

The Traveler in Your Dreams

5-Week Class

Week One

HANDOUT # B

SHARING: MY PURPOSE IN THE CLASS

1. Why are you taking this course?
2. What would you like to get from taking it?
3. What has been your previous experience with dreams, generally?
4. Why should we remember our dreams? What's the point?
5. What can be gained?

TRAVELER IN YOUR DREAMS
5-WEEK CLASS
HANDOUT #1 (Week 1)

COMMITMENT FOCUS

It's helpful to be fully aware of the excuses we make not to remember your dreams. It is important to cultivate the commitment and determination to remember and value our dreams. In doing this, we will increase our awareness of the Traveler consciousness in our dreams, which is recognizable by its uplifting, expansive, loving, awakening qualities. Brief discussion - what are some excuses you make to not remember your dreams?

When we don't understand a dream or it seems strange and meaningless, refrain from judging or rejecting it as invalid. Remember that dreams come from other realms where our system of logic doesn't necessarily apply. We can't always evaluate them from the "awake" state of consciousness, as far as story line goes. We want to move more into an intuitive, free and flowing open state when working with our dreams.

Also, support your basic self by determining what your intention and commitment is to focus on your dreams and then following through with your commitment.

Commitment Statement

In making your commitment statement, focus on what your intention is regarding your participation and attitude in this class. **IMPORTANT:** Be sure your intention is clearly to participate in this course as well as to **HONOR YOUR RELATIONSHIP WITH YOURSELF**. Rather than what you think might please the facilitator or anyone else. Be aware this commitment and all you do in this course is for yourself. Do the very best you can in this spirit, and the course will go easily for you.

A good way to begin is to take out their journals, turn to a clean page, and write the following statement at the top of the page: "My heart-felt and loving commitment to myself in this Dreams Class is..."

Include in the body of the commitment your intentions regarding:

- a. Utilizing the techniques shared in class.
- b. Your desire to recall your dreams and work with utilizing the lessons and information in your everyday "awake" life.
- c. Any other aspects that may come up inside you appropriate to this commitment you're making with yourself.
- d. Focus on the Traveler, the Divine essence, the good, in all things...including YOURSELF.
- e. Be sure to include that the entire commitment be placed under the protection of the Light for the highest good.

Complete your Commitment Statement, sign and date it at the bottom, and turn it in next week.

TRAVELER IN YOUR DREAMS
5-WEEK CLASS
HANDOUT #2 (Week 1)

KEYS TO REMEMBERING DREAMS

Before going to bed, place a glass of water, your journal and a pen by your bed, within easy reach. After you get in bed, surround yourself with the Light. Then, give yourself the suggestion that you will remember your dreams if it's for your highest good.

If you're awakened in the middle of the night and you've been dreaming, quickly go over the dream in your awareness. Write down the key aspects that will stimulate your memory of the rest of the dream in the morning. You might find it handy to keep a penlight or flashlight pen for middle-of-the-night writing. This comes in extra handy if you sleep with a light sleeper and don't want to disturb them. If it seems appropriate, you might draw quick sketches of important images that were given emphasis in the dream. Also, note the feelings and essences the dream conveyed. Throughout all this, it is possible to remain in a semi-awake state, so as not to keep you awake for long. As you fall back asleep, suggest to yourself that you'll remember the dream in the morning.

The moment you wake up in the morning, turn your attention within. Remain motionless, with your eyes closed and follow any image, thought or feeling lingering with you back into the dream. With an attitude of patient watchfulness, you can connect with the most fleeting of images from the dream and pull them through into your conscious awareness. It's necessary to train yourself to think first about what you had been dreaming when you awaken and NOT about what you have to do late in the day.

If you can't seem to recall anything, J-R has recommended mocking up dreams. Among other things, this shows our basic we're serious about dream recording. In indicating why mock-up dreams aren't just wasting time with meaningless fantasies, J-R has said, "You can't make up anything that you haven't had an experience about. So, there's some realness in all the hallucinations."

TRAVELER IN YOUR DREAMS 5 WEEK CLASS

32-DAY CALENDAR INSTRUCTIONS

HANDOUT #3A (Week 1)

1. John-Roger has told us that if we wish to change a pattern and/or institute a new one, do the desired pattern for thirty-two (32) consecutive times. This refers to 32 times in a row and can range in time from:
 - a. 32 times all in one day. For example, in breaking a pattern of shyness with new people, at a meeting where there are people you don't know, go up to 32 people and introduce yourself without letting an exception go by.
 - b. Once a day for 32 consecutive days.
 - c. Doing the desired behavior as the opportunity presents itself in a consecutive flow for the next 32 times—as in working on developing truly loving acceptance of your in-laws. Do the loving acceptance for the next 32 times you see them. This might take a year, but it's the consecutive consistency that is important.

As in all three examples, if there's a break in the pattern, we start over with #1. For example, if part of your 32-day commitment is that you commit to writing in your dream journal every day without exception for 32 days and on day 26 you don't - then day 27 becomes day number one - and you start over again.

2. Title your commitment and designate the day it begins. This could look something like: "My Loving and Heartfelt Commitment to Myself in this Dream Class."
3. Body of Commitment - can include your commitment about things such as:
 - a. S.E.'s.
 - b. Keeping your three journals and other homework in the class current. For example, doing each of them daily, rather than waiting a few days in between.
 - c. Committing to start the 32-day pattern commitment over again if the commitment is broken.
 - d. Reviewing the day each evening and forgiving yourself for any judgements you might have made.
 - e. Each day putting certain things of your choosing into the Light, such as: the day, the planet, your job or school work, your spiritual awakening, health, people you care about, etc.
 - f. Set aside time each day for some creative, nurturing and/or fun endeavor.
 - g. Exercise and diet.

- h. Blessing yourself and telling yourself you love yourself at least once a day.
- 3. It often helps to number each commitment so that it's easy to check each day to see if you've fulfilled each one.
- 4. Keep a running tally of each day you've completed the commitment as written - in your journal is a good place.
- 5. Designate the day it ends - making sure it's a full 32 days when completed.
- 6. Sign it and invest it with your loving.

TWO NOTES TO THE WISE:

- a. Don't overkill here. If you overload yourself, it's too hard to enjoy what you're doing and it seems to validate the negative point of view that commitments are too difficult to keep and patterns are hard to change. Our goal is success. We also suggest that it not be so simple that there's no stretch because that will not seem like success either.

The goal is that your own, personal hand-picked and lovingly created 32-day pattern commitment will support your experiences of accomplishment in areas that matter to you - while at the same time enabling you to work with this technique.

- b. Keep your commitment stated in the positive. We highly suggest not writing into your commitment things such as: "I'm not going to eat like a pig for the next 32 days"...or... "I'm going to do S.E.'s for two hours a night - even if it kills me!"

KEY TO REMEMBER: Energy follows thought.

Traveler In Your Dreams 5 Week Class
Traveler in Your Dreams 32 Day Commitment Calendar
Handout #3B (Week 1)

**TRAVELER IN YOUR DREAMS
5-WEEK CLASS
HANDOUT #4 (Week 1)**

**DREAM-STATE CLARIFICATION
AND PROBLEM-SOLVING TECHNIQUE**

Before going to sleep and having first called in the Light for the highest good, you may request in a prayer-type fashion (or whatever you choose) to receive specific clarification and/or answers upon awakening to any situation or problem in your life. You may also request, if it's for your highest good, to work on specific areas during the dream state. More will be done with this technique during Week Four, with dream interpretation.

If you do this technique, in the morning look for subtle inner awarenesses and attitudes reflecting change, expansion, releasing, etc. You may awaken with great clarity, or the emotional charge you might have had prior to sleep may have released overnight or the charge might be on more subtle levels.

TRAVELER IN YOUR DREAMS 5 WEEK CLASS

PREPARATION SUGGESTIONS FOR DREAM INCUBATION HANDOUT #5 (Week 1)

- A. **Affirmations** - Before going to sleep, affirmations can be used. You can choose any one or more of the following affirmations and say them before you go to sleep, first asking for the protection of the Light for the highest good. (You can also create others to use.)

I am remembering my dreams with ease.

I am receiving the Traveler's loving guidance in my dreams.

The Traveler in me works for my highest good in utilizing my dreams for my greater awakening.

My dreams help me to grow, expand and awaken with joy into who I really am!

The beloved source deep within my being contacts me with messages in my dreams.

I easily move into sleep, receiving guidance from my dreams and remembering them for my highest good.

All affirmations are made more powerful by:

1. Envisioning the goal about which they speak as a fact in the here and now - seeing it happen in the present.
2. Empowering them with the emotions that accompany the realization of the goal.

Example: "...awaken with joy..." Actually feel the joy, while saying the affirmation and visualizing it taking place here and now.

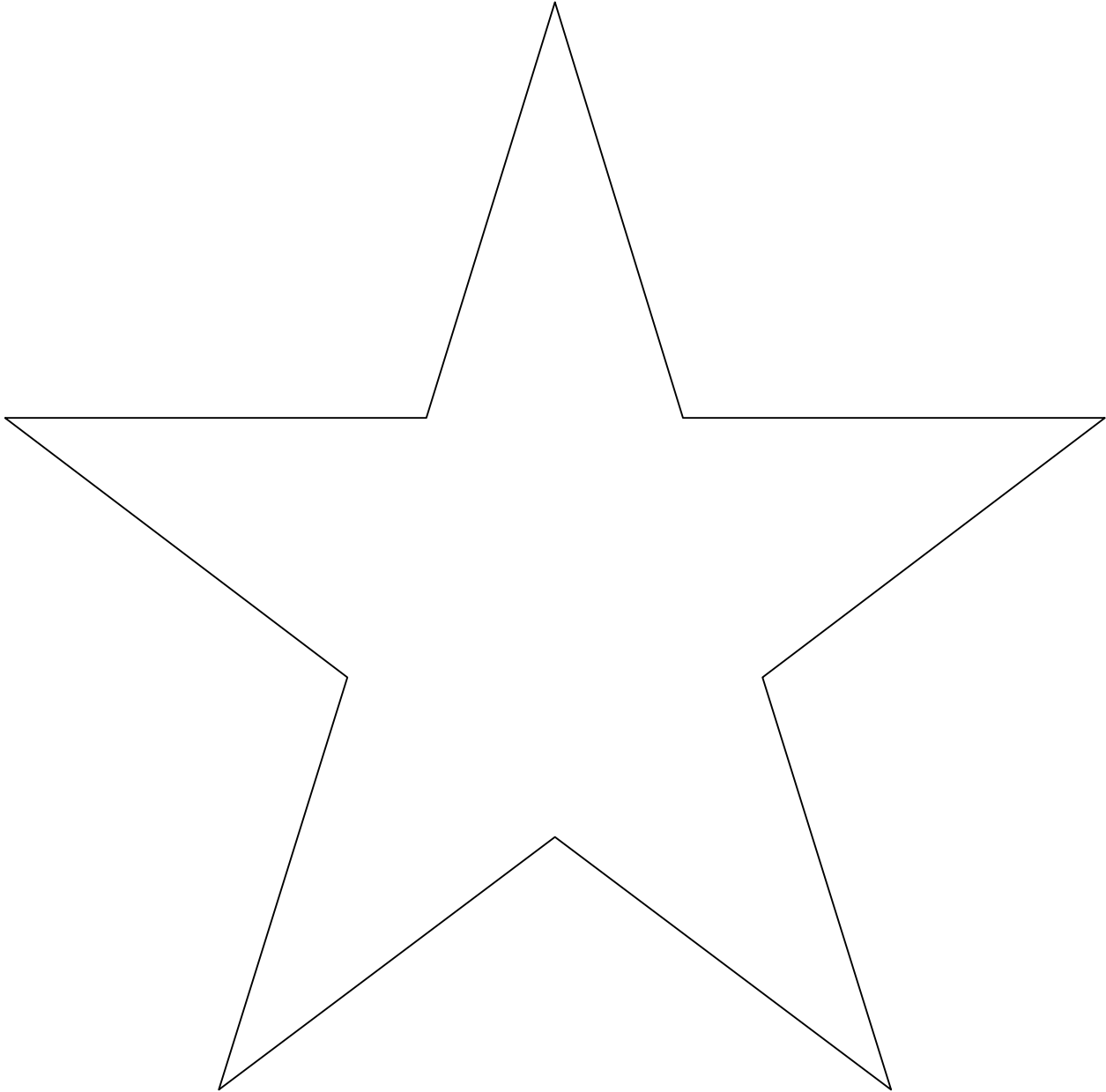
- B. **Rituals** - are considered by some to be important in dream incubation. We include the information regarding them so you'll have it. However, we're not saying it's necessary. Some people say rituals make preparation for dream incubation more fun. Decide via your own experience.

1. You can have a special dream pillow you use only when you're doing dream incubation.
2. You may use a special gemstone on your pillow.
3. Wear special night clothes.

4. You can put the scent of sandalwood on your pillow or anything else you can think of that would be special and pleasant for you.
5. Look at a picture of a higher spiritual being who inspires you such as J-R or Jesus.

Remember, rituals are only suggestive support systems at best and certainly not the goal. We share the information about them as part of the dream incubation, but do not suggest that a ritual of any nature become a dependency or a superstition. And most certainly, the dream incubation technique can be done very successfully without the use of any rituals.

TRAVELER IN YOUR DREAMS 5 WEEKS
HANDOUT #6 (Week 1)



FIVE-WEEK DREAMS CLASS
HOMEWORK INSTRUCTIONS (Page 1 of 3)

WEEK ONE

- A. Start Dream Journal and Journal for spiritual exercises. Bring them to class next week, and each week thereafter.

Some people might find it works for them to involve their basic selves in their journals by doing such things as using different colored pens for each section of the four-part journal system. For others, this might be a distraction.

- B. Read the revised and expanded edition of *"Dream Voyages"* by John-Roger. Please make special note about the part on re-establishing physical consciousness on page 51. Our dream experiences may become much more intense during this class and we'll want to be aware of how to be grounded in our bodies and have a clear head for work, etc. After we've awakened and recorded our dreams.

C. **MOCK UP A DREAM**

Mock up a dream this week and write it in your journal. This is like conscious day dreaming. Tune in, be creative and allow yourself to intuitively construct a story. It can be a "dream" with you in it, or you can be an observer. Next week you'll be questioned about this mock-up "dream," its feelings, essence, etc., so make it "real" for you. And don't make it too long. Day dreams and mock-up dreams are fantasies. J-R has said that we create the mock-up dreams that we do, rather than other ones for inner reasons.

- D. During the upcoming week, consciously ask yourself in S.E.'s, before sleep etc., what is an area you'd like to work on during class next week that you'd like assistance with, clarification on, a problem to be solved, etc. You'll be doing a process in which this may be of assistance to use. Have a good idea of perhaps a couple of areas you'd like to have work better in your life. Definitely have at least one.

- E. Read the Homework instruction (Handout #3A) on the 32 DAY CALENDAR INSTRUCTIONS and begin your 32 DAY CALENDAR (Handout #3B).

- F. **KEYS TO REMEMBERING DREAMS** (Handout #2)

- G. **DREAM-STATE CLARIFICATION & PROBLEM SOLVING TECHNIQUE.** (Handout #4)

- H. **COMMITMENT FOCUS.** (Handout #1)

- I. **DREAM INCUBATION EXERCISE**

FIVE-WEEK DREAMS CLASS
HOMEWORK INSTRUCTIONS (Page 2 of 3)

Read Handout #5. In your journal or notebook write out your 14 steps to dream incubation and complete the process by writing down your condensed version on the five points of the star (Handout #6)

WEEK TWO

- A. Continue to record in Journals.
- B. During the week, choose one or more symbols from your dreams and answer these four questions:
 - 1. I am a...
 - 2. How I feel is...
 - 3. What I want is...
 - 4. What I am suggesting to my dreamer is...
- C. Mock up a dream for next week's class using the request you put on the five-pointed star.

WEEK THREE

- A. Mock up a dream to work on next week.
- B. A Symbol Portrait:
 - 1. Description
A symbol portrait is a dynamic map of consciousness, a personal mythology or auric portrait that, through the language of symbols, expresses a deep and inspiring message to the person who has created it. It may symbolically represent the purpose or theme of our lives and serve as a visual programming, reminding us of who we truly are.
 - 2. How to Make a Symbol Portrait
 - a. Focus--The student selects from among the symbols in his Dream and/or Spiritual Exercises Journals, those symbols that hold an especially strong and positive, uplifting energy for him. He may choose any number of symbols he wishes. Naturally, if the student is aware from within his own consciousness that there are even greater symbols that more clearly represent the Traveler essence and focus of their life, they can use those as well.

FIVE-WEEK DREAMS CLASS
HOMEWORK INSTRUCTIONS (Page 3 of 3)

- b. Arrangement of Symbols --The symbols may be arranged in a mandala form, with a central or sun symbol and other symbols radiating outward and revolving around the center. Or they may be arranged vertically, with the highest ideal or vision at the top. Or, other systems of placement may be discovered. Whatever works.

It's up to the student which medium to choose: colored pencils, crayons, watercolor, oils, pastels, collage (perhaps photos from magazines), or any form the student wishes to use.

- c. Size--that's up to each student.

- d. Due date: Have them bring their completed symbol portraits to the next class to share with the group.

WEEK FOUR

- A. Continue with journal writing.
- B. Choose a dream symbol, perhaps one that you have experienced difficulty with interpreting and work with it as you have done in class.

TRAVELER IN YOUR DREAMS
5-WEEK CLASS
HANDOUT #7 (Week 2)
DREAM AFFIRMATIONS

I am remembering my dreams with ease.

I am receiving the Traveler's loving guidance in my dreams.

The Traveler in me works for my highest good in utilizing my dreams for my greater awakening.

My dreams help me to grow, expand, and awaken with joy into who I really am!

The beloved source deep within my being contacts me with messages in my dreams.

I easily move into sleep, receiving guidance from my dreams and remembering them for my highest good.

TRAVELER IN YOUR DREAMS 5 WEEK CLASS

LUCID DREAMING HANDOUT #8 (Week 5) (Page 1 of 3)

DISCTIONARY DEFINITION OF LUCID:

- Adj**
1. shining or bright
 2. clear; pellucid; transparent
 3. easily understood; intelligible or comprehensible: a lucid explanation
 4. characterized by clear perception or understanding; rational or sane
- Syn.**
1. radiant, luminous
 2. limpid
 3. plain, understandable, evident, obvious
 4. sound, reasonable
- Ant.**
1. dim
 2. obscure
 3. irrational

WHAT IS LUCID DREAMING?

1. You realize you're dreaming while you're dreaming. However, just as everyone soul travels and not everyone remembers doing it - so it is with lucid dreaming.

Everyone has lucid dreams in which they know they're dreaming and the dream has purpose, and often most of us don't bring awareness of the dream back into the conscious awareness. Sometimes you can remember you've had the same lucid dream over and over again, and haven't been able to bring it to the physical level of consciousness, but you still know you're dreaming while you're in it. Then, one day you do bring it to the physical level and it becomes "lucid" on all levels, rather than only on some.

2. You can learn how to utilize your conscious awareness in the "dream" world.
3. You can consciously make choices while dreaming for the purpose of awakening to who you really are and what life really is.
4. You can experience multiple levels, as well as the ability to use conscious awareness on each level simultaneously.

HELPFUL AIDS - which may increase ability in lucid dreaming and bringing the awareness of lucid dreams into the physical level:

1. Break normal sleep patterns with a nap during the day.

Handout #8 (Page 2 of 3)

2. Upon entering into the dream state, while still in the twilight zone of awareness of both levels:
 - a. Explore your internal imagery, focusing on staying conscious through this process. For example, as you do S.E's and find yourself in another place, explore what is there.
 - b. Suggest to yourself, "I am conscious in my dreams I know what I'm dreaming; and I want to bring back memory of my lucid dreams.
 - c. Suggest prior to sleeping that you'll see certain friends in your dreams or some other specific suggestions.
 - d. A technique taught by many regarding lucid dreaming is: first realize you're dreaming, then look at your hand or some object you always carry with you or wear, such as a pendant. Then, look at some object in your dream. Look back at your hand or the object you always carry with you or wear, and so on, back and forth. The purpose of this is to get conscious control over your awareness while dreaming. Each time you look away from your hand to the object in your dream, expand the scope of your vision and awareness.

CHARACTERISTICS OF LUCID DREAMING:

1. Thinking processes may be different from usual thinking processes, they may be greatly expanded or they may be relatively "normal."
2. You may or may not entertain the ideas you thought of when awake about what you'd like to do in a lucid dream.
3. You will probably be completely involved in this state and still feel a connection with yourself in the physical, identifying with your "awake" personality. However, sometimes in some very high levels of awareness (or expanded levels of awareness), you'll even be aware of being a soul with many personalities and dreaming simultaneously on many levels. Also, lucid dreams can include not having awareness of the physical, but still learning consciously - a person is lucid, aware on that level, and aware that they're aware.
4. Your perceptions may be crystal clear and heightened.
5. Your perceptions may be stronger than in the "awake" state and these perceptions may heighten your awareness of physical reality.
6. You know you are dreaming and that there is purpose in the dream or simultaneous multiple-level dreams. Often you'll be working consciously in the dream to bring

Handout #8 (Page 3 of 3)

awareness of it into the physical level. For some lucid dreams physical level awareness is unnecessary.

SUMMARY OF LUCID DREAMING:

1. The dreamer is awake at some level and realizes that a dream is in progress, and that the dream has purpose. This can include the physical.
2. It is possible (to a lesser or greater extent) to control what is happening in this state. This often depends upon whether or not we give it credence and if we do, if we're willing to practice. Some examples of what control can look like are:
 - a. Calling in the Light in the dream.
 - b. Calling on J-R or Jesus or someone with whom we have a high spiritual inner connection, in the dream.
 - c. Asking what the purpose of the dream is while it's taking place.
 - d. Consciously choosing to deal in the higher Traveler Essence in a difficult situation within the dream.
3. Lucid dreaming awareness is frequently mixed with periods of more ordinary dream reality in which you are not conscious of dreaming.
4. In the lucid dream state actions may follow much more closely on the emotions or feelings of the dreamer. **Example:** You are at a place and immediately you have an emotional reaction. The next event in the dream can reflect that previous emotion. This is often true in the normal dream state as well; but in the normal dream state there is often not such a clear awareness of cause and effect. However, lucid dreaming doesn't require this immediate chain of reactions. Usually it is seen more clearly with a "standing back and observing" perspective in the lucid dream state.
5. In the lucid dream state (as with normal or usual dreaming) the laws of physical reality are not in effect. A common example of this is that the dreamer is not always bound by the law of gravity and can fly, levitate objects, make things happen just by thinking about them. It is not uncommon for the dreamer to have the feeling of being in two places at one time, such as being a participant in it, simultaneously, or of dreaming on multiple levels simultaneously.
6. Sometimes it is difficult to tell which state has been achieved and whether one is awake or asleep. The dreamer may think he's awake, only to find out he's still dreaming. only, one of the levels he's dreaming on is the physical.

14 STEPS TO DREAM INCUBATION

Dictionary Definition: incubate v.

1. to sit upon (eggs) for the purpose of hatching.
2. to hatch (eggs) as by sitting upon them or by artificial heat.
3. to maintain at the most favorable temperature for development.
4. to keep at even temperature, as prematurely born infants.
5. to produce as if by hatching; give form to: his brain was incubating schemes for raising money.
6. to develop; grow; take form: a plan was slowly incubating in her mind.

Fourteen Steps to Dream Incubation

The purpose of asking the following questions is to clear out the conscious mind and to direct the consciousness toward getting a different viewpoint of the issue or problem.

Take a sheet of paper and write down the issue at the top of the page and then the answers in relation to the issue with which they're dealing.

1. What are your fears connected with this issue?
2. What are your hopes in regard to this issue?
3. What do you see as the basic cause of the whole situation, concern or problem?
4. What about this issue, problem or concern is so important to you?
5. What would you hope to gain by having this answer come, be resolved or worked out?
6. What have you tried and why hasn't it worked?
7. Can you consciously think of any alternatives to try which you haven't thought of before?
8. How are you benefiting by keeping this issue unresolved?
9. What would you be willing to give up/sacrifice in order to resolve this issue? (Sacrifice/letting go, is an important part of dream incubation.)
10. How are you feeling as you are writing about all this - about this issue - about yourself?

11. Take this same issue and write a positive request about it in a short form. Example: I want clarification...or please assist me...in getting guidance and awakening with regard to...
12. Condense it down, with greater clarity.
13. Condense it down again, in an even clearer, more lasered request. Take out the enclosed sheet with the five-pointed star.
14. Write down the condensed version of the request on each of the five points of the star. You'll be using this symbol to look at when you go to sleep. Also, make a note at the top to call in the Light for the highest good.