



Meditation Two

The End of the Second Seven Days



Troubleshooting Mistaken Notions

Here's What Happens:

I review my dreams for clues in my quest for the resolution to my problem. I use the techniques of 1) scenario analysis and 2) personal symbol translation to interpret one dream as a story-like reflection of the psychology of my situation. These insights enable me to view differently my problem and my efforts to fulfill my daily contract to test out my own "best guess" solution to my problem. To compensate for something I may have neglected or mistaken, I have an informative encounter with a troublesome dream symbol. From this dialogue exchange I develop an idea about how I may have been blocking the resolution to my problem. I also explore any sources of conflict about resolving my problem and examine my readiness to sacrifice any benefits of not having my problem resolved. I reformulate the statement of my problem and rethink my "best guess" solution. I write a new contract to fulfill next week and prepare a pillow letter petition to my dreams for further assistance.



STEP ONE:

Review briefly your writing from the previous week's meditation. Review what went into the development of the statement of your problem, the focus of your quest, and your initial, "best guess" solution. Review your daily notes about your efforts at fulfilling your contract to apply your "best guess". On the next page make a few notes about how well your efforts seemed to work toward solving your problem.

Example:

Most every time I met someone, I thought about asking the person some questions. Sometimes I had trouble thinking of what questions to ask. Sometimes asking the questions made me even more self-conscious, as if I were conducting an interview.

 TROUBLESHOOTING MISTAKEN NOTIONS: 1 

Notes on Reviewing Last Week's Work



STEP TWO:

Read over your dreams from the past week.

Note:

If you recalled no dreams this past week, you may review the dreams from the previous week and use them in the exercises for this second meditation. If necessary, all four meditations can be done using the same one dream: the example will demonstrate this fact. However, you may also choose to postpone working on the second meditation for another week, to allow yourself to have some more time to remember further dreams. Before deciding to postpone your work, read the section, "Scheduling" in the introduction to the workbook.

You may also wish to review the section "Some Reminders about Remembering Your Dreams."

As you read each dream, conduct a scenario analysis of what's happening in the dream: Ask yourself, "What's the story?" Try to sense the action plot of the dream—what's the essence of the story line? The action plot emphasizes the *verbs* in the dream—what is *happening*.

To perform a scenario analysis to extract the action plot it helps to replace particular nouns with indefinite pronouns (such as somebody, something, etc.) and emphasize the verbs in the dream—what is happening, the action.

For example, a scenario analysis of the nursery rhyme, "Mary had a little lamb, little lamb, ..." might read, "Someone has something that follows them predictably alongside."

On the next two pages is a brief, additional explanation concerning action plots, with a few more examples.

Action Plots

Conduct a scenario analysis of a dream—ask, "What's happening? What's the story?"—To obtain the essential action plot of the events in the dream. It's one way to help recognize the relevant context of the dream, that is, what aspect of our lives the dream may be responding to. The action plot may be seen to reflect a similar situation in our lives.

An action plot is a short statement of what transpires during the course of the dream. In order to emphasize the structure of the action, all mention of specific symbols is avoided. The themes of typical action plots are: someone is trying to escape from something; someone is trying to make something



new from something that is old and worn out; or someone feels neglected. Study the following sample dreams and the suggested action plots that are given:

Dream: *I am in a community and we are all building houses, each person his own house. I see a woman who is stealing lumber from a young man who is trying to build his own house. I know that the young man will never be able to finish if she keeps doing this.*

Action Plot: Someone is preventing another from finishing something.

Dream: *I am walking alone on the beach. The ocean is beautiful, and I feel strength and peace from it. Then I come to an area of huge boulders and ravines that block my passage. It seems too dangerous to go on. I feel frustrated. As I begin to wake up, I have the feeling that I could have flown over the obstacles, but it is too late.*

Action Plot: Not using available capacities to overcome obstacles that block progress.

Dream: *I am in the den adjusting the TV. I have a remote-control device that rotates the antenna on the roof. I get upset because I cannot find an antenna position that will result in a clear picture for all stations. One of the programs on one of the stations is "The Search for Tomorrow."*

Action Plot: Feeling frustrated at not being able to find a position that accounts for all possibilities.

Dream: *An old man — a Catholic priest — takes a young man aside and says to him, "You will be able to see the future and help people for one year. But at the end of the year, you will die." At this point the old man falters. I realize that he is passing the ability on to the young man, and as a result it is time for the old man to die.*

Action Plot: Someone is dying and someone else is taking over.

Dream: *A lady tells me that some people are trying to make a truck key from an old smooth one, but it doesn't work. The new one fits in the keyhole but it won't start the engine. She says that if they cannot get it to work, they can make a duplicate from the key they've never used which came with the old one.*

Action Plot: Someone is trying to make something new from something that is old and worn out.

The Variety of Story Patterns

Action plots fall into predictable story patterns. Here are three basic patterns that frequently occur (thanks to Mark Thurston for these suggestions):





PEOPLE DO THINGS

"Some kind of someone is doing some kind of something to some kind of someone."

Example: *David and Goliath:* "Someone small but confident and resourceful defeats someone big and intimidating."

PEOPLE ARE IN SITUATIONS

"Some kind of someone is in a certain kind of situation."

Example: *The Good Samaritan:* "Someone who is hurt receives help from an unexpected source."

STUFF HAPPENS

"Certain kinds of things are happening in a certain way."

Example: *Noah's Ark:* "Universal inundation destroys all but a chosen few."

Notice that for each pattern it is possible to be more specific by stating exactly what kind of person, situation, or thing. Most dreams can have an action plot based upon any one of these story patterns; however, usually one pattern provides a more obvious basis for an action plot than the others. Use whichever seems most comfortable or natural to your dream.

Now read through your dreams of last week and try to develop a feeling for the action plot of each dream. Then, for each dream of last week, write down an extraction of the action plot, a scenario analysis of "what's happening" in the dream. Simply state what is happening in the dream. Avoid analyzing or interpreting the meaning of the events, or drawing conclusions or inferences. Try to stick to a statement of what happens.

Example:

Dream:

"I walk past my friend's house and see a cat up in a tree. I look the cat in the eye and it winks at me. I wink back and walk on."

Scenario Analysis (a statement of what's happening):

Someone walks by something in an elevated location and pauses for an exchange of something.

The Action Plots of My Dreams



STEP THREE:

For each action plot, write a sentence or two about how such a plot might reflect something going on in your own life. Something like the action plot in your dream may be happening in your life, in some area related to your problem or the concern that makes up the focus of your quest. The action plot may resemble a feeling you have inside concerning your problem or concerning your attempts to apply your “best guess” solution to your problem. Write out your associations to the action plots of your dreams as they relate to you.

Hint:

As you set your pencil to paper, meditate briefly on your breathing. Let your pencil do the writing. Play with the words and phrases of your action plots. Let the natural flow of your writing prompt ideas about connections to your life.

Example:

Action Plot:

“Somebody walks past something in an elevated position and pauses for an exchange of something.”

Personal association:

Going by something in an elevated position reminds me of shyness. Something is exchanged—reminds me of when I meet someone and we exchange conversation. If I look up to them, then I feel that they are looking down on me and I feel shy. If I am curious about them, then I feel like I am looking down on them. I have had a bit of trouble being curious about the people I meet, trying to ask them questions without seeming that I was interviewing them. I am trying to learn how to effect an exchange. I try to help the person with their needs in exchange for their being my customer.

 TROUBLESHOOTING MISTAKEN NOTIONS: 3 

*The Action Plots of My Dreams Remind Me about Aspects
of My Life Situation related to the Focus of My Quest*



STEP FOUR:

Choose one dream whose action plot seemed most related to your struggles to apply your “best guess” solution to the focus of your quest. List the main symbols in the dream; that is, the important nouns and verbs (together with their modifiers, if you like) in the dream.

Example:

Nouns:

house, my friend's house, cat, cat up in a tree, tree, eye.

Verbs

walk, walk past, see, look, wink, walk on.

 TROUBLESHOOTING MISTAKEN NOTIONS: 4 

The Symbols (the Nouns and Verbs) in My Chosen Dream



STEP FIVE:

Modify your dream text by inserting the following phrases as noted below:

After the noun symbols, add the ending phrase (or suffix), "part of myself", to suggest that the symbol reflects something about you.

In front of verb symbols, add the beginning phrase (or prefix), "I have myself", to suggest that any action reflects some expression of yourself.

Example:

...the cat part of myself

Example:

I have myself walk...

Example:

I (have myself) walk past my friend's house (part of myself) and I (have myself) see a cat (part of myself) up in a tree (part of myself). I (have myself) look the cat (part of myself) in the eye (part of myself) and (I have) it wink at the me (part of myself). I (have myself) wink back and I (have myself) walk on."

 TROUBLESHOOTING MISTAKEN NOTIONS: 5 

My Dream with Interpretive Modifiers Added



STEP SIX:

For each symbol you listed, write down your own definition of what that symbol means to you. Try to state your definition in a brief phrase.

Example:

House: a place to live.

My friend's house: a place where someone I like lives.

Cat: self-sufficient instinct.

Cat up in a tree: self-sufficient instinct making itself comfortable, safe and observant.

Tree: natural growth.

Eye: The focus of seeing and knowing.

Walk: natural, self-propelled motion.

Walk past: natural motion in relation to environment.

See: become aware of.

Look: Concentrate for further awareness.

Wink: Creating awareness of the channel of communication.

Wink back: Confirming awareness of the channel of communication.

Walk on: natural motion continues.

The Personal Meanings of the Symbols in My Dream



STEP SEVEN

Now that you have defined your symbols, substitute your definitions for the original symbols that make up your dream story to achieve a rough “translation” of the dream into your own terms. As you rewrite the dream using these substitutions, be sure to include the special phrases (part of myself & I have myself) that you added in Step Five.

As you make these substitutions, your dream text will become very confusing. That is to be expected. It is just like when you turn a sweater inside out: it is twisted for a moment, and out of shape, but then, afterwards, with a little smoothing, it clearly reveals its inner shape.

Just do it in a mechanical sort of way, copying your dream as you re-wrote it in Step Five, but substituting your definitions for the symbol words.

Example:

(I have myself) in self-propelled, natural motion in relation to the environment, in relation to a place where someone I like lives (part of myself) and (I have myself) become aware of a self-sufficient instinct (part of myself) making itself comfortable, safe and observant in the natural growth (part of myself). (I have myself) concentrate for further awareness at the self-sufficient instinct (part of myself) in the focus of awareness and knowing (part of myself). (I have) the self-sufficient instinct (part of myself) create awareness of the channel of communication with the me (part of myself). (I have myself) confirm awareness of the channel of communication. (I have myself) continuing in natural motion.”

*I substitute My Definitions for the Symbol Words
In My Dream*



STEP EIGHT

Edit and modify your translation to make it read smoothly to or help it make sense. As you smooth out the text of your dream translation, think about what you wrote concerning the relation between you and the action plot of the dream (in Step 3). Do any changes in the symbol definitions come to mind?

Hint:

In rewriting your dream, you are changing its form from a story to something that is more like a psychological statement that describes something about you and your situation.

Example:

I have myself in natural, self-propelled motion in relation to my environment and to a place where a someone-who-I-like part of myself lives. I have myself become aware of a self-sufficient instinct part of myself that is making itself comfortable, safe and observant within a position of natural growth. I have myself concentrate for further awareness of this self-sufficient instinct in the part of myself that is the focus of seeing and knowing. I have the self-sufficient instinct part of myself create awareness of a channel of communication and I confirm awareness of this channel and have myself in natural motion continuing.

Smoother still:

As I experience the world in a natural flow of movement, I become aware of someone within me who is instinctively self-sufficient, someone who feels quite



comfortable, safe and observant. I like its feeling of natural growth. As I attune to this consciousness, this way of seeing and knowing the world, I feel its awareness within me, and its accepting me, and I continue in a natural flow of movement.

Hint:

If you find yourself getting bogged down as you turn your dream "inside out," try working one sentence at a time, doing all the steps at once on that one sentence. In other words, when you do complete each step for the entire dream, when you are done, and ready to simplify, the dream text may be too complicated for easy revision. Reduce your dream to 50 words and use simple sentences only. What follows is an example of working the process on a single sentence:

Example:

"I walk past my friend's house."

I have myself walk past the house part of myself belonging to the friend part of myself.

I have myself in natural motion in relationship to my environment and to a place part of myself where I have someone who I like part of myself living.

I look the cat in the eye.

I have myself look at the cat part of myself in the eye part of myself.

I have myself concentrate for further awareness of this self-sufficient part of myself in that part of myself that is the focus of seeing and knowing.





A Smoother Translation of My Dream



STEP NINE

What does the translation of your dream suggest to you? What does it seem to be saying? Write out an interpretation of your dream based on your translation.

Example:

I seem to be in contact with a part of myself that is like an instinct, something that feels self-sufficient and in the know. It seems like a channel of communication between this instinct and myself has been opened and acknowledged. The emphasis seems to be on natural growth and self-confidence. It seems very positive and encouraging.

My Interpretation of the Dream



STEP TEN

How does your interpretation apply to the Focus of your Quest? Write down as many connections as you can think of between your interpretation of your dream and the question or problem that has been the Focus of your Quest.

Example:

My Focus concerns overcoming shyness and obtaining new customers. In the dream I am meeting someone. We exchange glances and communicate through a wink. Who I meet is above me, suggesting the possibility that I might feel nervous. I do feel a bit self-conscious in the dream. The interpretation suggests that what I am meeting is my instinctive self-sufficiency and self-confidence. I know that I do feel a bit awkward thinking of myself as naturally self-assured, so if I did meet that part of myself I would feel a bit shy about it. On the other hand, meeting a part of myself that does feel self-sufficient would seem to be exactly what it was that I am questing for, so this dream symbol could be right on target.

*How My Dream and My Dream Interpretation Relates to
the Focus of My Quest*



STEP ELEVEN

Review your notes from Step 1. How does your dream and its interpretation relate to your efforts to fulfill your daily contract and apply your own “Best Guess” solution to your problem? Write out as many connections as you can think of between your dream (with its interpretation) and what you have experienced this week as you attempted to apply your Best Guess solution.

Example:

My contract was to be curious about the people I met and to think of questions to ask them. For the most part I was able to remember to do that, although I sometimes found it difficult to think of questions. At first, the process of thinking up questions made me self-conscious and I felt more aware of my searching for questions than really being aware of the other person. Asking the questions didn't seem too natural, like a gimmick, but more, it was that I felt like I was interviewing the person. Unlike the dream, where the wink seems to suggest some kind of mutual understanding, I didn't have that same feeling of comfortableness asking the people questions. I did realize, however, that I was on the right track, because focusing on the other person did help me to stop thinking about what they might be thinking about me. I would like to feel as comfortable as the cat did in my dream. I guess I need to keep working on this, so that the process of asking questions as an expression of curiosity and interest becomes more instinctive. Also, the process of thinking about questions did make me become more aware of how I interact with people. This awareness makes me feel even more uncomfortable, but I can see that it will eventually help me to reach my goal by allowing



TROUBLESHOOTING MISTAKEN NOTIONS



me to develop new ways of relating. The message in the dream seems to be to relax and make myself comfortable. Can I make the other person comfortable? That would seem to be just as important, and maybe really more to the point.





*Here's What My Dream and Its Interpretation Suggests
about My Attempts to Apply My Own "Best Guess"
Solution*





STEP TWELVE

Can you think of any mistaken notions that influenced how you stated your question or problem? Can you think of any mistaken notions that influenced you into a false preconception of what an answer or solution might be like? Considering the experiences you had attempting to apply your Best Guess solution, and what your dream interpretation had to say about your experience, write down anything that comes to mind about what you may have neglected, misunderstood, underestimated, or miscalculated in the formulation of the Focus of your Quest or in how you have been searching for a solution.

Example:

I can see that I need to pay attention to both thinking and feeling. In trying to overcome the feeling of shyness, I directed my attention away from myself to thinking about questions to ask the other person. Although I can see that the redirection of attention is important, I learned that the added awareness that my search requires also creates another source of uncomfortable feelings. To overcome shyness, certain skills may be necessary, but also, I need to work on my feelings themselves. I need to both redirect my attention and also practise feeling comfortable. I also need to consider these things in relation to the other person. Can I make the other person feel comfortable?



*Some Mistaken Notions I've Discovered about My
Formulation of the Focus of My Quest and about My
Search for a Solution*



STEP THIRTEEN

Examine the dream just interpreted and look for an image of a person, animal, thing or activity that is hurting, in bad shape, broken, upset, ignored, angry, in danger, ugly, scary, sick, failing, desperate, troubled, or troubling to you in some way.

Write out an imaginary conversation (a dialogue) with this image. Begin with the usual introductions, then focus on what is troubling about this image. Find out how the image feels about the matter. Find out what would make the image feel better or become OK. (If you feel it is important, you may work with an image from a different dream.)

Example:

There seems to be no image in my dream that is troubled. One image does trouble me, however, and that is the phrase, "past my friend's house." I wonder which friend, and why I walked past it.

Me: Hello there, "My Friend's House"!

MFH: Hello. Nice of you to greet me. You walked right past me in your dream.

Me: So you noticed. I was wondering about that myself. Did I hurt your feelings? I'm sorry.

MFH: Well, I feel better just for your having taken the time now to visit with me. I'm your friend's house—that's a nice place to visit, you know.

Me: Yes, but which friend?

MFH: I don't know if that makes so much difference. Just think, for a moment, what does it feel like when you visit at your friend's house?

Me: I feel comfortable.

MFH: Yes, and I feel good having you here.



*In Dialogue with a Troubling Image I Learn What It
Needs to Become OK*



STEP FOURTEEN

Continue your dialogue with the troubling image, this time reversing the focus back to yourself, telling the image what it is that is troubling you. See if the image can offer you any help or advice.

Hint:

Perhaps what the image needed in order to become OK will suggest something similar that you need in order to help your search. Perhaps the troubles the image was having relates to the troubles you have been having in seeking a solution to your problem..

Example:

Me: Let me tell you what's happening with me and maybe you can help. I'm searching for a cure to my shyness and for feeling better about getting new customers for my business. I can feel shy around new prospects and would like to learn how to relate to them in a better way. I've been practising a new approach when I meet people—thinking of questions to ask them, as a way of getting my attention off myself, and as a way of learning more about the person and how I might serve their needs were they to become a customer. This new approach does seem to help with my shyness, but I find that I feel a bit awkward asking them all those questions, and I don't feel that the interchange is really smooth and comfortable.

MFH: Comfortable. It's comfortable here, isn't it? Don't I make you feel at home?

Me: Yes, you do make me feel at home.

MFH: How do you treat the people you meet? Do you make them feel at home? Do you treat them like a friend?

Me: I hadn't thought about that. No, I probably treat them



TROUBLESHOOTING MISTAKEN NOTIONS



like a challenge, someone with whom I'm going to try a new method of relating.

MFH: Just as you passed me by, in your search for new customers and a way of eliminating shyness you passed by the importance of friendship.

Me: But I'm not really looking for friends, although I wouldn't mind having more—I'm looking for customers.

MFH: Yes, but the spirit with which you approach this is very important. Your idea about asking them questions is a good one, but first, and more important, you must approach people in an attitude of friendship, offering to make them feel at home.

Me: How do I make someone feel at home, especially when I meet them at some business location?

MFH: How do I make you feel at home? I am but a space. What kind of space do I offer to you?

Me: Comfort, acceptance, a relaxing atmosphere. I don't feel on guard, or that anything is expected of me.

MFH: How might you act toward someone you've met that would create similar feelings in them, as if you were providing them a "space" where they could feel comfortable and relaxed?

Me: That's something for me to think about. Thank you.





*In Dialogue with A Troubling Image: I Learn How A
Troublesome or Mistaken Notion May Have Blocked A
Solution to My Problem*



TROUBLESHOOTING MISTAKEN NOTIONS: 14





STEP FIFTEEN

Can you think of any reasons why you might *not* want to develop an answer to your question or solution to your problem? Do you have anything to gain by having your question remain unanswered or your problem remain unsolved? Write down as many benefits as you can think of that may exist for you as long as your quest remains unfulfilled. In your particular situation, how may "ignorance be bliss"?

Example:

Why would I not want to develop new customers? Why would I not want to overcome shyness? What benefits could I possibly get from having few customers, from feeling shy? Having fewer customers means less work, but also less money. Feeling shy does protect me from getting hurt, or getting rejected. If I were less shy, I would be more outgoing, and sometimes I would get rejected. Could I tolerate that? I guess not, otherwise I wouldn't protect myself from it so much. I guess I also protect myself from failure by my shyness. I can say, if only I weren't shy, I would have more customers. I really do have a fine product, and have no need to change my wares, or adopt new lines of products—the only problem is my shyness. If I overcame my shyness and were outgoing with new, potential customers, trying to learn how I could best serve them, I might learn that my products were sometimes inadequate, and I would have to worry about developing new products. I can see that I protect the "status quo" by my shyness and by not attracting new customers.



Benefits I Receive While My Quest Remains Unfulfilled



STEP SIXTEEN

Are you willing to let go of these benefits in order to fulfill your quest? Review your motivations and purposes to fulfill your quest (Meditation One, Step 11). For each of the benefits of an unfulfilled quest that you listed in the previous step (#14), write down how your motivation to solve your problem might help you let go of such a benefit. Write down how you believe you will be able to let go of the benefits of not having your quest fulfilled.

Example:

I want to feel less lonely and I want to expand my business without straining myself. These are my positive motivations. How can they help me sacrifice the benefits of not fulfilling my quest? How can these positive motivations guide me in sacrificing the "status quo"? I will be giving up something familiar for something strange, but I will be giving up something that is lonely and uncomfortable for something that is exciting and rewarding. Am I ready for that? Am I ready to consider the possibility of thinking of changes in my line of products? Am I ready to accept the possibility of rejection by some people when I am outgoing? I would like to think so, but I don't know for sure. It's more frightening to let go and be outgoing, with the possibility of being hurt, than it is to hold back, stay shy, yet be protected, even if it is lonely. But I can sense the quality of adventure that would come into my work, and the sense of excitement that would come into my life. I must somehow take the chance!



*My Motivations and Strategies for Sacrificing the Benefits
of Having My Quest Remain Unfulfilled*



STEP SEVENTEEN

Summarize what you have learned in this meditation. In light of what you have learned, do you want to change the way you formulate the Focus of your Quest? Write out the revised version of your Focus.

Example:

What have I learned? I've learned the importance of feeling. For one thing, I learned that I had a feeling of security, self-confidence and self-sufficiency inside me. I had a taste of what that felt like. I also learned that I need to project or express feeling to the people that I meet. Simply acting curious and thinking up questions might not be enough, unless I can also extend a friendly feeling at the same time—that friendly feeling of being at home.



*What I Have Learned So Far:
A Revised Statement of the Focus of My Quest*



STEP EIGHTEEN

Write out what your revised “Best Guess” solution would be at this point as a result of what you have learned during this meditation.

Example:

The Focus remains the same—overcoming shyness about potential new customers. My Best Guess, however, has been changed, or enlarged, to include the feeling of friendship and feeling at home: Feeling at home with a friend. The basic strategy remains the same—think of the other guy—to both cure shyness and to develop new customers. But the specifics have been enlarged—besides being curious about the other person, and asking them questions, I want to concentrate on making them feel at home, too. I want to have that same comfortable feeling for myself. When I imagine being at my friend’s house I feel comfortable, and I want to extend that same comfort to the other person. In that atmosphere of comfortableness, I can ask my questions.



My Revised “Best Guess” Solution



STEP NINETEEN

Write out a new contract for yourself to follow this coming week. How can you put into practise your own, revised Best Guess solution to see how far it can take you toward achieving the goal of your quest?

Hint:

Doing your best with what you have at hand is the best way to induce your dreams to give you a helping hand. What can you do with your own Best Guess to forge ahead toward the object of your Quest? As you venture in *Dream Realization*, remember that you naturally dream about what concerns you during the day, about what has been involving your efforts; therefore, if you want to dream about a more creative solution to your problem, make your problem an active, daily concern of yours, keeping your “nose to the grindstone,” and making good use of your own Best Guess. Write out a contract for yourself that has you trying to do some specific thing each day to implement your Best Guess. Keep it simple.

Example:

When I meet someone, I will imagine what it feels like to be in my friend's home, feeling comfortable, and I will extend that same hospitable, accepting welcome to the person I meet, as if I were standing in for my friend. I can do this by a warm greeting and by conveying a sense of “relax, everything's OK” to the other person. Then, when I feel that they are relaxed, I can allow my natural curiosity about people to percolate questions to ask that person, questions that show a friendly interest. Friendliness first, relaxed curiosity second, then questions.



*My Contract to Apply on A Daily Basis My Revised
“Best Guess” During This Coming Week*



STEP TWENTY

Compose a brief petition to your dreams that follows the following format:

“If I (application of revised Best Guess as per Contract) to my (statement of question or problem) with unsatisfactory results, then please, dreams, show me a better way.”

Hint:

Polish the wording of your petition to reduce it to a brief and easy to remember statement, something that you could easily repeat to yourself as you fall asleep each night.

Example:

If I manage to make each new person I meet feel at home, accepted within a friendly atmosphere, and to allow my natural curiosity to bring questions to mind that I might ask that person, but I still feel shy or I still feel unnatural in my interactions with the person and don't feel that I am able to see new possibilities for helping people out through my business, then dreams, show me a better way.

Shorter and simpler:

If I make people feel at home with my friendship, and love them with curiosity, yet still feel shy of new customers, then dreams, show me a better way.



*I Write A Petition to My Dreams: Provide Me
with Better Guidance if My Own Revised "Best Guess"
Doesn't Work Out*



STEP TWENTY-ONE

Copy your petition onto a separate piece of paper. Tonight, put it under your pillow. It is a “pillow letter” for you to sleep on every night this week. During the day, carry the pillow letter with you to remind you of your contract.

Every night this week, before you go to bed, write in your journal about your efforts to fulfill your daily contract. What did you do and what happened? Then put your pillow letter dream petition under your pillow to sleep on it! For the next seven mornings, record your dreams. One week from today, same time, same place, same day of the week, you will go over the dreams you have collected and interpret them to look for clues to a creative and innovative improvement to your current Best Guess solution.

Good Dreams!

Pre-Sleep Dream Incubation Reverie

Part II

If you found that performing the pre-sleep procedure suggested last week was relaxing, and you wish to continue in a similar manner, here is a suggestion for this week:

First, here is a variant on the initial, relaxation procedure:

Lying in bed on your back, take a deep breath and hold it. As you do so, make fists with your hands and hold on tight. Notice the effort it takes to hold your breath and to hold on to your fists. You begin to feel tired, and you let go. Notice how good it feels to let go. Focus on your right arm and allow yourself to experience your right arm as feeling heavy...My right arm is heavy and I let go...My left arm is heavy and I let go...My arms are heavy and I let go...My right leg is heavy and I let go...My left leg is heavy and I let go...My legs are heavy and I let go...My arms and legs are heavy and I let go...Focus on your right arm and allow yourself to experience it as feeling warm. My right arm is warm and I am at peace...My left arm is warm and I am at peace...My arms are warm and I am at peace...My right leg is warm and I am at peace...My left leg is warm and I am at peace...My legs are warm and I am at peace...My arms and legs are heavy and warm—I have let go and I am at peace.

Now gently focus on your breathing, observing the in and the out of the flow of your breath. As the breathing flows out, let your arms and legs breathe out, letting go into the peaceful experience of heaviness and warmth in your limbs. As the breath flows out, let go of your breathing and let the next breath come in all by itself. Trust in inspiration. As the breath goes out, let go of your problem and trust in inspiration, letting the next breath come of its own. As the breath comes in, experience the inspiration as a prayer, an affirmation that your problem will be solved, your question answered. As the breath comes in, experience the inspiration as a prayer, and visualize the troubling image in your dream having itself transformed into something positive. Allow yourself to remain in the gentle back-and-forth rhythm of your breathing, letting go as the breath goes out, experiencing the inspiration as a prayer of affirmation.