



Meditation Three

The End of the Third Seven Days



Searching with New Eyes

Here's What Happens...:

I review my experiences at fulfilling my daily contract to apply my updated, Best Guess solution. I review and title my dreams, letting the dream titles suggest new ideas about what I have learned so far. I examine a novel symbol from one of my dreams and learn from it new ideas about how to solve my problem. I recall an experience from my past when I felt at my very best and I imagine how I might use that viewpoint to suggest a different method of relating to my creativity. I contemplate the benefits to other people, or to the world at large, of my achieving a solution to my problem. From these new perspectives I view my problem from a new angle and formulate a new solution to my question that has been the Focus of my Quest. I develop a new Best Guess and contract to put it into practise this coming week.



STEP ONE

Review briefly your writing from last week's meditation. Review your daily efforts at fulfilling your daily contract to apply your revised Best Guess solution during this past week.

Write down any new ideas you have learned about the solution to your problem from your experiences attempting to apply your revised Best Guess.

Example:

Trying to get into the feeling of friendliness has been good when I can do it, but it brings me face-to-face again with my shyness. But from my first week's work, I can see that the shyness has something to do with me imagining being judged by the person, there being some kind of gap, or space, or distance between us, and I wonder if the person will accept my gesture of friendship. On the other hand, working from a space of friendliness and curiosity, I am learning a lot about the other person and can see that it helps me to determine just how my services could best help the person. That part is definitely making me a better business person.

I enjoy that.



SEARCHING WITH NEW EYES: 1



*Work on My Daily Contract Applying My Revised Best
Guess Has Given Me These
New Ideas about a Solution to My Problem*



STEP TWO

Review your dreams from the past week. Treat each dream like a movie or a story. Make up a title for the dream story, one that suggests the plot of the story. Write out the titles for your dreams of the past week.

Note:

If you have not recalled any dreams this past week, you may either postpone this third meditation for another week, allowing yourself seven more days to continue applying your current Best Guess, waiting for further dreams, or you may work with the dreams from the first two weeks and use them in this meditation. As the example continues to show, the entire Dream Solutions, Dream Realizations experiment, and all four meditations, can be used to good effect with a single dream. (Should you decide to postpone your work on this meditation, read the "Scheduling" section in the introduction.)

Example:

The Cat Conspiracy

The Cat Wink Wonder



SEARCHING WITH NEW EYES: 2



The Titles of My Dreams



STEP THREE

Pretend that each of your dream titles is a coded statement, giving a clue about a new possibility in the solution to your problem. For each dream title, write down some ideas about what that title suggests to you about possible solutions to your problem. (If you like, you may review all your dreams to date, to see what the titles of earlier dreams may suggest.)

Example:

The cat's wink makes me wonder. What is the cat trying to say? I imagine some sort of conspiracy. The cat seems to indicate that it and I are "in" on something together. How could my potential customers and I be "in" on something together? Wouldn't that help my shyness? I wouldn't wonder whether I was to be accepted, for the conspiracy suggests an established fact. How can I invite a conspiracy? Inviting the person to share my "at home" feeling seems to be on target.



SEARCHING WITH NEW EYES: 3



The Titles to My Dreams Suggest New Ideas about Possible Solutions to My Problems



STEP FOUR

Look through your dreams of the past week (or earlier dreams if necessary) and search for a dream where there appears a novel symbol—an image of a person, thing, animal, circumstance or activity—that in some manner seems unique, unusual, out of the ordinary, intriguing, unexpected, creative or original.

Rewrite this dream from the perspective of this novel symbol, as if the symbol were experiencing the dream. Let the symbol tell the story of the dream as it might have experienced it.

Example:

The novel symbol in my dream is the wink of the cat. The cat itself isn't so novel, but the cat's winking is.

"Eye Wink at the Passing Stranger"

I exist within the twinkle of a cat's eye. I exist as a potentiality, awaiting the command to become visible in action, as a wink. I am the wink in this cat's eye. There is this man, walking down the street. He seems to have a wrinkled brow, lost in worry or thought as he passes by, without a glance of recognition, a house that extends him friendship. As he walks along, he approaches where I live, within this cat's eye. This cat is up in a tree, spying over all. The man stops at the tree, looks up and sees the cat. I can feel the man's eyes looking into the eyes of the cat. I am awakened, waiting, and in a twinkle, I come to be. The cat's eye winks and I AM. The man winks back, and I AM also within the man's eye. For that moment, I AM existing both within the cat and the man. The cat's eye reopens, and so does the man, and I am but a memory. The man walks on and I dissolve back into potentiality.



*My Dream, as Told from the Point of View
of Its Novel Symbol*



STEP FIVE

Have a dialogue (a conversation) between you and the novel symbol. Begin by asking the symbol about itself, how it felt about the events in the dream, the role it played, and how it was treated.

Example:

Me: Hello, there, you wink in the cat's eye.

W: Howdy.

Me: How do I talk to a wink?

W: Judiciously.

Me: How's that? Must I be so careful?

W: I was just kidding. Didn't you see me? I mean, I winked.

Me: How does it feel to be a gerund?—A noun that's really a verb? W: You've got to be kidding.

Me: Well, maybe, but I'm really curious about how it feels to be you. You're not a thing, but an event!

W: Yeah, I only exist when I do my thing!

Me: How does that feel?

W: When I happen, I feel pretty good, there's generally a good feeling between me, the cat and the person being winked at. Like with you, there was that moment of suspense when you and the cat confronted one another. Then when I came to be, when the cat winked, something happened, like the cat was communicating something to you, something contagious, because you winked back. My good friendly feeling spreads, doesn't it?



SEARCHING WITH NEW EYES: 5



*My Dialogue with the Novel Symbol Reveals
its Special Role in the Dream*



STEP SIX

Continue your conversation with the novel symbol and try to learn as much as possible about the different aspects of the symbol's novelty, uniqueness or special features.

Example:

Me: Yes, you do have some special qualities.

W: Yeah, I'm a gerund, an event, a process, a happening. It's hard to get a handle on me. If you clamp down on me, then I'm no longer a wink—instead you just have a closed eyelid!

Me: Also, the cat's eye can't see when its winking. In order to communicate the wink, the eye has to let go of seeing for a moment. In order to send a message, the eye has to surrender its gaze.

W: I'm full of paradox. I tease you. I make you realize that the cat has awareness. I invite you to join it, like I say, "We have a little secret—let's enjoy it!"

Me: You really invite friendship, a conspiratorial comradeship. That reminds me...



*My Dialogue with the Novel Symbol Reveals
Its Special Qualities*



STEP SEVEN

Now discuss with the novel symbol the *Focus of Your Quest*. Ask the symbol for its ideas about possible solutions to your problem. Brainstorm with the symbol to develop analogies between the symbol's novelty and possible new approaches to the solution to your problem. For example, if the symbol is novel because of its such-and-such quality, how might you approach your own problem in a such-and-such manner?

Example:

Me: I have this problem that I'm working on. It's about being shy when I meet people and the trouble I have developing new customers for my business when I meet new contacts. I'm wondering if you have something to offer on this problem.

W: What have you tried?

Me: What I'm working on is to think of the other guy, rather than be self-conscious, which only aggravates my shyness. I've also been trying to be curious about the other person, to ask them questions about themselves. I try to extend an attitude of friendliness, as if to make the person feel at home in my presence, at home in the space of our meeting.

W: That sounds like a real good approach. How has it worked?

Me: It works pretty good when I can do it. I can see that it has value for both overcoming my shyness and for learning about the person to see how I might be able to serve their needs and interests through my business.

W: But you can't always do it?

Me: No, lots of times it seems contrived, and I feel just as self-conscious as always, only even more so in a way, because



I'm trying to think up all these questions to ask. Trying to be friendly first helps on that score, like getting in the mood, but then, trying to be friendly seems to require that I not be shy, and I seem right back where I started from.

W: Aha! That's where I come in. The paradox! When you wink, you become more lighthearted, less serious. Also, the wink blocks the eye—the self-consciousness.

Me: Tell me more!

W: Just like the eye has to let go of seeing in order to allow the wink to be, so also you have to let go of self-consciousness in order to be truly friendly and think of the other guy. You were very clever to think of that.

Me: The "Me Who Knows" thought of that. But I can't always do it. W: Who is this, "Me Who Knows" person? Isn't that the wink itself? Doesn't the wink say, "Hey, we know what's happening!" That's really funny.

Me: Yeah, you're right! Just like the wink communicates a conspiratorial friendliness—saying, "Hey, we're in this together—so also does my extending friendship to the person create a bond between us—say, "Hey, we're right at home here together!"—So there is less a gap, a difference between that person and me, less of a need to feel self-conscious or shy. There's no me-looking-at-him-and-him-looking-at-me, instead, there's just winking! Feeling at home with a friend!

W: That's right, lose yourself in the event! The eye loses itself in the wink. The wink joins the two persons together!





Me: Yeah, two eyelids stuck together!

W: That's the spirit, keep joking. That seems to be a part of the solution, having some humor. Humor also helps to overcome the self-consciousness and to bridge the gap between you and the other guy.

Me: This has been real helpful, Wink.

W: It was nothing! Well, maybe it was a gerund that did it!





*My Dialogue with the Novel Symbol Reveals
Helpful Analogies between the Symbol's Novelty and
Possible New Approaches to My Problem*





SEARCHING WITH NEW EYES: 7 continued





STEP EIGHT

Go back in your memory to a time when you felt at your very best, a peak experience when you felt most in tune with your abilities, a moment of great self-confidence, of an exalted state of consciousness. Write down this experience and describe how you felt.

Example:

Dancing.

I'm dancing on the ballroom floor with this dear person. The music is playing one of my favorite songs and we're really flowing to the music. My dance steps and the other person's dance steps complement one another so perfectly, it's hard to tell who's leading who or who's directing it. The dance is happening so smoothly to the music I feel swept away. I feel like I'm being danced around, that I'm making no effort myself at all to dance. It's just happening. I'm surprised that I don't have to think about the steps, or count time to the music like I often do. Instead, it all works out perfectly, smoothly. I can trust myself, I don't need to worry about doing it right, and I am carried away in the dance to the flow of the music.



SEARCHING WITH NEW EYES: 8



I Describe a Peak Experience from My Past



STEP NINE

During your peak experience, how did you feel about yourself and life? What essential truths or meanings were expressed in this experience? Compose a motto that best describes the basic truth or meaning that this peak experience holds for you.

Example:

I felt wonderful, and even though I was very active, I felt at rest, somehow, because the dance carried me along. I can see in such an experience the truth of such statements as, "let go and it will all work out." Like life can take care of itself if you'll just get out of the way. It's a very different feeling than how I feel when I am shy and self-conscious.

The motto for me would be,

"Trust in the Flow of the Dance."



SEARCHING WITH NEW EYES: 9



*My Peak Experience Suggests A Personal Motto:
One of My Life's Greatest Truths*



STEP TEN

Review your dream containing the novel symbol, this time from the point of view of you, the dreamer, and ask yourself these questions:

1. What are you *assuming* in the dream?
2. What *choices* are you making in the dream that may have affected how the dream unfolded?

Example:

I am assuming that there is nothing for me in my friend's house, that I don't have time to stop. With the cat, I am assuming that the cat is perched up there for a reason and doesn't want to be disturbed, that I must walk on. I choose to walk past my friend's house without stopping, I choose to wink back at the cat, I choose to walk away from the cat without further interaction.



*I Examine My Assumptions and Choices
in My Dream of the Novel Symbol*



STEP ELEVEN

Recalling your peak experience, and the personal motto that describes what you learned from that experience, consider how you might have acted differently in your dream. If, while in the dream, you were following the wisdom of your personal motto while in this dream, what different assumptions and choices might you have made? What different actions might you have taken? Rewrite your dream, using your personal motto to guide you in developing a new version of your dream.

Example:

I am walking down the street. I see my friend's house and stop in for a visit. We have a nice talk and I leave feeling content and happy. It's good to have friends. As I walk along, I see a cat up in a tree. I look at the cat and it winks at me. I wink back. I extend my arms and the cat jumps down out of the tree into my arms. I cuddle and pet the cat and it purrs. The cat's purr is contagious and I feel like purring myself. I feel very much at home with myself and in the world. What a wonderful place to be. I feel like welcoming others into this wonderful home we have here.



SEARCHING WITH NEW EYES: 11



*My Personal Motto Helps Me Create
A New Version of My Dream*



STEP TWELVE

Create a title for your revised dream. Analyze the scenario of the revised dream (see Meditation Two, Step 2): Write out the action plot—a scenario of what happens in the dream.

Example:

Titles:

Trust in the Flow of the Dance. The Winking Cat and I Purr.
Trust in the Wink of the Cat for a Purrfect Sense of Home.
For Purrfect Trust in our Friendly Home, Cuddle the Winking Cat.

Scenario Analysis:

The Action Plot: Someone visits someone for a friendly feeling, then meets someone in an elevated position for an exchange of communication that leads to an equalizing posture, and to a sharing of trust and contentment.



The Title and Action Plot of My Revised Dream



STEP THIRTEEN

Compare your revised dream with the original. How do the two dreams differ? Write down a list of differences between your revised dream and the original version. For each difference, write down what the revised version of your dream suggests to you about a different approach to your problem. Use the title and the action plot of your revised dream to help you see what your revised dream suggests about a different approach you might take toward the resolution of your problem.

Example:

Visiting with my friend:

Taking time for fellowship creates a better feeling atmosphere. This feeling lasts and affects the subsequent action. I realize in my efforts to use my Best Guess, I had not allowed for the extra time it takes. I learn here, "slow down, take your time."

Extending arms to cat:

Although I have found the extension of that "at home" feeling to be a useful tool in my work on this project, I realize that perhaps even some body contact, at least shaking hands, if not also a pat on the shoulder, almost guiding the person physically as I offer a moment of "time out for friendship."



*My Revised Dream Suggests New Ideas about
A Solution to My Problem*



STEP FOURTEEN

You have contemplated three new sources of inspiration: the novel symbol, a personal motto based on a peak experience, and a creative revision of your dream. What connections can you find between the ideas generated by these three sources? Write down what you have learned from these three sources and how the ideas seem to relate to one another.

Example:

Novel symbol:

Letting go. Being in action—a wink—pushes aside self-consciousness. Humor. The twinkle in the eye.

Personal motto:

Trust in the flow of the dance. Becoming one with the other guy. Surrendering to the exchange of energy. Friendship as a dance.

Dream revision:

Extending an arm in friendship. Taking time out.

All these ideas do relate to one another. My ideas from the last meditation work pretty good, but sometimes my mood, or habitual self-consciousness, make the approach I want to take not come natural. Here I learn more about the spirit of the approach I want, and two physical aids—winking!—I may even try that! And also extending a hand. We all get so caught up in our routines, me and the other guy. If I extend a hand in friendship, with a conspiratorial wink, suggesting that we take “time out!” To realize how wonderful it is simply to be alive, and to enjoy the moment, I can see this helping. It takes me



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way beyond the shyness feeling. What I have noticed already about taking an interest in the other guy, it does make it easier to learn how I might serve that person with my business. I can see how this added dimension will help even more. In fact, I can see now that I want to add a new dimension to my business itself—that is, the way I conduct business, that the customer gets a bonus—a moment to relax and a sense of fellowship. I think that this in itself is an exciting discovery. A feeling that we are in this together!





SEARCHING WITH NEW EYES: 14



An Integration of Ideas from the Novel Symbol, My Personal Motto, and a Creative Revision of My Dream



SEARCHING WITH NEW EYES: 14 continued





STEP FIFTEEN

In Steps 1-3, you reviewed your efforts from the past week to apply your updated, Best Guess solution, and looked to your dreams for comments upon your experience. Review now what you wrote in those three steps. When you view your efforts from the past week in light of the insights you have gained in this meditation (summarized in Step 14), what thoughts come to you about how to change your approach to a solution to your problem? Write down some ideas about how you might go about things differently.

Example:


The main thing I felt was still lacking was the feeling of naturalness about my solution. I could see that the ideas of curiosity, friendliness, at-home feelings, etc. was right on target, both for shyness and developing new customers. But I found still that I would stumble sometimes, and it didn't seem natural. In this third meditation, I've gotten some good ideas that are right on target. The dream image of the wink, now that I have worked with it, seems perfect for me as a symbol of what I need to remember. The memory of the dance, the good feelings and good humor, all of these ideas, seem to have taken my problem to a new level for resolution. I'm moving beyond the issue of shyness to considering the quality, or spirit, with which I want to confront life. Shyness about people was a concern that touched on a shyness about life.

Separation, me against the elements, life, other people, etc.—that was the premise I was operating on. That made customers a challenge. The image of the wink, with that paradoxical quality of giving up seeing in order to express something else, that really hit me, for it led to the notion also of doing away



SEARCHING WITH NEW EYES



with "being on guard." The "dance" theme also expresses that same theme of trust. What I really like is the idea of adding a new dimension to my business, the matter of how I conduct the business. That gives me a new sense of enthusiasm for my work! 



*A Review of My Meditation Suggests a Different
Approach to the Solution of My Problem*



SEARCHING WITH NEW EYES: 15 continued





STEP SIXTEEN

Write out a new version of your “Best Guess” solution that incorporates what you have learned during this meditation.

Example:

My earlier, revised Best Guess solution:

Extend feeling of comfortableness, at-homeness to other guy, then express curiosity.

New version:

Take your time, extend yourself physically in a wink or a pat on the shoulder. Establish first the “time out to feel at home” atmosphere. The other guy is just like you. Trust in the flow. Remember that your business is how you do business. Your business expresses your feelings about life.



SEARCHING WITH NEW EYES: 16



A New Version of My Best Guess Solution



STEP SEVENTEEN

How can you apply and test out your new Best Guess solution? Write out a contract for yourself to fulfill on a daily basis this coming week, specifying what you will do to apply your new "Best Guess."

Example:

What if I practised winking? What other body cues might I use to experience and express that same feeling? I want my feelings of shyness or uptightness to signal me to take

TIME OUT!

To Remember To Trust in the Flow of The Dance!

While I work on that one, what I can do is to promise that every time I meet a new person, I will extend myself in friendship, with a wink or a touch, to say, "Take a moment to make yourself at home, us together."

My expression of interest in the other guy need not be simple mundane questions of curiosity, but can also be directed toward what makes that person feel good. A sense of humor reminds us that in spite of our troubles, our "soap opera," if we were to take a moment to realize it, life is pretty good.

I will explore the implications of this approach to business to see what develops.



SEARCHING WITH NEW EYES: 17



*My Contract to Apply on a Daily Basis
My New "Best Guess" Solution This Coming Week*



STEP EIGHTEEN

How will other people, or the world at large, benefit from your fulfilling your quest? Write down as many ways as you can think of about how your getting your problem resolved or your question answered will create benefits that will extend beyond yourself.

Example:

For one thing, when I become less shy, people are going to know me better, and I think that is a good thing! I have been hiding myself from people and that cheats them. As I have changed my view on my business relations, I can clearly see how my customers are going to benefit from my success on my quest: they are going to reap the rewards of my spending time with them on a friendly basis; they are going to have a chance to feel better about themselves; and they are going to have a chance to influence me in the products I offer, ones that will really help them. So I am feeling really good that everyone will benefit from my fulfilling my quest!



SEARCHING WITH NEW EYES: 18



Benefits to Others of My Fulfilling My Quest



STEP NINETEEN

Compose a brief petition to your dreams that follows the following format: "If I (apply my new Best Guess solution as per contract) to my (statement of problem or question) with unsatisfactory results, then please, dreams, show me a better way."

Example:

If I take time out to extend friendly at-home trust in the flow of the dance of life, winking as I go, yet still feel shy of new customers, then dreams show me a better way!



*A Petition to My Dreams: Provide Me
With Better Guidance if My Own New “Best Guess”
Solution Doesn't Work Out*



STEP NINETEEN

Copy the petition onto a separate piece of paper. Tonight, put it under your pillow. This 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 and *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 receive an evaluation of your progress in your Quest for *Dream Solutions! Dream Realizations!*

Good Dreams!

Pre-Sleep Dream Incubation Reverie

Part III

The Pre-Sleep Dream Incubation Reverie that has been presented here combines the major incubation principles concerning the cycle of hard work, letting go and trusting in inspiration. The suggestions about meditating on the breath as preliminary to doing inspirational writing, and the suggestions concerning relaxing the body upon going to sleep both reflect the same basic idea. The pre-sleep dream incubation reverie combines work with the mind (and imagination) with work with the body.

The body is relaxed through a method that reinforces the receptivity toward inspiration. The body is tensed (raise your arm and hold it up, or, make fists while you hold your breath), to reflect your hard work and the attitude of effort. Then the body is released (letting go). Focusing on heaviness and warmth in the arms and legs is equivalent to dissolving the focussed efforts of the day into the receptive, transformative energy of the earth's creative forces. Focusing on the breathing, the in and out of the breath, is attending to the natural flow of the creative element in air, the spirit, the source of inspiration. Letting the breath go is letting go of old thoughts. Allowing the breath to come of its own is practising being receptive to inspiration. When that special, delicately relaxed state is achieved, where the breath seems to come and go on its own, it is possible to allow the mind to rest upon its affirmation without effort, to allow every breath that comes in to remind us of the affirmation, the message of our "pillow letter" petition to our dreams, without effort, but with every confidence of its fulfillment.

Part III of this presentation on Pre-Sleep Dream Incubation Reverie introduces a special scene into the imagination once the quiet state of natural breathing has been established. The scene involves your imagining being in a special place, a place you would call sacred or inspired, and your imagining being in the presence of a Wise Person, someone who would either be very likely to be able to help you with the problem that is the Focus of your Quest, or someone who would be the living example of the Personal Motto you developed in the third Meditation.



DREAM SOLUTIONS! DREAM REALIZATIONS!



First establish the body's relaxation, and the natural breathing. Make fists with your hands, hold your breath. Experience the effort. Let go. Step by step, begin to experience heaviness in your right arm, your left arm, your arms, your right leg, left leg, your legs, your arms and legs. Then, in the same step by step manner, experience warmth in your limbs. These steps can be finally integrated by the statement, "My arms and legs are heavy and warm. I have let go and I am at peace." Then focus on your breathing, letting go on the exhalations, letting your limbs breathe out, and awaiting the next breath to come of its own, trusting in inspiration.

Every time your breath comes in, allow your imagination to develop a scene, visualizing a special place where you would feel very comfortable, a place where you might seek inspiration, a place that would be sacred for you.

Imagine that you are in your sacred place. Allow the special protective and comforting atmosphere of your place of healing to create within you a mood of serenity...your arms and legs are heavy and warm, you have let go of your problem, yielding yourself to the support of the earth, giving in to your exhalations with peaceful sighs, as you are safe within your sacred place of healing . . . Imagine that a revered Wise Person is approaching . . . Feel the special vibrations of your Wise Person's presence, and experience the confidence and optimism that is inspired in you . . . Letting go with a peaceful sigh, trusting in inspiration...you are in the presence of your revered, Wise Person, the living example of your special Motto, and you are safe within your sacred place.

You have relinquished all further attempts to deal with your problem yourself. The revered Wise Person has taken over your problem for consideration and has agreed to help you. Give yourself over to anything that you might now experience, and assume that whatever you do experience is part of the healing that is beginning to transpire as you fall asleep. It is a process that will continue during the night and in your dreams. When you awaken tomorrow, you can bring a new spirit to putting your best guess into action, knowing that the world is rooting for you to succeed and that your dreams will be guiding you to even better solutions as you do your best with what you have in hand. Rest now, sleep now, you are safe within your sacred spot, inspiration is here, dreams are near.



The Committee of Sleep Brings Dream Solutions

The famous American author of *Grapes of Wrath*, John Steinbeck noted: "It is common practice that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it." In contemporary society we frequently use the cliché: "Let me sleep on it." The book, *The Committee of Sleep*, by Deidrea Barrett, of Harvard University, contains a fascinating and detailed account of the dreams that have inspired successful people in all walks of life.

Dreaming solutions to life's problems is not the exclusive domain of the rich and famous. Dr. Barrett asked students in her classes to attempt to have a dream solution to some personal problem of their choice. She found that simply by using her basic instructions, given below, two thirds of the students had a dream that addressed their specified problem, and half of these students had actual solutions in their dreams. Knowing about her students' success using a straightforward effort, perhaps if you review her hints, you'll have success yourself.

Here is the author's seven step method for incubating your own dream solutions to your specific issues in life.

1. Write down the target problem in a brief sentence and place it by your bed.
2. Review this problem just before going to bed.
3. When in bed, visualize yourself dreaming about this problem and writing down your dream on a note pad.
4. Remind yourself that you want to dream about this problem while falling asleep. 5. Keep a pen and a note pad on the night table adjacent to your bed.
6. Arrange any objects associated with this problem on your night table where you can easily see them.
7. Upon awakening, write down any dreams that have occurred. If no dream is present, lie quietly in bed and invite the dream to return if possible.

For a complete summary of the book *The Committee of Sleep*, go see www.intuitive-connections.net/2002/book-committee.htm