamed that one of her sons was driving on the freeway and was hurt very badly. She had to *oki* (cut) the dream. He explained that while *oki* means “to cut,” it does not mean “to cut” in the way the Western mind would understand it. *Oki* would occur only through *pule* (prayer). The mother prayed intently for several days. A number of days passed and the son was involved in a car accident on the freeway, but sustained only minor injuries. As far as the mother was concerned, she had actually intervened on his behalf. She believed she was given her dream so that she could intervene to protect him.

Here is an experience that preceded a dream I had some time ago. It is a little graphic and personal. It is also a good example of having lots of symbols and an overriding message which was not only very clear, but prophetic. I found some blood in my stool and was freaked out. Being healthy and physically active, the biggest problems I have ever had have been minor, sports-related injuries. I made an appointment with my family doctor and he scheduled an extensive battery of tests to reassure me. He told me not to worry, that it was probably an irritation or something minor. Unfortunately, because of our schedule, we could not get the most important tests carried out for two weeks. During those two weeks, every fear I have ever had about dying or getting a major illness came up. To make matters worse, I was experiencing congestion in my left side, in my colon.

Just a few days before this, we had completed three weeks of training, and I knew that my eating habits were not as consistent or healthy as they usually were. I immediately cleaned up my diet, and used the whole experience as the impetus to clean up any psychological or emotional issues that may have been remotely related to this. Despite all of my efforts, I was scared. I had an underlying feeling of anxiety.

Fortunately for me, this happened soon after Julie had become a Reiki Master. During the time when I was awaiting the tests, each night we fell asleep, she would do Reiki on my left side, while I

was awaiting the tests. Several nights before the tests and after a lot of emotional clearing and Reiki, I had the following dream. This is very close to the form in which I originally wrote it.

The Dream

Walking along a street, I meet a man and woman who are attractive, somewhat older than I, and obviously a couple. They seem to be some kind of guides. They never actually tell me this, and I am surprised in the dream that I even think it! They tell me that they have plans for me and also for Julie—I vaguely remember their saying something to the effect that Julie is here to help me; that they are training her.

Scene change: I end up on what seems to be an operating table. The man and woman and then Julie use some instrument that initially projects lightning and then they start pulling something out of me, from my abdominal area. It does not hurt. I am sort of in a state of suspension, half scared, half awestruck. They start to pull something out of me that is white and it looks like part of my intestinal tract. It is very white, clean, and luminescent. It has a tufted appearance. As they do this, lightning arcs from it and then, a little bit later, I wake up. I feel a sense of well-being and am looking forward to getting the tests completed.

I knew this dream was significant. It **felt** really spiritual. These guides—and I do not particularly subscribe to the idea of guides in the New Age sense, when I am in my waking state—really seemed to be here to help me, and were doing so through Julie. I really felt that. I hoped that the dream exorcised anything that might have been inside me. Several days later I had the tests and everything was clear. The picture of my colon I had seen in the dream looked exactly like the one I saw on the computer monitor. Sometimes we are lucky enough to get the direct line from the higher conscious mind. This was one of those times.

Dreamtime Interlude 3

Unconscious Review And Integration For Dream Practices

The following exercise is designed to activate associations of memories, skills, abilities, and other resources that will assist you in your dreaming practices. The process is written so that you can insert any area of study for which you may want to prepare. For example, you can use this to activate resources that would assist you in remembering your dreams, dreaming lucidly, or for that matter any other abilities: psychic, spiritual or otherwise. It is a protocol that we have used in our Hypnosis III courses with excellent results.

It is important to recognize that *your unconscious mind can review memories and representations outside your conscious awareness*. If you have never worked with your unconscious mind, this may seem like an unfamiliar concept—if that is the case, you are about to learn something that will make your life much easier. Your unconscious mind, as we mentioned in the review at the end of chapter 1, is capable of carrying out a multitude of tasks outside your awareness. Think of healing a cut, for example. Your unconscious mind knows how to heal your body. You do not have to know or be conscious of the processes it is mediating in your immune system, brain, endocrine system, and so on, in order for it to do its job effectively. It stores the information and activates it at the appropriate time.

The exercise you are about to do is a way of activating specific information to progress in your dreaming practices. It actually teaches you how to use the same process of activation, consolidation, and integration that would normally be done in your dreams, as we discussed in chapter 2. In that way you are also developing the ability to control the brain biochemistry necessary to progress to more advanced dreaming practices.

The Technique

1. **Establish ideomotor signals.** “Yes,” “no,” and “not ready to know consciously, yet.” If you get a “not ready to know consciously, yet” response at any point, ask if it is okay to proceed and to do the work outside your conscious awareness. Half of the fun of receiving this response is looking forward to being pleasantly surprised later on at what your unconscious mind has done!
2. **Create alignment and motivation.** “Does my *unconscious know now* that finding and activating my internal resources to (identify dream practice) is important to me?” If you get a “no” response, then explain to your unconscious mind precisely why dreaming practices are important to you. Be nice to it. Talk to it as you would a child of your own whom you love very much. Then ask the alignment and motivation question again.
3. **Unconscious search and review.**
 - a) “Will you, the unconscious mind, review the most important and formative events which, upon review, will deepen my ability to (identify dream practice)?”
 - b) “As soon as you, the unconscious mind, have reached the first important event, signal with a ‘yes’ response.”
 - c) “And how much more comfortable and curious can I become while you, the unconscious mind, reviews this event?”
 - d) “I would like you, the unconscious mind, to review three more events or series of events which you believe to be the most important and formative ones. You can signal with a ‘yes’ when you begin your review, and you can signal later with a ‘yes’ when you end.”
 - e) “Is there anything else that you, the unconscious would like to review to fully prepare me for (identify dreaming practice)?” If you get a “no,” or a “not ready to know consciously, yet” go on to step 4. If you get a “yes,” review that information and then go on to step 4.
4. **Reorient.** Close your eyes and ask your unconscious, “Open my eyes only after you, the unconscious, have fully integrated the learnings from the review, so that I can be refreshed, relaxed and alert.”

"Dreams are metaphors. Our dreams are metaphors of creation. We take something from nothing and create endless possibilities. We can be anyone we want in our dreams, in any place we want. Our dreams provide a nightly refuge from the 'sanity' of a linear, predictable world. The 'insanity' of dreams provides a cathartic balance for living life in a Newtonian world. In our dreams we can fly. In our waking life we cannot. These are equal, but separate, realities. One is as real as the other, and both provide balance in our lives. Just as night follows day, unpredictability follows predictability. Exploring the world of unpredictability creates unlimited possibilities for all that is predictable, in the same way that eventually day follows night."

So begins a powerful exploration of the dreaming state, and how we can use it to live to our full potential. *Dreaming Realities* offers us a unique opportunity to explore and reach our optimum ability through control of our dreams. It teaches us how to control and construct our dreams to provide a means for achieving our highest potential in all aspects of our lives.

Divided into seven chapters and seven dreamtime interludes, *Dreaming Realities* is an integrated dream system whose purpose is to align the conscious, unconscious and higher conscious minds. The first three chapters explore the three minds, the physiology of sleep, and the quantum physics of dreaming, integrating the most important and up-to-date information about dreams and related states. The next chapters cover dream incubation, interpretation, lucidity and advanced spiritual practices using sleep and dreams. They all provide practical, "how to" guides which build towards the Dreamtime Interludes found in the latter part of the book. These Interludes provide readers with crucial information for achieving lucid dreaming.

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