

Copyright 2006 by W. H. Stover, Mesa, AZ 85215. May not be reproduced without permission

*“Thy word is a lamp unto my feet and a light unto my path”
~ Psalm 119:105*

Introduction – The Lamp is Lit

For thousands of years, world leaders, military commanders, poets, writers, artists, and famous inventors have used both intuition and precognitive dreams to guide their magnificent endeavors. The results of their dreams, creative ideas, and breakthrough discoveries have vastly changed our society for the better. What can we learn from such outstanding experiences? Can the individual in today’s high technology world make use of such subjective tools in their own life? Your author, who spent several decades working as a research scientist and twenty-eight years studying dreams, invites the readers to take an exciting journey of exploration into this fascinating and challenging realm of discovery and self awareness. Perhaps your dreams hold the critical answers that you are seeking to the challenges of modern life.

Many historical dreams are well documented in the Bible and other texts. The Pharaoh of Egypt dreamed of seven fat cattle and seven lean cattle and action was taken that saved his empire. The dreams of Xerxes and Hannibal inspired their military campaigns against Greece and Italy. Descartes’ three dreams in 1619 greatly affected his future career in mathematics and philosophy. The German chemist Kekule had dreams that revealed the highly elusive ring structure of the benzene molecule. Elias Howe, inventor of the sewing machine, made his breakthrough discovery of the needle with a hole near the point following a dream in 1845. Hitler’s life was miraculously saved during World War I following a dream that caused him to leave the apparent safety of his underground bunker during an artillery bombardment. When he returned, all of his companions had perished from a direct hit by a large artillery shell. Winston Churchill’s dream in 1945 correctly foretold of his defeat in the next election. Dr. Mossadegh, Prime Minister of Iran, had a dream in mid 1950 that led him to successful efforts to nationalize the oil industry in that country.

Are these famous dreams merely rare, freak events that occur only to the rich and famous? Or are they perhaps really important clues to the wondrous experiences waiting to emerge from our own subconscious minds? In today’s fast paced technical society, few people bother to record, understand, and take action based on their own dream messages. In the meantime, thousands of hours and immense sums are spent in seeking help from a wide variety of outside counseling and therapeutic sources for information and guidance. While much good has come from such counseling efforts, this search for

understanding and guidance in our lives might be better served on many occasions by listening to and applying our own dreams and intuitive messages.

My own introduction to the fascinating realm of the subconscious and the incredible study of dreams occurred in the early spring of 1978. I was at Virginia Beach, Virginia for a week of vacation. At mid week, I attended a lecture on dreams by Mark Thurston, PhD at the Association for Research and Enlightenment. He talked about the importance of dreams as revealed in the Edgar Cayce psychic readings. Fascinated by this presentation, I returned to my motel and fell fast asleep. Upon awakening the next morning, I was totally surprised to remember my first complete dream in well over ten years. It was highly intriguing, so I wrote it down in my notebook. In that unforgettable, fateful, and inspirational moment, a lamp of incredible illumination was lit that has guided me successfully through many challenging, mysterious, and sometimes dark passages in life. In the past twenty-eight years, I have recorded over 15,000 dreams in my journals. They have provided incredible information in all aspects of life including career guidance, great improvements in health, and substantial gains from my precognitive dreams about the investment markets.

This book was inspired by a dream in 1992 when a highly prolific author of books about dreams, Mark Thurston, PhD, appeared in a dream. This dream symbol person told me to stop writing those short magazine articles on dreams and do a full length book instead. He further advised me the book would be much less work than I anticipated. At the end of the dream, I was shown the book would be written in three sections. This latter information puzzled me as I never found an effective chapter outline that met the three parts mentioned in the dream. Then over a very long period, it became clear the book would be written in three parts. The first being done while I lived in Atlanta, GA. The second part was added when I moved to Virginia Beach, VA in 1996. The final parts were then completed after moving to Mesa, AZ in 2003. The investment dreams in the latter part of this book are reported exactly as they occurred. Some of the other dreams have been slightly altered to change the names, locations, and a few details to protect the privacy of individuals.

For some, the idea that an isolated dream can come true under any circumstance may seem unreasonable. That they can come true on a repetitive basis would seem to be an unexplainable miracle. It might, therefore, be interesting to note the words of an ancient sage who wrote about miracles many centuries ago saying: "A miracle is not something that occurs that is in violation of natural law – rather it is something that occurs that is in violation of what we know of natural law." With that thought in mind, come join me now as we explore the marvelous, endless, and sometimes miraculous possibilities contained within the fascinating world of dreams. Perhaps it will lead you to discover your own path of illumination and inner guidance.

“It’s a poor sort of memory that only works backwards,” said the White Queen.

~ Alice In Wonderland

Chapter 1 – The Evidence for Psychic Dreaming

The history of civilization is alive with examples of precognitive dreams passed down through the centuries. Empires saved, battles won or lost, poems written, and famous inventions created. Are these famous dreams merely freak coincidences or meaningless neurological processes as some would have us believe? Or are they shining beacons in the darkness, inviting, encouraging, and guiding us to seek our own answers within the subconscious realm? Let us examine some of these famous dreams and see what conclusions we can reach as we start this voyage of adventure and self-discovery together.

These remarkable dreams have been related many times over the years and are documented in a variety of texts and at various sites on the Internet. There are different versions and wordings for many of these dreams but the overall meaning remains the same. The examples included below span a wide group of personal disciplines, subjects, and outcomes.

Hannibal’s Dream of Great Victory – Hannibal’s campaign to conquer Italy began with a daring and arduous trek across the towering Alps that would have deterred many military leaders. His army, numbering almost 60,000 men, endured many difficulties and hardships, and perhaps half were lost along the way. Realizing he faced formidable almost impossible odds, Hannibal prayed for guidance in a dream. His prayer was answered in the following way:

Hannibal dreamed that he was awake and leaped to his feet. Reaching for his dagger, he was ready for an attack. Not far away stood a wonderful man with golden hair looking at him. He thought he was in the presence of an angel. The man told Hannibal that he was a heavenly messenger sent to urge him onward to capture Italy. Then Hannibal saw a giant serpent destroying everything in its path. Lighting flashed wherever the serpent went and there was a trail of destruction behind it. Hannibal asked the messenger to explain the meaning of this vision. The messenger told him what he saw were the ruins of Italy. He was told to achieve his great objectives.

Inspired and emboldened by his dream, Hannibal marched his troops into Italy. After numerous minor battles, he achieved his greatest triumph in 216 BC when he destroyed a much larger Roman army with relatively minor losses at Cannae. This classic battle is now regarded as one of the greatest victories in military history, and Hannibal’s tactics are still taught and used by modern armies today.

King Thutmose IV’s Dream of Restoring the Sphinx – The construction of the great Sphinx and adjacent pyramids at Giza, is shrouded in mystery and many uncertainties.

Most contemporary scholars place the time of their construction around 2950 BC. Other mystical sources suggest a much earlier date. When the builders of the great Sphinx vanished, the desert slowly filled sand around the entire base of this immense monument. By 1420 BC, only the enormous head was clearly visible above the sand. The prince who was to be King Thutmose passed by the Sphinx one day and paused to rest. As he lay in the shadow of the great monument, he drifted to sleep wondering when he might become king of Egypt and dreamed:

The prince dreamed that he awoke and saw the God of the Sphinx towering over him. Highly frightened, he asked what was demanded from him. He was told in a loud commanding voice to clear the sand away from the Sphinx and he would rule over all of Egypt. Eager to please, the prince readily agreed to do what was asked. He then inquired when he would become king. "When your work is completed," was the reply.

Immediately the next day, the eager young prince gathered his numerous slaves and had them clear away the mounds of sand that obscured most of the Sphinx. The work was quickly completed and the Sphinx was restored to full view. The prince later became King Thutmose IV and he erected a stone tablet to document that he, the prince, and the God figure from his dream had kept their bargain.

Napoleon's Dream Of Defeat At Waterloo – Napoleon is reported to have used dreams to help guide his military adventures. Upon awakening, he jotted down his dream images and visions. Later he would re-enact them using small wooden soldiers in mock formations to test and plan some of his actual campaigns. Napoleon's journey to Waterloo, however, was not pleasant. He had relentlessly pursued Wellington's army for many hours without success. There were heavy rains, and marching through deep mud weakened his loyal troops. They camped on wet ground that night to await the battle the following day. Napoleon spent the night in a nearby farmhouse but his sleep was restless. Knowing he faced a major battle under difficult circumstances, he was tormented by nightmares. Just before dawn, he finally woke from a clear and highly alarming dream that foretold his impending defeat:

In his dream, Napoleon stood on a low hill as his troops clashed in a highly contested battle below. Within the ranks of the opposing armies, he saw a very large black cat, a dreaded symbol of extremely bad luck, move rapidly back and forth between the two opposing armies. After several trips, the awesome cat returned to Napoleon and lay down with his French troops. Then the combined forces of English, Germans, Belgians, and Scots united and swept down upon his tired and beleaguered troops and destroyed them. The remaining French soldiers had no further will to fight and fled for their lives.

On the following day, June 15, 1815, the combined armies led by Wellington dealt Napoleon a devastating defeat at the famous battle of Waterloo.

A Great Poem Is Given In A Dream – On a pleasant summer day in 1797, Samuel Taylor Coleridge was ordered by his physician to rest and recover from a mild illness. The doctor gave his patient a sedative for relaxation. The effect of the medication soon put Coleridge in a deep sleep. As he slept, a torrent of words and images appeared almost without ending and the magnificent Kubla Kahn poem was created.

Upon awakening, he quickly reached for his writing materials and began to record the marvelous torrent of words. They flowed rapidly onto his paper without effort exactly as they appeared in his dream. But suddenly a visitor on urgent business interrupted him, and they talked for an hour. Returning to his writing, he discovered the rest of his incredible vision had vanished. He was never able to recall the remainder or properly finish his magnificent poetry.

Elias Howe Invents The Sewing Machine – Elias Howe is remembered for his famous invention of the modern sewing machine, which is still widely used today. His initial efforts, however, were not successful and he labored in vain for many months on this unrewarding project. His needle with a hole in the middle of the shank created a reliable sewing machine that stitched well. The thread, however, was not locked in place and the stitches quickly pulled apart. After a long, frustrating day of testing, he fell asleep and dreamed:

In this dream, Howe was surrounded and being attacked by a group of ferocious savages with spears. But he was not afraid even though they were poking their spears directly at him. Then he noticed that all of the spears had very unusual points with obvious holes in their tips.

Howe awoke that morning with a feeling of great excitement. He quickly fabricated and successfully tested a needle with a hole near the tip, which produced strong, dependable stitches that did not pull out. This breakthrough discovery led to a patent for his sewing machine that revolutionized the garment industry.

Kekule's Dream About Benzene – Perhaps the most famous dream of scientific discovery occurred to Frederick Kekule, a noted German chemist. He labored for many months to determine the molecular structure of the benzene molecule, but his efforts were not successful. While the exact chemical composition of benzene was well known, it was impossible to fit such a composition into the linear structure that described all other well known organic compounds. One evening he dozed in front of his fireplace perhaps thinking of molecular shapes as he nodded off:

Kekule dreamed that the leaping flames slowly turned into long thin snakes, which twisted and turned before his eyes. The snakes twisted into irregular shapes and danced on their tails. Then one of the snakes twisted into an almost circular shape and grabbed its own tail in its mouth.

He awoke and quickly started to decipher his intriguing, and puzzling dream. Then it came to him in a flash of inspiration. The incredible secret of the benzene

molecule that had defied his best efforts over many months must be in the form of a ring or circle. This is what the gyrating snake that twisted around and grabbed its own tail was showing him. Using this sudden intuitive insight, he rapidly worked out the correct ring structure for the benzene molecule. This amazing breakthrough was a major milestone in the field of organic chemistry. Kekule later told an audience at a major scientific convention in 1890, "Let us dream gentlemen, and then perhaps we will find the truth." It seems we still have much to learn from his example over a hundred years later.

There are hundreds of other well-known precognitive dreams covering a wide variety of circumstances. Abraham Lincoln dreamed of his own death just days prior to his assassination. Pompey dreamed of defeat and Caesar's death was foretold in a dream. Descartes' dreams shaped his philosophical career and concepts, and Constantine dreamed of a flaming cross. Both the great San Francisco earthquake and the Jewish holocaust were predicted in dreams. One prominent man's life was saved when he cancelled his trip on the Titanic due to a recurring dream about a sunken ship in the ocean surrounded by helpless people clinging to the wreckage.

These examples are but a few of the famous precognitive dreams from the historical record. The contemporary literature and numerous Internet sites list hundreds of examples for us to ponder and explore. These historical dreams offer very strong evidence that precognition exists and can be accessed through the dream process. Where do these inspiring dream messages come from and are they limited only to the rich and famous? Adrienee Quinn writing in Dreams of History That Came True has provided part of the answer. She states, "As you read these dreams of history, you will see that, rather than coming from some mystical source, these dreams seem to have come from deep within the individual who dreamed. The dream comes as if in answer to a need, to fulfill a desire, or as a solution to an important question." This author would add that they are not limited to any elite group, but are available to all who follow this exciting inward path of self-discovery and personal growth.

Suz Andreasen also traces the history of precognitive dreaming in her book Dreaming The Future.

She notes:

Dreaming is the shape-shifting doorway to the human soul. Uncharted and without a map, we travel to new worlds. Most of us question the rationale and purpose of our nocturnal wanderings. The beauty and strange mirages of dreaming often flies blindly in the face of reason. Nonetheless, we dream to discover how deeply we can penetrate the layers of self. Through this act of discovery, we walk through the portal of time and into the garden of tomorrow.

Science and Precognition – The scientific approach to exploring the physical universe is inherently analytical. Its basic language is mathematics and it requires that we be able to measure and quantify our observations of a given subject or phenomena. It also requires that other scientific investigators can replicate these observations. This approach

combined with many observations over long periods will lead to a rational and mathematically correct explanation of whatever is being studied.

When we move into the arena of intuition, precognition, or psychic behavior we leave behind the familiar comfortable boundaries of the hard sciences where rigid adherence to specific rules dominates. The new area is generally referred to as parapsychology and deals with the flow of information or the occurrence of events that cannot be readily explained by current scientific theories and are therefore frequently deemed paranormal. These interactions can include invisible exchanges of information between living things and the environments, or involve direct influence of the mind on the environment. These events cannot be explained by the current known laws of physical science and are considered unusual in nature.

But are psychic events that unusual, and how do people in contemporary society view this situation? Loyd Auerbach, in his book Psychic Dreaming points out the notion that psychic experiences are unusual and very rare is basically false. In fact, such occurrences are much more wide spread than commonly believed. Results from a George Gallup survey in the late 1980's showed that 46 percent of Americans believed in ESP, 24 percent believed in some form of precognition, and 15 percent believed in ghosts. A similar poll conducted by the University of Chicago's National Opinion Center showed that 67 percent believed in ESP and that 42 percent reported contact with someone who had died. A survey appearing in the Atlanta Journal Constitution newspaper stated that 40 percent of Americans admit that they talk to deceased persons and 36 percent claim to have had two-way conversations.

Loyd Auerbach further concludes in his book:

A hefty percent of Americans believe in psychic experiences and have reported them. With such high numbers of experiences, the image projected by opponents of parapsychology that these experiences are not normal, is false. Psychic experiences or those experiences we call psychic are in actuality part of the normal range of human experience.

Dr. Robert Van de Castle summarizes some of the key progress points in the area of psychic dream research in his book Our Dreaming Mind. In 1819, H. M. Wesserman successfully projected messages to experimental subjects while they slept and dreamed. While the general content of the dream was successfully received, some of the characters in the dreams were changed.

An Italian psychiatrist, Dr. G. C. Ermacora, published a paper in 1895 titled "Telepathic Dreams Experimentally Induced." This work documented successful efforts of a medium to transmit dreams to a young girl. Perhaps the best-known research in this field was conducted at Maimonides Hospital in Brooklyn, New York by Stanley Krippner and Montigue Ullman in 1964. These trials clearly showed positive correlations for transmitting information to dreamers who had no prior knowledge of the subject material.

Dr. Van de Castle himself was a subject during these sessions and achieved considerable success in having dreams that were closely correlated to the target pictures.

Dr. Van de Castle further documents the evidence for psychic dreaming based on a fascinating questionnaire approach. Survey questions sent to several thousand individuals listed in Who's Who In America resulted in 430 replies claiming some kind of ESP experience and dreams were involved in 25 percent of these cases.

The anecdotal evidence for precognitive dreaming is also quite strong. Dr. Louisa Rhine at the Parapsychology Laboratory at Duke University compiled by far the best-known and largest body of such evidence. Dr. Rhine collected over 7000 accounts of ESP experiences. The majority of these accounts were dream related and were precognitive in nature. The material for this work was collected by advertisements in various well-known popular media.

Dr. David Ryback, a psychologist in Atlanta, used a questionnaire survey approach to investigate precognitive dreaming in college students. His survey of over 433 participants showed that 290, or 66.9 percent reported some form of paranormal dream. Using very rigid standards, Dr. Ryback examined those responding to the survey. He rejected many of these claims and reached a conclusion that 8.8 percent of the population was having actual precognitive dreams. Letitia Swetzer, who assisted Dr. Ryback in his work, did a separate poll among people she met in Atlanta. Her informal survey showed that two-thirds of the people questioned mentioned having a paranormal dream. This closely matches the results reported by students in the prior research study. Upon close questioning, however, only half of those who claimed to have had a psychic dream actually recalled a specific experience.

This writer conducted surveys of those attending my dream workshops in Atlanta for several years. The percent of participants reporting dreams that come true ranged quite widely and averaged around 14 percent. These groups were composed of people with a high degree of interest in dreaming, so the results may be skewed to the high side.

The hundreds of precognitive dreams reported from historical sources offer convincing evidence of the existence of these phenomena. They do little, on the other hand, to help us quantify the frequency of this type of dreaming in the general population. Jordan Schaffner, writing in the Dream Network quotes material from the Seth Books by Jane Roberts. The conclusion from this source indicates a 15 percent chance that a dream is precognitive. An examination of approximately 2000 of my own dreams over a period of several years in the early 1990's showed 12 percent with some psychic content.

The overall discussion above offers a substantial body of evidence to support the conclusion that precognitive dreaming is a common occurrence along with other forms of ESP dreams. Although this data may be incomplete, it appears that psychic dreaming might be occurring in approximately 7 – 15 percent of the reported dreams. It remains quite difficult at this time to make any final accurate claims in this area, and further research into this aspect of dreaming is clearly needed.

“Wonderful, wonderful, wonderful you – this is the year your dreams come true”
~ John Dillard Freeman

Chapter 2 – My Psychic Dreams and Precognition

Does psychic ability exist and are precognitive dreams possible? A final clinical proof for these intriguing questions may be a long way off. Our ability to study the forces involved is limited, and duplication of results remains somewhat elusive. Charles Tart summed this situation up extremely well in his book Parapsychology and ESP:

...our understanding of psychic phenomena today is equivalent to that of electricity several hundred years ago. At that time, the only way to study the new science of electricity was with very weak forces like static electricity or very huge uncontrollable forces such as lightning. Under these conditions, progress was slow. Then Volta invented the battery in 1800, which provided a steady reliable flow of electricity and progress in electrical sciences accelerated dramatically. With psychic forces today, we have a similar situation. There are a few high powered psychics, but no one has yet discovered a psychic battery that would let us work with this energy flow in the laboratory on a consistent basis.

The lack of a complete scientific explanation for what is occurring in nature, however, is not a barrier to accepting and applying the phenomena. Isaac Newton proclaimed his famous laws of mechanics in 1687 based on an unknown force he called gravity. But he was never able to explain how such a force could possibly operate. Nevertheless, his equations were widely used to explain the motions of comets, planets, and other celestial objects. They are still used today when we send rockets to the moon or beyond. It was not until the early 1900's when Albert Einstein developed his theories of relativity that a satisfactory mechanism to explain gravity was finally developed.

Aspirin was patented in 1899 and rapidly gained wide acceptance and distribution. But the mechanism of how it acted to reduce pain remained a medical mystery until the early 1970s. Then John Robert Vance in England discovered how it worked and received the Nobel Prize for his achievement.

The historical and anecdotal evidence clearly shows that psychic dreaming is a normal, or even common occurrence. This historical evidence is fully documented in a variety of texts. While no final clinical proof exists for how this experience operates, the pragmatic reader may well elect to forge ahead and make full use of this aspect of dreaming. Those who are already experiencing psychic dreams can gain comfort and support for their activity. Those who have not yet opened this doorway to the subconscious and beyond may want to make maximum use of the dream recall and incubation methods discussed in Chapter 5.

For those following a metaphysical path, the Edgar Cayce readings provide a wealth of information for guidance and support. In numerous readings, Cayce recommended the study of dreams in the following manner:

“In sleep the soul seeks the real diversion or the real activity of self. Those who are nearer the spiritual realm more often retain their visions and dreams on waking...” (5754-3).

Over six hundred Cayce readings mention dreams and about 1500 were interpreted during his trance sessions. Henry Reed in Awakening Your Psychic Powers summarizes the Cayce position on dreams as follows. “Edgar Cayce advised that dreams were the most readily available avenue to psychic awareness. He encouraged people to recall their dreams and to study them. He indicated that any aspect of ESP could be explored in dreams. He also indicated that dreams were the safest way to explore these regions.” So let us accept the premise that psychic dreaming is a readily attainable state and proceed with our journey of adventure and discovery.

Psychic Dreams

Telepathic dreams are best described as occurring when the sleeping mind of an individual appears to transmit basic information concerning important life issues pertinent to present time. The mind of the recipient may also be an active participant in this process reaching out mentally to retrieve such information. The result is a direct mind-to-mind contact. This frequently occurs when there are close emotional ties between the two dreamers involved.

Clairvoyance on the other hand refers to dreams in which the person dreaming is cognizant of some events that are happening somewhere else, almost simultaneously, though maybe hundreds of miles away. The clairvoyant dream, therefore is dealing with events that are happening now or have already occurred. This is different from precognition, which deals with future events.

Precognition refers to knowing or perceiving events before they occur and these types of dreams have been widely reported in the literature. Retro-cognition on the other hand refers to receiving information about past events that were previously not known to the dreamer. So how can precognition be explained? Precognition is similar to viewing a roll of movie film that has been exposed over part of its length. The exposed film represents the past, which is fixed in nature and is readily visible. The unexposed film extending in the opposite direction represents the not yet revealed future. The partial images that we see in this unexposed film in our dreams represent future probabilities that are not yet fixed in nature.

Another way to represent these phenomena is to meditate and visualize what was in your refrigerator several days ago. This obviously represents past events in which the outcome is known. Most people have no difficulty in doing this. Then slowly shift your

focus and visualize what will be in that same refrigerator several days or weeks from now. What you are seeing here is not the exact future but a probability of what the future might actually look like. Hence, it is subject to change when you develop the remainder of the movie film or open your refrigerator door two weeks from now. Thus, many predictions of dreams of future events either do not occur or turn out somewhat differently than what appeared in your dream.

Since we are primarily dealing with precognition, I have further narrowed the definitions into two primary categories of Psychic Dreams: Those dreams which have one or more clearly defined precognitive features will be reported as precognitive. Those psychic dreams that report on general trends and future directions in life but lack specific points of reference are referred to as informative.

Keeping these definitions in mind let us examine some psychic dreams taken from my own dream journals starting from mid 1978.

INFORMATIVE DREAMS

In this first section, we will review several dreams that are informative but not clearly precognitive in nature.

Bowling Ball Dream – A very high-energy dream occurred in 1984 while working on the midnight to eight shift. I had reported to work at 12, taken care of my assigned duties, and then had lunch in my office. I dozed off and awoke about 2 AM with the following vivid dream:

I am standing in a bowling alley and the first ball I threw missed the head pin. I knocked down seven pins but was left with a difficult split situation. I rolled the second ball but still did not strike the spot required to take down all three pins. The front two pins sailed into the pit but the ten-pin was left standing. Then a miracle occurred. One of the pins rebounded out of the pit onto the lane and knocked down the remaining ten-pin to complete a fabulous score.

This informative, very high-energy dream suggested to me that I had not fully achieved what I wanted in life as I did not make a good score with the first bowling ball. The dream was then showing me that I would have a second chance in life and would achieve a vastly improved result.

The very high energy and excitement that occurred with this dream are typical of what is reported with many precognitive dreams. Based on subsequent activities, this dream was my first clear predictor of a major career change coming soon that led me out of my existing job and into a much more exciting and rewarding life eighteen months later. There are, however, no specific features in this dream that would enable me to claim it was precognitive.

My Friend Gets a Short Hair Cut – This informative dream occurred in 1989 soon after a visit to Baltimore. During that trip, I met and had lunch with a good friend who I had not seen in several years. Over lunch, he talked with considerable enthusiasm about the new job that he had accepted. Two weeks later back in Atlanta, I was surprised to have the following dream concerning my friend:

I go into a barbershop and sit down to get my usual haircut. I look up and am surprised to see my friend from Baltimore in an adjacent chair. He is having his hair cut back to a much shorter length. He looked extremely upset at having his hair cut so short.

From my dream work with the Edgar Cayce material, I understood that what grows out of our heads are our spiritual ideals. Having one's hair cut strongly suggested that my friend had to sacrifice his ideals or principles. Several weeks later, I called my friend and was not at all surprised to learn he had resigned from his new job because of a major conflict of principles at that new location.

In this informative dream, I had correctly received information that my friend was experiencing some significant difficulty in life. This fits well with the telepathic model previously discussed. The dream, however, did not forecast or pinpoint any specific action that was going to occur. Hence, I would classify it as informative rather than precognitive.

Catching a Train In Another Direction – My dream frequency increased dramatically in 1985 coincident with leaving my job in Richmond, VA and successfully starting a new career in Atlanta. A number of interesting psychic dreams date from that period of transition in my life. After eighteen months in Atlanta, I thought one of my friends in Richmond would be interested in a job at my new location. We discussed this possibility by phone. He sounded excited and agreed to call me back. Time passed rapidly, but after two months, he did not reply. Then the following dream gave me his answer in a loud, clear, obvious message:

I go into a railroad station. A train arrives and my friend from Richmond gets off with a suitcase in his hand. He looks briefly toward me. But then turns and quickly catches a train headed in another direction. I had a powerful sense of knowing that he would not call me about the job in Atlanta.

My friend never did call, but I knew from this one dream message that he had made other plans. This informative dream may well have involved a telepathic transfer of information. It also provided a highly accurate general picture of future events, but lacks any specific elements to clearly identify it as precognitive.

A Lady In Maryland Needs Help – A fascinating aspect of psychic dreaming is that distance is not a barrier. This was demonstrated in a pair of dreams about a female acquaintance in Maryland that occurred in August 1988. We first met at a spiritual conference in 1985 and continued to write letters and have occasional phone calls. About

5 AM one morning I had two dreams that mentioned her full name and showed me using a telephone to call her. The first dream is shown below:

I am staying on a motor launch anchored at the Delaware – Maryland shore. It is a weekend and not much to do. I suddenly realize that I can call my female friend who lives here. I go on shore to explore around and find a telephone.

The second dream on this same night ended with the phrase – “Again I want to call my Maryland lady friend and talk to her.”

In actual life, I phoned her about 6 PM that evening and found her crying and almost hysterical over the events that occurred much earlier that day. She was in the final stages of selling a very large home and lot on Chesapeake Bay to a very difficult and demanding buyer. On that very morning, serious obstacles arose, and she was highly concerned that the sale would be canceled. We exchanged many phone calls about this matter over the next ten days. Through these calls and her follow up actions, the obstacles to the sale were eliminated and a final contract was signed. The motor launch mentioned in the dream figured actively in her life at the shore and played a minor role in our discussions. Since the dreams occurred several hours before she was aware of the difficulties, a telepathic connection does not appear possible. I would, therefore, classify this informative dream as clairvoyant as it occurred so close to the actual event.

Dream Message From England – An even longer distance dream occurred in late 1987. A young family member had gone overseas to explore and look for work. While in London, severe personal problems arose that caused considerable stress within the family. I wrote a number of letters but had not been receiving timely replies. Then in late December, I had the following dream that resolved the issue and set my mind at rest:

I am trying to explain to someone how a problem was resolved and tell them about my childhood chum named Charles. He first got his life all messed up and then recovered and went on to finish his college education.

I was extremely puzzled as to why I was dreaming about an old high school friend who I had not heard from in many years. Then I recalled the events in his early life when he dropped out of college, enlisted in the Air Force and was stationed in England. He quickly got involved in a very short-term marriage his family had strongly opposed and was soon divorced. He returned to this country, went back to college, and received his PhD degree a few years later. The symbolic message in this dream was telling me that the current problem of our family member in England had been resolved. Within three days, I received a letter from London confirming what I already knew from my dream. Since the letter was in transit when the dream occurred, my dream communication would appear to be telepathic in nature.

PRECOGNITIVE DREAMS

My interest in dreams began in mid 1978. I had joined the Association for Research and Enlightenment at Virginia Beach and made frequent trips there from my home in Richmond, VA. I immediately started keeping a dream journal and recorded what few dreams did occur. My interest in precognitive dreams was quite high. This was no doubt influenced by my contact with many other people having similar interests. However, no sign of any type of psychic dreams occurred for about four and a half years.

At that time, my actual dream frequency was only 4-5 per month so there was very little opportunity for such an event. As I continued to pursue dreams and related subjects, my dream frequency increased to around 10 – 12 per month in 1981 – 1983. My first dream with any identifiable precognitive content occurred at a New Years conference at Virginia Beach in late 1982.

Dream About Future Changes at Work – This rather long dream involved a discussion about my job situation in Richmond. Most of it had no precognitive content. At the very end of the dream, a paper was passed out at work in which some event had been changed from the 3rd to the 2nd of the month. This information greatly peaked my curiosity and I was highly interested to see how it might fit into my real life situations.

After the Christmas Holidays, I eagerly leafed through my accumulated office mail. The most exciting item was the Weekend On-Call assignments for the following year. Several new people had joined the group and the number of weekend call spots had been reduced from three to two for a few very lucky people. I was one of the lucky ones with my assignments changing from three to two, suggesting a connection. Although there is some transposition of symbology in this case, the dream strongly encouraged me to be more alert for future precognitive messages.

My Eye Needs An Enema – In November 1987, a large number of specks known as floaters formed in my right eye. Highly alarmed, I rushed to a physician who told me this was a normal experience and it would clear up without difficulty. His prediction was incorrect. Two months later, I had to have laser surgery to correct a small tear in the retina of my right eye. This quickly healed and I had no further problems for three months. At that time, I had the following short dream:

My aunt from Florida is standing in front of me. She is wearing a long red dress. She stares directly at my right eye and says, “Your eye is going to need an enema.”

Due to the previous major problems with that right eye, I was highly alarmed. Three days later, my right eye began to itch and my concern escalated. A quick trip to the eye doctor resolved the situation. The excessive itching was caused by a prolonged period of very dry weather. He prescribed an antibiotic solution, and told me to rinse my eye twice per day. This rinse was the cleaning that my dream had been telling me about several days in advance. These precognitive dreams correctly identified the specific eye involved and that some form of liquid flushing would be required to heal this situation.

Leaving Messages Behind In The Dark- Keeping up with college friends can be quite difficult. This was particularly true for a chum from Louisville, KY where we both attended college. I was therefore surprised and delighted to have a vivid dream message about him in early 1988:

I am in Louisville and cut class one afternoon to go downtown. I leave my car parked there and take a bus. Later my friend and I return to see a movie. We leave the movie and head down the street. It is getting darker and darker and we are getting lost, separated from each other. We call out but I really can't see my friend. There are fewer and fewer lights and his voice is getting hoarse from all of the calls.

I was highly puzzled by this dream and continued to ponder it during the day. That evening, I was considerably delayed in reaching my townhouse in Marietta, GA. When I arrived home at 8 PM, I found my telephone message recorder lit up with five messages. They were all from my Louisville college chum named in the dream. He had driven through Atlanta that evening and called me repeatedly from various stops along Interstate 75 while passing through Marietta. Unable to reach me, he drove on through town in the dark leaving his messages behind. In this case, the correspondence of reality to the dream—his calling out but not being able to make contact—is very strong. I therefore consider this dream to be a definite case of precognition.

Receiving Money For Advanced Studies – Although my daughter spent most of her life since college living in Spain, the distance involved poses no barrier to dreams. In September 1988 the following very short dream message about her occurred:

I come home and find my mother there. I ask what she is doing. She is writing a check for my daughter to get her PhD degree.

There was no connection between this dream and my own activities in life. So I decided to wait and see what would happen in her life that might relate to this dream message. The answer became evident about six months later when she returned home to the United States to live. While in Spain, she had taken preliminary training in Body Logic, which is a form of alternative health treatment. Body Logic was developed from yoga concepts and can best be visualized as a very gentle form of treatment that allows the body to move away from tension and out of balance conditions into a normal relaxed alignment.

Soon after arriving in Richmond VA, she learned about an advanced Body Logic program being taught in Spain. The course was three weeks long and the tuition was \$2000. She had the time available but nowhere near enough money. Suddenly an older friend from Spain arrived unexpectedly to visit. They met very briefly and upon learning of her desire for additional training wrote her a check for the entire amount. So my short precognitive dream six months earlier had been a preview of funds being provided for her advanced training when she was at home.

A Man Has Poor Supervisor Potential – At one of my work locations, a new supervisor had progressed very rapidly with the company. He was knowledgeable, highly assertive, well-liked and on a definite upward path within the company. I was extremely surprised to have the following dream about him and his future prospects with the company:

The new supervisor is making progress at work but a lady there is doing a much better job. He really does not have leadership potential. I see him going out the door and am told twice more that he does not have leadership potential and that a lady really has what the company calls leadership capabilities.

Unlike the informative dream where my friend was getting a short haircut, this dream was telling me this new supervisor was in real trouble. The message repeating three times that he did not have leadership potential, and that a lady did, was highly ominous. The dream also showed him going out the door, which strongly suggested he would be leaving the company. Three months later, this man was suddenly given a lateral transfer into marketing that had strong upward potential. A lady took over his group supervisor position. I was highly surprised, as my dream had strongly indicated a poor future for him.

He appeared to perform well in his new assignment for about one year. Then he rapidly fell out of favor, and was transferred back to a non-supervisory, lower rated position in our office. He resigned from the company one month later. Although this dream took almost eighteen months to come true, it accurately predicted his fall from power and that a woman would replace him in the supervisory role and that he would leave the company.

Winning A Huge Stack of Coins – In mid September, 2006 as this book was being completed, I made a trip to visit my relatives in Las Vegas. I was there for six nights and it was highly productive for dreaming with nineteen total dreams. On the first night there, I had the following short, highly intriguing dream:

I am involved in some kind of money games or related activities and walk into some place that is very dimly lighted. I put down some coins but not much is happening at first. I play 3 – 4 different games and suddenly zoom – zoom – zoom I win a big prize and walk out with a huge stack of coins.

This dream sounded very much like it involved winning money in the local casinos. Two days later when I was refreshed and fully rested, I made a trip with my sister to nearby Sam's Town Casino on the Boulder Highway that I had visited many times in the past. It was dimly lighted, and events there rapidly unfolded as shown in my dream. My favorite games are the video poker machines and I started playing nickel machines. The first two machines were definitely unrewarding and I lost \$2 - \$3 on each machine in about ten minutes. I did not waste time on either of these two games and quickly moved to a third nickel machine. This was much more rewarding and about fifteen minutes later; I suddenly won \$40 on one poker hand. I played for a short time longer but this was not effective. So I cashed out and received a paper chit for \$39.75.

I then switched to game number four which was a quarter machine. After ten minutes play, I was slightly behind. Then things suddenly turned around with a series of small wins and I was back in positive territory. Then the big win came like shown in my dream. I hit four aces and won 800 quarters on one hand. It now appeared that my dream had been fulfilled and I did something highly unusual. I quit while I was ahead and left the casino. Most of the modern gaming machines pay off the bigger winners with paper coupons. But this was an older game unit and I was paid out with 835 quarters that came clanging out into the metal hopper. This was indeed the huge stack of coins shown in my dream. I went home that day very happy and did not return to gambling for the remainder of my visit in Las Vegas.

Pay Raises Delayed At work– My most accurate and memorable precognitive dream involved a salary freeze imposed at my business location. This dream occurred in March 1984:

I am at my original home in Louisville, KY and have walked to the bottom of the basement stairs located outside the house. As I am about to enter the basement, the wise old man of my dreams named Jim appears at the top of the stairs and announces that he has a very important message for me. He then tells me that there are not going to be any raises given out at my place of work for a three-month period starting in April. I laughed and told him that this did not concern me as I was not even due for a raise until December. He tells me that I do not understand the situation, and that no names will even be entered into the system for that 3 – 4 month period.

The wise old man named Jim had been a frequent visitor in my dreams for the past several years. He had consistently brought me precognitive messages, which were highly reliable. His message in this case began to come true a few weeks later. In early April, it was announced that no raises would be given out for thirty days. This was soon revised when the thirty-day freeze was extended to a full four months. Everyone was affected as all raises for the next year got delayed for the same time period given in the dream.

These informative and precognitive dreams have continued to be a significant part of my dream life for many years. They have provided extremely valuable and useful guidance in all areas of life. It is like having a wise, internal advisor who helps resolve conflicts and reveals new pathways or activities to explore. In Chapter, six we will explore how they have worked in three major areas of my life.

“A man should learn to detect and watch that gleam of light which flashes across his mind from within”

~ Ralph Waldo Emerson

Chapter 3 – Developing Intuition

Intuition has been defined in many ways. Some consider it the action of knowing something directly without the use of rational thought processes. Others state that it is a spontaneous impulse to take an immediate, unplanned action, which in retrospect, proves to be the most beneficial action to positively influence an unknown future event or situation. Whatever definition is used, the intuitive mind appears to have access to an infinite supply of information not gathered from direct experience. It can tap into this deep repository of knowledge and wisdom which some have called the universal mind. It can also on occasion act to sort out this random material and supply us with exactly what we want when a strong need arises.

The famous Swiss physiologist, Carl Jung, believed that the mind contained not just the memories of the past, but also the future psychic situations and ideas. In his model of the mind's action, there were two layers in the mind called the personal unconscious and the collective unconscious. The personal contains all the psychic material from forgotten and repressed memories and impressions collected over a lifetime. The collective is the unconscious that includes the inherited powers of human thought and imagination of all previous individuals and civilizations. This information frequently expressed itself in myths, legends, and archetypes.

This author worked for many years as a Research Engineer for two large Fortune 500 companies. Our basic missions were: (1) to invent new products, (2) improve existing products or, (3) to significantly improve the process for manufacturing industrial products. This normally proceeded using a rational analytical approach of trial and experimentation over a period of many months to reach some conclusion or breakthrough. On some key occasions, however, a sudden new idea or intuitive inspiration would arise within the group that would provide the pivotal answer that was urgently needed and dramatically accelerate the work in progress.

I was once assigned the responsibility for treating a flat, moving, sheet of plastic film with a water based coating solution. For optimum results and lowest cost, the solution needed to be applied to both sides of the rapidly moving web at the same time. The application of this thin watery solution to the bottom of the web was easily accomplished. But the application to the upper side was extremely difficult and not at all satisfactory. Months of testing produced some marginal improvements, but did not solve this extremely messy problem. Then on an out of town trip, we visited a paint factory where this water-based solution would be produced commercially for our use. During

this visit, it dawned on me in a sudden flash of inspiration that the much thicker, viscous paint solutions made at that location might solve our coating problem with the moving web. Subsequent tests with actual paint products quickly verified my intuitive conclusion and our project work was successfully completed in just a few weeks time.

Development Activities – Developing your intuition is primarily a do-it-yourself project. This subject is simply not taught in public schools and only a few such courses are included in college curriculums. Funding for research grants in this area is limited and presents a real barrier to college programs. Many classes on this subject are available, however, at metaphysical bookstores and spiritual centers. On one occasion, I was lucky enough to attend an evening course at Emory University called “Overcoming Writers Block”. The instructor was teaching methods that were highly directed toward activities that would allow the individual to bypass the rational mind process and let intuitive forces take over in life.

In today’s world, the Internet offers numerous plans and programs for developing intuition. In fact, there are thousands of possible leads to follow in this area, which can easily lead to information over load. One excellent, comprehensive place to begin is the Intuitive Connections Network site: <http://www.intuitive-connections.net/> operated by Henry Reed, PhD. In addition to guidance on intuition, this site has a listing of over 100 books on intuition, dreams, and closely related subjects. Each book has a lengthy abstract summarizing the contents, which proves immensely helpful in deciding if that particular text is what you really want. If you are seeking one single book on this subject as a starting point, The Intuitive Edge by Philip Goldberg, PhD is considered by some to be a highly important place to begin your studies in this area.

For those seeking to develop psychic ability, the Edgar Cayce readings offer excellent advice. The key readings (572-1 and 572-2) clearly indicate that we all have psychic ability and that this talent is of the soul. Being “of the soul” indicates two possible dimensions for the individual. First is that each of us has an immortal spiritual body and that psychic development is a natural development of that spiritual body. The second and equally important concept is that the favorable development of psychic ability is highly dependent on the focus and intentions of the individual. If one has chosen a spiritual ideal related to service, oneness, and love, this ability can be more readily developed. If one pursues this development for sensationalism or other undesirable purposes, the path will be much less rewarding.

It should be noted that intuition and psychic ability are not identical. Psychic ability is likely to give us a focused answer to a specific question. Intuition on the other hand may open one up to a much wider range of possibilities. As Henry Reed reports in Awakening Your Psychic Powers, “Cayce indicated that the preferred path was to develop intuition rather than any other psychic ability. Cayce considered intuition to be the holistic intelligence often speaking as the still small voice within that puts together not just facts but also possibilities, personal values, and needs to nudge you toward an opportunity or to create a useful, practical, and concrete result.” With all of this in mind,

let us explore the possibilities for the mutual development of creativity, intuition, and psychic abilities.

Right-Brain / Left-Brain Action Model

Around 1980 there was a sudden popular interest in enhanced behavior modification based on left-brain / right-brain theories. This awareness stemmed from earlier experiments by Nobel Prize winner Roger Sperry in the 1950's. His work showed that patients with one half of their brain impaired saw and reasoned differently to external stimuli depending on which half of their brain was still active. This led to the popular but overly simplified conclusion that programs emphasizing right brain actions would greatly enhance intuition, creativity, and artistic abilities. While no two writers agree exactly, a typical example of left-brain / right-brain characteristics is shown in Table I.

Table I

<u>Left-Brain Oriented</u>	<u>Right-Brain Oriented</u>
Objective	Subjective
Scientific	Artistic
Rational	Intuitive
Controlling	Accepting
Waking	Dreaming
Verbal	Musical
Job Oriented	Family Oriented
Non Touch	Enjoys Touching
Decisive, blunt	Caring, gentle

Some writers have correctly pointed out that the functioning of our highly complex brains with their hundreds of thousands of interconnections is much too complicated to be explained by such a simplistic model. Indeed further work is needed in this highly complex creative area. Other writers have also noted that what is really desired for optimum human performance is not an exclusive development of either set of characteristics, but a blending of abilities to achieve a balanced or whole-brain approach to life.

All of this aside, those seeking to enhance intuitive, writing, or artistic skills may choose to pursue activities leading in that direction. Indeed, much has been written and numerous courses developed to enhance creativity in various forms. Some offer a thirty-day program for enhanced performance while others range up to twelve weeks or beyond. These short-term programs have some considerable merit and will certainly introduce the participants to the basic concepts involved. Indeed, some breakthrough experiences may well occur leading individuals to make their own quantum leap forward. It is more probable, however, that the full benefits of such spiritual activity will occur over an

extended period of several years or more. This will not deter the serious student as the results can be well worth the time and effort involved.

So, what paths of action and what possible results are available for enhancing creativity and intuition. An examination of numerous programs reveals a number of common directions that are worthy of exploration. Many include altered states of consciousness, yoga, deep breathing, rapid writing, idea trees, dreaming, and guided visualizations. Other possibilities include a special idea room, relaxing music, guessing games, and morning insights. Let us examine these possibilities and look at some of the possible benefits and the potential pitfalls. For discussion purposes, I have presented twelve activities, which I call “The Intuitive Daily Dozen Exercises”.

1. Meditation

Meditation in various forms has existed for thousands of years. In some Eastern cultures entire lifetimes are devoted to this practice. Long neglected in our Western society, these concepts gained considerable popularity in the 1960’s with programs such as Transcendental Meditation. The scientific evidence for the effect of meditation on intuition is quite strong. Henry Reed cites convincing laboratory tests confirming these effects. In one example, Gertrude Schneider of the City College of New York asked students to guess the identity of a standard deck of ESP cards. These initial ESP trials were poor. Following a brief yoga meditation exercise, the ESP scores more than doubled. So even a brief meditation significantly improved the intuitive response for inexperienced meditators. Charles Honorton at the Princeton Laboratory also found a very high degree of correlation between meditation and enhanced ESP scores. These and many other studies provide powerful data supporting the effects of mediation on our psychic abilities.

The Edgar Cayce readings (1861-19) describe meditation as “listening to the divine voice within”. There are three steps involved – emptying, attuning, and listening. Emptying involves the purging or cleansing of the mind and body of both tensions and distractions. This can include a wide variety of approaches, such as deep breathing, wearing of loose clothing, the burning of incense, chanting, or listening to subtle music to prepare the body and mind for a meditation experience free of tension and disharmony.

Attunement means to set the spiritual ideal, a word or short sentence or affirmation expressing the purpose of the meditation. Selection of the ideal in an individual matter but typically will be in the area of service, oneness, compassion, cooperation, or love. This ideal expressed as a short prayer becomes the initial focus of the meditation experience. As this affirmation is slowly repeated, it is no longer necessary to repeat the words to stay focused on the ideal. One then enters the stage of listening in the silence.

The results from listening will vary widely. The experiences can include feelings, healing, new ideas, or spiritual revelations. The Cayce readings caution against attempting to force a particular experience to occur. The readings also remind us that this

practice is to be done daily, "... and not for the self, but that self may be a channel of help to someone else ..." (3624-1).

Today, many writers and teachers endorse meditation both for stress reduction and intuitive development. Dr. Frederick Lenz in his book Total Relaxation makes a strong case for the use of meditation as part of a comprehensive program of stress reduction. He effectively deals with many false conceptions regarding meditation and endorses it as a safe, effective practice. In one of his final remarks, he concludes, "The only bad meditation is when you don't meditate at all." Phillip Goldberg in the Intuitive Edge promotes the use of meditation for development of intuition with a quote from the psychologist Frances Vaughn that "the regular practice of meditation is the single most powerful means of increasing intuition." He goes on to point out that though insights may arise within meditation, "It is after meditation, when the mind is quiet, that the intuition is likely to be at its best."

Based on my own meditation experiences over the past twenty-five years, I have found that the "Passage In Consciousness" meditation recommended by John Van Auken in his book Spiritual Breakthroughs to be the most effective approach I have ever used. This method is reported to use a technique very similar to that used by Edgar Cayce to enter a trance state prior to a psychic reading. I have used this method for almost ten years and find it to be highly effective. During that time, I have added several variations to the original procedure. I now call the session into being with a Buddhist Chiming Bowl to set the mood. I also burn a candle, use cinnamon incense and make extensive use of quartz and other crystals. Based on a very powerful dream in late 2005, I now play light, highly relaxing music throughout the session. All of these have significantly deepened the experience for me.

Consistent meditation is also very helpful to keeping my dream frequency at a desirable level. I meditate around 2 AM every night and most of my dreams come after that period of meditation. Skipping meditation definitely reduces my dream frequency. On one major occasion while living in Virginia Beach, I traveled west to visit my relatives in Las Vegas. While at that location, I meditated every night and maintained a high level of dream activity. Upon returning to the East Coast, I was tired and did not meditate for about a week. During that lapse, my dream frequency declined dramatically. So consistent meditation is really a powerful force in maintaining a desirable dream frequency.

2. Your Physical Diet

The Cayce readings placed a very high degree of emphasis on maintaining a proper diet. This was done as part of an overall program to achieve optimum health by prevention rather than waiting for illness to develop. In specific readings, Cayce advised as follows:

“What we think and what we eat – combined together – make us what we are physically and mentally....” (208-38).

“...the tendencies for too many starches, pastries, white bread should be almost entirely eliminated ... they are not good for the body in any form...” (416-16).

“Include in the diet often raw vegetables prepared in various ways, not merely as a salad but scraped or grated and combined with gelatin” (3445-1).

Through numerous examples, the readings emphasize a diet high in raw fruits and vegetables and low in red meat, starches, sweets, and alcohol. Today this type of advice is extremely wide spread from a variety of sources, but still has not been universally adopted.

My own experiences regarding red meat or a vegetarian diet may help others to make an appropriate choice in this area. I first evaluated a diet with no red meat in mid 1982. At that time, my exercise program at the local health spa was quite good on the various weight machines. My running endurance on the treadmill, however, was extremely poor and rarely exceeded three or four minutes in any session without experiencing extreme fatigue. After eliminating red meat, my running endurance jumped dramatically and within a few weeks, I easily ran for ten minutes or more. Over the next six months, I rapidly increased my running to around twenty minutes or the equivalent of two miles without feeling tired. When I attempted to eat red meat again, I became quite ill and was forced to discontinue this food for several years.

In early 1989, I was taking evening classes at Emory University and having great difficulty staying awake in class after eating my evening meal. On a sudden hunch, I switched to a vegetarian meal before class and found I remained wide awake with no difficulty. Extending the vegetarian meal routine to several days produced a definite improvement in overall energy. Then an out of town business trip interrupted my vegetarian diet. Returning home, I resumed my vegetarian meals, which worked well for about ten days. Then my body became very stuffed and highly bloated. A short highly blunt dream told me that my problem was “I was trying to grow 200 kinds of vegetables in a very tiny back yard”. That dream message alerted me to the necessity of returning to a more balanced diet, which solved the bloating problem. On a long-term basis I enjoy short 3 – 4 day periods on a vegetarian routine, but it does not work for me longer term. It is really up to each individual to find their own point of balance in such matters.

3. The Mental Diet

The Edgar Cayce readings noted above referred to the fact we also need to control our mental diet and it is equally important in our overall health. Hence, what we feed our minds is equally important to what we eat. There are two main avenues for our mental diet and involve what we see and what we read. If we read trashy novels or watch violent movies on television programs, we are telling our minds that this type of behavior is

acceptable. The negative thoughts in such material can at times seriously impact our lives.

A man at my Atlanta office spent huge amounts of time reading the crime, accident, and violence reported in the very large Atlanta Journal newspaper. He then came to work and repeated these stories at length to anyone who would listen. I soon found it necessary to avoid these conversations entirely as a simple but highly effective way to control my own mental diet. A car pool companion frequently fell asleep listening to a scanner radio tuned to the police and emergency channels. The next morning he would be very grouchy and irritable and not realize why he was feeling down. I have personally found over long experience to carefully control whatever I read or watch during the last hour before going to bed. That is a great time to dim the lights, write affirmations, and play relaxing music to calm the mind prior to sleeping.

A powerful way to keep your mental diet healthy is the use of positive affirmations. Emmett Fox in The Seven Day Mental Diet recommends that one entire week be devoted to nothing but positive thinking. This is a highly challenging assignment in today's world, but well worth the effort. He summarizes it by saying, "The most important of all factors in your life is the mental diet on which your life depends. It is the food, which you furnish your mind that determines the whole character of your life. It is the thoughts you allow yourself to think, which make you and your surroundings what they are."

Spiritual leader Paramahansa Yogananda is one of many writers advocating the use of positive affirmations for healing purposes. This includes the healing of mental conditions where he states, "Cultivate peace and faith in God. Free the mind from disturbing thoughts and fill it with love and joy. Banish bad mental habits which make life miserable."

A powerful example of positive affirmations occurred in my own life shortly after accepting a new job in Atlanta. Almost immediately, considerable disharmony arose between a very young co-worker and me. As my frustration, escalated, negative thoughts dominated my mind but did nothing to resolve the issues involved. Then during my thirty-minute commute to work, I began using the affirmation phrase: "The Christ in me greets the Christ in you and we work together today for the glory of God." On the first day, there was no visible change. On the second day, I began to feel better about this situation. On the third day, my thinking suddenly shifted and I began to see how this problem could be resolved. A few days later, this young secretary spontaneously did something nice for me that was quite unprecedented. Later that week I took her a small gift and all of our frustrations vanished for good.

4. Exercise and a Walking Meditation

The Cayce readings contain numerous recommendations with regard to exercise. Some key advice is shown in the following readings:

“Take more outdoor exercise that brings into play the muscular forces of the body ... for a more perfectly balanced body physically and mentally...” (342-31).

“The best way to acquire the correct amount of pep is to take the exercise...” (288-38).

Dr. Harold Reiley reports that Cayce recommended walking in 280 out of 1469 readings where exercise was prescribed as part of the overall healing treatment. One of my own highly memorable dreams endorsed walking in early 1992 as follows:

I was standing beside the highway watching a group of hikers walk a distance of 30 – 35 miles from Elizabethtown, KY north to Louisville. Suddenly, I see myself in this group of hikers but I was 92 years old. I have enough energy and vigor at age 92 to finish the hike and be there for the welcoming ceremonies for those who finished the march that day.

There is no assurance this dream is forecasting that I will live to age 92. However, it was clearly telling me that walking was the exercise that would help maintain pep and energy in my later years of life. When this dream occurred, I was walking actively about twice per week and no more than one mile in any session. Within about six months, I had increased that level to 2 – 3 miles at a time and hiked almost every day. About seven years later, I listened to a report on CBS News about a ten-year health study conducted on 8000 men over the age of fifty. The major finding was that those men who consistently walked two miles or more per day reduced their mortality rate by 50% for all causes during the ten-year period of the study. Then I realized the full importance of what my dream had been telling me many years in advance.

While writing the initial parts of this book, my hikes evolved into a form of walking meditation. Early in the walking period, no intuitive information or sudden new ideas regarding the book would appear. Then after 10 – 12 minutes of brisk walking, my mind was flooded with marvelous and exciting new concepts. I quickly learned to carry a recorder with me to capture these fleeting thoughts, which like a dream would quickly vanish if I did not hold on to them. Later I actually began to program my mind during the first seven minutes of hiking. Then I would walk in silence and let fresh ideas for this book pop spontaneously into my head. This approach was highly effective and both quantity and quality of new ideas greatly increased. This concept was also endorsed by a dream that occurred at this time:

I am in some place like New England in the fall. A signal has been given to the people to express their feelings. This is done on command by shouting out and then listening for responses at 15-minute intervals.

This dream appeared to be a potent endorsement of the periodic affirmations followed by listening in the silence for answers that had evolved during my fall hikes that year.

5. Recording Your Dreams

Edgar Cayce placed considerable emphasis on recording, understanding, and applying dreams to real life activities. This was done for obtaining inner guidance and as a safe way to develop intuition and psychic awareness. Today, numerous other metaphysical writers endorse this concept. The Cayce readings also teach us to take a balanced approach in these matters and that the development of psychic abilities is best achieved when one has first set a spiritual ideal in the general area of service, oneness, or love.

Numerous other writers dealing with the development of intuition or creativity now advocate the use of dreams. Dr. Keith Harary places considerable emphasis on the use of dreams as a source of new creative ideas for the solution of problems. Elizabeth Irvin Ross recommends similar approaches in her book Write While You Sleep and so does Patricia Garfield in Creative Dreaming. Author Philip Goldberg in his book The Intuitive Edge gives a highly balanced approach to working with intuition and dreams. He first recalls some of the famous historical dreams and advocates the recording and understanding of dream messages. He concludes by cautioning, "It is important not to get carried away by dream content or bestow upon dreams the responsibility for decision making that should be managed by the waking state. There is as yet no evidence that every remembered dream is revelatory."

Mona Lisa Schultz is a well know medical intuitive, and writes in her book Awakening Intuition about dreams in the following way. "During sleep, our minds have access to powers we don't usually recognize when we're awake, powers of greater thought and creative ability. While we dream, we have potentially unlimited access to intuition. If we listen to our dreams, they give us the opportunity to change whatever is causing us conflicts, problems, or illness and work to heal it."

In my personal experiences, I have found the best way to capture the exact dream message is to record them as they occur on a small tape recorder. On a number of occasions, I have awakened in the morning with a clear memory of a dream only to find a significant difference in the recorded version. The recorder also allows one to postpone and write the dreams down later in the day or even wait a day or two if time is not available. While this postponement is occasionally necessary, I do not recommend it as a routine practice. The intensity of your feelings will diminish over time, which may alter your later understanding of the dream message.

6. Yoga Exercises

The practice of yoga is a discipline dating back thousands of years. In Eastern cultures, entire lifetimes have been spent in developing this practice to an advanced state. Highly advanced yoga practitioners have demonstrated self-mastery and control over a wide range of body functions leading in the direction of improved health. Yoga practitioner Selvazarajan Yesudan in Yoga and Health describes the Eastern concept by stating: "Our bodies are enlivened by positive and negative currents. When these currents

are in complete equilibrium, we enjoy perfect health.” Yoga balances these energies, consciously perfects the body, compensates for physical defects, and fills it with a glowing life force. It teaches us about our own bodies and leads to the close harmony of mind and soul.” Yoga practitioners in India frequently live to 80 – 90 years old but give the impression of being much younger as their bodies enjoy a much greater flow of joyous energy.

Yoga concepts were introduced into our culture several decades ago and now enjoy wide popularity. Classes are available in many areas and are frequently recommended both for stress reduction as well as intuitive development. Dr. Frederick Lenz in his book Total Relaxation notes that traditional exercises require a great deal of power and exertion that leads to the formation of lactic acid. This accumulation of lactic acid causes muscle pain and you can become tired and fatigued. With yoga, there is minimal physical exertion and only a slight build up of lactic acid. At the same time, yoga exercises relax and restore energy. For these reasons, many people have more energy after they finish a yoga session than before they started.

Many of our traditional Western exercises are also performed in a competitive setting. While the muscles are worked and possibly relaxed, our minds actually accumulate additional tension as we become focused on winning a particular race or game. This sends a mixed message to the body, mind, spirit system and does not create a true sense of balance and harmony that is achieved with the yoga practices.

The yoga postures may appear to be merely simple stretching exercises having minimal impact on the body, but nothing could be farther from the truth. They are actually working to restore both the mind and body to a highly balanced state. This was vividly demonstrated at my first extended yoga class in mid 1983. I was attending a spiritual conference at Virginia Beach but was in a state of turmoil. My mind was constantly flooded with negative thoughts stemming from a business conflict that had occurred several days before leaving for the conference. After participating in a gentle ninety-minute yoga session, I was astounded to discover this extreme mental stress issue, which had dominated my mind for over a week, had been banished from the center of my consciousness. If I chose to think about this unpleasant business issue for a few minutes, that was acceptable, but the subject no longer dominated my thinking.

I have continued the practice of yoga for almost twenty years and find it to be extremely helpful in my overall health and wellness program. I have had occasional dreams to re-enforce this activity. A typical dream occurred in late 1985 when I was living in a motel for six weeks and had drifted away from the routine use of yoga. The dream told me that I should continue to do those exercises of “standing on my head to live a long life”. The idea of standing on my head obviously referred to the head-stand posture in yoga.

7. Guided Visualization

The introduction of guided visualization cassettes tapes around 1970, allowed the altered states of consciousness programs to be extended to a much wider audience. These tapes are now widely available from a variety of sources. The subjects covered in these mental training exercises range from weight loss and stop smoking programs to improved dream recall, astral projection, and the development of ESP. I have used these guided visualization techniques with highly favorable results for many years.

The first experience occurred in 1978. I had recently received a major disappointment at work by a downgrade in my performance rating at my annual review and was eagerly seeking ways to improve my job performance. After mastering the techniques of relaxation, I visualized myself going through life with a large A+ job performance sticker on my forehead and repeated over and over again in my relaxed meditation that I was an "A+" performer. Within ten days of practicing this procedure, I made a sudden, highly unexpected technical breakthrough at work that led almost immediately to a large pay raise granted months ahead of time. At my next yearly performance review, I was rewarded with a well-deserved increase to my prior job rating status.

I have continued to use this approach for twenty years with numerous highly successful results. Guided visualization tapes are widely available on many subjects including enhanced dream recall. In one instance, I had a tape custom made for me by a hypnotist. The tape encouraged me to dream more frequently and to dream in color. It was highly effective. I could always tell when it was working as the color content of my dreams increased dramatically. This typically occurred after three to four days of listening to the tape.

8. Guessing Games

An excellent way to stretch you intuitive muscles is to practice with guessing games. The possibilities here are endless as we are constantly bombarded with new input data every day. Some people like to guess if the caller on the phone is a man or woman. You can also guess the outcome of plays or television programs. Guessing the digits on your monthly bills is also effective. Guessing which elevator will arrive first and then going over to stand in front of the selected door is also fun.

Experience has shown that this process works best when you have a strong vested interest in the outcome. In 1979 – 1981, I operated a mail order business selling motivational cassette tapes out of my home. Mail was delivered to a nearby post office box, and I made a daily trip to pick up the correspondence. During this three-mile trip, I would endeavor to guess how many envelopes would be received. After a few weeks, I developed a very good accuracy, and typically guessed one number lower than the actual result.

My most interesting result came on a day when I was not able to come up with any number at all. Puzzled by this lack of an answer, I walked into the post office and at the very last moment, I decided there were one large and one small envelope inside. Upon opening the box, I was amazed to find two items. One was a very large oversized

mailer and the second was an extremely undersized envelope. This mail order activity was discontinued after three years and I assumed the guessing game would end. This proved to be incorrect as I retained a very high level of interest in the mail delivered to my home. Only now, the focus shifted to being aware of what the most pronounced color will be.

Another highly effective and extremely useful guessing game involved which traffic lane to use along a highly congested section of my route to work in Atlanta. While only two miles long, the traffic was bumper-to-bumper providing a very frustrating 10-minute drive. My rational mind constantly analyzed all the visible data but was not effective in helping me speed my journey. Then I decided to let my intuitive mind take over and solve this problem. As I approached this jam-packed road, I silently asked for a signal to guide my lane selection. At first, nothing was happening or I was getting weak or confused messages. After ten days, I began to get a consistent signal of seeing an arrow in my mind pointing to either the left or right driving lane. Following those signals was much more effective than the ideas of my rational mind and I began to relax and not worry about that very short but tedious portion of my daily commute.

The examples given above will give you some ideas of the possibilities in this area. I strongly encourage the readers to select activities tailored to your own specific interests and put these guessing game strategies to work in your own life

9. Following Hunches

Formulating and using guessing games provides a somewhat structured way for the individual to experience intuition. Listening to your hunches or the still small voice within provides an even greater challenge. With guessing games, the target data is pre-selected by the individual and may well occur at the same time each day. When using your hunches, the data becomes random and the time of day will vary widely. Hence, one must condition themselves over time to acknowledge and take action on hunches when they occur. Some interesting examples of hunches in action are shown below.

After attending a spiritual conference at Virginia Beach in 1980, I returned to my home in Richmond, VA. At the conference, there had been several sessions devoted to developing intuition. Upon nearing Richmond on Interstate 64, I was extremely thirsty and pulled into the last possible rest stop for water. While leaving the car, I suddenly paused and spontaneously reached all the way into the back seat to get a plastic drinking cup. I had never done that before and was highly puzzled by my impulsive action. Why had I picked up this cup when drinking fountains were immediately available? My question was quickly answered when I found that both fountains were shut off for repairs. Still extremely thirsty, I explored the adjacent picnic area behind the rest stop building. There I discovered a hose tap, which was still operating. However, it would have been almost impossible to drink from this low spigot. I suddenly realized my intuition had guided me. The cup in my hand provided a quick and easy way to obtain drinking water from this hose connection.

Hunches can also keep you out of harm's way as I discovered at work. In our industrial research laboratory building in Atlanta, I frequently walked through the shipping and receiving area on my way to an adjacent building where we had test equipment installed. One day while passing through this cluttered passageway, I noticed a large group of unusually tall 2x4 timbers standing in a vertical position against the wall with no restraining rope to hold them in place. They were of no concern, and I walked quickly past. Returning along this route about an hour later, I made a sudden decision to take a slightly longer path through this crowded area. As I approached this group of very tall heavy boards, six of them suddenly shifted and crashed to the floor immediately in front of me. If I had not followed some inner hunch and taken the longer route, I could have been severely injured.

While writing portions of this book in Atlanta, I set out one Saturday morning to visit a local library that was seven miles away. The purpose of this trip was to find the quotes about dreams used at the beginning of each chapter. Upon leaving home, I immediately drove within a few blocks of a large bookstore located in a shopping mall. I suddenly thought I might find the quotes there without driving all the way to the library. I ignored this hunch and continued on to the library. The three small reference books with quotations I found there were highly disappointing. Passing the bookstore a few days later, I decided to follow my previous hunch. I was delighted to find a much larger collection of books with an abundance of quotes that have been used in this book.

In the examples given above, the first two involved immediate split second decisions with little or no time for the rational mind to override the decision. In both cases, the results were definitely positive and the second one probably saved me from serious injury. In the third case, the original hunch was correct, but the rational mind had time to interfere with the intuitive process. As time passes, I keep reminding myself more and more to follow those hunches when they occur.

The Edgar Cayce readings make it quite clear that the development of intuition requires one take action on these events and apply the results to real life situations. The strongest hunch I ever received involved buying a new car. I was relocating from Richmond to Atlanta and urgently needed to replace my five-year-old vehicle that required frequent visits to the repair shop. My rational mind was telling me to complete this transaction before moving to Atlanta. My numerous trips to the local auto show rooms, however, were highly disappointing and time was running out. Suddenly I discovered a dealer with a group of twenty-five cars on sale at an excellent discount. They were identical in every detail except color. There were a variety of blue, green, and maroon colors that appealed to me. Following a test drive, I returned home to think about this major decision. I awoke the next morning with an extremely strong urge to buy a light tan car. I did not really like the tan color but the urge to own that car remained strong. Following a second visit to the show room, the urge to buy the tan vehicle was even more powerful.

On the third visit, I followed my strong intuitive hunch and bought the tan car. At the very last minute, the salesman discovered he did not have the papers for the car I

selected. Fortunately, he had a second tan car in stock, so I purchased that one instead. He apologized for the delay caused by the paper work involved. I assured him this was not a problem and remarked. "I think I am getting the car without the defects." My rational decision to complete this transaction before moving was highly accurate and I was quickly overwhelmed with demands on my time in Atlanta. My intuitive hunch to buy the tan car and my remark about "No defects" were also highly accurate. That particular car turned out to be the most reliable vehicle I have ever owned. It's required virtually no repairs, which greatly aided my highly active life in Atlanta.

10. Synchronicity – There Are No Accidents

Throughout life, many seemingly small events take place that, properly viewed and acted on, can dramatically shape our lives for the better and lead to highly rewarding results. To the casual observer, these are nothing more than random events that can be explained by the laws of statistics and probability. The serious metaphysical seeker quickly learns to recognize these so called "accidents or coincidences" as events that occur for reasons of your own personal growth. This subject has been well documented in numerous books. Carl Jung, the noted Swiss psychiatrist, coined the phrase "synchronicity" to explain these special events in our lives. This term does not refer to any two unconnected events that happened at the same time. It specifically refers to an event occurring in your outer life that fulfills some major inner need of the individual. Some examples from my own life will illustrate this concept.

My accidental discovery of the incredible worlds of metaphysics and dreams was a great example of synchronicity. While living in Richmond in 1978, I began making periodic trips to Virginia Beach for weekend recreation. I had driven past the Association For Research and Enlightenment on numerous occasions but never stopped to venture inside. Returning to Richmond from one of these trips, I found myself highly energetic but bored on Sunday afternoon. The only social activity available that night was a lecture titled "ESP in America". My rational mind quickly rejected that and I decided to watch television. The TV program schedule also looked boring and I again considered the lecture and again rejected it. Finally, in desperation and urgently needing to get out of the house, I went to the lecture planning to leave early if necessary.

The speaker that evening was from a local college and had an extensive knowledge about parapsychology. He spoke at length in a very informative manner about all the major psychics that had lived in America. When he came to the section about Edgar Cayce and his work at Virginia Beach, I became highly excited. Within a few weeks, I had arranged another trip to Virginia Beach and soon became deeply involved with activities there. By attending that lecture, this one small "coincidence" of being at the right place at the right time totally changed my life for the better and ultimately led to the writing of this book on dreams.

Another extremely lucky accident that shaped my interest in writing occurred in early 1993. I had experienced one powerful dream about writing a book on dreams in 1992, but knew absolutely nothing about how to start such a project. On a business trip

to a very small town in South Georgia, I arose early one morning and quickly read the Atlanta Journal Constitution Newspaper. There was nothing of real interest so I set it aside. Later at breakfast, one of my coworkers had a copy of that same paper. They had folded it and placed it on the table so part of one page was visible. The article on that page was highly exciting and described some new evening college courses in Atlanta including one on “How to organize and sell your non-fiction book”. I was stunned and highly elated. Here was the exact course I needed. I had missed it the first time through the paper. The universe had neatly arranged this second opportunity for me to locate that key material which ultimately led me to write the first portions of this book.

Over a period of many years, I have come to expect these types of “lucky accidents” to occur and guide my path into the future. I strongly encourage the reader to recognize these events in their own lives and be constantly aware of the exciting possibilities that exist in such situations.

11. Free Or Rapid Writing

I was introduced to free writing at a university night school class for writers in Atlanta. The class called “Overcoming Writers Block” was highly appealing even though I had not started to write for publication. Many specialists in the field had endorsed this simple method. It requires nothing more than a pencil, a blank pad of paper and 8 – 10 minutes of time. The instructions for this type of exercise are as follows:

1. Find a quiet spot where you will not be disturbed for about 10 minutes.
2. Pick up the pencil and start to write very rapidly without stopping.
3. Choose any possible subject or just let the words flow out.
4. Do not stop to correct spelling, add punctuation, or make revisions.
5. Do not cross out, erase, or in any way edit what you have written.
6. If stray thoughts come into mind not associated with your chosen topic, be sure to write them down

This extremely simple process can deliver some striking results; clear out old tension producing blockages and get new intuitive ideas to spontaneously emerge.

In one early free write session, I chose to write about a relationship that had ended. Although no longer highly intense, thinking about this subject was a definite distraction. After several free write sessions on this issue, I had evolved a plan of action and quickly freed up time to devote to more current matters. Another session was devoted to a conflict over seating arrangements that briefly marred a social function I had attended. Although this situation was quickly resolved, irritating thoughts about this situation lingered in my mind for over a week. When this issue was addressed in a free write session, the tension surrounding that incident evaporated. I still remembered the incident but no longer felt concerned over the outcome. In situations like this, the free writing session functions as a means of self-therapy that lets one free their mind from past events so new creative thoughts can emerge.

Free writing can be highly beneficial to anyone struggling with some issue on a report or book. By switching into a free write mode, they set aside their analytical, critical, judgmental, rational thinking process and let everything just flow out on to the paper. This will frequently break the writer's block problem and get them back on track. After that occurs, one can then go back and edit what has been written, if that is necessary.

Free writing can be done on a daily, weekly, or as needed basis depending on what works best for the individual. I prefer a daily program where I first write down and analyze my own dreams. I then move directly into a free write session starting with the ideas that emerged from these dreams. This frequently leads to a more complete understanding of the dreams. On occasions it will branch off into totally unrelated areas, which tell me I have done enough and need to move on to other things.

12. Idea Trees

Another powerful way for letting your intuition spring forth and become more active is the idea tree. While having some similarities to free writing it is more artistic or visual in nature.

1. Start with a large blank sheet of paper.
2. Write down in the center a 1 – 3 word statement of the issue involved and draw a circle around it.
3. The subject may be a person or some issue in any aspect of your life.
4. Start drawing a branch line away from this central subject. Draw another circle and write down the first thought that comes to mind.
5. Continue drawing along this branch. Each time a new thought emerges, write it down and circle it.
6. When no new ideas come up associated with this first line of thinking, go back to the central issue and start another branch. Repeat this process in rapid order for 5 – 10 minutes or until the page is filled. Do not edit, erase, or revise anything you have written while you are doing this.

This process is similar in nature to the free write approach. It shuts down rational, critical thinking and lets your intuition take over. Unlike the free write approach, the idea tree has a much stronger tendency to keep us focused on a specific goal. If you are artistic in nature, you may want to include pictures on your idea tree. When you have completed this exercise, look at your branches. How long was each branch and what new ideas emerged that can be applied to the main subject? Also ask yourself how you feel about each particular branch you have made, as that can also be an important clue to how the information gets applied. In my experience, I pay special attention to the length of each branch. The longer that individual branch and the more ideas it contains, the more clearly it tells me where my current energy wants me to go.

A typical example of this occurred just before starting this book. I was feeling blocked and did an idea tree starting with “writing a book” as my subject. The branches

dealing with writing were quite short with only two or three ideas. The one branch involved with speaking and lecturing about dreams, however, filled almost the entire page. That quickly led me to arrange several speaking engagements where I would lecture on dreams. This was extremely helpful. Preparing for those sessions greatly clarified my thinking on this entire subject.

Suggested Program Of Activities

While it is not the purpose of this book to establish rigid training programs or fixed routines to be followed in developing intuition, perhaps a few guidelines will be helpful. In fact, the idea for this section was an unexpected hunch that popped into my head while taking an afternoon walk. It is based on my typical agenda that's been arrived at after many years of experimentation. The readers should feel free to modify this program to best suit their needs and available time. It should also be pointed out that this is not a program of strictly mental activities but one that is focused on a range of actions for the body, mind, and spirit.

Daily Activities – Some of these activities need to be done every day for optimum results. It is strongly recommended by many authors that meditation be done daily if possible. Doing it at the same time each day is one way to make sure this is completed. Recording dreams also needs to be done daily. If there is no dream to record, jot down your thoughts and feelings when you first wake up. Many of my early dream journals are filled with such notes. Both the mental and physical diet programs will require attention on a daily basis and easily fit into a normal lifestyle. The waking exercise program is most effective if it is performed every day.

Periodic Activities – Some of the remaining actions can be performed at less frequent intervals. Yoga is typically done perhaps twice per week. Listening to guided visualization tapes may be done as needed to help in relaxation. Following your hunches and using guessing games will of course depend on when they occur and could be every day. The free write sessions and idea trees can be used when needed to stimulate new thought patterns and free up your thinking. Paying attention to synchronicity in your life is a matter of being open to the situations that present themselves and then to respond accordingly when they occur.

Concerns

It is not the purpose of this material to leave the reader with the idea that one's entire life be given over to these practices. Nor is it advocated that all decisions must be made using an intuitive approach. Rather, what is desired is a recognition and development of intuitive abilities so they can be used in concert with the rational mind to reach a balanced decision. It is marvelous to have a powerful hunch or a vivid precognitive dream to guide a decision. I personally cherish these opportunities. When they do not occur, life must go on without them. Nor do we want to fall into the trap of

procrastinating and waiting for such guidance to appear for this can lead to an undesirable type of dependence.

This was forcefully demonstrated to me in 1985. I had taken a highly attractive early retirement offer and was temporarily out of work. Dreams were highly influential in making that decision. I had high hopes they would provide strong guidance in my new career decisions. Later that summer I visited Jacksonville, FL, made a down payment on a lot, and planned to relocate there. Soon after returning to Richmond, a job opportunity arose in Atlanta. I was torn between these two options and decided to look to my dreams for a final answer. But days passed and no decisive dream occurred. After ten days, I was getting quite anxious, as this major decision urgently needed resolution. Then the following significant dream occurred:

I am living in my townhouse at the top of a short hill. I want to go down the hill, turn right, drive out of my subdivision to some marvelous new location. My car is parked in front of my home headed in the right direction. There was gas in the tank, the doors to the car were unlocked, and the key was in the ignition. All that remained was for me to go out, start the car, and drive to the new destination.

So here was my long awaited dream answer. In loud clear terms, it was telling me the stage was set to move in a new direction. However, the final decisive act of actually starting the car and choosing that new destination was left in my hands. My dreams were definitely not going to make that final decision for me. When I turned this decision over to my rational mind, I quickly decided to take the job in Atlanta. This turned out to be an extremely desirable choice. This pattern of having my dreams present me with information and even powerful guidance has continued over the years. But the final act of commitment to a specific application is left to my own free will.

*“Dreams are the power of tomorrow, looking for an open door”
~ Unknown*

Chapter 4 – Dream Interpretation

Based on three decades of experience and study, I believe dreams are given for the overall purpose of transformation, personal growth, and healing. They are intended to reveal information created in the subconscious mind and encourage us to make use of this inner guidance in our waking lives. Then we can better cope with the vast variety of issues we confront in daily living. This allows us to move along a pathway of personal growth and become whole and complete. The importance of paying attention to ones dreams was highly emphasized in a variety of Cayce’s readings as follows:

“Harken to thy dreams and visions, for these may be channels ... For the choices to be made...” (524-1).

“Dreams which are presented to the body are for the enlightenment of the consciousness of the body if the body would apply same in the life...” (3937-1).

Cayce strongly encouraged each individual to interpret their own dreams and not rely on external sources for this important step in the follow way:

“The body may analyze dreams. It can do it better for its own activity then the most wonderful of all interpreters...” (257-138).

Some dreams may be self-evident and not require detailed examination or study. Others may be completely literal in meaning. Most dreams, however, are filled with a variety of symbols and seemingly complex plots and are best understood using some fixed scheme to help reveal what is really happening within the dream message. This avoids the common trap of jumping to conclusions based on one or two major symbols in the dream before taking the time for a more comprehensive evaluation of the overall situation that is presented in the dream.

During my studies at Atlantic University, I wrote a thesis on dreams and devised my own unique method for processing these more complex messages that will be very helpful for most readers. This process treats the dream like a stage play, which is one of the approaches advocated by Jung. It is based on exploring the answers to four key questions regarding the dream symbols and actions occurring in the dream before reaching any conclusions regarding the meaning.

THE SEVEN-STEP PROCESS

Step 1 – Give The Dream A Title – Write out the entire dream and give it an appropriate title. Titles are typically based on some key symbol or main event occurring within the dream. They are also extremely useful when looking back through your dream journals to find a particular dream some months or even years later.

Step 2 – Find the theme contained within the dream. This consists of taking the dream and condensing it down to a single, short sentence that captures what is happening in the dream. This is somewhat like writing a telegram to convey a message with the fewest possible words. This will be shown with specific examples of actual dreams at the end of this chapter. Do not attempt to interpret the dream at this point. That will come later in this process. If the dream is extremely long, it may be necessary to break it into several short sections and develop a theme for each section. Then combine them into one overall theme. This theme step was developed by Mark Thurston, PhD. and is explained in more detail in his book: [Dreams – Tonight’s Answer To Tomorrow’s Questions.](#)

Step 3 – Answer The Questions Regarding When, Where, Who and What

When – Most dreams occur in the present time. If an alternate time element is given (your age, the year, etc.) it can provide key information for understanding the overall dream. If it is set 10-20 years ago, it may be calling attention to how you acted then. A dream set in daytime suggests you are seeing things clearly, while one set at night may be suggesting you are in the dark about some issue. If the dream mentions your age it may be suggesting you are acting that age now. Or if you appear as an elderly person, you may be similarly acting that role.

Where – The dream location provides vital information to the overall meaning. A location in a church may be telling you that the dream is about your spiritual life. A location at your business office, on the other hand, points toward a job related message. A dream located in your home may well be telling you about your home life.

Who – Make a listing of who is present in the form of people, animals, or objects. Leave nothing out. They are all there for an important reason. Be sure to note all major features including size, color, shape, age, etc.

What Action Is Occurring – Take note of all key actions in the dream. Are you active or passive? This may be a vital clue as to how you are behaving in real life. Where were you when the dream starts and where are you when it ends? These key points reveal where you are headed in life. Look for repetition in the dream. If the same words or actions occur more than once, they become increasingly important. Are you headed to the right or the left? This can be an indication of proper or improper actions in real life. Are you headed up or going down? Going up may represent a difficult challenge or movement to a higher spiritual level. Going downhill may mean an easy path or falling down on the job. What words are spoken in the dream? If someone speaks directly to you, pay particular attention to this key message. Note the use of numbers, prominent

color, over or undersized objects, etc. Are you accepting or avoiding something? All of these are keys to understanding your dream message. Over time, you will no doubt discover other key actions unique to your own dreams, and will add these to your list of things to look for in every dream.

Step 4. Symbol Amplification – In this step, we will more closely examine the dream symbols. Note that all of the questions always come back and start with that original symbol. This keeps the procedure closely focused on the original content of the dream. List each symbol. What does it represent in relation to the theme of the dream? Is the symbol an aspect or part of yourself or does it show how you are behaving in life? About 85% of the symbols will be an aspect of you. If the symbol is not an aspect of you, it may be a literal symbol or have some cultural or universal meaning. It can be a pun or play on words. Thus if you are in a sailboat tacking back and forth, you may need to use tact in life.

Step 5 – Understanding Your Revised Stage Play – Now rewrite your dream using the information gained in Steps 1 – 4. Be brief but leave nothing out. Then ask yourself how your revised stage play fits with the theme you developed. If they do not fit, you may need to revise your theme.

Step 6 – Feelings and Comments About Your Revised Version – How do you feel about your revised dream story? You should feel very comfortable with the revised message and may even experience an “Aha” sense of enlightenment or new understanding. How well does the revised message relate to some part of your life?

Step 7 – Applications – What is your action plan based on this dream? When are you going to complete that application? This is a highly critical step and must never be overlooked when working with your dreams.

Dream Images and Symbols

There is a very wise ancient saying that one picture is worth a thousand words. Dreams definitely make use of such images for a major portion of their messages. This no doubt is a highly efficient way for the subconscious mind to transfer a maximum amount of information in the very limited time available within any dream. It also allows for complex subjects with various shades of meaning to be dealt with and may also let the dream convey messages dealing with multiple possibilities. So how is the dreamer to sort out and comprehend what messages are contained in the dream? It is probably best to remember the purpose of dreaming is to reveal new information coming from the subconscious mind and not look for obscure hidden meanings.

When working with your dreams, there are two primary things to remember. First, 85 – 90 percent of all your dreams are about what is happening in your life and in your subconscious mind. It is extremely tempting to assume they are precognitive in nature and about world affairs or other momentous situations but this is rarely the case.

So look thoroughly into your own life situations before concluding that your dreams are about external events. The second thing is to realize most of your dream symbols are not to be taken literally. Rather they should be looked at as metaphors. Death in a dream typically signifies the ending to some situation. Only rarely does it mean the actual death of another person. This writer has been killed in several dreams of other people many years ago. A wedding in a dream signifies some strong new connection and can easily represent a new contract at work or a more intense relationship with some other person. A baby in a dream may indicate a pregnancy, but much more frequently relates to new energy arriving in your life. It is not possible here to go through an elaborate list of dream symbols and their numerous possible meanings. For those who want to investigate this route, please explore the books referenced in the bibliography by Thurston, Todeschi, and Tanner.

Example Dream Interpretations

In this section, we closely review the interpretation of a variety of dreams. When working with a dream, it is necessary to look at the entire dimensions of the dream and not get overly fixated on just one or two symbols or actions that occur. Following the seven-step process outlined above will be extremely helpful in staying focused on the entire dream content and avoid jumping to premature conclusions about the final meaning.

Example No 1 – Diving Off A High Cliff

A friend I knew many years ago asked me to help her with this dream. She was from overseas, had been divorced five years, and had not resumed dating. She had the following dream just before we met to discuss dating possibilities:

I am standing at the top of a very high cliff overlooking the ocean where I was born. My 20-year-old son is with me but he is only 11 – 12 years old in the dream. Below us is a beautiful lagoon full of shimmering blue water. The coast is lined with huge boulders. Without hesitation, my young son dives toward the lagoon. But he misses and lands on the rocks instead. I am highly afraid that he is seriously injured. But he quickly picks himself up, shows no sign of injury, and dives into the beautiful lagoon.

- Dream Title – Taking a Risky Plunge
- Dream Theme – I need to take a big plunge into something and realize I will not get hurt
- Where – Top of a cliff, overlooking the ocean
- When – Present time
- Who – Myself, son, lagoon, and rocks

- What Actions – Standing, diving off a cliff, hitting the rocks, diving into the water
- Symbol Amplification
 - Me – Myself in my current situation
 - Ten-year-old son – unafraid male aspect of myself
 - Lagoon – Beautiful objective
 - Large rocks – Obstacles, fears of being hurt
- Comments and feelings – The lady was shocked at the prospect of seeing her son take such an enormous risk and puzzled as to why this action appeared in her dream.
- Dream Re-Write – I am alone in the world and would like to take a plunge and get back into activities, but I am afraid of being hurt and not willing to take the risk.

The lady who had this dream concluded the big risk she faced in life was to start dating again. The eager, unafraid, young, masculine aspect of herself was showing her to go ahead and take the plunge. Even if she did not immediately reach her objective, she would not get hurt and could continue her efforts.

Example No 2. – My Black Sister Runs The Football

This dream of mine occurred about one month after moving to Virginia Beach, and just three days before going to apply for a volunteer job at the Association For Research and Enlightenment.

I watch a football game. There is a super star, black male athlete who wants to score a touchdown every time he receives the ball. But he keeps getting thrown for twenty-yard losses. On the next play, he receives the ball and immediately laterals it to his sister. She ducks and dodges neatly down the field for a big gain.

- Dream Title – Letting My Sister Run the Ball
- Dream Theme – I need to let feminine energy take over in my life.
- Where - Outdoors on a football field
- When – Present time
- Who – Myself, black male, black female, football
- What Actions – Watching, running. Thrown for a loss. Lateral the ball, making big gain

- Symbol Amplification
 - Me – Myself in my current situation
 - Black male – Unknown aspect of myself
 - Black female –Unknown aspect of myself
 - Loss – Losing ground in life
 - Gain – Making progress in life
 - Football – How we play the game
- Comments and Feelings – This dream was rather alarming and clearly called for some changes on my part in life.
- Dream Re-Write – I have been using a lot of masculine energy in my activities but am not reaching my goals. I will perform better if I allow feminine energy to come into play.
- Application – Three days later, I met with the volunteer program coordinator. She quickly scanned my application papers and leaped to the conclusion I was best suited for a position where I would not meet or interact with the public. I was highly upset and about to protest but decided to follow the guidance in my dream and cool it instead. Later that same day, I met with my new supervisor in the library, which was one of my preferred job locations. She asked me what type of work I wanted? Then I asked for, and got, a job on the main desk checking books in and out and meeting the public, which was exactly what I wanted.

Example No 3 - A Lady Is Highly Upset Over Delays in Publishing

This dream occurred to me immediately after I started writing my thesis on dreams in early 2001 while living in Virginia Beach:

I am attending a school connected with a church where a small magazine is published. It always involves a lot of pressure to get it printed and distributed. Now it looks like this may not happen and Linda is all upset because their progress in school is heavily dependent on getting it issued. She and several others may not be able to complete their work. Then there is a discussion about how Linda will come back and there will be a big celebration when it is all done.

- Dream Title – Linda is in a huge rush to publish.
- Dream Theme – I need to act more like Linda to complete something at school
- Where - School connected with a church
- When – Present time

- Who – Myself, Linda, published document
- What Actions – Attending school, publishing, becoming upset, discussion, celebration
- Symbol Amplification
 - School at church – Atlantic University
 - Me – myself
 - Linda – Person who becomes upset over publication timing
 - Magazine publication – My thesis
- Comments and Feelings – This dream was quite a shock. Linda actually became highly focused, pushy, and over controlling whenever publishing of the student newsletter was involved. This was an extreme behavior that I wanted to avoid in my life.
- Dream Re-Write – My thesis project report may not get completed at Atlantic University. I need to act more like Linda to get this report published and then have a big celebration.
- Application – I realized this dream was a call to action. The dream did not want me to become exactly like Linda. But it wanted me to move far enough in that direction and really increase my writing activities. It provided a powerful stimulus to get a bit pushy with other people who were reading my drafts and suggesting completion dates when I needed their comments returned. All of this was highly successful in completing this lengthy document in a timely manner.

Example No 4 – The Terrorist In A Black Ski Mask

This dream of mine occurred many years ago in Atlanta a few days after my annual performance review. At that review, I was extremely angry at my satisfactory rating and thought it should have been significantly higher. I did not think all of the pertinent facts about my work had been considered objectively, but did not express my objections at this meeting. A few days later, I had the following dream:

I am driving my car and stop at the bottom of a small hill. Part way up the hill, a terrorist emerges from the woods. He is dressed totally in black, wears a black ski mask, and carries a sub machine gun. He pursues me up and down hill. No shots are fired. I finally escape down a large hole in the ground into the place where he works. I continue to take evasive action to avoid the terrorist. I slip out a back door, find a pick up truck, and leave on an out of town trip.

- Dream Theme – I am running away from something rather than confronting the issue.
- Where - Outdoors, at place of work

- When – Present time
- Who – Myself, terrorist, hill, truck, sub machine gun, hole in the ground
- What Actions – running, see terrorist, escaping, driving a truck
- Symbol Amplification
 - Me – Myself
 - Car – Me in control of my life
 - Hill – Obstacle
 - Terrorist – My angry self
 - Sub Machine Gun – Means of attack or defense
 - Hole in the ground – Way of hiding
 - Pick up truck – Means of escape
- Comments and Feelings – This dream was quite a shock, as the terrorist seemed very real and threatening. I also realized I was fearful and running away from something.
- Dream Re-Write – When faced with negative information, I experience fear and anger. I am unable to express myself and run away or hide from such situations.
- Application – I realized I needed to respond to this situation in some positive manner. A few days later, I wrote my supervisor a letter expressing my disagreements with the performance review.

Example No 5 – Wearing A Tuxedo To Work

In the fall of 1998, our research team of approximately 200 people moved from an old, crowded, nondescript office park building into a large, new, fancy facility. It was so fancy some people nick named it the Taj Mahal. Management was highly interested in promoting the proper business image for all of those connected with this prestigious new facility. A dress code was written with much difficulty (but never issued), to promote wearing a business suit and tie at all times. This worked well during the fall, winter, and spring months, but when hotter summer weather arrived, this became a struggle and many times it was much more comfortable to revert to more casual wear. Several people were actually reprimanded for not following the unofficial dress code, but I continued to wear the informal attire well into mid summer. Then I had the following dream:

I get up one morning, put on a sport shirt, light colored slacks, and loafers, and drive to work. When I arrive at our ultra opulent new building, I am stunned to realize that I am wearing a black tuxedo complete with black tie and dressy black shoes.

- Dream Title – Wearing a Tuxedo To Work

- Dream Theme – I need to change my mode of dress
- Where – Driving to work
- When – Present time
- Who – Myself, car, clothing
- What Actions – Dressing, driving to work
- Symbol Amplification
 - I - Myself
 - Sport shirt, slacks , loafers - casual clothes
 - Tuxedo – formal attire
- Dream Re-Write – I have been going to work in very casual attire but need to move away from this behavior and adopt a dressier mode for business hours.

This is a balancing dream in which I am shown an exaggerated condition of wearing a tuxedo to work. This was done to dramatize the fact I really needed to stop being overly casual and should wear a suit and tie. I made this change and was never reprimanded for wearing improper attire.

Example No 6 – I Have Killed My Husband –

Mary was a married woman, about 45, who did not work outside the home. Her husband was a policeman and their marriage was starting to fail. The intimate side of the relationship was disappointing. Two years ago, she discovered a spiritual group and now spends a lot of time at their meetings. Her husband is not interested and is even hostile toward this activity. Mary recently had a highly disturbing dream about her husband being killed and is deeply concerned about this situation:

Mary is at home in the living room and has been cleaning the entire house. Her husband comes in and is sullen and quite. She has the thermostat turned up so the house is nice and warm. He goes over and turns it way down so it will be cold. She is leaving to attend a spiritual meeting. He is partially blocking the doorway. She gently pushes him with her hand and he falls to the floor and dies. She leaves the house, gets on her bicycle, and rides off to her meeting.

- Dream Title – A Little Push Kills My Husband
- Dream Theme – I have taken some action that allows me to move forward in life
- Where – At home, In living room
- When – Present time

- Who – Self and husband
- What Actions – Cleaning house, adjusting thermostat, pushing someone, falling, riding bicycle
- Symbol Amplification
 - Home – Our life together
 - Cleaning – Making changes in life
 - Thermostat – Controlling warmth in the relationship
 - Husband – Her husband
 - Door – Passage to new destination
 - Pushing – Highly assertive
 - Bicycle – Means for attaining balance
 - Spiritual meeting- Seeking higher knowledge
- Dream Re-Write – I am making changes in my life and want a warm loving, relationship. My husband opposes all of these changes. When I take assertive action, I find his resistance to my new directions has ended. I am now free to pursue this new activity.

The lady involved acknowledged major differences existed in their relationship and was extremely relieved to learn her husband was not going to die. She was also highly relieved to find he would no longer stand in her way concerning her spiritual functions. She planned to continue that activity.

Example No 7 – A Lady Will Not Volunteer

This dream was reported by a young business professional who was anxious to improve her career performance. She had enrolled in a series of self-improvement lectures. One evening, the main speaker cancelled at the last moment. The group sponsor decided to hold a panel discussion on the subject of “Improving Group Communications”. She did not feel adequately informed and did not volunteer to be part of the panel. Several days later, she had the following dream:

I am back in the lecture hall and dressed in my best business suit. When they ask for volunteers, I feel someone pushing me from behind. I look around and see a woman about my age. She is poorly dressed, wears no makeup, and is having a very bad hair day. She is speaking to me in a very shrill voice and I cannot understand what she is saying. She continues to push me and point to the stage where the panel discussion members are gathering. I remain seated. Later as we walk out this same lady is glaring at me in a very hostile manner.

- Dream Title – Woman Refuses To Volunteer
- Dream Theme – I am not stepping forward to participate in something
- Where – Lecture hall
- When – Present time
- Who – Self, poorly dressed woman
- What Actions – Attending meeting, sitting, being pushed, not moving, leaving
- Symbol Amplification

Me – Myself

Poorly dressed woman- My self-image

Lecture Hall – Public appearance

- Dream Re-Write – I see myself as unworthy to take part in a public appearance so I hold back and miss these opportunities for self-improvement.
- Comments – The lady involved agreed that making public appearances was an area where she felt most uncomfortable and inadequate. She decided on a plan of action to switch from a lecture series of class work to one involving public speaking.

In this section, we have seen how the seven-step process can be successfully applied to a variety of dreams to more completely discover the full meaning of the dream message. All of these examples had some direct application to the individual's immediate life situation. In subsequent chapters, we will work with a variety of dreams that are precognitive in nature or deal with the spiritual realm of life.

Dream Applications

Many books on dreaming and vast numbers of individuals slave over the symbols in their dreams to arrive at an interpretation and think that is the end of the process. But the most important part of dream work is the final step or application. The Edgar Cayce Readings make the importance of this application step extremely clear in the following reading:

“ The dream... has been presented, and as these lessons are gained... and applied in the daily life there comes the more consciousness of the truth shown in same: for in DOING there comes the understanding...” (900-322).

The dream study group I attended for about two and a half years in Atlanta always started each meeting with a brief meditation. Then we went around to each person and

let them briefly explain how they had applied some recent dream to real life. This can become quite intense at times, and at other times is humorous. On one occasion, my dream involved going into the kitchen, opening the refrigerator and throwing out all the dairy products. When I followed up and actually did this, I discarded a couple of small containers of cheese. Then I opened the freezer section and found two pints of very expensive ice cream. I thawed the ice cream and poured it down the kitchen drain. When I reported this to my dream group, they moaned in sorrow as they dearly loved that brand of ice cream. I did not know it at that time, but I was lactose intolerant and my dreams were giving me highly accurate advice.

A much more intense application came after about thirty months when my dreams started telling me to leave that group. The first dream was very mild mannered and merely suggested that I leave the dream group. I took no action and a month later a second dream came through in a louder voice again telling me to leave the group. Still I hesitated and about six weeks later I had a dream come through extremely loud, like someone shouting in my ear:

Hey dummy – why are you still hanging around that dream study group!!
Don't you know there are more important things to be doing with your life now!!

I was extremely nervous when I phoned the lady where we met and reported my three dreams. She however took it very mildly as though it was not a big deal.

Working With Dreams

Processing your dreams in one rigid format, and looking for one correct and perfect meaning for each dream can lead to stagnation. Dr Herbert Puryear in his book The Edgar Cayce Primer encouraged the readers to work with their dreams. He notes that:

Working with dreams is a dynamic and constructive response to the whole potential of the dream, whereas interpreting dreams may become a state of passive responses to a limited portion of that which the dream deals. If we try to interpret a dream we may ask, what does this or that mean? If we try to work with a dream, we may ask more broadly, how is the dream instructive with respect to that aspect of my life?

Specific steps to take that will help in this approach are to learn to interpret your own dreams – do not rely on experts. Do not assume the dream is coming to you in some mysterious secret code. They are pictorial messages intended to teach and inform you of areas in your life that need attention or action and are there to guide you on your journey. Do not assume the priorities you are working on in your waking state are the same as those of your subconscious realm. They may be quite different. If you are using some information processing system like the Seven-Step method described above, switch occasionally and try an alternate approach to get a fresh viewpoint. If time allows, process several of your dreams using 4 – 5 different methods. If you use a dream symbol

book to gather ideas about possible meanings, check an alternate source for other possibilities that would expand your range of choices. If your dream is one of the highly obvious ones that needs little or no interpretation work, step back and see if it may have some further meaning in the spiritual realm. Remain open at all times to the deeper aspects of your dreaming life.

“Man alone has the power to transform his thoughts into physical reality. Man alone can dream and make his dreams come true.”

~Napoleon Hill

Chapter 5 – Dream Recall and Incubation

My first big complete dream recall experience occurred in the spring of 1978 following a lecture on dreams at Virginia Beach. I assumed that future progress in this area would be easy, but this proved highly incorrect. I struggled with dream recall for a number of years. About two years after this first experience, I counted my dreams over a period of about six months and found I was having exactly one dream per week. Over a period of many years, my dream recall progressed as shown below:

1. 1979 – 1984 = 24 per month
2. 1985 – 1989 = 38 per month
3. 1990 – 1994 = 61 per month
4. 1995 – 1999 = 61 per month
5. 2000 – 2004 = 57 per month
6. 2005 – 2006 = 55 per month

Looking at the dream journals from the very early years shows many of these early dreams were extremely short and sketchy with relatively few symbols compared to my dreams in later years.

Almost everyone working seriously with their dreams becomes involved in dream incubation and improved dream recall. Over this time, I have evaluated many different methods to improve dream recall and incubate dreams on specific subjects. Volumes have been written on this subject and there are thousands of references today on the Internet. In this chapter, we will explore both of these fascinating subjects. These methods actually overlap and some methods can be used for both dream recall and incubation of dreams on specific subjects.

Dream Recall

Traditional Methods – There are a vast array of methods to improve dream recall that are traditionally used and ten of the more popular ones are listed below.

1. Keeping a Dream Journal – It is extremely helpful to keep a permanent notebook beside your bed at all times. This provides a visual reminder every night before retiring that you want to remember your dreams. This helps to establish a mental intent.

If you are first starting this practice, be highly consistent and be prepared to wait for a number of weeks or longer for your dream recall to become active. I know one man who waited for several months for his dreams to become active. But the very first dream he recalled gave him the answer to a highly critical issue in his life. This notebook should be a spiral or bound ledger book. Avoid writing your dreams down on scraps of paper first to be entered in permanent form later. This suggests you are not serious about this practice and frequently the dreams never get entered into the permanent journal.

2. Applying the Dream Message – Taking action based on your dream messages sends a powerful signal that you have a strong sense of commitment in your dream activities. It is a way of honoring the message and setting up an ongoing pattern of intent to work seriously. Such applications can be as easy as eating a new food, contacting an old friend, or renewing a magazine subscription. At other times, they can become extremely challenging such as relocating to a new city, switching to a new church, or ending a relationship. Not all dreams will have a specific action step, but when they do – it is extremely important to take action in that area of life. The Cayce readings make it obvious that attempting to do the application is what is important.

3. Meditation – The process of meditation has been recommended repeatedly through the Cayce Readings and in earlier parts of this book. It may well be the royal road of progress in this entire field of intuition, precognition, and dreams. It is a powerful yet subtle method to begin to attune to the spiritual forces. This practice needs to be highly consistent and done on a daily basis if at all possible. My own preferred time is around 2 AM as I am typically awake at that time. Most of my dreams occur after that period of meditation.

4. Pre-Sleep Suggestions – Giving yourself a pre-sleep suggestion just before retiring can be a powerful stimulus to remembering your dreams. This can be done by writing out a request on paper, praying, or reading your dream journal. Even more effective for many people is listening to a recorded tape message that you want to remember your dreams. These tapes are widely available at metaphysical bookstores and at Internet sites. I have used these tapes for many years with positive results. They are typically formatted to provide a high degree of relaxation using music along with a soothing voice message suggesting you will remember your dreams. The run-time on these tapes is typically about twenty to thirty minutes. If you have the time, you can even record your own tapes. Scripts to assist in this process can also be found on the Internet. Subliminal tape messages are also available. In this case, the voice message is masked by soft gentle music. Results with this latter method are probably less certain but may be used if the regular vocal tapes do not work for you.

The dream incubation tape that I personally use most often, was recorded by a PhD psychologist who has worked for many years with dreams. You can find this particular tape listed on the following web page - http://www.dreamtechniques.com/ab_background.htm

5. Proper Diet, Rest, and Exercise – Maintaining an overall healthy life style produces great rewards in many activities, including dreaming. Overeating and experiencing indigestion is definitely not a desired pathway. Some beverages like coffee and alcohol actually interfere with REM sleep and using minimal amounts of these beverages is strongly recommended. I struggled with coffee for many years before quitting completely. That step alone produced a wide range of health benefits in my life including better sleep and dreams.

6. Talk and Write About Dreams – Make dreams a part of your daily life and include them whenever possible while you communicate with others about your activities. This sets up a continuing pattern of intent to make dreams a serious part of your life. After first moving to Atlanta in late 1995, I was meeting a very large number of new people. At first, I was reluctant to mention my interest in dreams. Then I concluded I was masking or editing out a highly significant part of my activities and opened up and began to mention my dream activities. This worked extremely well with one rare exception. One lady who was a potential dating partner got agitated and highly alarmed by this subject and it became apparent that we were ill suited for each other. Today my business card proclaims my interest and activities in dreams for all to see that it is extremely important in my life.

7. Attend Classes and Study Groups – This type of activity will expand your range of knowledge on dreams, and bring you into contact with other people with this same interest. It is a further way to reinforce your intent and commitment to this pathway of life. Participating in a dream study group can be highly educational and rewarding. If none exists in your area, consider starting one of your own. I attended one group that met every week but that proved to be too demanding. A frequency of meeting twice per month worked out much better.

8. Go To Sleep at A Regular Time – Maintaining a regular pattern for sleeping is highly desirable. Most of your dreams will come in the latter hours of sleeping. If you say up late and have short sleep periods you may well be missing many of your dreams.

9. Waking Up at Night – When you wake up at night, use that moment to pay particular attention to any dreams that are occurring. Jot them down immediately as they may well be forgotten in the morning.

10. Awake In The Morning – This is your most critical time for remembering your dreams. Do not rush to get up as that faint dream memory will probably slip away. Do not move but maintain your original sleep position if at all possible. Give the dream memories time to emerge. When they do come up, jot them down immediately. They can easily fade away if you delay even a few minutes.

Non-Traditional Recall Methods

1. Remember – Recall – This is a very simple yet powerful method for recalling your dreams. Used over time, it can become a trigger phrase and has many other

purposes. When you first wake up in the morning, stay absolutely still, and see if there is a dream present. If there is no dream, repeat the phrase “Remember – remember – remember – Recall – recall – recall” silently in your mind several times. Then wait in silence for a minute or two and see if a dream appears. If no dream comes into mind, keep repeating this phrase for five or more cycles. This will typically work about 30-50% of the time. On occasions, it may be possible to recall a second dream after the first one. After using this method with some success for several months, you can shift the focus and ask for a dream about a specific subject important to you. I have found the dreams produced with this procedure to be rather short and have fewer symbols. However, they can also be quite informative and reliable.

It is not essential that you be fully asleep before using this method. On many occasions, I will lay down on the couch after lunch but not actually go to sleep. When my timer rings, I will use this technique and see what comes up from my subconscious mind. These messages can also be quite helpful. I have also used it when sitting at my computer screen and some information pops up that I want to evaluate. In this case, I close my eyes and repeat the trigger phrase several times and ask for a picture to be shown telling me something about the data on my computer. This acts like a short meditation and gets the mind into a relaxed state so that images from the subconscious can emerge. I do not recommend using these latter techniques until you have had some good success with recalling your dreams.

2. Written – Recall – This approach is similar to the mental recall method discussed above but is done in a written fashion. Keep a pad of paper and pencil beside you bed. When you first wake up, pick up the pencil and paper and write out the phrase – “Tonight I was dreaming about _____” and just keep on writing whatever flows out. This becomes a free write experience and the information can be treated just like a dream. I used this procedure for several months with good success but returned to the mental approach. I found it to be simpler.

3. Vitamins – The strongest effect I get from any supplement product is with vitamin B-6. Some books on this subject refer to B-6 as the dream vitamin. One book listed the side effects of B-6 by stating it may cause overly vivid dreams. It is suggested you start with 25 – 50 mg taken at lunch, dinner, or immediately before going to bed. It is also recommended that you consult with your physician if you plan to take it over extended periods of time to determine the appropriate safe dose level.

4. Change Your Bed Position – If your bed is oriented in an east – west direction, turn it in a north – south direction for several weeks and see if that improves you dream recall or if more precognitive dreams occur. Also, sleep with your head toward the north position to see if that improves your dreaming results. Feel free to experiment with these sleep positions, as they do not work the same for all people.

5. Move To Another Room – If the room where you sleep causes any problems, move to another room for a few nights to see what happens. The main bedroom in my home in Virginia Beach faced east across the Chesapeake Bay. When strong winds or rain came

in from that direction, my bedroom became very noisy and I had very few dreams. So I adopted a practice of moving to a spare bedroom on the other side of the house, which was much quieter. This proved to be highly effective, and I even used it at times when there was no storm present. If I woke up early and there was no dream occurring, I would switch bedrooms and typically start dreaming when I did this. I have a somewhat similar situation at my home in Mesa, AZ. When it rains hard, the sound on the skylight in the master bathroom is quite disruptive. So I switch to either a spare bedroom or the living room couch with good results.

6. Written Affirmations – Another very powerful means to increase your dream recall frequency is by using written affirmation statements for a period of twenty-one days or more. This is done by composing a specific, short affirmation regarding the result you want, and then using it on a daily basis for an extended period of time. An excellent format for such an affirmation that I use is as follows:

I am using his ever-present love to recall three psychic dreams every night now

In practice, this phrase is written on a tablet twenty times per day for twenty-one days or longer. It is really a form of behavior modification and can be used to change or promote any type of activity. In this case, it is intended to promote dream recall. I have used this method extensively for many years. In the fall of 2004 and early 2005, I found my dream recall had declined to a low level of only 33 per month. Alarmed at this drastic reduction, I used this written affirmation procedure for one month, and my dream recall jumped up to 60 per month in very short order.

7. Egyptian Healing Rods – Egyptian healing rods consist of small, hollow metal rods approximately six-inches long and one inch in diameter. They are filled with a variety of ground crystals. These rods were used in ancient Egypt and some remaining statues show noble people holding these objects in their hands. Most reports suggest that only Pharaohs and their High Priests were ever allowed to touch or use these tools of attunement. To achieve maximum results the rods are made in sets with a different one for each hand. A copper rod denoting masculine energy is used in the right hand, and a zinc rod signifying feminine energy is used in the left hand. The hollow rods are filled with various crystals mixtures for the specific purposes of healing or spiritual growth. The rods are typically used for relatively short periods of perhaps 7 – 10 minutes. I prefer to use the time when I am holding the rods like a meditation session and use a short affirmation to signify my intent for that session. Possible affirmations might include:

I am using his ever-present love to created excellent energy with great vim – vigor – vitality through out my entire body now.

I am using his ever-present love to recall three psychic dreams every night now.

When using them for healing, I have been extremely surprised at some of the results. In one case, I used the rods and asked for healing for a pain in my hip. Almost immediately, I got a picture in my mind of my electrical E-stem unit that is highly effective for pain relief. I had not used the E-stem unit for several years and had forgotten about it. I immediately got that electrical healing device out and it was extremely effective in reducing my hip pain. In another case, I asked for healing in my elimination system and was quickly shown a picture in my mind of a very large glass of orange juice. The juice was exactly what I needed to improve my digestive system at that time.

The first time I used the rods before bedtime and ask for increased dream frequency I got a dramatic increase in dreams lasting for several weeks. I continue to use them periodically to help maintain a high level of dream recall. These rods are available at several sites on the Internet including the one at the following web address: <http://www.egyptianhealingrods.com/>

8. Aroma Therapy – The book The Scented Veil by Carly Wall lists many possibilities for this technique with two chapters devoted to psychic dreaming and psychic meditations. Scents that are supposed to promote psychic dreams are angelica, lavender, chamomile, and lemongrass. Other scents recommended for lucid dreaming are anise, dill, and clary. I started off using chamomile and immediately received a dream telling me to use rosewood instead. I switched to rosewood and got good results. So here is a clear-cut case where one must remain flexible and find out what works best for their own body in these situations.

9. Spikenard – This is an essential oil dating back to before Biblical times and was originally known as nard oil. It is mentioned three times in the Bible and on one occasion was used to anoint the feet of Jesus (John – Chapter 12:3). It was expensive then and continues to be so now. Only a tiny amount is required, and the suggested method is to apply about two drops to the soles of both feet before sleeping. I did this for about three weeks, and the effect on meditation was highly dramatic during that period. Dreaming was moderately improved. This item is definitely not recommended for long-term use. I stopped after three weeks when I had a highly vivid dream telling me to start using color, music, and crystals in my life instead. On subsequent occasions, the effect of spikenard was significantly less than on the first trial, and I currently use it several times per year for about three consecutive nights.

10. Crystals – Crystals can be highly effective in promoting dreaming and are widely discussed in the literature and on the Internet. An ordinary quartz crystal held in the left hand can be highly effective. It can be held in place with tape, by inserting it in a glove, or by wrapping a handkerchief around the hand. Many other crystals can be used and placed in various locations. Specific crystals to be used include amethyst, rose quartz, citrine, and the Herkimer diamond. These can be placed in various locations including under the pillow, on a nightstand, or suspended over the bed. It is strongly recommended that you evaluate a crystal or any particular location for about one or two weeks to see if it is effective for you. Consistency and intent are very important. Experiment as

necessary to get the desired results. There are no right and wrong methods. Crystals can be taped to the hand, wrist, or third eye location. They can also be placed inside the pillowcase or under the bed. It is also possible to place them in a grid arrangement around the bed. Do keep records so you can tell what is working best for you and your particular bedroom. Do make this a fun activity and enjoy your dreams.

Dream Incubation

There are many methods for dream incubation. Some of the methods shown above for improving dream recall can also be adapted for dream incubation. The ones I have used with good success are documented below. The success rate with dream incubation varies widely from person to person and for the nature of the problem involved. I typically use a specific method for three consecutive nights. If no dream appears on the target issue, I generally discontinue this activity as the time is not appropriate. I tend to get my best results when there is a real crisis or urgency associated with the target dream.

Traditional Methods

Many writers have suggested ideas for incubating dreams and a listing of some possible steps is shown below. This list represents a possible starting point to get the maximum possible benefits from dream incubation. Over time, you may discover which of these steps works best for you and which can be omitted. It is suggested you do this about once per month in the beginning. Then work with the process over time and see what frequency is most appropriate for your lifestyle.

1. Pick a target subject that is of major significance in your life.
2. Pick a day or time period when you are not overly rushed or stressed.
3. Avoid sleep medications, prescription drugs, coffee, and alcohol.
4. Eat lightly or fast on the specific day. Be sure to meditate on that day.
5. Write out your target issue affirmation on paper at least twenty times and put that paper under your pillow.
6. Take a warm bath and play relaxing music before going to sleep. Do not watch television.
7. Put fresh sheets on the bed and burn incense in the bedroom.
8. Kneel and pray for a response to your dream question just before going to sleep.

9. As you go to sleep, keep thinking about your dream question.

10. Do not argue with your spouse or other family members on that day.

Upon awakening, write down all of your thoughts, ideas, feelings, and dreams that come to mind. This process may be repeated for three nights if desired to get the maximum benefit. Look carefully at all the dreams that occur even if they do not specifically mention your target subject. They may be attempting to give you alternative pathways and actions you had not considered in your original dream question. Be prepared to follow up and take action on your dreams even if they lead in some unexpected directions. Over time, you will discover which of the steps listed above work best and which may be omitted.

Post It Notes – This one is extremely simple, and I first used it while writing my thesis on dreams in 2001. Simply write out a very short dream request on a standard Post It Note. Paste the note on your forehead and wear it there as long as possible. I like to put one on right after lunch and leave it there till the next morning. The adhesive on these notes is not very strong so they typically fall off while sleeping. This can easily be corrected with a piece of Scotch tape to more firmly anchor them in place. I have gotten some extremely good results with this procedure. I normally do this for three consecutive nights. If there is no dream on the desired subject, I move along as the time is not yet appropriate.

Written Affirmations – This is a modification of the procedure given above. Instead of asking to remember dreams, you ask for dreams on a specific subject. Some typical affirmations are shown below:

I am using his ever-present love to recall three dreams per night about my college education tonight.

I am using his ever-present love to recall three dreams per night about buying a new car tonight.

I am using his ever-present love to recall three dreams per night about the stock market tonight.

The affirmation you use is written out on paper twenty-one times per day for twenty days. The subject can be changed to fit your own particular need. I used the affirmation shown above about stocks market dreams in March of 2005 for thirty days, during which time my investment dreams increased by about 100%.

Egyptian Healing Rods – These tools can also be used to incubate dreams on a specific subject. Before retiring, hold the rods in your hands and use an appropriate affirmation phrase such as the ones given above for the written affirmations.

Internet Methods – If you need additional ideas or methods for dream incubation do a search on the Internet. There are thousands of possibilities listed there. This will be an excellent time to use your intuition and select one or two that really appeal to you or give you an “aha” feeling.

Creating Your Own Psychic Dreams

Setting the Spiritual Ideal - Virtually all modern-day corporations have written mission statements that address the business and ethical goals of the organization. Many other clubs, social organizations, and public groups have also adopted this practice in recent years. An example of such a statement appears in Chapter 7 for The Precognitive Stock Market Dream Group. Once this mission statement is completed, all future actions for the group need to be in alignment with those goals. This makes decisions and planning actions within the group much easier, and allows everyone to stay focused on the major overall purposes of the organization.

Long before these written organizational statements were ever conceived, Edgar Cayce was encouraging and challenging individuals to set their own “spiritual ideals” as a means of establishing their own moral compass in life. Such an ideal could be a single word such as love, oneness, peace, harmony, etc. Or it might be a short sentence such as “service to others.” If you plan to pursue a course of development with psychic dreams, I strongly encourage you take time to develop your own spiritual ideal for that activity. If this is not done, your progress may be significantly retarded.

An excellent example of following one’s spiritual ideals occurred in 2003 when I rejected an opportunity to help create a book on dreams based solely on the actions within the Precognitive Stock Market Dream Group. Such a book may well have sold thousands of additional copies than this current text. However, it did not correspond with any of my spiritual goals, and would have been focused on a highly sensationalized approach to making money. Its primary appeal would have been to those involved in greed and making money as a primary aim in life. In addition, such a publication would never adequately capture the totality of my experiences in the realm of dreams and the subconscious mind and all it entails. This current book is heavily focused on my dreams experiences in three areas that have vastly improved my life.

Current Dreamers – If you are already experiencing regular dream recall of about 2 – 3 per week or more, your pathway to finding psychic dreams may be somewhat easier. I normally advise people in this category to focus on three specific areas of activity for at least six months or more. The first is improved dream recall using the methods shown in this chapter. Make a listing of the Traditional Methods of improving dream recall. You absolutely must be keeping a dream journal, meditating, and using some form of pre-sleep suggestion. The dream journal practice is relatively easy but can be highly important. Meditation is extremely important and consistency is critical. Be sure to do your meditation every day at approximately the same time. Remember that the only bad meditation is the one you forgot to perform. Using pre-sleep suggestions is also relatively easy and I highly recommend listening to the recorded messages, as they will

help you fall asleep faster. Doing these three activities will definitely move you toward your goal. Do not neglect the other items for improved recall as they may also be critical in your specific case. Here is a great place to let your intuition guide you in your selections.

The second major activity is to switch over to the ideas in the Non-Traditional list in this chapter. I strongly favor the “Remember – Recall” method and the “Written Affirmation” methods. The other methods may be used as needed. Give all of these methods enough time to work for you. Thirty days is typically adequate to see what works and what does not work in your particular case.

After about six months on the above activities, it is expected that your dream frequency has improved. Now would be a good time to start experimenting with the dream incubation methods given in this chapter. My two favorites in this area are the “Post It Notes” and the “Written Affirmations” procedure.

In addition to these three specific action areas, it is strongly recommended you review the items in the intuitive exercises listed in Chapter 3. Make sure you are performing as many of these activities as possible to improve your intuition in addition to working directly on dream response.

At the end of six months, it is recommended you take inventory of what has been happening. If you are making definite progress in improving overall recall, continue on with your selected program items. If you are not moving forward, it is probably time to work in several methods you have not evaluated yet and continue your program. We are all different and there are no hard and fast guidelines on how rapidly you will progress. Intent and consistency are highly important. I wish you all possible success in this activity.

Non-Dreamers – For those having zero or only occasional dream recall, this pathway may be somewhat daunting. I spent almost five years working on dreams before the first faint hints of any precognitive information emerged. It took an additional 3 – 5 years before I hit a peak level of recalling two dreams per night on a regular basis. So in this situation, you may well be undertaking a long-term commitment and there are really not many shortcuts. I do trust that applying some of the methods in this book will help you reach your goals. If you do not plan to stick with it for at least two years, you may want to look elsewhere for guidance. There are two paths to follow and they can be done in parallel. Path No 1 is work directly on dreams and Path No 2 is to do the procedures in Chapter 3 referred to as the Intuitive Daily Dozen.

In working with the Intuitive Daily Dozen, I strongly recommend you explore all of these methods over time. The big critical areas are an absolute must: meditation, yoga, and exercise. These are all highly important activities that can move you toward your goal. Meditation must be done every day to achieve the maximum benefit.

For working on dream recall, I would strongly recommend you start by focusing on those items in this chapter that can be most highly effective. Evaluate all of the items on the Traditional List for enhanced recall. Keeping a dream journal beside your bed is an absolute must. Upon awakening, write down how you are feeling, and any stray thoughts that arise upon first waking up. Many of my early journals are composed mostly of such notes with only rare, occasional dreams. But get in the habit of making entries every day. Getting involved in meditation is a very high priority item. If you are not willing to make this step, your progress may be significantly slowed. One simplified approach is to listen to meditation or guided visualization tapes. But eventually you will want to learn meditation. So look for classes at local colleges or metaphysical bookstores and sign up for those that appeal to you. Use pre-sleep suggestions and again listening to tapes is a great choice. Attend classes on dreams whenever possible.

Read books on dreams. Your local library probably has a selection of books available. When you talk to other people, bring up the subject of dreams, and let them know about your new interest. This may well lead to enjoyable contacts with other people who are interested in dreams. When you write letters, mention your dream work to others. All of these activities are working to set your intention to recall your dreams and prepare your mind for this new activity. When you begin having dreams, look for a dream study group, or start one of your own. Meeting to review your dreams twice per month is highly effective.

Getting proper diet rest and exercise is a given and do not overlook this area of activity. Excessive use of coffee or alcohol is a big no-no and must be avoided. If necessary, go on a diet and achieve your desired weight goals. Joining a health spa or fitness center may work wonders. Do not overlook the best exercise of all, walking. Two miles per day is an excellent objective in this area.

After perhaps 6 – 12 months with these activities and achieving some level of dream recall, move to the Non Traditional items listed in this chapter. Please do not jump into these prematurely and get discouraged when they do not bring instant success. All of these things take effect over time and each individual will of necessity move at their own pace of development. I get my best success using the Written Recall procedure.

Cautionary Notes – There are several areas where some words of caution are definitely in order. Do not rush into this endeavor and expect instant gratification. Give whatever methods you are using a chance to work for you. It is a lot like training a set of muscles you have not used in a very long time. They will need time to develop and work properly. In many cases, several weeks of effort are probably adequate to see how effective a specific approach is for you. However, I know one man who started by putting a dream journal beside his bed and waited for over three months before the first dream appeared.

Do not expect every dream to be precognitive or contain psychic insights. This is extremely unlikely. Approximately 85 – 90% of your dreams will be about what is going on internally within your own life. The remainder may over time contain intuitive or

precognitive information about external events. Do not expect dreams to give you answers to every situation that arises as this can lead to unnecessary procrastination when an appropriate decision can be made with your rational mind.

*“Dreams are God’s golden pathway to your greatest achievements”
~ Ancient Sage*

Chapter 6 – Major Dream Areas

Accumulating thousands of dreams over a period of almost three decades is a lot like painting wall murals on the rooms of a very large mansion. At times, you are working in the living room while at other times you are in the bedroom or attic. Sometimes you are working on the walls and then switch to the floors or ceilings. You will revisit these rooms many, many times over the course of your lifetime. While some issues or problems may be resolved in a single dream, many complex issues will be worked out in a series of dreams covering a period of weeks, months, or even years. In this chapter, I will explore some of these major dream series that have occurred in my own life.

Career Guidance and Relocation Dreams

The Move From Richmond to Atlanta – In the mid 1980's I began to suspect my career in Richmond had reached a peak, and further advancement at that location was unlikely. Many younger engineers were receiving promotions I desired and it appeared I was over-the-hill for any further advancements. Then in the spring of 1984, I had a short vivid dream in which I was shown to be “leaving my Richmond job in a car or van.” That specific phrase about “leaving in a car or van” repeated three times in this rather short dream, so I knew that part of the message was extremely important. Twelve months later when I did leave that job, I was driving my own car. But six months later, a man named Van recruited me into a new job in Atlanta. In this case, the guidance was highly accurate, but there was some transposition of symbols between my driving a van and a man named Van.

The overall events leading to this exciting career change were actually played out in a series of about twenty-five dreams in a four-month period from late 1984 to early 1985. None of these dreams were identical but they all pointed to various aspects of this situation. Several key dreams had the following messages or actions.

1. I fall out of an airplane, but an unseen force picks me up and saves me.
2. I am hanging onto the edge of a cliff and a big hand reaches down and pulls me to safety.
3. Something happens at my place of work in Richmond that is so exciting I go out and buy a new house.
4. I go down to the railroad station and catch a train at the very last moment. When I look around, I see many of my friends from work on board.
5. Somewhere in my life there was going to be a big explosion.

At first, I did not recognize the overall connection in this group of about fifteen dreams. But by the end of Jan, 1985 I knew that some important event regarding my job situation seemed imminent. At the beginning of February, my employer announced an early retirement plan that was highly attractive. There was one specific age-group that received the maximum benefit, and I was exactly at the most attractive age possible. So this was what the previous dreams in December and January had been preparing me for. My dreams then switched frequency and started saying take the retirement offer.

1. One dream from this time showed me breaking out of a barbed wire stockade and crossing a road into a beautiful garden.
2. In another I went to a railroad station, caught the train, and left a friend from work behind.
3. In another I was flying to a new destination in a small plane surrounded by much larger planes. I avoid the heavy traffic and make a safe landing at my new destination.
4. I am at some big party or celebration and am handed a graduation book.
5. A big explosion leads me in a new, exciting direction.

These dreams were highly encouraging but this was an agonizing decision. I had been at this job location for many years and had never made a career move to another

company. Then in mid February, I had an extremely powerful dream message that made my decision to leave much easier:

I am delivering newspapers early one morning in Richmond, VA. Ahead of me on the street there is a scuffle going on. To avoid this, I take a side street and find refuge in a large, heavy wooden tavern building. The wise old man of my dreams named Jim is the host in this heavy log structure. There is an attack on this building and they are after some very important person. A lot of shots are fired in an attempt to capture this building and some men are wounded. Jim strongly encourages me to leave by a side door while there is still time to escape and go elsewhere to safety.

This dream needs little explanation. In it, the wise old man of my dreams is clearly telling me to escape from some confining situation where I am under attack and go in some new direction to find safety. This wise old man figure had been in my dreams for several years and had brought me previous messages that were highly accurate. So I decided that my years of listening to my dreams and having fun with them had ended, and the time for highly decisive action had arrived.

I took the early retirement in April 1985, without knowing what would happen next. I sent out dozens of resumes but the responses were not encouraging. I traveled quite a bit and paid close attention to my dreams for future guidance. To my shock and dismay, these dreams were filled with many events about my former place of work and very few about the future. One thing was very clear in these dreams. When they took me back to the previous work location, I had to carry a knife or gun for protection. In one dream, I even led a group of commandos to attack the place. These latter dreams were clearly showing me I had left a very hostile environment and was well rid of that place. In one of the few dreams about the new place of work, I was shown waiting on the street corner for a bus to come and take me to the new location. I waited and waited but the bus did not come. I was told in the dream to wait some more.

In mid summer of 1985, I decided to leave Richmond and move to Jacksonville, Florida. So I arranged a trip to that location to hunt for a new home. Just before leaving on that trip, I had a clairaudience dream which is a single sentence spoken aloud. I had several of these dreams in previous years and knew they contained very important messages. This dream clearly said: – “Get ready for a huge surge of energy in your life.” With the trip to Florida in mind, I assumed the big surge of energy would come when I found my new dream home there. After two weeks in Florida, there was no surge of energy and no dream home in sight. I did make a down payment on a lot with the intention to build but the excitement I expected was not there.

After returning to Richmond, I received a highly positive response from a job recruiter and my life immediately began to turn around. A series of phone calls followed and then came the big event. My potential new supervisor in Atlanta named Van, called, and asked me to come there for a job interview. The incredibly huge surge of energy that ran through my body is difficult to describe. I had gone to bed quite tired at 9 PM and

was barely able to talk when the phone rang at 9:30 PM. This immense excitement jarred me awake and there was no doubt that this was what my dream had been describing and where my future was headed. I accepted the new job in Atlanta about six weeks later and moved there in early December. It was a highly exciting experience and my dreams had played a pivotal role in the overall situation.

Solving Problems At Work – The equipment in an industrial laboratory and manufacturing plants are subject to many types of malfunctions. This is particularly true when working with new equipment. At my job location in Richmond, I grew accustomed to receiving dream guidance in these situations and in one case even got help from a friend in another state.

We had taken delivery on a small hot roll unit that was used to heat a fabric product in our small-scale test facilities. The roll when delivered was covered with a heavy brown wax paper for protection. After installation, there was still some of the brown wax residue on the shiny metal roll. The operators cleaned it but there were still some faint traces apparent on the surface. Due to a rush of activity, we ran the initial product trials and sent the product samples to our internal testing lab for analysis.

At this time, I had discussed this situation with a lady friend who was an active dreamer in New Jersey. A few nights later, she phoned me with a dream in which “a new baby we had received in Richmond needed a hot bath” This sounded to me like our equipment unit needed to be dismantled and have the heated roll steamed cleaned. When the lab test results on our initial product failed, I requested the unit be steamed cleaned. This was very difficult as the maintenance turn around time was about two days. The operators quickly found a more powerful solvent that removed the entire offensive residue without removing the roll and subsequent product runs were highly successful.

After moving to Georgia, we had our permanent offices in Atlanta but made many trouble shooting trips to manufacturing plants in small towns in South Georgia. The distance to these remote sites was about 200 – 230 miles so a trip down and back in one day was generally not satisfactory. It also did not give me adequate time to have dreams help me with my work at those locations. So I immediately developed a method of driving three fourths of the way and spending the night in a motel about 50 miles from my final destination. With very little to do in these small towns, it allowed me to get a good night’s sleep and gave me a much better opportunity for creative dreaming.

I recorded my dreams on a small tape recorder and listened to them while completing the drive the next morning. These dreams were extremely helpful in guiding me in the proper direction when I arrived at the big manufacturing plants and saved me considerable time. In one instance, we had installed some immense heated rolls similar to the ones I had used on a small scale in Richmond. The design criteria for the new rolls called for a flow of 100 – 200 gallons of hot oil per minute. Our hot oil pumps delivered 100 gallons and the vendor thought that would be adequate. Initial trials of the new rolls were not satisfactory so I was called on for assistance. That night at the motel, I had the following dream:

I am in my kitchen at home and am cooking something in a deep fat fryer. But the oil level in the fryer is not adequate. I keep pouring more oil in but there is never enough to cover the food. It must be leaking out somewhere.

Since I never eat fried food and did not even own that type of cooker, this dream was definitely pointing me in some other direction regarding a deficiency with hot oil. Upon arriving at the manufacturing plant, I was able to quickly focus on the heating system and determine we needed more hot oil flow to the new rolls. This was easily accomplished by up grading the capacity of the existing pumps, which quickly solved the problem.

One situation arose in my office in Atlanta I had never dealt with before. The director of our building was a workaholic man who took great pride in the extra hours he worked and how many papers he carried home. At every possible opportunity, he preached little sermons on the great value of overtime work. I found this extremely irritating, as his advice was definitely conflicting with my desires to enjoy social life in Atlanta. About six months later this subject was dealt with in the funniest dream I ever had:

I come into my office location one morning just five minutes before starting time. I see a group of extremely young engineers at their desks working hard like they have been there some time. They look at me and then look at their watches in a disapproving manner. At lunch, I leave the building at noon but this same group of young people is still hard at work. At 5 PM, I pack my brief case with a few papers and am headed out the door. This group of young people has not budged and is still working on and on. One of them speaks to me and says, "What do you do with all of your spare time, Walt?" I reply back immediately. "Well I have never had a problem with that subject ever since I discovered girls."

This dream was so hilariously funny that I almost fell out of bed laughing while recording it on my tape recorder. It also gave me some clear directions on how to allocate my time in Atlanta.

Relocation Move From Virginia to Arizona - I moved from Atlanta to Virginia Beach in 1996. At that location, I continued my study of dreams, received a Masters Degree in Transpersonal Studies at Atlantic University, and wrote a thesis on dreams. But by early 2002, it appeared I had hit a dead end at that location and began planning for a move. Las Vegas was high on my list. Several very close family members lived there. So I began a more focused plan to complete that move. Then two dreams quickly intervened that ended my ideas about making that move. The first occurred in the late spring of 2002.

I was living in a retirement home in Las Vegas and playing in a bridge game at that home. My partner was a woman who was making outrageous bids at the bridge table. It requires 13 – 14 points for an opening bid but she was opening

hands with as few as 8 – 9 points. We were badly defeated in all of these situations. So I was forced to call the game director and make a protest and get a new partner.

This dream alerted me to the strong possibility that my expectations for Las Vegas were being greatly exaggerated and that this situation might not work out well. Then a few weeks later, I had a much more compelling dream about my proposed move.

I am crawling on my hands and knees across the barren desert and am very, very thirsty. There is a large empty canteen hanging by a strap around my neck. I see a beautiful, golden city rising up out of the desert immediately ahead of me. It was Las Vegas and I got up and rushed into town. I went all over the city with my canteen looking for water. But no matter where I go, I can only find enough water to fill my empty canteen to the half full level.

This dream was definitely sending me a very loud message that my move to Las Vegas would not fulfill my desires in life and I discontinued all activities in that direction.

Nine months later, I reactivated my moving plans and focused on Phoenix, Arizona, where I also had relatives. This plan proceeded without any warning dreams. Nevertheless, I had some major concerns about his situation. These concerns were greatly alleviated when I finally put my home on the market in late May of 2003. Homes on either side of me had sold within 2 – 6 weeks but I had no clue about my own prospects. My real estate agent was highly optimistic. He had sold the home that closed in two weeks. I signed the listing papers on a Thursday and the home was sold in just twenty-two hours. It was an all cash deal at the highest price ever offered for that model home. In addition, I also received \$1200 above the offering price for the refrigerator, washer, and dryer appliances. Based on these rapid, highly positive results, I concluded the universe was definitely ready for me to exit that area in Virginia.

Moving Into New Houses

Shortly after moving to Atlanta in 1985, I joined a dream study group and became active with the local Jungian Society, which also had some dream work sessions. At this time, I began having dreams about moving into new residences. Sometimes it was a new house while at other times it would be a fancy apartment or condo. Typically all of these new locations were more spacious or opulent than my existing townhouse in Marietta. All of this was slightly puzzling. I had purchased a new home less than a year ago and had no intention of moving. And the dreams on this subject were occurring eight to ten times per year.

Then I picked one of the more exciting relocation dreams and did an intense examination of it with the study group and the Jungian Society. This led to the conclusion that these dreams were about moving into a new state of consciousness. This

conclusion seemed to fit well with all of these dreams. A few months later, I was reviewing my dream journals for the past two years and made a further discovery. The vast majority of these relocation dreams were preceded by a dream in which some military type conflict had been overcome. The conflict resolution dreams came about two or three days in advance of the new home dreams.

These moving dreams have continued throughout the years and are still occurring as this is written in 2006. One of the more memorable ones occurred in the spring of 2005.

I have moved into a new one story duplex unit. I have completed the building of a very large stereo system and it is so large that I have expanded out of my unit into the hallway between the two units. In addition, I am spending a great deal of time working with rocks and painting the rooms in many different colors.

This dream occurred in very vivid color and was showing me a move into a new state of consciousness in which I would make expanded use of music, color, and crystals. This dream has definitely come true in my life since that time. The rocks named in the dream represent quartz and numerous other crystals that I now use in meditation and a variety of other healing purposes.

Dreams of Diet, Health, and Nutrition

By far the longest series of dreams involves what foods to eat and which to avoid. Approximately 8 – 10% of my 15,000 total dreams are devoted to this critical subject. When I first discovered the Edgar Cayce organization at Virginia Beach in 1978, my overwhelming interest was about health related information. This highly focused approach stemmed from a life-long problem with spastic colon issues and some mild food allergies. Visits to many doctors over the preceding two decades had alleviated these medical problems somewhat, but nothing that resembled a real cure occurred. The only medications of real benefit were the papaya enzymes tablets I had been using for several years with good success. I seemed to have become dependent on them, which was of some growing concern.

I plunged into the Cayce psychic readings and read everything I could find both in the readings and other books on this subject at the large library located there. For six months, I made numerous trips to Virginia Beach from my home in nearby Richmond. I filled several notebooks with ideas, bought numerous books, and read everything possible I could find on digestive disorders. While all of this study was of significant help, any complete cure eluded me. Little did I realize that I was looking to outside sources for help. The help I really needed was revealed in a long ongoing series of dreams that continue to this day.

These dreams about food and other health issues tend to be short, blunt, and generally quite literal in nature. They are presented in terms devoid of complex dream symbology so that I can easily grasp the meaning.

Food Related Dreams - My first dream about foods came in mid 1979 and is extremely easy to understand:

I go through a cafeteria line and fill up my plate with scrambled eggs and ham and put it on the table. I turn my back for a moment and a waiter takes my plate and scrapes the eggs and ham into the garbage.

I immediately stopped eating ham. Later I discovered that the Cayce readings strongly favor eating eggs with soft yolks and scrambled eggs are not recommended. I have had a number of follow up dreams on this subject whenever I have eaten scrambled eggs.

Another favorite food related dream occurred in the summer of 1982 while living in Richmond, VA. I had attended a spiritual conference in Pennsylvania and was quite sick when I returned home from something I had eaten. The next morning I awoke with the following dream.

I am living with a couple from India. The man from India is quite sick and wants to see a doctor. The woman from India on the other hand wants to go and get her husband some cherry pie for his illness.

This dream does not require any great degree of interpretation work, and I was standing in line at 6 AM when my local grocery store opened to buy fresh cherries. They did an excellent job of curing my digestive situation and have become a major item in my diet whenever they are in season. This dream about eating cherries has repeated with slight variations several times in subsequent years.

One major thing that did not get checked in my numerous visits to physicians was food allergies. My dreams provided early warnings of this situation although I did not understand the allergy part at first. The first such dream occurred in late 1983. In that dream, I was shown doing childish things like eating ice cream and popcorn. I had known for some time that corn was difficult to digest, but did not understand the connection with ice cream. Several years later when I was tested for food allergies, I discovered I was allergic to corn. I also discovered that most ice cream products on the market had been reformulated to contain corn syrup instead of sugar. My dreams were trying to warn me of this in advance by linking these two foods.

Subsequent and more extensive tests in 1985 showed that, not only was I allergic to corn, but to beef, and a number of other foods. The people who performed these tests were convinced I had a yeast infection. The diet they recommended was highly restrictive, and contained a very large number of special supplements that could only be obtained at some very special food stores. They gave me directions to the food stores

involved and told me I could get a discount if I mentioned their names and use their forms to order the supplements. That night, I had three highly vivid dreams about these recommendations. The first dream showed all of the food supplements being passed through my body undigested and making a huge mess in the commode. The second dream showed me in the wrong church, singing the wrong song, from the wrong hymn book. The third, and concluding dream that night, showed me being involved with some people who were way too commercial and not really interested in my overall health. I rapidly decided to ignore the instructions I had received regarding a yeast infection and pay more attention to my dreams.

Numerous dreams helped me deal with the food allergy issues. Seafood and chicken were frequently mentioned. In one dream in mid-1985, I was shown a cat arching its back and jumping over a fence two times higher than normal to get crabmeat. This one seemed to be telling me that sea food was good for my back and that I should double my efforts to eat it. This theme was repeated two months later in the following dream:

I am working in a seafood store in a port city selling seafood hand over fist and shrimp is the most popular item. Suddenly the demand for shrimp doubles and we have to rebuild the ship's cargo bay to hold more shrimp.

So again, I was being told in a very clear message to eat more seafood. The fact the dream took place in a port city strongly suggested eating fresh seafood.

Salads and vegetables were also recommended in several dreams. In a typical dream from early 1985, I go into a cafeteria and sit down with a lady friend. She immediately offers me soup, salad, and vegetables to eat. Here my intuitive self is offering me three good food choices. That was followed by a short dream two weeks later when I came to the table to eat and was given two salads. In another dream from this time period, I go into a cafeteria with two serving lines. I go through the one serving salads first before going to the line with the main courses.

Milk was featured in many dreams before allergy testing alerted me to avoid it. In one dream, I was eating yogurt for breakfast and dropped the yogurt on my trousers and created a big mess. In a second dream, I get on a train and find I have to drink milk. I was told I was allergic to milk and there is nothing to do about it until we depart. I am directed to "get off the milk train."

Alcohol appeared in several dreams. In one instance, I was being poisoned by something in my stomach. I go over to the sink and cough up some red fluid that is not blood. I immediately knew I was not supposed to drink red wine. Then in mid-1986, I did a dream incubation and asked for guidance on health. I was rewarded with the following dream:

I take an older man to a barbershop and pour him a drink. The first glass of white wine is very good. Then I pour him a second drink. I pour and pour and

pour but no matter how I mix the second drink it never tastes anywhere near as good as the first one.

This clearly indicated that one glass of white wine was good but never to have a second glass.

Dream guidance accelerated in 1986 when lucid dreaming became part of my life. One dream sequence from early February 1986 contained sixteen short dream messages. During the latter part of this long sequence, I was able to enter the dream and ask for information on specific subjects. The tenth dream in this sequence dealt with my questions on food. As each food was mentioned, I went into my kitchen and was given an appropriate picture. Good foods were shown in over abundance. Oranges and bananas were piled high on the counter. Citrus fruits covered the entire floor. Other fruits and vegetables filled my refrigerator to overflowing. I appeared with huge clumps of grapes in each hand and carrots were shown going through the juicer. Radishes were shown in a huge pile. Red meat was attached to a rocket and flew out the window along with peanuts and cottage cheese. Two small apples rolled off the kitchen counter and down the garbage disposal. These vivid symbols were all easily understood.

In another lucid dream from mid 1987, a wise old man from China came into my dreams to provide assistance. When I asked him about foods, he took me into the kitchen. First, he picked up my food plate and scraped off the potatoes and replaced them with rice. Then as we walked through the kitchen, oriental cookbooks, my steamer, and cans of oriental soup jumped off the shelves and lined up ready to use. This was a highly obvious message to eat lots of oriental foods.

Throughout this time period starting from 1987, I readily accepted these dream messages and put them into effect immediately. I remained highly eager to improve my overall health. While all of them produced some benefit and some were highly effective, none of them produced a major breakthrough in this area. The major breakthrough dream occurred in October 1987 and was quite specific and very direct.

I go to an outdoor food festival and there is a world famous food expert there. The crowd around him is so huge I cannot get close enough to hear anything. I leave that group and walk past a lightly flamed food basket. It is called "Flaming the Onion" because when it is turned over the foods come out and there is a huge onion on the top. People approach it cautiously, but I go right up to eat. It's not quite dinnertime and I do not have my enzymatic digestant tablets but finally decide to eat anyway. I take several pieces of onion and some thin crusty pita bread with blueberries on top. I am the only one eating with great gusto and am told if I eat these three foods, I can stop taking my digestant tablets.

The first part of the dream was obviously telling me to avoid the advice of experts. The second part of the dream was both delightful and almost shocking. I was being shown that if I ate these three specific foods I could stop taking the enzymatic tables I had used for the past twelve years. I put this dream to an immediate test and

stocked up on all three foods and ate them quite frequently. The results were highly successful. I soon found I no longer required the digestant tablets.

Beef has been the subject of a variety of dreams. Sometimes I can eat this food item, and at other times it produces severe reactions in my body. A highly compelling short dream about beef occurred in mid 1983 while living in Richmond, VA.

I am in a foreign country and start to cross a wide street. The meanest man I have ever known in real life comes up to me and offers me a big juicy steak.

If the meanest man in the world wanted me to eat steak, I knew it could not possibly be good for me. So I totally avoided it at that time. About seven years later while living in Marietta, Georgia, I had two dreams about beef in the same night. In the first dream, I was in a dance studio attending a party and meeting lots of new and interesting ladies. At intermission, I left the studio, and walked into a local grocery. I went over to the meat counter and was immediately handed an eight-ounce steak to eat. I recorded this dream on my miniature recorder and fell back to sleep in a state of shock and disbelief totally convinced the dream was incorrect. I awoke about an hour later with a second dream.

I am in a school for the hearing impaired. We go to the cafeteria and I am served a one half pound piece of roast beef and told I must eat this item if I am to play a leading role with the ladies back at the dance studio.

This immediate follow-up dream was clearly telling me I was being deaf to the first dream, so I was given the same message again. Steak was really a food I needed at that time. I resumed eating steak a few days later on a limited basis with no problems. This is the only time I have ever received this type of follow-up dream indicating I definitely needed that food at that particular time.

I have also had dreams about eating too much of some favorite foods. In 1992, I had a dream telling me to eat more bananas. I was overjoyed. This was a favorite fruit. I set out eating them and was soon having one every morning. After about ten days on this routine, I awoke one day with the following dream.

I wake up one morning and go downstairs to the kitchen. I open up the extra big cabinet drawer where I keep kitchen utensils. Instead of cooking utensils, I find the drawer is completely filled up with bananas. However, these bananas have all been neatly cut in half.

This short, very blunt dream was definitely warning me not to eat so many bananas and was giving me a specific recommendation to cut back by 50%.

Shortly after moving to Virginia Beach in 1996, I discovered I was lactose intolerant and gave up eating all dairy related products. About a year later, I had a very

short dream about eating a very tiny amount of chocolate after lunch every third day. I crave sweets after lunch and followed this suggestion with great enthusiasm for about a week. Then on a day when I was scheduled to eat chocolate, I felt ill and skipped this treat. The next morning I had a longer dream about going to a gourmet restaurant and eating a fancy lunch. After lunch, they brought around huge desserts and I am given a big helping of chocolate ice cream. I resumed my tiny bit of chocolate after lunch and continued it for about a year. Then I had the following dream:

I am out eating lunch and without asking, am served a large bowl of lobster bisque soup. Then in addition, they bring me two small cartons of milk.

This type of soup is typically made with heavy cream so the lunch in the dream was heavily slanted toward dairy products. I resumed eating these products without difficulty. Upon searching the Internet, I discovered chocolate can increase the supply of lactase which is needed to digest the lactose in dairy products by 500- 600% in laboratory studies. However, small quantities of chocolate work much better than large amounts, which is exactly what my dreams had been telling me.

I have very few warning dreams but they can be extremely helpful as was the case with salt consumption. I had read extensively about the role of salt in heart attacks and strokes for people in high-risk categories. Since none of the people in my family had these health problems, I assumed I was in a low-risk group. I did not pour large amounts of salt onto my food but I was particularly fond of one variety of seasoned salt I used a lot in cooking. My ideas on using salt changed dramatically in mid 1996 following this warning dream:

I am watching my old friend Bill in Richmond, VA. He recently joined a group somewhat like a cult. One of the requirements is that the members are all required to commit ritual suicide at some point in time. It is time for Bill to perform this act of suicide. Before leaving for the meeting, he is searching all over the kitchen for a saltshaker full of salt. But all he can find are salt containers that are only 25 – 35% full. These will not work and he cannot go for his appointment unless he has a full saltshaker.

The linking of heavy salt consumption with committing suicide changed my opinion on salt consumption dramatically. I cut way back on this item and completely eliminated the seasoned salt. In addition, I switched to a salt variety containing potassium chloride to avoid the sodium found in regular table salt. I miss the seasoned salt but the dream was a real wake up call to make drastic changes in this one area of my diet.

Physical Health Dreams – In addition to food, my dreams have included a wide variety of other health related subjects covering all areas of the body. In one dream from 1989, I had the following shocking dream:

I am in the bathroom of my townhouse in Marietta, GA and am totally naked. A physician is giving me a medical exam over my entire body. He starts

at the top of my head and works downward. When he reaches the appropriate level, he looks up and says that the next drop of urine that I pass will be blood. Then the dream scene shifts and I am now downstairs in the kitchen. On the kitchen counter, I find a tall ship's decanter bottle. I pick up this object and fill it with water. Then I pour all of the water into the sink. I kept rinsing this unusual shaped bottle several more times.

The first part of the dream was a huge shock as many of my dreams had come true. Then on further examination, I realized the first part about blood in my urine represented a potential problem. The second part of the dream was showing me the cure. The ship's decanter bottle with its flat oblong bottom and long tall neck represented my abdominal cavity and the long tall neck was my esophagus tube. So flushing that area with lots of water was the cure for the problem. For the next ten days, I drank very large amounts of water and the bloody urine problem never occurred.

In another instance in 1992, I experienced considerable difficulties with a pinched nerve on my left side at the C-5 joint in my neck. Chiropractic adjustments were only moderately helpful. Physical therapy with heat, ultra sound, and strengthening exercises were of greater benefit but did not provide a permanent cure. Then I enrolled in a new health care plan and resolved to cure the situation. My new physician recommended wearing a cervical neck collar, which was only moderately helpful. He sent me to a specialist where X-rays again confirmed the source of the pain at the C-5 joint. The orthopedic specialists recommended more intensive physical therapy. This approach was only 50% effective and the pain continued. Then one morning I awoke with the following short dream:

You have been sleeping on your right side all of these years which is causing the pinched nerve in the left side of your neck. If you will roll over and sleep more on the left side, this problem will go away.

I immediately switched to sleeping mostly on my left side and in two months time this pain problem was eliminated. This was a highly rewarding result and vastly superior to the treatments my doctors had been recommending.

My most highly successful dream cure involved the treatment of my lower back pain. This had been a problem for a number of years but could normally be controlled by doing appropriate stretching exercises. After moving to Atlanta in 1985, the pain became more intense and the exercises no longer worked. Then in March 1986, I awoke with the following extremely blunt dream message:

I was on a college campus and went into a library. I was led over to a tall bookcase in the corner of the room. In front of the bookcase was a small low table containing two books. Someone from behind me leans around and points to the title of the first book. In great big, gold, embossed letters the title was **SEE A CHIROPRACTOR.**

The dream message was unmistakably and dramatically clear. But I was very fearful about visiting a chiropractor at that time as I had never done this before. I knew many people who did this on a regular basis but the idea was totally foreign to me. I procrastinated for several weeks and then made an appointment at an alternative health care clinic I visited regularly for massage work.

At my first visit, the chiropractor took x-rays and discussed my situation. Then he adjusted me and the results were sensational. Many years of accumulated stress vanished and I was in a state of total euphoria for five entire days. My back pain however needed many more adjustments spread over a much longer time period. The first chiropractor gave great adjustments but had a very negative attitude. At every weekly session, he kept telling me that I was not holding my adjustments. With that negative thought in my mind, my progress was very slow.

Three months later, I switched to another chiropractor in this same office. The new man also gave great adjustments but had a strong positive attitude. Soon he started telling me I was starting to hold my adjustments. With that positive message in mind, my progress accelerated rapidly. Soon I went from weekly adjustments to every other week. Then I progressed to every third week and finally to once per month. After twenty four-months of overall treatments, I had the following dream.

I go to visit a hospital and am on the second floor. I go in one room after another looking for someone. The head nurse sees me dashing in and out of these various rooms and asks what I am doing. I tell her I want to see the young man who had back problems. She replies, "He got cured so we sent him home."

This dream clearly signaled the end to my back treatment problems. However, I had become totally convinced of the value of chiropractic adjustments and made continuing use of these treatments for other issues that arose.

Another fabulous healing dream occurred in mid April 2006. I had been receiving repeating messages in meditation to go to classes at Vision Quest Book Store in Scottsdale, AZ not far from my new home. The first class session I attended was a Wednesday night "Healing Circle" led by a local psychic healer named Mark Earlix. He lectured and responded to questions for about twenty minutes. Then each attendee was given a brief five-minute healing treatment. I started out being skeptical of this situation but got really curious by the end of the evening. Driving home I strongly considered having a ninety-minute healing session with this man. Then the next morning I had the following very exciting dream about this situation:

I am standing at the bottom of a set of stairs I need to climb. The first step is extremely high and I cannot possibly get up to the top. But Mark Earlix is standing on top of that step, reaches down, and pulls me up. After that, I can easily move up the remaining steps all of which involve going to dances and parties, hugs and kisses, loving relationships and many other highly enjoyable activities in life. I rejoice and am highly excited about all of this.

The dream was an extremely powerful incentive to move forward with treatments from this healer. Following my first ninety-minute treatment, my spastic colon symptoms which had been a major issue since college days simply vanished. This fantastic healing totally changed my life for the better. I did have to adjust to some new foods to fully cope with the slow down in my colon response. This adaptation to a new diet, however, led me to a vast improvement in my overall digestion and elimination process. The healer Mark Earlix can be located at his web site at <http://www.theartofhealing.com/>

Stock Market Dreams

My dreams about investing began in 1983 about five years after attending that first lecture on dreams at Virginia Beach. The dreams were extremely clear and definitely involved the stock market. I had been investing for many years but my overall results were definitely disappointing. Although perhaps fewer in number than my health dreams, these investment dreams are much more highly documented. Starting in 1987, I sent a typed copy of each investment dream to my financial planner named John in the Baltimore – Washington, DC area and another copy to my stockbroker. There were 324 of these letters from that point to October 1998 when I switched to using e-mail notices. These e-mail notices went to members of the Precognitive Stock Market Dream Group that was formed then. That group activity is discussed in detail in Chapter 7. There have been about 700 of these e-mail notices since that time.

One of my earliest investment dreams dates from 1982. I had gone to attend an evening lecture regarding the Epic Real Estate program and their expanded future prospects. A woman was the main speaker and there was a large collection of handouts and promotional literature. It sounded very rewarding. I was highly excited about this subject as I fell sleep that night. Later, I awoke with a short dream in which a lady came up and spoke directly to me and warned me not to invest in the Epic program. I followed the dream advice and was saved from a considerable loss when Epic went into receivership about nine months later. In early 1983, I was considering a new investment in another real estate partnership, which I had been doing on a regular basis for a number of years. This time I had a dream that definitely warned me not to continue this activity in the future. With great regret, I discontinued all of these partnership investments. This turned out to be extremely sound advice as three years later the tax reform act of 1986 eliminated most of the advantages from this type of investment.

Despite a number of successful dreams, I remained highly cautious about investing in individual stocks until October 1987. In September of that year, I had two dreams on the same night that changed my mind completely. The first dream did not actually mention investments and is shown below.

I am on a double-decker bus with a group of professional football players. They say the game is about over. I am told to sit down and hope that Mr. Renfro

does not come along. He is very tired and has lots of anger in him because all of the big gains are over.

In isolation, this dream did not convey any real message about the market. It definitely talked about the game having ended, and the big star pass receiver Ray Renfro being very mad about the big gains being over. But no specific mention of money or investing was present in the dream. Then a bit later, I had the flowing much longer dream that tied it all together.

I get on a train with my financial planer friend John and we sit down together. Later we go to a huge all-you-can-eat feast in the club car. We both load up with 2 – 3 plates of greasy shrimp, pastries, pies and little or no salad. Really, just junk food. The train comes slowly into Washington, DC. The coach slowly empties out and I collect my bags to get off. Other people get on the train to fill up the cars. But the conductor gets very irate, waves and shouts, and orders most of them to get off. I leave the train and walk through the city looking for a place of safety.

Combined together the two dreams told an extremely compelling story. In the first message the game is about over and the big gains have been made. In the second dream, I have loaded up with junk with my financial planner and need to get off and find a place of safety. When I called my financial planner the next day, we quickly decided to sell all of my stocks without delay. For the next thirty days I worried and wondered about that decision and if it was the correct thing to do. Then in October 1987, the Dow Average plunged 507 points in just one day and I was protected from any loss and the emotional pain involved. This experience made me a strong believer in following my dream information and I was much more confident in making stock purchase decisions.

Dreams do not always identify specific companies by name but use strong symbolic connections instead. In 1994 while living in Atlanta, I dreamed about the stock market and was shown a very long group of bright orange buildings that were all connected. They extended as far as the eye could see and wound up on to some high hills in the distance. While the orange buildings might not mean much in many parts of this country, the residents of Atlanta were highly familiar with them. The city is the headquarters for Home Depot and their bright orange stores were easy to spot all over town. I purchased Home Depot stock at that time and it has increased in value by about six times.

In mid 1996, I dreamed about walking into a brokerage office and looking out the window. Next door was a building where they manufactured jam and jelly. It was sitting at the bottom of a deep hole. Later the next day I talked to my broker and learned that *Smuckers* was the only listed company making jam and jellies. This stock was selling for \$16 at that time but later rose to \$34 for a very nice gain.

The vast majority of my dreams involve buying with only an occasional sell signal dream. One fascinating sell dream involved *Calloway Golf*, which I purchased in mid 1995 based on a broker recommendation at about \$11. This stock moved up very

nicely to the \$28 - \$32 level in early 1997. I was elated over this situation. Then the following dream alerted me to possible problems ahead.

I am out on the golf course. I tee up and hit a long drive that lands at 250 yards. But the ball continues to roll and roll all the way out to 350 yards. As I pick up the golf ball and walk back toward the clubhouse, a small black man appears. He is very upset and starts shouting at me to get off of the golf course.

I do not play golf, so this dream had to be about some other part of my life. I soon became highly concerned about my *Calloway* stock. The price went on up to the low \$30 range. Then a rare event occurred in the field of professional golf. A small black man named Tiger Woods burst on scene and starting winning major tournaments. He won the Masters Tournament on his very first attempt and started signing contracts with various golf equipment makers. Golf related stocks became quite active and they were all moving up nicely. I decided this was my signal and sold *Calloway* at \$32. It went slightly higher in price to almost \$37. But then it went into a dramatic, prolonged sinking spell and fell all the way to \$10 within just one year. This stock was my first really big winner and a dream had taken me out very near the top price. It also gave me great incentive to pay more attention to my financial dreams.

I have had major successes with a variety of stocks and one of the early winners was *Isle of Capri*, which operates casino games. I was attracted to this company by an article in an investment magazine. A few nights later, I dreamed about making a huge pile of money doing what an old friend had done when I lived in Richmond, VA. My friend bought a casino stock at a very low price and made a huge profit on it several years later. So I bought the *Isle of Capri* stock at \$2.75 and sold it two years later for \$10.50.

Another big success stock for me was *Johnstown America* that makes railroad cars. I read a recommendation to buy this stock and several days later had the following dream:

I see a little railroad engine that started at the bottom of a steep hill. It kept going up-up-up until it vanished over the top of the hill at around 20.

I purchased the *Johnstown America* stock at \$3.50 per share and sold it about twenty months later for \$22 per share. The company literally vanished from trading as the corporate executives did a leveraged buy out and took the company private. So it was de-listed from trading for several years.

A third highly successful stock was *Movie Gallery* that rents movie tapes and DVD's. Shortly after hearing about this stock, I had a vivid dream about finding money on the ground in front of a deserted movie theatre. Since finding money on the ground has been a highly reliable dream symbol for stock market profits, I purchased *Movie Gallery* for \$1.75 per share. The stock remained inactive for over a year and stuck at a very low price. Then in early 2001, it exploded upward and I sold it for \$13 in July 2001 for an excellent gain.

A Dream Series That Did Not Work - Not all series of dreams produce positive results. One group of about a dozen dreams occurred during the early 1990's in Atlanta that caused me considerable confusion. They typically appeared in the following form:

You will find an exciting investment plan or stock to buy listed on Page 17 of one of your business publications.

None of the dreams were identical and the page numbers were different in each dream. None of them mentioned which specific magazine or newspaper was the target publication. At first, I was highly excited by these dreams and spent considerable time checking them. I subscribed to two business magazines and several more circulated through the company mail at work. One man in our office subscribed to the Wall Street Journal and I checked it every day. On weekends, I made special trips to the local library to look at two additional publications. But after about eighteen months, I realized this was all wasted time and effort as I was not connecting with any worthwhile investments. When I stopped responding to these dreams messages, the dreams stopped coming.

My Overall Investment Successes

Prior to investing in dream related stocks, my overall investment success for twenty years had been mediocre. I typically had a variety of winners and losers that produced small overall gains or losses for the year. There were no big winners at all that would have dramatically improved the situation. Since I began actively investing in dream related stocks around 1993 – 94, that situation has changed dramatically. I still have a mixture of small gains and losses like I had before that offset each other. But now I have experienced some large and even huge winners that have dramatically changed things for the better. A list of my biggest winning stocks is shown in Table II.

Table II - My Big Winning Stocks

<i>Calloway Golf</i>	\$11.25 - \$32
<i>Isle of Capri</i>	\$2.75 - \$11
<i>Johnstown Am.</i>	\$3,50 - \$22
<i>Movie Gallery</i>	\$1.75 - \$14
<i>Chesapeake Oil</i>	\$3.25 - \$8
<i>Scios</i>	\$7.00 - \$45
<i>Acres Gaming</i>	\$3.25 - \$12

Sirius Satellite \$2.20 - \$9

Boyd Gaming \$3.50 - \$52

Corning \$1.85 - \$21

These ten big winning stocks produced overall gains of approximately \$1,250,000 over a period of about ten years from 1996 to 2006. This changed my entire investing performance for the period from mediocre to excellent. Dreams figured on the buy side of all these stocks except *Calloway Golf*. That one item was purchased based on a broker recommendation but was sold based on a dream. The holding time on these items has been in the range of about 2 – 4 years. These investments span some very wide swings in the overall market both up and down. I was protected on the downside in 2001 – 2002, as my dreams never gave me any buys on the big NASDAQ stocks that soared very high but crashed very low. It is apparent from this listing of big winners, that my investing style strongly favors low priced stocks in the general range of about \$1.75 - \$5.00, the only exception being *Calloway Golf*. I continue to favor this strategy today. It is very comfortable to me now.

Stock Dreams and The H. S. Dent Forecasts

In 1993 – 1996, I had another short series of about 6 – 8 dreams that were much more rewarding. Each dream featured a specific target for the Dow 30 stocks several years in advance. The first target given was in the 4000 range and seemed absurd as the market was much lower. But that level was reached and my dreams then mentioned the 8000 level, which again looked impossible. Finally, the dreams mentioned the 12,000 level. That one was not quite attained as the upper Dow level in 2002 was 11,722. The final dream in this series occurred in 1996 and mentioned the Dow 30 stocks reaching approximately 22,000 in 2008 or a bit beyond. This also seemed way out of reach.

Then in the spring of 1996, I attended an evening investment lecture in Virginia Beach. Upon arriving early, the instructor handed me a pamphlet published by the H. S. Dent organization. Paging casually through that publication I was stunned to find their projection of about 22,700 for that same exact time period. Since that time, I have become an avid reader of their monthly investment newsletter and have found it extremely helpful in my investment activities even in very difficult times. Since then, my own investment dreams giving long-range market predictions have ceased.

The last major publication from the H. S. Dent organization is the book The Next Great Bubble Boom by Harry S. Dent, Jr. This book's forecasts generally positive trends for the US stock market out through 2009 – 2010 with Dow 30 price objectives in the range of about 30,000 – 38,000. I read this material with great fascination and wondered if these lofty levels were really attainable. A few days later on 3/7/05, I used one of the dream incubation methods and wore a “Post It” note all afternoon on my forehead asking for a dream about that book. I wore it while I slept that night. Upon awakening at 3 AM I did not have a dream in mind so I used the “Remember – Recall” procedure method from

Chapter Five, and asked for a dream about Harry Dent. That brought up the dream message shown below:

I see Harry Dent with a huge oversized baseball bat standing at the plate. He gets a great big hit on the very first pitch, which I think is a home run. But it stirs up a cloud of dust. When the dust settles, I see him standing on third base. He is darting back and forth and threatening to score on any minor error by the opposition. Then he makes a dash for home and easily slides in safely. The next day in the newspaper, I see that they won a huge victory by a score of 1-0 and Harry Dent is the big hero.

The basic theme in this dream is that the H. S. Dent forecasts will provide me with powerful information to move me towards my investment goals. But it will require considerable risk taking on my part (like stealing home) to achieve a winning result. This dream is basically silent with regards to any specific market levels that will be attained in the future. After many months of additional study, I do not believe this dream is predicting any specific market levels, but is primarily saying the H. S. Dent forecasts will be a powerful help in reaching my investment objectives and winning the game.

*“All our dreams can come true - if we have the courage to pursue them”
~ Walt Disney*

Chapter 7 – Precognitive Stock Market Dream Group

Having a precognitive dream come true is a highly exciting event – but having precognitive stock market dreams come true can be your special passport to vastly improved prosperity and abundance. Over a period of many years, stock market investing and dreams developed into strong, passionate interests in my life. Eventually they merged, and I began having dreams about the market that came true in 1983 – 1984. I was reluctant to act on this advice at first, but by the early 1990’s I was actively using this information to guide my investments. In 1998, I formed the Precognitive Stock Market Dream Group to share these dreams with others having similar experiences.

This group has grown and now has twenty-two members scattered across Australia, Canada, and the USA. We exchange approximately fifteen messages per month on a wide variety of financial subjects including stocks, commodities, and general market activity. While most of the information is derived from dreams, some members experience direct intuition about the markets. Properly applied, these precognitive messages can greatly enhance prosperity and abundance in one’s life. Exchanging this information in a group environment greatly increases the probabilities for success in making investment decisions. Please note that nothing in the following discussion is intended as a recommendation to buy or sell any of the securities or commodities that are mentioned.

Group Mission Statement

This group has adopted a Mission Statement modeled along concepts that acknowledges we are co-creators with God in this investment activity. The group endorses complete self-responsibility, and encourages all members to follow their own spiritual ideals, unique dreams, and intuition for final guidance in making investment decisions. This assures that each member has complete freedom to invest in accordance with his or her own spiritual ideals at all times. The complete mission statement is shown below:

1. The purpose of the precognitive dream sharing group is to allow individuals to become co-creators with God in the general area of prosperity and abundance. The group facilitates the co-creation of prosperity and abundance using the principles of universal law as given throughout the Edgar Cayce readings and other spiritual teachings.

2. The group fosters the use of intuitive material (dreams, meditations, visions, etc) in a group environment for the purpose of arriving at individual financial planning

decisions. The group conducts research within the general area of spiritual awareness aimed at individual and group methods for co-creating prosperity and abundance using their own intuitive sources.

3. The group exchanges individual intuitive messages (dreams, visions, meditations, etc) that have already been interpreted to other group members via e-mail. This facilitates prompt distribution on a worldwide basis so immediate action can be taken by the recipients based on their own personal judgment and specific financial needs.

4. The Precognitive Stock Market Dream Group endorses the concept of following one's own spiritual ideals and using their own unique dreams and intuition for overall final guidance in making all investment decisions.

5. The Precognitive Stock Market Dream Sharing group strongly encourages and promotes personal growth in which the concept of blaming others is replaced by total self-responsibility. Each individual, therefore, assumes full legal responsibility, without recourse of any kind for all financial decisions they make based on the psychic information and general comments circulated by other group members.

Some investors currently believe in only buying stock in companies that meet a fixed set of rules related to being Socially Responsible Companies. Other investors do not follow these guidelines as it imposes too many restrictions on investment decisions. The members of this group have widely differing investment objectives, time frames, and overall risk tolerance. Their investment choices include stocks, commodities, put, calls, etc., in many different industries. In early 2003, the group voted on whether to adopt a policy strictly favoring investing in Socially Responsible companies. Several of the members had been in investment clubs, which adhered to this concept in the past. The group voted overwhelming by about 85% not to adopt this policy. Following that decisive vote, the mission statement was revised as shown to reflect that very large majority decision.

Each new member is required to sign a Group Agreement Form that deals with issues regarding maintaining membership, and legal responsibilities. Each new member is required to send out three copies of their prior market dreams upon joining. After that, they are required to submit four dreams within any two-year period or they may be dropped from membership. All members sign an agreement that acknowledges that they take full responsibility for all of their investment decisions and will not hold others legally responsible in any way for their investment results. All dreams circulated within the group also contain a legal disclaimer statement and a typical example is shown below:

DISCLAIMER NOTICE: This information was obtained from intuitive sources (dreams, meditations, etc.) and is intended for research purposes only. Any use of this material for investment decisions cannot be guaranteed. The author is not a stockbroker, certified financial planner, CPA, trading partner, or affiliated with any similar firms. The opinions and interpretations are my own personal thoughts only. Such interpretations are

highly subjective and contain many uncertainties. The author of this material assumes no responsibility for the actions taken by others based on its content. The author of this material and other group participants receiving this material may hold security positions referred to in this letter.

NEW MEMBER SEARCH

The PSMD Group is seeking new members that meet the following criteria:

1. Have five years or more of active investing experience.
2. Have had seven precognitive stock market dreams within the past three years

If you meet these criteria and would like to join this fascinating group activity, please visit our web site at <http://www.stockdreams.org/>

A Long Term Dream Track Record

A man in Canada named Don was highly instrumental in the creation of this PSMD Group. He has been having precognitive market dreams for almost forty years and has made excellent gains along the way. He is a very prolific dreamer averaging over eighty total dreams per month. During one peak period, he had 127 dreams in one month and 20 of them were about stock investments. He was raised on a farm and his dream symbology frequently reflects those origins. For example, planting crops will refer to buying a stock while reaping crops will relate to selling. One early dream from 1969 involved a problem with a bull. The bull was safely lowered from an overhead track and a larger bull was raised higher. It went out of control and took a very long slide. At the time of this dream, the market was just recovering from a small correction. A long slide – a bear market – followed and persisted into 1974.

The latter part of the 1970's featured a series of eighteen dreams about silver and gold. Silver was particularly featured as the Hunt Brothers drove the price of silver to \$50 per ounce. The rise in gold was only slightly less spectacular as gold leaped to over \$800 per ounce in early 1980. This was over 20X its starting price. Several dreams provided interim target prices during this long run up in prices. Two early dreams showed prices for gold of \$200 with the first dream occurring while gold was below \$50. Then on January 5, 1974, a dream indicated a price of \$500. These dreams were tuned in to one of hottest markets of that decade, and generated some very impressive gains for the stocks he owned.

In 1980, several dreams indicated that bulls be regarded with caution. In one dream, he ate a bear sandwich, which turned into beef. In July 1981, a bull escaped, fell into a river, and disappeared. Eventually, a young, very large workhorse that stood eighteen-hands high replaced it. These dreams refer to a bear market that hit bottom on August 12, 1982. The ensuing secular bull market was a real workhorse and continued on for many years.

In April 1993, a dream occurred showing the letters “SINTILORE” in bold, bright letters. A lovely colored diamond appeared to one side and the numbers 3 and 4 were displayed. This dream occurred just as he was falling asleep. Neither the dreamer or his broker was familiar with a stock called “Sintilore”. They soon found it was priced at \$1.23 and the financial data on the company was not impressive. He insisted on buying the stock on several occasions but his broker became quite concerned about owning too much of this highly speculative company. The stock rose dramatically and peaked at \$4.13. Then it began to decline and it appeared that the 3 and 4 in the dream represented the price range for this stock. So he sold it and this was the biggest gain he had ever realized up to that point.

Not all of his dreams produce gains. In mid 1993, he dreamed that Shirley McLaine was completing a form or chart. It had been easier for her brother as Shirley had to fill in more spaces herself. As the dream progressed, he had a very strong feeling it involved some specific stock. He identified a stock called McLean-Hunter but his broker was not impressed. So he decided to wait, but this was unfortunate. About six months later, the company was bought out at a price fifty percent above the level at the time of the dream. On other occasions, he has not applied the information correctly, and had losses on his investments. So some degree of caution is definitely required when investing in dream related stocks and some losses should be expected to occur. This individual has by far the longest track record of precognitive market dreams I have ever encountered. He continues to have these stock market dreams in 2006, and has made good profits investing based on this intuitive dream information.

Dreams about Specific Companies

Dreams with specific company names can produce substantial results. In early 1998, I had the following dream that identified Ford Motor and produced good results:

I am in a class on financial planning. We discussed various calculations including price to earnings ratios and earnings projections. The class instructor pointed out how this would give a big boost to *Ford Motor Company*.

I purchased *Ford* for \$18 and over the next fifteen months, it rose to \$38 for a very handsome gain.

A lady group member in California in late 1996 dreamed of walking through a group of tall oil derricks and hearing someone call out to her, “Come on over and enjoy the party at *Snyder Oil*.” She purchased that oil company stock at \$9 per share and sold it within a year at \$16 per share.

In late 1997, one man was considering buying gold when he had the following dream.

I see gold on a sled headed down hill for a very long time to a long flat area at the bottom on a hill. Finally, the sled stopped at \$265.

At that time, gold had been in a long decline and the slumping price trend continued for almost twenty months. Gold finally came to rest at \$252 per ounce in August 1999. His decision not to buy gold proved to be highly fortuitous.

Another group member read about ten promising biotech stocks in a trade publication. That night she dreamed of one named *Transkaryotics*. There was a rich sparkling feeling associated with the dream and a thrill of excitement like hitting the jackpot. She purchased the stock at \$21 and later increased to the \$32- \$37 price range.

Favorite Dreams From Group Members

One long time member reported having a recurring dream about a small biotech company (ICOS). He felt very strongly about this situation and invested his entire life savings in this company at \$4 per share in 1994. That investment later appreciated dramatically into a high six-figure gain and he was able to take an early retirement a few years later.

Another member had a dream in early December 2003 about a lady who ate beef and got extremely sick and created a huge mess all over the bathroom floor. This investor is highly familiar with commodity trading, and the dream clearly told him there was going to be a major problem with beef prices. He invested in put options on feeder cattle, and ten days later the first mad cow scare erupted in the USA. Beef prices plunged dramatically, and his put contracts produced an amazing 1000% gain in approximately three weeks.

Another member reported a favorite dream occurring just before the big melt down in October 1987. In this short dream, he saw his stockbroker walking down the steps into the subway with a football in his hand. He knew immediately that stocks were headed down but was puzzled by the football symbol. A few days after the October crash, he heard on the news that the football strike was over and correctly knew the sudden swift market decline had ended.

My favorite dream occurred in the spring of 2002 and involved *Corning Corporation*:

I see a circus performer ride into the ring on a unicycle. He rides around the ring several times. Has a ticker tape symbol on the front of his shirt for GLW. He has a sign on his back showing the share price of \$2.50. As he rides around the ring, the unicycle seat keeps getting higher and the price sign on his back increases to \$5 then \$7, then \$10, then \$15, and then to \$20 and possibly more.

I bought GLW stock at \$1.85 and the prices given in this exciting precognitive message came true just as predicted in the dream. The price of GLW stock rose to over \$20 four years later, and I sold my shares at \$22 to lock in a very impressive six figure gain in mid 2006.

DIRECT INTUITION MESSAGES

Several members of the group receive direct intuition messages about stocks rather than in dreams. One intuitive member reports receiving symbols, strong inner feelings, synchronous events, and dreams. Two days before 9/11, he reported seeing the table lamp project a shadow image on the wall of a large, angry, very scary bear on the wall. He had a very strong feeling the market was headed sharply downward. He immediately opened a very large put position on the OEX in anticipation of a market decline. Following the terrorist attack on 9/11, he realized a 750% gain in just two weeks. Other symbols he received at this time included broken airlines, a falling meteor, and 9/10. He therefore bought puts on LUV Stock (Southwest Airlines) and made large gains on that trade also after the 9/11 incident.

Another intuitive member has calibrated his body signals to tell him what action to take in the market and knows that stomach cramping is a signal telling him to sell. On one occasion, he used this signal to sell an Internet scam stock that had started to decline. Selling and taking a loss in this instance prevented an even bigger loss when the Securities and Exchange Commission cracked down on this company a short time later. A third member who gets extremely strong hunches about market activity reported several hunches during a three-day period in mid December of 2002. These hunches were showing him the market would decline from mid January through March of 2003. The Dow average was at 8511 when these hunches occurred. The market rallied slightly going into early January 2003 but then reversed course and declined sharply to about 7415 in mid March and his hunches were shown to be highly accurate.

GENERAL MARKET DREAMS – 1998 – 2002

Following the creation of this group in late 1998, the stock market rose to historic highs. Dreams about the general market conditions were extremely important throughout this entire time period. There was one sharp sell off in the July – September period in 1998. Then on August 15, 1998, I had the following short dream:

I see the stock market acting like an old time sailing ship in a big storm at sea that threatened to capsize the boat. Then we receive a weather report telling us the storm was ending and there were calmer seas ahead.

This dream was highly accurate as the market reached a low two weeks later and then began to recover. I held all of my stocks based on this dream. Another man in August 1998 was worried about the general market decline. Then he dreamed about seeing two extremely fat people walking down the street. When he spied their very large bottoms, he knew the market had reached a double bottom and that it was safe to hold on to his stocks.

The Dow average advanced sharply from October 1998 to early January 1999 when it stagnated in a trading range with choppy, up and down action for a couple of months. Many investors sold their socks in anticipation of further losses, and I was deeply concerned about this extremely risky situation. Then the following dream gave me reassurance to hold all of my stocks:

Two football teams are playing a really tough game and the superior Chicago Bears are heavily favored. But they are upset and defeated by the underdog Carolina Panthers.

The defeat of the bearish forces in this dream was highly encouraging, and I held all of my stocks. This was a wise decision as the Dow averages moved sharply higher a few days later and I was richly rewarded for holding all of my stocks.

One highly psychic member on the west coast has dreams with Edgar Cayce as a messenger two or three times per year. One highly accurate dream occurred in early March of 2000. The market declined sharply at the start of that year and fell from 11,600 in early January to 9811 in mid March. In this dream, Edgar Cayce appeared and told the dreamer that there would be a big market up-move, but not to buy any stocks until after March 14th. In addition, a group of nine stocks were recommended as good buys. On March 14th, the Dow 30 stocks bottomed at 9811 and there was great concern and fear the market was headed still lower. But the very next day, the market exploded upward by 320 points. It later went on to score almost 1500 points in the next thirty days. The nine stocks recommended in the dream were excellent performers during this time period.

During the market decline of 2001, the Dow declined from 11,400 in May to 9,919 at the end of August. At that critical time, I dreamed about meeting a large grizzly bear in the forest. This huge bear ran away, dug a hole, and went into hibernation while it was still quite warm and the leaves were still on the trees. This dream gave me an early indication that the market decline would end before fall. This was extremely comforting and encouraged me to stay fully invested and to look for new stocks to buy. Three weeks later on September 21st, I had another highly important dream:

I am dreaming about the stock market and saw a man who was fishing along a river. The river went down into a long canyon and it looked like there was no end or bottom to this deep gorge. Then someone on the rim of the canyon threw in his own fishing line and called out that is was time to go bottom fishing.

Bottom fishing is stock market lingo for buying stocks at the very bottom of a decline. This dream proved to be remarkably accurate. The Dow average made its low point that very day at 8,062 and then rallied 32% to 10,662 by March of 2002.

The huge decline in the NASDAQ technology stocks began in early 2000. As this major bear market dragged on into early 2002, many people were tempted to purchase these stocks. They were using the strategy of "Buying On Dips" that had worked extremely well in the 1990's. However, several warning dreams from group members told us not to rush into buying these issues in early 2002. One member dreamed on March 18, 2002, that technology stocks would be hit hard and become very depressed. I had a follow up dream on May 5, 2002 in which I was denied entrance to a big technology conference. These dreams were highly accurate as the bear market continued well into late 2002.

There were also some warning dreams about specific stocks on the NYSE that were extremely helpful. On Sept 9, 2001 a lady dreamed that AOL, which was selling for \$35, would decline to around \$8. This dream was extremely accurate as AOL bottomed at \$8.70 per share on July 25, 2002. Another member dreamed that GE would decline to about \$25 and sure enough, this highly important bell weather issue fell to \$23 on July 24, 2002.

A major advantage in sharing dreams within a group occurs when several members have dreams about the same subject in a short period of time. This cluster of similar dreams greatly increases the probability that a specific event is likely to occur. An extremely important group of cluster dreams occurred in the fall of 2002 and focused on the end of the bear market and the start of a new bull market. At this time, eight different members reported twelve dreams and ten of them featured live healthy bulls and tired, old bears. Two of my dreams dealt with a young healthy bull waiting to get out of an enclosure and romp off up a hill. Another one showed an indoor arena where a large bull and bear met every day to fight while spectators looked on and cheered. In this dream, the bull was victorious and the defeated bear was being dragged off to a garbage pile to rot.

One group member was highly concerned about further market declines, and decided to invest in a hedge fund. Then he had the following dream:

I am leaning up against a thick hedge. But a large bull is approaching and I move back into the hedge. The bull has very long horns and is coming directly at me now. So I am forced to get out of the hedge by the oncoming bull.

Following his vivid dream, this man abandoned all plans to invest in a hedge fund and continued to invest in stocks.

Another member who never dances dreamed about embracing and dancing with a bull and a third member dreamed about NYSE stocks having hit bottom. There were two dreams that featured weak bearish conditions that could be easily overcome, but the great

preponderance of dream information at that time strongly favored the bulls. This impressive series of dreams over a three-month period accurately signaled the end of the bear market and the start of a strong new bull market in October – November 2002. Those who heeded this obvious message were richly rewarded. I decided to become 90 – 100% invested at that time and was overwhelmingly delighted in 2003 when my net worth surged by 37%, my IRA accounts rose by 52%, and my small Datek trading account soared by 80%.

A Major Dream Incubation In 2002

Dr. Henry Reed developed the “Dream Helper Ceremony” for the incubation of dreams. This process takes place with a small group of about 6 – 10 people. One member is selected as the target person. The other members pledge to have a dream to help the target person with a question that is known only to that person. The next day, they meet and relate their dreams to the entire group. The target person looks for messages within each dream that have possible connections to the target’s specific question. I participated in this fascinating process while attending a spiritual conference in late September 2002. That was a highly stressful time in the financial markets with the Dow Average at 7500 and many predictions it would go much lower. Since I was highly concerned about this situation, I wanted dreams about the stock market when I was the target person.

The next day, the group members reported four dreams. Dreamer No 1 reported going to a fine restaurant and being offered the special of the day. It was a serving of cooked brains that he was totally unable to eat no matter how he sliced it or what kind of special sauce was used to disguise it. This dream was clearly telling me to ignore what the Wall Street experts with all of the brains were telling me and follow my own best judgment. The second dreamer saw me coming to Virginia Beach and making great use of the health care facilities at the conference location. Relative to my question, I concluded I should hold all of the health care stocks I already owned. This turned out to be extremely profitable over the next 12 – 18 months as these stocks made major recoveries.

The third individual dreamed about not having any money to buy clothes, laundry detergent, or toothpaste, which seemed to be telling me to avoid investing in those areas. The fourth dreamer reported a more symbolic dream in which she and I were sitting on the inner ring around the planet Saturn watching some disturbance on the planet and having a very pleasant time. Then things all around us got highly upset and tilted up and down. We continued to sit calmly there and have a great time in spite of all the turmoil. This dream was obviously telling me to sit tight in the current market situation. This turned out to be highly profitable information and holding onto stocks from that point on produced very large gains over the subsequent months.

Investment Dreams In 2003 – 2006

The market made a major up-move in 2003 extending into the first two months of 2004. The Dow 30 stocks then stalled in a prolonged trading range with an upward bias for twenty-four months. During this long choppy sideways move, there were numerous up and down oscillations. Many investors thought the economy would fail, and a new bear market would follow. This dream group however produced a series of over twenty dreams in 2004 that painted a completely different picture. The vast majority of these dreams were positive or actually bullish in nature and only five showed bears in various conditions. These five bear symbol dreams all indicated the bearish periods would be very limited, were not be feared and would soon go away.

The most decisive dreams occurred in July – October 2004. One member reported a dream on 7/13/04 about two small bear attacks, but then the bear went to sleep and was locked in a shed. That was followed by one of my dreams on 8/17 showing a bear being flushed down a commode and a bull waiting to appear. Another member dream on 8/17 showed a tame bear and our houses were safe from attack. Then another contributor reported a dream on 9/19 in which she soared up to the heavens and took a ride on a bear and gave him a cap for his long winter nap. Another dream of mine on October 7, 2004 showed a large padlock being smashed off a corral gate and a rodeo bull ready to come out. This very long series of dreams was definitely pointing to higher prices during this time period.

During 2004, I had two dreams extolling the desirability of owning silver, which proved quite profitable over time. One group member also reported seeing gold at \$520, which was a highly reliable dream as gold moved much higher in the next two years. Another group member and I both had dreams favoring *Life Cell* stock and it moved from \$5 to \$10 in 2004 and soared to around \$30 in 2006.

In 2005, the PSMD group continued to have positive dreams about the overall market. There were twenty-three highly positive dreams and no significant bearish dreams during this time period. Some of my dreams in 2005 included seeing a big pendulum at the NYSE swinging into positive territory, a prosperity train riding at a much higher levels, and blasting out of a foxhole with stocks flying higher. Other group members reported dreams in 2005 about seeing the market going up a hill, the stock market flying high in a jet plane at 13,000 feet, and two dreams about huge buying opportunities ahead.

One significant dream showed Caterpillar stock in the form of a cat, which later turned into two cats. I also had a dream about a cat scabbling up a tree to much higher levels. Another intriguing dream showed there being lots of oil at the bottom of the sea for future needs. On 4/18/05, I had a dream in which the money in Europe kept falling to the ground. This led me to buy put contracts on the EURO currency and made an excellent profit on this three-month transaction.

Market Correction in Mid 2006

In February 2006 the Dow 30 stocks broke through the 11,000 area and rapidly headed for new all time high territory above 11,700. But these happy prospects were quickly dashed in early May when these stocks topped out at 11,670 on 5/10/06. This was followed by an alarming, rapid decline of 972 points or 8.4% to 10,698 in less than thirty days. The NASDAQ market index was even worse, declining 13% in about two months. Fears of further declines were rampant and many, though the market could go much lower. These possibilities were suddenly reflected in a rash of dreams about bears as shown in the following dreams.

On Memorial Day, with the financial markets closed, I awoke with the following dream:

I am out in nature and see a male deer that has become trapped between a hunter from behind and a bear weighting about 200 pounds in front of him. Then the bear starts chasing me. I run through a wooded area and then out into more a sparsely wooded area with just a few bushes. The bear is still chasing me and there is really no place to hide.

Deer in a dream can represent money in the form of bucks, and it definitely looked like my financial assets were under attack. A 200-pound bear is actually rather small, but there was no mistaking that I was being threatened with no place to hide. I wondered if we might be in for a 200-point drop. That was quickly proved correct when the Dow stocks lost 184 points when the market opened on the Tuesday after Memorial Day. The following day, on 5/31, a group member in Virginia Beach reported the following dream:

A bear attacked a group of us. One of my friends had been hit by the bears paw and was lying down but he had no wounds. The bear was wounded and holding his hand over his heart. Someone shot him. The bear came toward us and then we were putting the bear on a boat to take him into the middle of the lake where he could die.

This dream gave us considerable encouragement that this bearish phase would soon end. But the market continued to gyrate in a very nervous manner. Then I had a second dream on 7/4, which contained a very similar message:

I am out driving my car with a friend. We come to an intersection and suddenly my friend starts pointing to the left hand side. I look over there and saw a medium sized bear had knocked down a totem pole and was engaging in that activity. We turned to the right away from the bears and the passenger was talking about some other bear that was standing up but it appears we have left both of these bears behind.

This dream gave us considerable confidence the bearish phase was definitely ending.

I was still greatly concerned and did some major dream incubation work over the next weekend to get additional dreams. I was rewarded with two dreams on the very first night. In the first dream, my aunt Martha comes to visit me and brings me a very large check for about \$150,000. This particular relative made a great deal of money in stocks by buying them and holding them for a period of many years. So this dream seemed to be telling me to hold on tight. In the second dream that night, a huge super liner was sailing across the Atlantic Ocean on its maiden voyage. We have a smooth crossing and arrive in New York City to be greeted by a huge ticker tape parade celebration.

These dreams were followed a few days later by a member who reported a dream about waving a stock ticker tape in the air and finding a big statue of a golden bill. Finally, another lady reported a dream on 6/13 about seeing a large female bear with a cub on its back. The big adult bear disappears, but the cub falls off and is lying there on the ground. This latter dream seemed to indicate the threat of a major bear market was over but there might be some very minor bearish issues to deal with.

Another group member reported two of the final dreams in the mid 2006 market sell off on 6/24/06. The first dream dealt with an explosive up day in the overall market in the following manner:

I am in an office area on the top floor of a building. There are a group of stock traders there – older more astute types. It's the opening and several have stocks that are popping with nice gains of 6 to 7 to 8 points. The traders are taking this in stride and not paying much attention to their screens. I am thinking if they were my trades, I'd be watching closely for a sell point. Then I high-five with that group but I am using a closed fist and not my open hand.

This dream was obviously showing some huge big up-move coming and traders who might be expected to sell for a short term gain not taking that action and appeared ready to let it run a while. The closed fist symbol indicates a willingness to hold onto things and not sell immediately. In the second dream on that same night, a dream about a tame bear appeared:

I am at a friend's home and see a bear in the house. At first, I am concerned and a little frightened. Then I realize it is friendly. It rolls over on its back and I rub its belly. I notice that it is about 3 – 4 feet long stretched out. Not a baby but more an adolescent bear. I think it might grow more dangerous if it grows older.

So here, we have some lingering concerns about possible bearish activity in late June.

The wild gyrations in the US markets in May – June had highly bearish connotations. Many people sold stocks and investment newsletter writers advised extreme caution. The overall picture the PSMD Group dreams were showing was quite the

opposite as major bearish forces were being overcome and only minor, tame bearish forces needed to be defeated.

This quandary in the markets appeared to have ended on 6/29/06 when the Federal Reserve raised interest rates again, but signaled a more cautious approach regarding future rate increases. The markets exploded upward on the news with the Dow 30 stocks making their biggest one-day gain in three years of 217 points or 2%. The NASDAQ followed suit with a major gain of almost 63 points or 3%. That breakout day was highly encouraging but the markets continued to have choppy action through July of 2006

Some uncertainty continued in the market, and in mid July of 2006, I had two highly important investment dreams on the same night that may help define market activity going forward in 2006. I had been pushing myself quite strongly on both dream recall and incubation for dreams on the stock market. After two days of this activity, the following two dreams occurred on July 11, 2006.

I see a large bear walking down the beach. A big blanket of food is laid out there. But someone grabs the blanket, wraps it up, and whisks it away. The bear looks around all puzzled because all of the goodies are gone. A bit later, some people with rifles start shooting at the bear, and it runs off into the trees. It is peeking out and occasionally sticks its nose out.

I see a tidal surge come along, and it picks up a whole lot of little ships. It lifts them way inland to much higher levels. They have stock ticker symbols on each boat but I am unable to read them.

Real strength came into the market four and one half weeks later on the week of August 14 – 18th. In that very strong week, the overall market advanced on five consecutive days with the Dow Stocks rising 293 points or 2.7%. The S&P 500 made a similar advance and moved up 36 points or 2.8%. The laggard NASDAQ market made an eye-popping advance of 106 points or 5.7%.

The overall PSMD Group dreams in mid 2006 were definitely showing a picture where bearish forces were being overcome and defeated in a wide variety of situations. The US stock market responded and made a dramatic turn around and recovery in this same time period. The highly watched Dow 30 stocks made an impressive double bottom on the technical stock charts around 10,700 in June and July. They then rallied strongly and gained 9.5% in just two and one half months through the end of September. This took this key market indicator to a level just slightly below its all time high set in Jan 2000. In early October, the Dow 30 stocks then broke into new all time high territory sending a clear, positive signal of market strength going forward.

The broader based S&P 500 index made a similar double bottom around 1220 in this same time period. It then bounced upward by 9.8% to 1339 in late September. Trading volume in this index was abnormally high in the last two weeks in September which is also quite positive going forward. The NASDAQ stock index with a much

higher number of technology issues made a single bottom formation on the technical charts in mid July. It then advanced by an impressive 12.8% by the end of September. Hence, there is a considerable possibility that our PSMD Group dream messages are correctly forecasting a healthy stock market going forward into 2007. It is unlikely that such an advance will be a continuing projection of the very strong July – September rally, and some pullbacks and corrections are likely along the way.

Commodity Boom And Bust of 2004 – 2006

Fads in the investment area come and go just like those in women's apparel. It typically takes 2 – 3 years or even more for the investment cycle to gather momentum and reach a blow off phase. The declines on the other hand can take place in much shorter time periods of just a few months. Such was the case for the huge boom and bust fad in commodity metals in the US market in the time period of mid 2004 to May 2006.

During this up-move copper rose 225%, silver by about 100% and gold by 75% with most of the move coming in the last twelve months of that period. Hundreds of articles and hype were published justifying the rise based on “new area” thinking. The biggest reason cited for the upward explosion in prices was increasing demand from rapidly expanding countries such as China and India. The wildest projections centered on silver and gold. Many stories projected silver to \$50 and possibly triple digits. Gold was routinely projected to reach \$1000 and one Internet report mentioned gold at \$1600. These upward price spirals in commodities were also heavily driven by hedge funds. Numerous new funds came into existence that focused on just one of these metals. This meant that billions of dollars in new money was actively pushing up each specific metal. These dramatic up-moves ended abruptly around May 7 – 12th of 2006 and the down side declines were extremely dramatic with huge losses occurring in just 4 – 5 weeks.

Members of the PSMD Group follow some commodity metals and were highly interested in gold and silver. Warning dreams on both metals appeared in April – May 2006. I rarely invest in these two metals but did receive a warning on gold on 4/17/06:

I am checking into the purchase of some Hollywood big shot who bought a tank full of liquid that looks like gold solution and supposed to be very valuable. But when we start to disassemble the tank, we find they were cheated. Two sections of the tank were not filled and the gold solution was missing. They were cheated out of about 20% - 40%. This is going to have to be rectified or corrected somewhere.

The basic theme in this dream was that wealthy investors were cheated when they purchased something like gold. It appears they thought this was the solution to something, but it was partially empty resulting in major losses in just a few weeks.

Just three days later, a group member in Virginia Beach reported a follow up dream:

I hear someone talking about gold. I go into a room and see two brokers touting gold saying it was going to \$1000. I thought they were pumping up the price to sell more gold.

Following these two dreams, gold rose a bit more and peaked at \$742 on 5/11/06. Then the bottom fell out and gold declined about 20% by 6/12/06.

The case for silver was much more complex as the price made double tops in April – May with the second top at \$15.20 on 5/11/06. Then it too plunged dramatically to around \$9.50 per ounce in mid June. There were several warning dreams about silver. One dreamer saw the price rising to the top of the Eiffel Tower and having to catch a ride on an airplane and parachute to safety. A second member reported a dream in which she looked at a stock market computer screen and saw a quotation for silver in the \$8 range. A third member had the following much longer dream about silver on 4/28/06:

I am in a chemistry lab and am holding a culture dish, which is lined at the bottom with a thin wafer like padding. In the center is a silver pellet about the size of a shotgun pellet. Everyone is looking at it as if to see how it will change or what it will grow into. Then in the dream, I silently wonder why everyone is watching the silver pellet because it is not going to change or grow into anything.

These warning dreams on silver were highly accurate as it peaked on 5/11 and then declined dramatically reaching \$9.50 a few weeks later. These combined dreams about silver and gold are another excellent example of how a cluster of dreams about the same subject can be extremely helpful in this investing activity.

They Don't All Come True

It became apparent after several years of investing, that not all dreams about stock market activity were created equal. In fact, they ranged quite widely in the results that were produced. Some were highly effective and the results were on target directly as given in the dream. Some were partially correct and partially distorted by some displacement. This was particularly true of dreams involving both an action and a specific time frame. In a number of cases, I was told that a stock I owned would increase to a specific price in some definite time frame. In actuality, the stock would reach the specified price, but it would occur perhaps a year later than reported in the dream. Other dreams were simply wrong and the desired action shown in the dream simply did not occur. One memorable dream in 2001 painted a highly favorable future for *Ford Motor* and I bought the stock at \$22. After 9/11, this stock declined to \$17 and I sold it later in the year at a loss. It then declined all the way to around \$7 per share in 2003. At times, I have felt like I was tapping into different sources of information and this may well be true.

One recent book ([Becoming Psychic](#) by Keirulff and Krippner) proposes a possible explanation for this situation. They suggest that we may be dealing with two separate experiences. The first they call “True Precognition”, when one taps directly into the future and subsequent events occur exactly as shown in the dream. The second is

called “contrived precognition”, and is really composed of a mixture of subconscious psychic perception combined with simple prediction. It looks like true precognition, but is not. In the case of dreams, other factors may well be involved. Needless to say this is a very complex area and the existence of true precognition directly challenges the concepts of physics regarding how time works in our physical world.

Problem Investing Areas

The three major problems related to investing in dream stocks are: (1) the accuracy of the dream, (2) the time period involved, and (3) when to sell. The reliability of my own dreams was determined in a study of 40 dreams mentioning specific stocks over a six-year period (1995 – 2002). During this time period, I found two-thirds of these stocks produced strong annualized gains of about 40% per year over a 2 – 4 year time period. The remaining one-third produced losses. This 2:1 ratio of winners to losers is highly satisfactory and can dramatically enhance investment performance. One does need to exercise prudence and invest in a wide group of these stocks to achieve the best results. In addition, losers need to be eliminated as soon as possible to improve overall results. While other group members have not submitted similar studies, discussion with them indicates their investment dreams are not 100% accurate and that some errors and losses are inevitable.

The time for a given stock to perform as shown in a dream can vary quite widely. Typically, it ranges from as short as two weeks to as long as two years. To avoid investing too early, I use technical stock charts and buy when the price trend breaks upward on large volume and the chart signals are strong. This can involve considerable patience, but is better than long waiting periods with your money invested without achieving any positive results.

The question of when to sell a stock is universal and dream stocks are no exception. There are no hard and fast rules to follow and my own dreams can rarely be relied on to produce sell signals. I have therefore learned to rely more on technical stock charts to show me when to get out of a specific stock. In a few instances it has been an intense worry that the particular stock had simply run up too far in too short a time period that led me to sell out and take a gain.

Many years has shown that investing in dream stocks is not a complete guarantee of success. Security markets are volatile, some losses are inevitable, and the future may not occur exactly as shown in your dreams. In addition, sudden unexpected economic news about national or international events can cause the entire market to drop. Dream stocks are not immune to such events. Overall however, I have found that buying dream related stocks gives one a major advantage in attaining superior investment performance.

*“Thou wilt light my candle, the lord my god will enlighten my darkness”
~ Psalm 18:28*

Conclusion – My Lamp Still Glows

For almost thirty years, dreams have been a powerful lamp – illuminating my pathway through the subconscious realms and revealing truths that are difficult to fully describe. Mere words are barely adequate to fully capture the fantastic insights and positive new directions that have been shown to me. In the area of career planning, I have received excellent information in several major transitions in life. In the area of diet health and nutrition, it is like some higher power truly wants me to be strong and healthy. My dreams in this latter area have been short, blunt, and literal so that it is virtually impossible to miss these highly critical healing messages.

I have had two great passions in life – stock market investing and dreams. When these two subjects merged, the results have been astonishing, and my pathway of prosperity expanded dramatically. But dreams have enriched my life far beyond the acquisition of monetary rewards. They have shown me there is a higher power, there is a purpose in life, and we have intuitive abilities far beyond those skills taught in any traditional college or university. They have shown me we can truly control our own destiny in life.

Some people may still see dreams as merely random neurological excursions within the brain serving no practical or useful purpose. But for me they are highly desirable, intelligent messages intended to light the pathway of personal growth and guide me safely to a state of wholeness and self-responsibility. This seemingly incredible doorway to precognition and general guidance that is possible with dreams is not fully understood, but it surely exists. Opening that doorway brought much needed balance into my life in many, many areas, and doubled my range of options for dealing with the challenges and mysteries that we confront in daily living.

Those who deny these alternative intuitive possibilities exist have not yet learned to live outside the box, and deal with a world of experiential phenomena where the known laws of science are not yet able to adequately explain what is happening. As a chemical engineer with many years experience, I fully understand and appreciate the power of the scientific method to define the physical world in precise mathematical terms and create vast amounts of good for society in general. But in the realm of parapsychology, intuition, and dreams, I have discovered another set of powerful tools we can use to enrich our lives in many different ways. This offers tremendous possibilities to guide, illuminate, and bring meaning and fulfillment into our lives.

For those readers willing to take the time, I trust you will make the effort to further explore the mystical, magical, marvelous world of dreams, and find your own pathway of guidance, discovery, and fulfillment. It requires patience, and perseverance, but the rewards and insights are well worth the effort. Dreams were given to us for a purpose, so why not tune in to your own subconscious realm and find out what is really going on there. The revelations and answers that await you may well contain exciting and highly rewarding surprises. The dreams are free and you have access to that fascinating information channel every night.

My magic lamp unto the darkness that was lit in 1978 still shines brightly – guiding, reassuring, and showing me a joyous, loving, and prosperous future.

God Bless You All,

Walt Stover

Selected Bibliography

- Auerbach, Loyd. Psychic Dreaming. New York: Warner Books, 1991.
- Barrett, Deirdre, PhD. The Committee Of Sleep. New York: Crown Publishers, 2001.
- Becker, Raymond de. The Understanding of Dreams. New York: Hawthorne Books, 1978.
- Bass, Virginia W. Dreams Can Point The Way. Sugar Land, Texas: Miracle House Books, 1984.
- Cameron, Julia. The Artist's Way. New York: Putman Publishing, 1992.
- Coleman, Richard M. Wide Awake At 3:00 AM. Stanford: Stanford Alumni Association, 1986.
- Dent, Harry S. Jr. The Next Great Bubble Boom. New York: Free Press, 2004.
- Fox, Emmet. The Seven Day Mental Diet. Los Angeles: Devross & Co 2003.
- Garfield, Patricia, PhD. Creative Dreaming. New York: Simon & Schuster, 1975.
- Gendlin, Eugene E., PhD. Let Your Body Interpret Your Dreams. Wilmette, Illinois, 1986.
- Goldberg, Phillip. The Intuitive Edge. Los Angeles: Jeremy P. Tarcher, Inc, 1983.
- Hall, James A., MD. Jungian Dream Interpretation. Toronto: Inner City Books, 1983.
- Harary, Keith, PhD and Pamela Weintraub. Right-Brain Learning In 30 Days. New York: St. Martin's Press, 1991.
- Jacobi, Jolande. The Way Of Individuation. New York: Harcourt, Brace & World, Inc., 1967.
- Kierulff, Stephen, PhD and Stanley Krippner, PhD. Becoming Psychic. Franklin Lakes, New Jersey: Career Press, 2004.
- Klauser, Henriette Anne. Writing On Both Sides Of The Brain. San Francisco: Harper & Row, 1986.
- Krippner, Stanley, PhD. Advances in Parapsychological Research. London: McFarland & Company, 1987.

- Puryear, H, PhD. The Edgar Cayce Primmer. New York: Bantam Books, 1982.
- Quinn, Adriene. Dreams of History That Came True. Tacoma: Dream Research, 1987.
- Ross, Elizabeth Irvin. How To Write In Your Sleep. Cincinnati: Writer's Digest Books, 1985.
- Ryback, David, PhD. Dreams That Came True. New York: Bantam Doubleday Dell Publishing Group, 1988.
- Reed, Henry, PhD. Getting Help From Your Dreams. Virginia Beach: Inner Vision Publishing, 1985.
- Reed, Henry, PhD. Awakening Your Psychic Powers. San Francisco: Harper & Row, 1988.
- Savary, Louis M. Dreams and Spiritual Growth. New York: Paulist Press, 1984.
- Thurston, Mark. PhD. Tonight's Answers To Tomorrow's Questions. San Francisco: Harper & Row, 1988.
- Todeschi, Kevin. Dream Images And Symbols. Virginia Beach: A.R.E. Press, 2003.
- Ulman, Montague, PhD. Working With Dreams. Los Angeles: Jeremy Tarcher, Inc, 1979.
- Van Auken, John. Spiritual Breakthrough. Virginia Beach: A.R.E. Press, 1992.
- Van de Castle, Robert, PhD. Our Dreaming Mind. New York: Ballantine Books, 1994.
- Windsor, Joan. Dreams And Healing. New York: Dodd, Meade & Company, 1987.
- Windsor, Joan. The Inner Eye. Englewood Cliffs, NJ: Prentice Hall, 1985.
- Yesudian, Selvarajan. Yoga And Health. New York: Harper & Brothers, 1953.
- Zdenek, Marilee. The Right Brain Experience. New York: McGraw-Hill Book Company, 1983.

Copyright 2006 by W. H. Stover, Mesa, AZ 85215. May not be reproduced without permission

