

*June 2010*

*Dream Travel (No charge for extra baggage!)*

When we sleep, it is conventionally believed that we stay in bed (sleep walkers, notwithstanding) and all our dreams are a reflection of our psychological states. We do, and they are, but dreams are much more than that. They are also another level of reality or existence that we can explore. Have you ever awakened just "knowing" something that played out later in the day? Have you ever dreamt of a loved one and just knew you had to call to see if they are alright, and in fact they weren't and they truly needed you? Have you visited distant shores, only to visit them later in waking life, and found you instantly recognized the place? This is called Astral Projection and we do it in our sleep.

Here's an example of just one little astral journey I recently took. I had this "dream" in the hypnopompic state between sleep and waking, which I call the "Twilight Zone". In that state, I felt relaxed and light and wondered if I could have an out-of-body experience. And while I didn't actually "see" myself sleeping in my bed, or find myself floating near the ceiling, I suddenly saw Denise Linn (my teacher in Soul Coaching®) flash before my eyes! She was wearing white and turquoise and in a flash it was over. So I emailed Denise with the approximate time of my journey and she confirmed that she was indeed wearing a white linen suit with a turquoise scarf at that very time! She was kind enough to wear the same outfit when she came to Toronto this past weekend and I saw my vision in the flesh. Now I have to reassure you that for all the expertise I have developed in dreams, I am still a regular dreamer just like you. If I can do it, so can you! Try setting an intention to visit a friend in your dreams, then see what happens. There is a direct correlation between expecting or intending results, and actually succeeding in your nocturnal adventures. (The same is true of lucid dreaming.) It's possible that you may do some astral traveling and not remember, but call your friend the next day and compare notes. You may be surprised at the results. The downside to astral travel? No Aeroplan points!

*I Think I Can, I Think I Can...*

As I'm about to embark on the writer's cruise I told you about a few newsletters ago, "The Little Engine That Could" comes to mind! You probably remember the little train that brought all the toys over the mountain, all the while repeating its mantra "I think I can, I think I can, I think I can!" This applies to dream work (see above) as well as writing. But there are so many ways to communicate with each other these days, that writing a book seems like an old fashioned plan. Yet we all have stories and knowledge to share. So I will continue to write my newsletter, my blog and before I know it, all my work will magically merge into an synergistic whole that will be a book. I just know it!

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While I face my personal "I think I can" moment as I dream my book into existence, what are your "I think I can" dreams? Do you dream of living a more soulful and authentic life? Do you want to change jobs? These examples, as well as even more serious changes, must first be dreamed. Just as an inventor first has an idea and then creates it, so too will you first dream the changes you want to make in your life. With your intention put towards that change, you will then be able to make the shifts required to live the life of your dreams. Soul Coaching® can help you make those shifts but you have to begin.

We live in the energy and information age, where ideas are no longer only for the select few or elite but it is also the age of the heart. More and more we are asked to live from the heart and choose what the Hopi's call the path of "Love, Strength and Balance". To step out on this path, is to live in alignment with your truth, in harmony with the planet. Begin with Love, Strength and Balance for yourself, then your family and friends, the community, then your enemies and for all sentient beings! I think we can!

## *What Does it Mean When...?*

What does it mean when you dream about a **buried treasure**?

Let's start with the symbol of a treasure. If I were to ask you to think of a few adjectives that come to mind to describe a treasure, you might say "something of value", a "gift", "bounty" or "great wealth". When these valuable things are buried it means that they are covered over, hidden, below the surface or out of reach. When we look at dreams from a psychological point of view, we would look at everything in the dream as representing a part of the dreamer. Ask yourself, "What part of me is a valuable treasure, but buried, hidden or below the surface?" Also take into consideration what type of treasure is in the dream (they are not always classic trunks of gold), where it is located, and the action that surrounds it? Is it close to the surface or do you have to dig deep (within yourself) to find it? Or are you ignoring the treasure, which might represent your talents? All of the details will point you to the meaning of your own personal "treasure".

## *Dream Wisdom.*

### ***Bad dreams***

*One day you will look back and laugh at yourself.*

*You'll say, "I can't believe I was so asleep!"*

*How did I ever forget the truth?*

*How ridiculous to believe that sadness and sickness*

*Are anything other than bad dreams."*

-Rumi-