

Intro to Dreaming: **Hunting Your Power** **Through Dreams**



Angela Treat Lyon

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Intro to DREAMING: Hunting Your Power Through Dreams

Hunting Your Power Through Dreaming is about how to use your dreams to support and expand your highest potential, so you can take decisive action to succeed in whatever endeavor you choose.

Why do I call this information 'hunting your power'?

Because it's your energy and personal power that get you through your life successfully—or not. You need all you can get. Not power for power's sake, but the power that flows from your connection to the Infinite Source. It's that mysterious energy that runs through you and makes you feel alive, vital, radiating with energy.

The Top 5 Most Important Types of Dreams

- Karmic Dreams
- Healing and Guidance Dreams
- Portal Dreams
- Repeat Dreams
- Redo Dreams
- Bonus: Creation Dreams

What if I don't dream?

Even if you think you don't dream, while you are in the REM state, you do dream from 2 to 5 hours each night.

What causes dreams?

Most people have spontaneous dreams which don't make a lot of sense, or that are even remembered.

Sometimes crazy dreams happen when you have an upset stomach from indigestible food or drinks, or when you have ingested alcohol or drugs. I won't be going over those kinds of dreams here.

What kinds of dreams should I cultivate?

I want you to be able to cultivate the Important Top Five, because they will allow you to:

- work off karma,
- redirect downward, destructive thinking,
- heal your body and mind from all sorts of misalignments,
- find guides and spirits who can help you achieve your desires, and
- redo scenarios that came out badly (sometimes before they happen)

I included Creation Dreams as a bonus because they are a critical factor in any creative person's life.

Creativity in dreams

Every book I have ever written has come from dreams.
Every illustration I've done has come from dreams.
Every painting or carving I have done...you get the picture.

Did you know that Mary Shelley's got the story, "*Frankenstein*," in a dream? She was participating with other writers in a group, and they had a contest for the most frightening story. Here's what she wrote about it:

"...I saw with acute mental vision the pale student of unhallowed arts kneeling beside the thing he had put together. I saw the hideous phantasm of a man stretched out; and then, by the working of some powerful engine, show signs of life, and stir with an uneasy, half-vital motion.

Frightful must it be; for supremely frightful would be the effect of any human endeavor to mock the stupendous Creator of the world....Surely this would be good entry for our group!"



What will you discover in this book?

- what your dreams are actually for
- how to remember them
- how to tell what their messages mean
- how to solve nightmares and horrid visions,
- how to direct dreams for personal and business success
- ... and more.

So - let's get at it!

THE BIG KEY: IT'S THE FEELING

This is the Big Key. Write it down, because it will help you solve any dream:

Dreams are about feelings!

Dreams are just saturated with images, sounds and personal feelings and physical sensations. They can be literal to a point, or highly symbolic. They can use puns, humor, and even satire.

They can be in color, black and white, in abstract shapes, no images at all, only sound—and if you have as crazy a head as mine, dreams can even be cartoons! Yes! I dream in cartoon sometimes.

No matter what a dream looks like, the first question I ask a client when she comes to me with a dream—whether a ‘good’ dream or a disturbing dream—is, “did you notice how you felt in the dream?”

The second question I ask is: “How do you feel now, when you think about that dream? Make sure to be brief—use only one or two words.”

Let’s go into this a little deeper.

WHAT ARE YOUR DREAMS ACTUALLY FOR?

Using the Big Key criterion I just mentioned, I can tell you that the bear dream I had as a kid made me feel weak, exhausted and terrified.



If I had been asked how it made me feel before I solved it, I’d have said scared and angry.

Now I feel grateful and delighted. You’ll be able to make that switch, too. once you use the Big Key.

In that dream, I felt weak, exhausted and terrified. What was that telling me? My subconscious was telling me that, under everything I did, said or thought, this was how

I felt ALL the time. I was exhausted, and I felt like a weakling compared to everyone else in my family and school mates and teachers; and I was terrified I'd do something to get myself punished, or even worse, laughed at.



When I was 14, I was so sick of the dream that I decided to just stop the damn bear and ask what the hell it wanted. I thought it wanted a fight! Or to eat me up!

Instead, it had been chasing me for over ten years to try and give me a hug, and grace me with its power. I still feel his power within me. What a gift!

Later on, I did some major tapping so I could release all the terror and the habitual fear from my system that the repeat dreams caused.

So. Remember to ask:

1. what was I feeling in the dream, and
2. what am I feeling now when I think about it?
3. what is this dream trying to give me, tell me or do for me?
4. what action can I take to empower myself right now?

Write those questions down, because they will be critical to your ability to solve and redirect your dreams in the future.

KEY DREAMS

Although a lot of our dreams are reflections of the undercurrents of daily life—from our thoughts and happenings during the day, and what I call food-farts—dreams don't just come willy-nilly out of nowhere for nothing.

I want you to start being on the hunt for dreams that help you develop yourself into the person you most want to be. So you have to be on the lookout for Key Dreams.

How do you know you have a Key Dream? Easy! You don't forget it! It haunts you throughout the day. And if you didn't write it down to discover its meaning, it'll come back in either the same form, or in another, using other symbols or images, to try and get the message over to you.

In my experience, most dreams want you to be more self-empowered. More able to kick ass and not be a victim in any way shape or form.

Once you really get that, you'll find it easier to recall your Key Dreams. It'll be easier to redo them if you don't like them, and use their richness to create the experience you want in your life—both inside the Veil in your dreams, and on this side of the Veil.

Remember to ask:

1. what was I feeling in the dream, and
2. what am I feeling now when I think about it?
3. what is this dream trying to give me, tell me or do for me?
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THE TOP FIVE TYPES OF DREAMS

1. KARMIC DREAMS

Karmic Dreams take you through scenarios that you'd be hard-pressed to get through in life on this side of the Veil. For example, long ago, I dreamed—it seemed like I dreamed it all night!—that I was a psychopath in a large family of other really awful, gruesome, terrifying psychopaths. In this long, very intricate dream, I nonchalantly took part in some of the most unspeakable bloody acts of cruelty and horror. I made Hannibal Lector look like a kindergärtner.

If I had done those things in *this* life, I'd be on death row lickety-split! Either that, or I'd have been immediately executed for being one of the biggest monsters on the planet.



At the time, it was beyond me what the purpose of such a dream was. For weeks afterwards, I was so freaked out that I was afraid to go to sleep at all. I was terrified that I'd be subjected to those horrors again. Thankfully, it wasn't long before I met the woman who trained me in dreaming, and helped me understand.

She said it was a karma dream. It not only helped me work out my feelings towards certain people, but it also helped me see how psychopaths believe their thinking is quite normal.

It allowed me to experience all those horrific acts from their stand point. It also allowed me to work off the karma that I'd have accrued if I'd done what I really wanted to do to some of those people in my dream. It saved me from doing it in this life.

Ironically, at the end of the dream, I became the victim of their beastly acts.

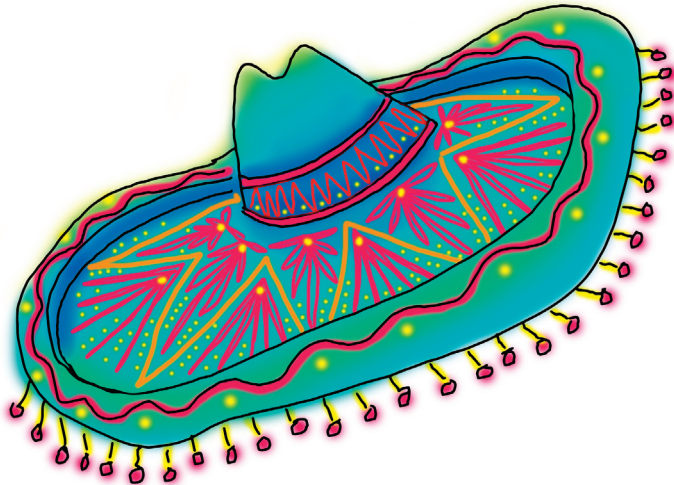
After having gone through the dream training, I was able to re-enter and re-dream the dream. I was able to change it and even forgive each person, and *myself*. I slept well again after that.

2a. HEALING DREAMS

Some dreams help you heal injuries or other imbalances in your system. I bet you've heard stories about cancer survivors who dreamed they had little pac-man critters eating up the cancer cells, and became well again.

Well, a friend of mine, after having been diagnosed with breast cancer, started dreaming of sombreros, mariachi bands and huge, house-size piles of vegetables and fruits!

She couldn't figure out what it meant. She had no personal connection to sombreros or mariachi bands, and was a heavy meat eater who didn't even like fruits or vegetables.



I asked her, "what is the first hit she got from the dream, right off the top of your head?"

She said, "Mexico!"

The second? "I'm not a vegan!"

She stopped talking, and said, "Hm. Maybe I could google 'Mexico' and 'vegan'. How can it be so simple?"

She did, and found a cancer clinic where they feature a beautiful, hearty vegan regimen—and get this—every weekend they even had a local popular mariachi band come in and play!

She ended up going there and entered their program. Her cancer was gone in 6 weeks. Imagine if she had just passed off that dream as some weird dream out of nowhere, and not paid attention to it!

2a. GUIDANCE DREAMS

Have you ever wondered what to do about a certain problem, and not known where to turn? Maybe you believed that no one you know had the answer, or maybe it hadn't even been thought up yet!

Ask for guidance! Your Guides can come in human form: they could be someone you read about or saw in the media or on a webinar, or some expert who has just the right answer for you—they can even be deceased.

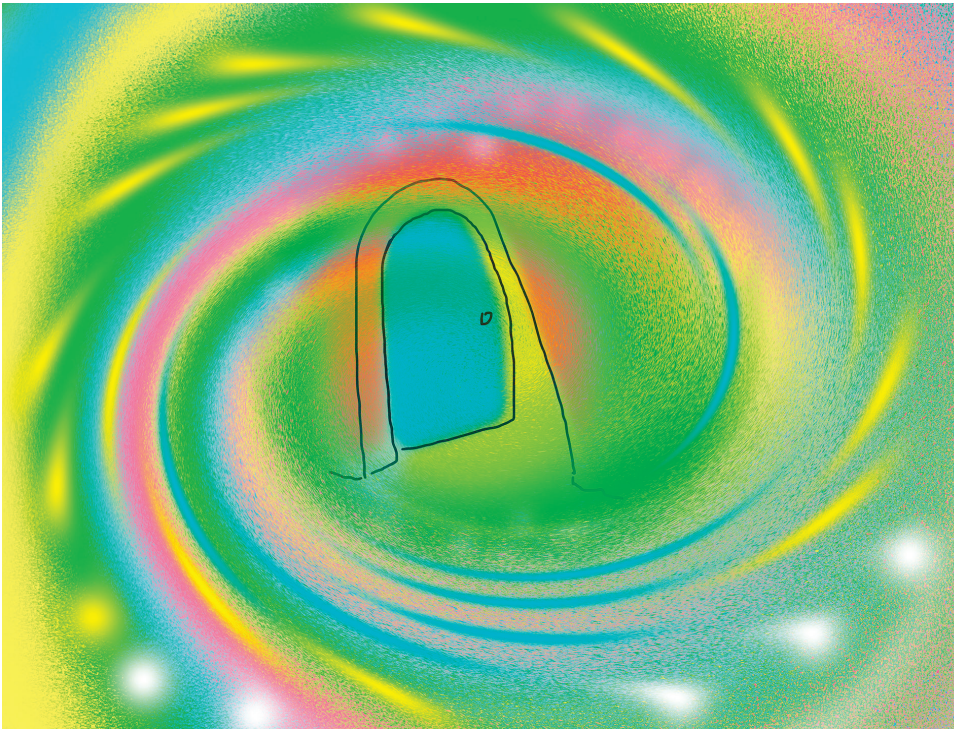
Guides can be in the form of animals, plants or other non-human forms.



Your guidance can even come in your dream in the form of text on a page or on your phone, or a radio transmission, a tv commercial or movie.

These can be one-off dreams, or you can consciously develop relationships with these beings and transmissions, and make it a regular thing to tap into their wisdom.

3. PORTAL DREAMS



It's said that all realities exist simultaneously.

What if you could develop the ability to visit other times or dimensions, and resolve problems, meet cool people, and even see how you live inside another reality?

Portal dreams will help you do that.

You can visit through portals both asleep and awake.

4. REPEAT DREAMS

Repeat dreams are dreams that have a strong message, and many times you may subconsciously not want to know about it. But your subconscious knows what's good for you, so it keeps hitting you with a dream night after night until you acknowledge it, listen to it and act upon it.

That's what that bear-chasing-me-up-the-hill dream was about when I was a kid. My subconscious wanted me to have that bear's love and power!

Your subconscious knows a heck of a lot more than your conscious mind—let it guide you!

4. DREAM RE-DO

Being able to redo your dreams is one of the most incredible and powerful things you could possibly do for yourself.

If you have suffered from either nightmares or dreams that end with you about to be skewered or falling off a cliff or being run over or some horrible thing, you'll be happy to know you can go back in and re-dream it to your own liking.

You have to find out what the dream's message is first, otherwise it won't work. I'll go into that a bit later.

BONUS: CREATION DREAMS

I've said that everything I do comes from my dreams. It's true—both from sleeping and waking dreams. I've played with my dreams for so long I can dream while I'm awake now. I want you to learn how to do that, too.

You may be surprised by the position you might have to be in when you do it!

**"I CAN'T EVEN REMEMBER MY DREAMS!"
"I DON'T EVEN DREAM!"**

Well, yes, you do, even if you don't recall them. Sleep studies have proven that we are programmed to dream, and if we don't, we go a little nutsoid.

So, if you don't recall your dreams, there are a number of ways to solve that.

**The first thing is to ask yourself,
when I did I stop dreaming?**

You might say, gee, it was after my divorce, or after I lost my job, or after my friend died....

Or, maybe you were five years old, and suddenly put in a foster home; or your mom died; or you spent a year in plaster casts because you were in a bad car wreck ... any of those can shut you down.

Thankfully, now we have [tapping](#)! You can tap on your emotions that have held you hostage for all these years, and ask for your dreams to come back.

I was listening to a dream teacher talk about a gal who hadn't dreamed in 15 years. He discovered that she had decided not to dream, because she was afraid they might tell her to quit her job that she'd worked so hard to get! The dream teacher processed her through her fear, and 2 weeks later, she had an even better dream job.

A harder case was a gal I worked with who never remembered dreaming even once in her whole life. Turned out her mother had been beaten while the mother was pregnant with her. After we worked on that with tapping—all the fear of her father, her anger towards men, and many more—she started dreaming.

Q ONE:

When did I stop dreaming?

Q TWO:

What am I afraid to see that my own mind is insisting that I pay attention to?

Q THREE:

What are you guilty or fearful about?

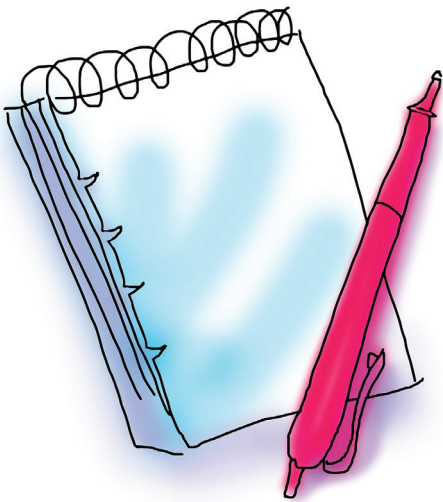
Q FOUR:

Who's involved?

Do some tapping on the upset in your dream. Get it resolved. Your dreams will be welcome again.

CREATE DREAM RITUALS

When I was 19, my favorite uncle died swimming in offshore breakers. When I heard of his death, I felt so guilty because I hadn't told him lately how much I loved him. I kept having dreams seeing him struggling and gasping under the water as he had his heart attack.

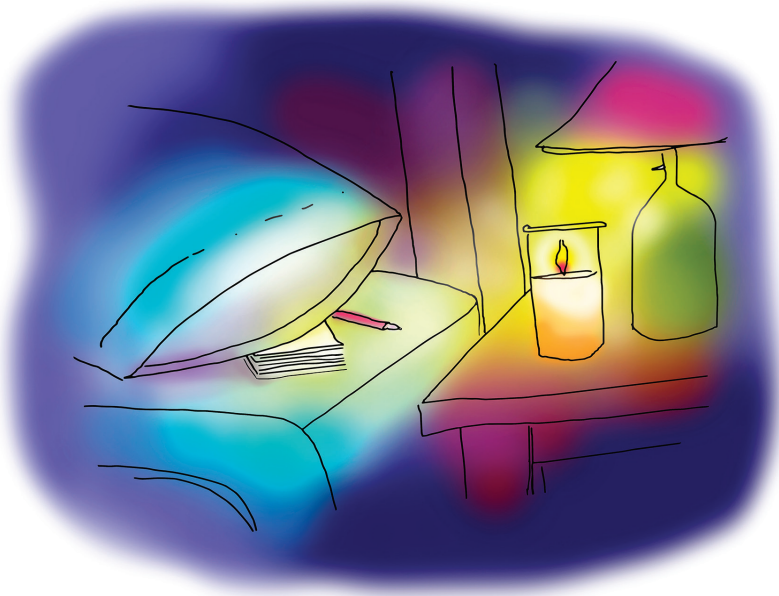


When I finally screamed at the top of my lungs in the middle of the night, "I love you! Why did you have to go do that?" and allowed myself to weep fully, he came and told me he loved me too, and that it was simply his time to go. That was that.

I vowed from then on to just tell people, no matter what, how much I loved them. It was a good lesson, and I never dreamed guilt dreams of him again. I decided, too, to write down my dreams when I got up every day. I've been doing that for 52 years.

WHAT to DO

- 1.** If you don't recall your dreams, light a small, safe candle (those candles that come in glass jars, or votive candles) and light it just before you go to sleep. Tell your subconscious you want to start remembering your dreams.
- 2.** Have a retractable pen or a pencil, and a small note pad either on your night table or under your pillow.

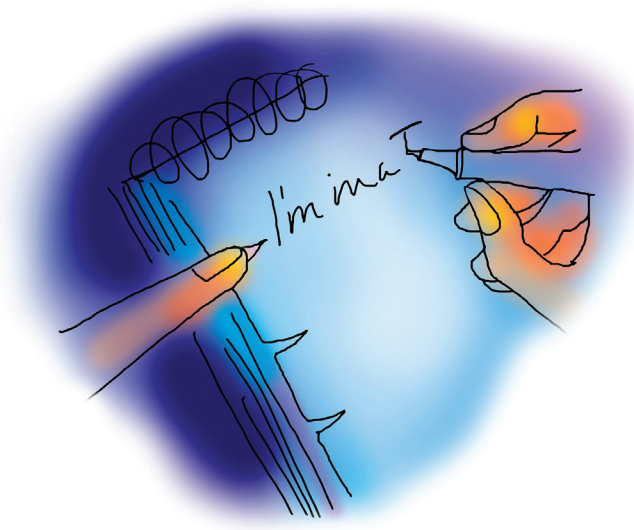


- 3.** Announce this out loud:
"I want to remember my dreams from now on.
I want my dreams to simple;
I want to understand them,
and I want them to be vividly memorable."

Your dreams may not believe you for a while—after all, you may have been pushing them away for a time! But keep on persevering, and they'll come.

- 4.** When you wake up with a dream and you want to write it down, but it's dark, and you're afraid you won't get back to sleep, here's what you do:

Before you go to bed, make 4 little tears on the left side of the paper that you can feel easily with your left hand (reverse that if you're a lefty).



When you wake up, don't reach for the light. Reach for the pad, and feel for the 1st tear. Put your left forefinger there, and to the right of it, write out the first line. Write carefully in big letters.

For the 2nd line, repeat the same thing by the 2nd tear, and so on. You'll find you get better and better at writing in the dark. Make sure that you date the Dream Journals you keep, so you can keep them in order. Over time you'll find that, upon

review, there will be patterns and regular characters.

WHAT DOES MY DREAM MEAN?

Oh my, there are so very many things your dreams can mean! The simplest and the best thing to do is to ask the Key Questions:

1. what was I feeling in the dream?
2. what am I feeling now, when I think about it?
3. what is this dream trying to give me, tell me or do for me?
4. what action can I take to empower myself right now?

Dreaming is just like being plopped down on a different planet, with no magic translator device, or any knowledge of the rules of behavior.

Despite all appearances, your subconscious is not sending you dreams to torture you!

Your dreams are on your side. You have just been unable to figure out how to translate them, that's all. Once you get that memorable dreams are not torture but messages, you can tap and you can ask for the feelings.

DON'T OVER-THINK YOUR DREAMS!

One thing I want you to be careful of: don't read into the dream more than it wants to tell you! Don't over-think it! Get the main feeling—that's enough.

If there is more, you'll get another dream—I guarantee it!—until whatever issue or subject matter your subconscious is trying to get through to you.

I HAVE SCARY NIGHTMARES

Again, ask what you feel.

Then, tap on how you feel, *and* how you feel about how you feel! Like, "I hate how I feel!" By now, you ought to be seeing that dream meaning is all about the feeling.

Why is that so important? Because our ability to be in touch with and to understand our emotions and physical sensations have been down-played disastrously in our world.

As a society, we don't sit around the fire as we eat our morning wallaby, sharing our dreams for the good of the tribe anymore, so we don't understand what dreams are trying to bring us and do for us.

Our emotions are just energy.

That energy is either moving around, or it is stuck in places in our bodies. It causes sensations like twinges and aches, and if you don't pay attention to them, they cause downright pain, even illness.

But we ignore the emotions and the physical sensation! "I'm busy, leave me alone! Where's the pain-killer pills?"

Not knowing what else to do to get your attention, your subconscious sends you a dream. And a worse one, and a way worse one—until finally you pay attention. So...



If you have a nightmare, ask how you feel!

**Tap on what you're feeling,
and ask for a solution.**

Remember to thank your dreams, and take action.

Remember to tell them you're sorry you've not paid attention more, and that you love and appreciate them!

REDO & DIRECT YOUR DREAMS FOR SOLUTIONS

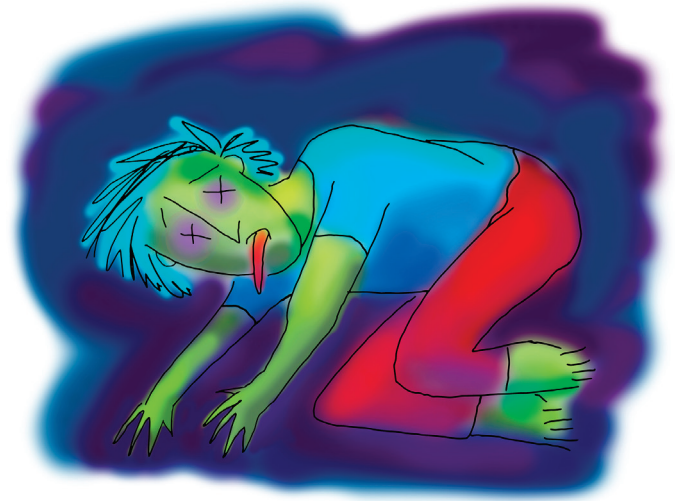
You can lie back down and redream your dreams. Doing so is a powerful move. You radiate all your feelings, all the time. When you awaken feeling disempowered, you radiate disempowerment, and are more likely to make less-than-good choices for yourself.

When you lie back down and go back into a disempowering dream and dream it the way you want it to turn out, you can radiate personal power, confidence and fun again.

Years ago, after I moved from Hawaii to a community near a big city, I had a dream where, at night after a movie, I went out to the parking lot. Before I could get to my car, I was surrounded by hordes of young, tough-looking teenagers. They beat me up and left me bleeding on the ground after they stole everything I had.

My first thought upon awakening was sheer rage—so I went back into the dream and I got out my brass knuckles and my dream-black belt moves and my dream-baseball bat, and proceeded to beat the crap out of every single one of them.

When I got up again, I felt worse than the first dream! Beating people up is not my personality! Where did *that* horrible act of violence come from?



When I asked, this little voice said, "It's me! You keep forgetting me!" I looked carefully, and it was a little lost part of my childhood.

So I asked it what it would rather do, and it said, "I love making friends, and talking story. Let's go back in and make friends!" So we did, and it showed me how much it loved to make friends and listen and talk story with people. I got up feeling much better, and my this-world ability to make new friends and listen improved dramatically.

FUTURE DREAMING

You can do the same thing for future challenges.

Let's say you have an interview on a radio show coming up. You can ask for a dream that will help you feel confident, and say the right things for that audience. If you don't like how it came out, ask yourself, "what would be better?" and dream it again.

Dream it until you get the results you want.

CREATIVITY DREAMS

I said earlier that every last thing I make comes from dreams. It's true. But my ideas are not from night dreams. Well, some are, but most are from nap dreams and waking dreams.

Nap dreams are when I lie down mid-afternoon and ask for a solution or an idea or an image.

I just relax, knowing it will come when it's ready, and not before, so I just pretend to be taking a regular old nap.

Right as I start to doze off, the idea will *>*pop*<* just come! It's in that moment that's between being conscious and awake and out cold sleeping that is the doorway.

The idea will pop into my head, and I'll jump up and go write it down or draw or paint it, or get into the next stage on a carving, or writing copy—whatever it is I'm working on.



If I'm too busy to take the time to go lie down, I just sit back and gaze out my window and watch the birdies at the bird bath. Again, the dream portal is that in-between space that allows the ideas to come sliding through.

You might have been yelled at in school for it—it's called day-dreaming, and is one of the best ways to access wisdom, new ideas and innovative information.

Some people have an unusual physical energy configuration where, once they lie down, they have more access to that dream world. I don't know how it works, but there's something about how their body's energy connects to the dream-world when it's horizontal that doesn't happen when vertical.

I'm one of those people. I can daydream just fine, but if I lie down, I can get chapter upon chapter, image after image until I decide to get up again.

I invite you to get in the habit of connecting with that amazing realm of infinite resources.

If you hate the idea of taking a nap, you can just day dream. Ask for an idea or a solution, and just let it happen as it will.



**Like any other skill, you may have to practice
before you get really good at it.**

If you can allow yourself to start lying down for 20 minutes in the afternoon, and just let your mind wander where it will, you'll find yourself with so many ideas you won't know what to do with them all.

Those are the basics. There are many other types of dreams and ways to harness the goodies from them!

If you'd like to be a part of a series of teleclasses where I take you even deeper with much more information, and you get help personally, please let me know as soon as possible.

I hope you have enjoyed reading this rundown of *Hunting Your Power Through Dreaming* basics. Contact me through AngelaTreatLyon.com with questions; you can also access the *Hunting Your Power Through Dreaming Course/Mastermind Program*.



WHAT PEOPLE ARE SAYING

About the *Hunting Your Power Through Dreaming* Intro Teleclass

from K. P. the day after the Intro Teleclass:

“This is so amazing! I went through years of hell and abuse with a narcissist husband. I was able to get a divorce this last August after years of trying and working on myself to be able to have my own business and support myself so I could quit my job and get away from the abuse. So—I had that dream again and asked the 4 questions right away when I woke up.

OK so this is the biggie! I was always so intent on being angry that my ex screwed up that I didn’t realize that I’d kept myself prisoner in the relationship. My son was in the dreams to support me and encourage me to leave. He is doing well and he is happy and I can release myself from the pact.

I did that this morning and I actually felt all of the oppression leave. I feel free. I feel that I will move forward on my career at a record breaking pace now. I can be and do exactly what I want now.

Oh happy day! I have punished myself by becoming very disorganized. I know I will reverse that quickly now. I feel so different than I did yesterday. I am really me now!

I am still flying high. I don’t know if I can sleep tonight. You should feel good—you just gave me my life back. BOOM!”

from H. B. in Paris

"I was on the call Last Night, It Was Great, and Thank You for Your Precious Teachings, I Learned Great Things about Dreaming Last Night. I have been Practicing « Dreaming » Since i was 13 or 14 Years Old."
I Love You Too, From Paris, Love and Light . . .

from B. B.

"The Hunting Your Power Through Dreams Intro Teleclass was very interesting. Although I have consciously used dreams in the past to get through tough spots when writing or working on a project, it hadn't occurred to me to befriend my dreams in the way you describe. Including tapping in the process now seems obvious, too.

For a while I have felt an energy blockage, particularly in my hands. Every so often they will become so inflamed that I have to stop whatever activities I am doing for several days. The doctor say it is over-use. That is entirely possible since I have to use a keyboard for my work, as well as greenhouse activities.

I started last night directing my dreams (which I have not been remembering/ paying attention to) to help me solve this in little digestible chunks. Just as I was waking I saw my father, who died in 1975 resting on a bed. It could have been the pose of someone in a coffin, but it seemed that he was just waiting for me. He seemed happy and relaxed.

That alone warms my heart. I felt happy, calm, and peaceful.

My husband retired last May and I can retire at any time, but I love at least major parts of my job. Of course I'd like more time to pursue some different goals. Sorting all this out in a waking environment is progressing slowly. My dreams are going to be busy on multiple fronts now!

The message I received was to pay attention to all that I had just learned and put it to work. That is exactly what I am doing.

Thanks again for offering the Teleclass. Thank you for creating expanding waves of peace in today's world."



Now you know how to find the meaning of your dreams; how to redream them if you don't like them; and how to use Creation Dreams to create the experiences *you* want.

What will you do next to start making all that new understanding work for you?

I'm excited for you!