



Dancing With Your Dream Webinar Handout

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Dancing With Your Dreams Handout 10 Steps To Dream Engagement

This Dancing With Your Dreams handout is a companion piece to the Dancing With Your Dreams Webinar -10 Steps To Dream Engagement, and shares helpful tips that you can incorporate into your life to enhance your journey into the realm of dreams.

We all dream and these tips provide guidance that can help you fully embrace the power of your dreams and learn from the messages they deliver. Would you appreciate guidance on career, relationships, your health, and other areas of your life? Working with your dreams is an exciting path to take to find that guidance. Dreaming is also fun. An enjoyable journey that can find you dancing in the light of positive energy, enjoying your surroundings and the situations and landscapes you encounter.

I have included space for note taking with each of the ten tips and I encourage you to document your thoughts for your future reference.

10 Steps to Dream Engagement

1. Everyone Can Do It
2. Be Open to Exploring the Unknown
3. Ask The Questions
4. Dream Guides
5. New Age is old Age
6. Remembering Your Dreams
7. When You Wake up
8. Sharing the Journey
9. Day Dreaming
10. What Next?

2. Be Open To Exploring The Unknown

The dream world comes to us with a range of perspectives and encourages us to be open to various interpretations. You may dream of situations that are taking place in your everyday life—a work scenario, a situation with a friend or family member, a message about your health or the health of someone you know. Or you may have a conversation with a loved one or friend who has crossed over to the other side and the spirit of this person is visiting you in dream time. Maybe you travel backwards or forward in time. All of these realities are valid, so I encourage you to be open to the journeys your dreams will take you on. Your "dream self" also needs time to play and the dream landscape is a perfect place for this. Where have your dreams taken you? Have you journeyed to someplace unexpected? Use the area below to take note.

3. Ask The Questions

If you would like the answers to specific questions, you want to go to sleep with "intension". We all have questions we would like the answers to. Perhaps you would like guidance on career direction or what you might do to help a friend who is dealing with a problem. Maybe you have questions about a relationship or whether you should move to another state. Form a clear question on the issue and ask it before you go to sleep. You can also write it on a piece of paper and put it under your pillow. Let the question seep into the environment around you. This is a very good way to set the wheels in motion and receive the answers to your questions. If you don't receive all of the answers to your questions after your first request, not to worry. I liken working with our dreams to strengthening a muscle. The more you exercise it, the stronger it gets. Be patient, and watch as the magic presents itself. What questions would you like the answers to? List them below and when the answers come, make note of it.

5. New Age is Old Age

You may have heard people talking about, or read articles about dreaming being a new age thing, but the fact of the matter is that dreaming is as old as time itself. There is a rich history to appreciating and learning from our dreams. There has been a recent increase in exploring the power of working with our dreams, but dreaming and embracing what we can learn from our dreams has been around for a very long time.

In ancient Egypt, dream messages would direct large masses of people in regard to where they should build their temples, or how to prepare for or overcome catastrophe. . When or how to wage a war and other important decisions were made based on dream messages, and the messengers were considered divine indicators of the future sent by the Gods. Temples were built for dream incubation and the interpreters were considered to be of high esteem. Likewise in Greece, the power of dreams was acknowledged and the messages delivered honored. The energy of our ancient brothers and sisters energizes us today and contributes to our collective dream history. Let history remind us that through the ages, all of the ages, we have the power to make significant contributions with our dreaming. If you dream a big dream—one with a message beyond your individual situation, one that has a message capable of helping our larger community, write it below and look for the opportunity to share this information. Your doing so has the potential to make a worthwhile contribution.

6. How to Remember Your Dreams

There are several steps you can take to help you remember your dreams. The first thing you can do is to tell yourself that you will remember your dreams. You will start to train your conscious and subconscious mind to help you remember what happens in the dream space. The next thing I suggest is that your sleeping space be a comforting environment that is not cluttered. Next, when you do go to bed, give yourself time to be in a relaxed state. This may mean listening to soothing music, taking a hot bath, having a cup of hot tea or meditating. A series of nice deep breaths is a sure way to relax your body and your mind. Whatever works for you in terms of easing into relaxation. Also, remember to articulate a question if you have one, and if you don't have a specific question tell yourself that you are open to whatever the universe wants to bring to you in dream time. Have a notebook or tape recorder by your bedside so you are prepared to record what you remember and don't forget to invite your dream guides along.

Incorporating these tips will go a long way in preparing you for dream journeying. Use the space below to write down both the things you are going to do to help you remember your dreams, and as time goes by, which of the actions proved beneficial.

7. What To Do When You Wake Up

A useful approach to helping you remember your dreams is to lie awake for a few minutes in the morning before you get out of bed, just after you have woken up.

Take a deep breath and ask yourself a series of questions. "What did I dream about last night? Where did I go? Who was I with? What do I need to know about the dream?"

Now write down in your notebook or record in your tape recorder what you remember.

You may remember a lot or you may remember very little, but write down what comes to you. It could be a word or a phrase. It could be a feeling or a color. Whatever it is, write it down. Everything is significant. No need to judge whatever comes. Just record it and honor it. It may well provide answers for you in the future. Can you think of other actions you have tried that help you remember your dreams? If so, jot them down below as a reminder of successful ways to enhance remembering, in addition to noting in what ways the tips I have suggested have worked for you.

8. Share The Journey

It can be quite productive to talk about your dreams with others, so if you have a friend who is also interested in dreams, or open-minded family members who will lend an ear, share your dream. It's amazing how bits and pieces of your dreams will come back to you when you speak about them. You might also consider online dream forums. There you will find a variety of platforms with the opportunity to dialogue with other like-minded people. Look for a group that emphasizes that the communication is not about judgment, but about sharing. Also, remember that the best person to analyze your dream is you, so while some others may try and tell you what they know your dreams mean, understand that your instincts will also provide you with guidance. Listen to that. Another option is that you form a dream circle, where a group of you get together and share your dream experiences. In addition to talking about them, you can re-visit a dream you have already had in order to get more clarity on the dream and to discover the answer to questions you may have about the dream. This is called dream reentry. Drumming is a great tool that can be used to transport dreamers back into the dreamscape. Pick a person in the group to retell their dream to the group. Once the dream is shared the dreamer tells the others what questions about the dream he or she would like answered and with the dream fresh on your minds you travel back into the dream space. The travel vehicle of choice is the drum. Drumming is a great means for transport. If you have a drum, select one participant to be the drummer. If you don't have drums, you can buy a drumming CD that can serve this purpose. As a group, listen to the drumming as you envision yourself experiencing the selected dreamer's dream. At the conclusion of the drumming share with each other what you experienced. This most likely will provide the dreamer with additional information about the dream. Use the space below to record your experience with this exercise.

9. The Power of Daydreaming

Daydreaming is a good thing. When you are daydreaming you are in a relaxed state-physically and emotionally and a good deal of clarity can come to you at this time.

Sometimes daydreaming just happens on its own but it's also fine to plan a little daydreaming time; a break from the everyday hustle and bustle of the day. Go along for this ride and be open for what you will discover. Daydreaming is like taking a free, mini vacation. The price is definitely right, given that it's free. It relaxes your body and it relaxes your mind. It's the ultimate stress reducer. Take a few minutes every day to let your mind wander and use the space below to write down what you experience.

10. Now What?

So now you have groundwork you can apply to more fully embrace the power of your dreams. You are ready to explore a world that has played a useful role in the lives of people for eons. You understand that everyone, including you, has the ability to work with their dreams. You're ready to be open to the unknown and to ask questions-that's when the answers come. Remember you don't have to take the journey alone. Your dream guides are ready to go along for the ride. You have some tips in hand to help you remember your dreams and hopefully you are giving some thought to how you might share your dreams; and you know that day dreaming is a wonderful thing.

The next step is to work with the information shared in this webinar to strengthen your dream muscle. Be committed to working with tools that will help you develop your ability to ask questions and receive guidance from your dreams. Give yourself permission to play in dreamland and embrace wholeheartedly the dance your dreams will provide. What choices will you make as move forward on this journey? Make note of them below and visit it often as a reminder of how you will move forward.

Embrace your dreams and your dreams will embrace you!

Lynette Turner
Positivologist™ Modalities

Life Strategist/Positivologist™

I am a Positivologist™ and am pleased to be able to offer a number of modalities, as noted below; dream analysis, positivity coaching, angel messages and sound relaxation sessions. Working with the power of positivity you will learn how to identify your life's work and passion (what are you here to do?). Identify your values and excel at prioritizing and incorporate joy into your life. One-on-one coaching sessions address your life concerns, and structures a program for change that can help you take necessary action in life to achieve your goals and manifest positive outcomes. These sessions are personally tailored for each individual. I assist you in setting up a realistic road map, offer you feedback and perspectives to consider, as well as encouragement as you move ahead with your life planning. My other offers are detailed below.

One-On-One Dream Analysis Sessions and Dancing With Your Dreams Workshop

Dreams come to us for many reasons; to help us find solutions to challenges we are dealing with in our daily life, to provide insight about relationships, work or health, or just to remind us of the importance of having joy and playfulness in our lives. Dream analysis sessions and workshops will help you understand why dreams come to you, how to remember your dreams and how to interpret them. Working with our dreams provides a wonderful avenue for growth, and learning to honor your dreams is a blessing indeed.

The "10 B's Of Positivity"© Workshop

Learn the ten steps you can take to live a more fulfilled and happy life in this presentation/workshop based on the book of the same title. Once you are committed to being honest, you (your authentic self), open-minded, a good listener, loving, grateful, spiritual, positive, forgiving and present (in the moment) your life will never be the same. Understand the applications of these steps in this gathering.

One-On-One Angel Card/Messages and Angelspeake™ Workshops

Understand the Angelic realm and how Angels are available for guidance. Working with angel cards and guided by spirit, messages are channeled for you, delivered via our angels on the other side of the veil. Do you have questions for your angels? Are you open to the messages the universe would like to share with you? It is my pleasure to pass these messages along to you.

During Angelspeake™ workshops you will learn and practice the Four Fundamentals for connecting to your angels. As a certified Angelspeake™ facilitator (trained by renowned teachers, spiritual counselors, authors and Angel experts Trudy Griswold and Barbara Mark), I apply what I have learned in this presentation/workshop to teach you the steps to take to communicate with your Guardian Angels. This includes the Four Fundamentals that can be applied to connect with your Angels, how to talk to and write your Angels, and how to receive Angelic messages.

One-On-One and Group Sound Sessions for Stress Reduction

As a Positivologist™, I work with sound to produce vibrant health and healing. In my Sound Signals To The Soul program, the sessions, which are separately designed for both group sessions and one-on-one consultations, works to clear away unneeded blocks and replace these areas with balanced energy. Are you interested in deep relaxation, reducing stress, options for pain relief and experiencing joy, a sound workshop is for you. I have completed professional training in sound healing conducted by Tom Kenyon, under the auspices of Acoustic Brain Research

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