

Dream on Purpose



- ✓ 5 Steps to follow for remembering your dreams.
 - ✓ Learn what questions to ask yourself!
- ✓ How to communicate effectively with others.
(Without opening your mouth!)

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DREAM ON PURPOSE

Once upon a time...we end up in a faraway land just like all our favorite storybook characters. Every night we go to sleep and dream of anything our minds have been uploaded with all day long. It is no wonder we end up in one adventure after another.

- Use your mind in your dream state to gain information about yourself and other people.
- Learn how to remember your dreams.
- Become skilled at figuring out the meaning of your dreams.
- Gain knowledge of the kinds of dreams you can have.
- Discover a process called 'Subjective Communication'. This is a method by which you send a directed thought to another without verbal communication.

TIP: **How do I acquire higher awareness?** Pose the question. Write it down and go to sleep with it. Ask for guidance to come to you through your dreams. Often I will ask 'divine wisdom' to wake me up with the answer. (My intention is to awaken in the middle of the night, know the answer, go back to sleep instantly and be able to recall it in the morning)

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But I do not remember my dreams... You can train yourself to remember your dreams. Have a very strong intention of wanting to know and set forth on the journey every night. **Here are the 5 steps I suggest:**

- 1) Put a pen and paper beside your bed and write down a question. Have a bottle of water and sip some of it as you read the question aloud. If privacy is a problem, write your inquiry in your diary or a locked computer file and then silently ask.
- 2) Be careful how you word the question. For example, a few years ago I wanted to know who was going to win American Idol so I asked to be shown the winner. That night I woke up and clearly saw Taylor Hicks in my bedroom. It can be a disruptive and scary way to find out something. I am used to these kinds of experiences now but for beginners I would suggest asking to know something through a dream.
- 3) Keep doing this ritual nightly. As with anything you want in your life, you have to keep your focus on what you want. If you want to have dreams give you guidance then you have to ask and accept the answers as they arrive. It can take days to figure them out.
- 4) Do not move your body position when you wake up. Stay in the same spot and allow the flow from dream life to waking life take place. It is the same as going from one room to do something and having to go back to the original room because you have forgotten what you are doing.
- 5) Read dream books that offer advice. Look for one about Lucid Dreaming where you tap into a realm of knowing you are dreaming while you are dreaming. (I have asked myself questions when in a lucid dream. This leads the dream in a direction of showing me probable solutions or outcomes to my question)

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Writing down your dreams for clarity is the other way to interpret your dreams on your own.

Write it down!

In 2005, my dream had me visiting the farm where my Grandparents (on my mother's side) lived. I was standing where my Grandfather sat at the table, near the stove. Knowing with all my heart that he was sitting there, I demanded he appear to me so I could see him.

Frustrating feelings erupted inside of me because I knew without a doubt that he was there. I could feel his presence. The more I insisted he appear, the more upset I became. Giving up, I backed up and went to leave.

It was in that moment of releasing the need to see him, that my Grandpa became visible. There he was. Finally, I was seeing my Grandpa again and a sense of relief came over me.

He told me that if I am pushing for something, it does not allow for the energy to flow. If I keep pushing and demanding to see or know something it creates a blockage. The moment I stepped back after stating what I wanted clearly, then it came to me.

My Grandpa also advised me to write down what it is I want in my life. This makes it is a concise intention to the universe. If I am taking the time to write it down, it is acting like a prayer. As I woke up I could still hear his voice chanting, **"Write it down!"**

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What Kind of Dream Did I Have?

There are many kinds of dreams one can have and in my experience, I have nicknamed two types of dreams for simplification:

- ✚ Storybook Dreams
- ✚ Space Dreams

STORYBOOK DREAMS

In a "Storybook" dream, you have taken your subconscious and conscious beliefs to bed with you. You have also brought in anything you might have heard or seen during the day along with your hopes and fears. This is why dreams can get crazy, scary and quite funny.

These are the kinds of dreams which can alert you to your true passion in life. What are you doing in your dreams? What are you hoping for? If you took away the fear, what kind of life would you have?

A dream can turn lucid at anytime and you will know when that happens. There is a higher awareness tuning you into the fact that you are dreaming while you are dreaming.

For Example:

Here is a dream from my Dream Diary. (Written in the late 1990's)

I dreamt that I was eating all these Smarties and I wanted some macaroon type cookies (ruffles) I then switched from the Smarties to unique wafer like chocolate stick bars. (Like Twix) That's when it became more lucid.

My spirit guide was behind me speaking into my ear. I felt it through the back of my head. She said, "Can you taste the chocolate bar, can you feel it?" I answered yes. "Well you know you are dreaming. Here is the key- you have to feel it as real first. Then it will happen for you in waking life. What is it you really want?"

SPACE DREAMS

When I have a premonition or I am astral travelling, I call it one of my "Space Dreams". This is because the underlying common denominator is a feeling of being in space. I am suspended in blackness and images are being shown to me. If I am interacting with someone, they are also hanging out in space with me.

Sometimes I take the witness point of view and I can see myself in the present or future. Often I will get a knot like feeling in my stomach when I wake up that alerts me to the importance of the dream. It is not a "Storybook" dream. It is going to happen.

There have been times when I am shown something and it is not within my control to change the outcome however much I want too. One of the weirdest experiences I have had has been when I woke up saying over and over again, "Something has happened to Sony Bono." I felt ill but managed to get back to sleep. Come morning, the radio news announced that he was killed in a skiing accident. Why did I know that? Perhaps I was out flying around and came across what was happening.

Another example: I woke up from a dream feeling sick to my stomach and saying, "Where's Walter?" As I woke up I could hear myself saying it aloud. In my dream I had been looking at a picture of a friend's family and Walter was not in the picture. It looked to be a picture that would be taken in the future as the children looked older. Within a day or so after this dream, my Mother informed me that Walter had been killed in a head on collision.

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If you want answers in your life you have to ask the question. The answer or answers can come immediately or you may have to be patient. I say "answers" because there may be more than one solution or potential future scenario to what you are asking. What are your feelings when you wake up?

Most of the time, my dreams show me what my current thoughts are. What am I worried about? What do I want? What am I wondering about? Many times I see the next day's events, such as what I am buying in the grocery store or a person I will come into contact with. (I have even seen what they will be wearing) However...

This is the most powerful, life changing dream I have had yet:

In the beginning of March 1998, I found myself suspended in blackness and suddenly my Grandfather appeared in front of me. (He was the one who told me to 'Write it Down') Things turned lucid and I asked him what he was doing in my dream.

He warned me that he had something important to tell me and that I was not to be too sad about it. He said, "Before we are born, we choose a time we are to be born and a time we are to die. I was originally going to die at the end of March but now your Uncle is coming down to see me from Calgary and I need to stay alive for him for a couple of days. So now I will die on your cousin's birthday." (He was referring to the same Uncle's daughter – her birthday is April.10th)

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I awoke from this dream feeling sick to my stomach. I hoped that it had been just a nightmare. As March drew to an end that year, my Uncle announced he was coming to Manitoba soon to see Grandpa. It would be a 10 to 12 hour drive. Immediately I felt scared. I had since learned the date of my cousin's birthday.

Sure enough, my Uncle arrived for a visit on April.8th that year. Grandpa had already taken a turn for the worst and could no longer communicate with anyone. Being a devoted violin player for most of his life, it was wonderful to see that he was able to move his feet to the Celtic music we played in his nursing home room. I informed a few members of the family about my dream and told them to say their goodbyes that day, in case it had been a premonition.

At 10:05 pm, two days after my uncle's arrival, on April.10th, I whispered to my Grandpa to come and see me in my dreams and that it was okay for him to go. As I kissed him goodbye, he tried to answer me with a muffled sound and nodded his head. I found out later that he passed away ten minutes after my older brother and I left the room.

Looking back on the similarities of what the "dreams" felt like and what I felt like when I woke up finally led me to knowing how to recognize a premonition. It was after this awakening that I could then understand and teach others what to look for.

A word about dream books: It is my impression that there are universal symbols that we all intuitively understand on a higher level. Dream books can help you identify what you are tuning into. However, notice which society they belong to as that will influence the interpretation. I have chosen for the most part, to decipher my own dreams. If I am looking for assistance with interpreting my dreams, I write it down and I tell a friend. In the sharing of the dream, the meaning becomes apparent and connections can happen more readily.

Subjective Communication

This process involves sending mind to mind thoughts to someone you want to communicate with. It is also a process to be used for when verbal communication is not working. I think of it as a form of prayer. Arm yourself with emotion and have a clear, respectful intent. You are then ready to communicate with another on a higher, less resistant level.

Here is how you do it:

- Decide whom you wish to send a message to.
- Determine which of their habits would work best for anchoring this message to. (Such as drinking their favorite beverage, smoking, eating a snack etc...)
- Get yourself into a relaxed, meditative state and visualize coming up behind them. I have them seated so it is easy for me to whisper into one of their ears. I take turns which ear I use depending on how many times I send the message.
- Say you chose to use 'drinking their favorite beverage'. In this example I will choose coffee. Visualize them raising a hot mug of delicious smelling coffee up to their mouth and as they take a sip, whisper in their ear. As soon as the liquid touches their tongue, they will get your message.
- The message I use the most is, "I love myself. My body is my temple." This one is particularly helpful when trying to assist someone in quitting addictive behaviors.
- It is best to refrain from any objective communication (verbal) while partaking in the subjective communication. Allow your mind to mind directed thoughts to initiate positive change.
- Another great message to send someone who is in need of better health is, "With every breath I take, my body is healing itself."

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The most important thing to remember is it has to be for the highest good of everyone concerned. You are not trying to manipulate anyone or cause another to harm themselves or others.

The best example I can offer of how subjective communication works wonders, happened when I was teaching English in Japan in the early 1990's. A Japanese girlfriend of mine (whom I will refer to as Naomi) really wanted to marry her Korean boyfriend Kim. Her parents were attempting to arrange a marriage for her by having young men come to the family home with resumes and take her out on dates.

Nothing she said could get her parents to change their mind about meeting her boyfriend. Kim was attending school in the United States at the time. Naomi knew his being fluent in Japanese, Korean and English would give him the "In" with her parents. She also knew they would love him if and when they met. Unfortunately, the challenge was that they were still actively arranging a marriage for her amidst all her protests.

When Naomi came to my apartment after work one Saturday night to call Kim, I told her what I had recently learned about Subjective Communication. My parents had sent me a cassette tape about the Silva Life System founded by Jose Silva. I had not had the opportunity to use the method yet but we both agreed that it was worth a try.

I educated her quickly of the do's and don'ts. Later that evening she went home and did not mention her boyfriend once to her parents. Instead she spoke to them about other topics and spent time in her bedroom sending the message we had created for her. The English translation was, "I am open to meeting Kim." It was short, sweet and simple.

Her father was her target for the Subjective Communication as she felt he was the one she needed to get through to the most. He both smoked and drank coffee so he received double whammies. Naomi would take turns sending him the message as he took a sip and as he inhaled. On a higher level he was hearing, "I am open to meeting Kim."

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As Naomi was leaving to go to work Monday morning, her father motioned for her to join them in the family room. He said he had changed his mind and requested that she extend an invitation to Kim to come to Japan as soon as possible. Her excitement when she reached work that morning was contagious. Thinking about it now gives me goose bumps. Kim flew over from the States immediately and they were married one month later. (Yes, I was invited to the wedding reception)

In Conclusion

Pay attention to your dreams as they are the window into your soul. The more you ask and record what is given to you, the more in tune you will be with yourself and how you want your life to be.

To learn more about working with your dreams for answers – check out:

Denise Linn – [The Hidden Power of Dreams](#)

&

Denise Linn's Online Seminar – [The Majestic Power of Dreams Revealed](#)

To learn more about 'Subjective Communication'- check out this link:

[SILVA LIFE SYSTEM](#)

"How do people have dreams that come true? They ask, they listen and they write them down." – Seann Vinyasa-Billson, BA

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