A Divine Dream Life!

Welcome! Thank you for taking the time to read this offering!

Dear Dreamer,

I am here to convey that the messages of our dreams can help us heal our relationships and past trauma, give more clarity to our deepest desires and increase purpose and productivity in our jobs and businesses. What I offer here is intended to help you make a start at creating a restful, natural and sustainable way to access ***The Sacred Power of Dreams!***

With Love and Grace, Lyn

How I came to be here…

A little over 13 years ago I was "legally liberated" by divorce decree. For the first time in my adult life, at 60 years of age, after 4 decades of full-tilt marriage and motherhood, I was fully set free to make my own way as an individual.

Unfortunately, for a time I felt shunned, betrayed and entirely misunderstood. Instead of appreciating the numerous magical, mystical and miraculous events of my life until then, I had a bit of a pity party and engaged in what I thought was my "well-deserved" victimhood.

This is when **MY DREAMS FOUND ME!** And when I found profound healing by opening up to the authentic messages of love conveyed during sleep. I also found a way to **LOOK IN THE MIRROR AT MY OWN DIVINE REFLECTION**. It was uplifting, disturbing, delicious, despairing, troubling and profoundly peaceful! And sometimes all at once!

But it was meant to be experienced and it is the truth of me. Here is a sampling of my dream experience with practical tips from my individual dream process to help with yours…

How do we Birth Our Dream Babies?

A baby comes into this life remarkably helpless and yet they embody the ***Magical and Miraculous*** for all those around them. If there is one thing across all cultures that can make a grown man feel helpless or transform a woman's life forever, it is facing the responsibility of care for a newborn child. Yet, with consistent love, devotion and daily practice, virtually any man

or woman, regardless of circumstance, background or education can provide a child with what they need to become a happy, functioning and well-balanced adult.

Consider your dreams as your babies. The best parents are willing to grow right along with their children. Provide a welcoming environment for divine messages and begin to hone your ***Dream Parent*** skills. Revelations will grow. Keep in mind there can be a lag phase before you get to the core of messages. Think in terms of process versus results. The beauty of this is that a dream process becomes ongoing without thought or planning. Dream awareness works behind the scenes. Another analogy to consider is that your house stays hooked up to its electrical source even when the lights are off. It's unnecessary to turn on every light in the house just to know that our electrical system works! Trust in dream awareness! It will grow just as a baby grows in a loving home.

Create a Nurturing Environment for Sleep

- Take a look at your bedroom with a ***"Dream Shui"*** approach. Consider furniture, objects and pictures as if you were preparing a comforting nursery for your new baby.
- Remove clutter, keep the décor minimal and intentionally relaxing. Eliminate or cover lights from plugs or devices before sleep. Use your phone as an alarm if you need one.
- Get a handwritten journal to keep by your bed to write or draw dream impressions. If you're too sleepy to write much during the night or wee hours, just bullet point the "snippets", the parts that stick out or pop into your mind. Then muse upon them further after awakening. It is amazing what can grow from just a phrase or two!
- Wind down before sleep in a natural way, without any form of electronics if you can.
- Have candles available to enjoy soft light a few minutes before sleep as you muse upon your day, say your prayers, have a cup of tea or listen to calming music.
- Take a bubble bath with essential oils and candles as you muse upon your day.
- Read a little from an inspirational book or write in your journal before bed.
- Sit outside under the stars or the moon as a natural tribute to the day.

Tips on Simple Self-Care

Your waking life activities and environment have great impact on your sleeping life and dream clarity. A simple way to nurture more dream recall is to practice daily self-care rituals as well as devotions to enjoy Mother Nature. Below are suggestions to help you create ***A Kinder and Gentler Dream Life!***

Play List for Self-Care

- Keep a waking life journal to collect daily signs, AHA's and epiphanies.
- Leave a space for daydreams in both the busiest and laziest of days.

- Take breaks to stretch, yawn and breathe deeply all day long.
- Sing and dance spontaneously.
- Take lots of walks! Hug trees and talk to plants.
- Commune with nature as if she's your *Life Whisperer*. (Because she is).
- Watch sunsets and sunrises like they are command performances. (Because they are).
- Read something inspirational and muse about it as if you will give a speech on it.
- Listen to music (and nothing else) to hear every single note clearly.
- Write poetry longhand in your journal.
- Write love letters to yourself or others without regard to sending or keeping them.
- Make tea and pause to breathe while it steeps.
- Colour, draw, doodle and paint without regard to results.
- Luxuriate in a bubble bath with candles as if you are on holiday in a resort spa.
- Get ready for bed with conscious intent for a luscious and restful sleep.

Learning Your Dream Language

How you view the world, express yourself and solve problems in waking life is intricately linked to your native language and predominant culture. Understanding your dreams comes with learning a new language and culture to discover the way your spirit speaks to you. I daresay if you are reading this, you are an intuitive, empathic person, so pay attention to your "gut reactions" when unpacking your dreams. Have fun during your dream education! Laugh out loud! Claim outrageous incongruities! Reinvent yourself!

Indigenous peoples and Shamans feel waking life is the illusion and that only in dream states do we enter the "Real World". In order to happily merge these different worlds without leaving our families and going off to meditate on a mountaintop, we must give up confining mental constructs and former life patterning to fully embrace our divine dreamscape. It is indeed a real trick to keep ***Our Inner Eyes Open*** during the day!

Dream Landscape

Are you simply feeling it? Is there noise or talking? Is it outside? Are you in twilight? Does it feel safe or dangerous? Is it a place from your past or current life? Are you part of the scene or are you a witness? Is it in a village, a commercial site, home or office? Are you on show or watching from the audience? Do you wander alone or do you travel with a group?

By noting your most common landscapes you will also know when there's a departure and be alerted that possibly your dream awareness has been upgraded or shifted.

Symbols

The best tip I can give you is to never assume anyone else's symbols as your own. I have never found a dream book that did symbols justice! So put away all other references except the ones that organically arise from developing your own dream process. I assure you that within a short amount of time, with your devoted attention, you will be smiling with the irony of your unique dream symbols. Our spirits have a definite sense of humour!

Archetypes

The word archetype is defined as a recurrent symbol or motif in literature, art and mythology. They can also be helpful in understanding dream messages. Just for purposes of consideration, I offer the 12 archetypes Carl Jung devised to describe the human personality. They are Artist, Innocent, Sage, Explorer, Outlaw, Magician, Hero, Lover, Jester, Ordinary Person, Caregiver and Ruler. There are also countless sources of Animal Archetypes to draw from when one shows up in your dreams. I rarely have dreams that feature animals but when I do, I know they offer especially poignant messages. Knowing your dream archetypes gives you another key to unlocking your message delivery style.

Cosmic Inferences

This is a phrase I coined to explain how common themes, people or places can be used to create a sort of ***Dream Map Key***. Repeated messages offer a way to connect the characters and events across all of your dreams. Our dreams fall into 3 basic categories, those that reflect the past, those that offer information about our current life and those that prophesize the future. Sometimes dreams will reveal the same basic message but are staged in different times of your life. Sometimes the same dream will recur over and over again or be presented in slightly different versions. This is ***Spirit Mama*** reminding you what you already know but quite possibly have been trying to ignore or hide from your waking self. By trusting in love and mustering the courage to look in the mirror, you will be able to unlock the most wonderful secrets about who you are!

Dream Secrets

Nightmares can be Our Best Friends!

People often shy away from unpacking their scary dreams or recurring nightmares. Yet these dreams are often the ones revealing the most important messages. Our inner selves sometimes have to be dramatic to get our attention! But always remember that **DREAMS ARE US!** They bring our sacred intent alive, by bridging the veil between the spiritual and material worlds. We

can trust in our heart to navigate past the mind's fear until the authentic message comes forth. It takes practice but is well worth the effort!

Dreams Wake Us Up!

I use this pun to bring home the realisation that dreams are extremely important to our spiritual evolution and to reiterate the first dream secret. We can trust that dream messages are basically ***Our Soul Speaking to Us***. We will learn a new language, with new symbols and archetypes that uniquely convey our divine messages. We must rely more on intuitive intelligence than preconceived mental constructs. We must invite our heart to help us process confusing or scary parts and keep our mind open to receiving the gift. ***We All Have Individual Dreaming Fields. Create The Space And Invite the Messages.***

Sit with the Snippet...

Sometimes the only remembrance we have from dreams is a snippet of a scene with a glimpse of an animal or person doing or saying something. Many people say, "All I can remember is I was flying" or "I woke up sad because I dreamed that someone died". If you take the time to write or draw the essence of what you remember in a journal, you can often discover the full meaning later by giving it more time to tease it out of the ethers, so to speak. If you awake in the middle of the night with just a snippet, write it down or draw a picture of it and say a prayer for it to "come back" in the morning. When you awake in the morning, intuitively write or draw what else comes to you. You can even revisit it later when you have regular pauses built into your day. The full scenario will naturally grow with your patience, even if it takes days or weeks or a sequel dream!

Rest In Peace!

This secret is entitled with an epitaph that usually graces tombstones! My play on words recalls how our lives contain many deaths and rebirths, metaphorically speaking, as we unlock our true selves. We can reveal many secrets more pertinent to our waking lives when we unpack dream messages with a holistic approach. In other words, life's messages are readily available to us at all times. We just have to find the way in! And lest we forget, this dream secret can serve to remind us that with every death, real or symbolic, comes a rebirth.

Open, Listen and Receive…

I am here as a living witness to tell you that authentic messages of love and truth are available to you at all times. They have been waiting for you since the moment of your birth! Your inner dream wisdom is like ***A GLORY TRAIN***. All you have to do is get yourself to the nearest station and get on board! This dream ride is as dependable as Mother Earth bringing you the renewal of spring each year! Just simply open your heart, really listen to what your dreams are saying and be willing to receive their gifts. Count on their bounty!

The Gift that Keeps on Giving!

Some time ago, I had an epic dream that I entitled Medicine Woman. I discovered the character I called Medicine Woman was ***ME HEALING ME*** and it was very empowering at the time. After having this dream, I reviewed previous journals and saw myself in many more of my dream characters than I had previously thought, as if I were often both the writer and actress in the performance of my life's work. I offer this to you as a testament to the importance of keeping a dream journal for reviewing and revisiting.

Dancing With the Shadows!

We can never have too many reminders to ***LET GO OF FEAR!*** After 13 years and 1400 chronicled dreams, I still have to remind myself that every time I awake with a bad feeling about a dream ***I CAN BE SURE THERE IS A PRECIOUS GIFT TO BE HAD!*** I simply have to move past negative images (perspectives) to develop the entire picture. Just like an old school photographer had to go into the darkroom, develop the negatives, hang them up to dry and wait until they were fully processed to see the final artistic product.

Our greatest fears "live" right up next to our greatest loves. They are a part of us. They belong to us. We must take responsibility for them. In dreams our spirit calls us to release fears, anxiety, grief and sadness. Only then can we see the love that was overshadowed by these feelings. Once those shadows are cleared we can step forward, more balanced in love and with our lives completely in focus. Just like that finished photo!

In Review:

- *Dream messages can guide us to heal conflicts and past trauma.*
- *Inner guidance from dreams can give more clarity to life's goals.*
- *Understanding our dream messages can greatly improve our relationships.*
- *Dreams can help us with a sense of purpose in our jobs or businesses.*
- *We can create a restful, natural and sustainable way to access divine dream wisdom.*
- *Messages from sleep can help our waking life dreams come true!*

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