

Your **Sleeping** Genius

HOW TO USE THE PRIMAL POWER
OF YOUR DREAMS FOR CREATIVITY,
WISDOM AND ACHIEVEMENT

GUIDEBOOK

Dr. Gayle Delaney



Your
Sleeping
Genius

GUIDEBOOK

A decorative graphic consisting of two horizontal lines, one red and one yellow, positioned below the title.

Dr. Gayle Delaney

© MCMXCV Dr. Gayle Delaney

© MCMXCV Nightingale-Conant Corporation

IMPORTANT

To begin — Please save this workbook to your desktop or in another location.

Dream Journal In Action

Session 1

Recording Your Dreams

Below is an example of a dream journal entry. Study this sample and then in the following days record your own dream entries. Seven *Dream Journal* pages have been provided for an entire week's worth of dream work, however feel free photocopy a blank journal page as often as you like and keep your *Dream Journal* active indefinitely.

The symbols placed in the margin beside each dream entry will help you organize your journal and make it easier to locate specific sections as you review your dreams.

Sample Journal Entry

Date:

May 30, 1994

2. Day Notes:

[Long day at the office. Kids demanded my attention all night. I feel pulled in two directions. I must work to support the family; but I know my children need me to be there for them. I feel guilty working so much. Had fun playing and talking with the children. How can I better balance my life?]

3. Title of Dream:

"TRAPPED"

4. Incubation Question:

★ *Complete only if you are using a dream to solve a current problem or issue.*

3. The Dream

✓ I'm at work and it's time to go home. I try to leave the building, but I can't. The doors are locked from the inside, and I can't get out. All of the windows are locked. I try to phone home, but I can't dial tone. I keep on dialing the wrong number. I find a bunch of keys in a drawer in one of the office desks. There are hundreds of keys, on the ring. I frantically try to open the doors with the keys but I wake up before I can go through all of the keys to find the one that opens the door.

4. Commentary

▼ I felt trapped in that office...frustrated that I couldn't leave. I love my children. I wish I had the day off just to relax. I don't want to go to work today. I realize how "trapped" I feel everyday. The keys remind me there must be a way out. I must keep searching to find a solution.

Dream Journal Entry

1. Date:

2. [Day Notes:]

3. Title of Dream:

★ 4. Incubation Question:

✓ 5. The Dream:

▼ 6. Commentary:

Dream Journal Entry

1. Date:

2. [Day Notes:]

3. Title of Dream:

 4. Incubation Question:

 5. The Dream:

 6. Commentary:

Dream Journal Entry

1. Date:

2. [Day Notes:]

3. Title of Dream:

 4. Incubation Question:

 5. The Dream:

 6. Commentary:

Dream Journal Entry

1. Date:

2. [Day Notes:]

3. Title of Dream:

 4. Incubation Question:

 5. The Dream:

 6. Commentary:

Dream Journal Entry

1. Date:

2. [Day Notes:]

3. Title of Dream:

 4. Incubation Question:

 5. The Dream:

 6. Commentary:

Dream Journal Entry

1. Date:

2. [Day Notes:]

3. Title of Dream:

 4. Incubation Question:

 5. The Dream:

 6. Commentary:

Dream Journal Entry

1. Date:

2. [Day Notes:]

3. Title of Dream:

 4. Incubation Question:

 5. The Dream:

 6. Commentary:

Exploring the Dream Interview

Session 3

Summary

The Dream Interview helps *you* discover what you (the dreamer) think and feel about the imagery in your dreams rather than interpreting the dream according to a given psychological theory. The Dream Interview is a descriptive process. The questions explore dream images and reveal their metaphorical similarities to people and situations in the dreamer's life.

The dream interviewer can be a friend, colleague or *yourself*. In order for the dream interview to be effective, the interviewer must pretend to come from another planet. In other words, the interviewer is attempting to discover what life is like as seen through the eyes of the dreamer.

As the dreamer describes the images experienced while asleep, the interviewer *recapitulates* or feeds back the initial descriptions to the dreamer. The dreamer is then asked if a given description reminds him/her of anyone or situation in his/her life. This process allows the dreamer to *bridge* or make a connection between a dream and waking experience. Once a bridge is established, the interviewer asks the dreamer to connect or *summarize* all of the images, descriptions and bridges in the context of the dream.

While there are more steps in a complete dream interview, these four — *description, recapitulation, bridge* and *summary* — are the core ones that form the basis of the dream interview.

Four Steps to a Successful Dream Interview

There are four steps that help create an effective environment for the dream interview.

Step 1: Elicit a good description...Ask the dreamer to describe each of the major elements in the dream (settings, people, objects, feelings and action). Do not try to help the dreamer find words to describe the images. Let him/her come up with his/her own adjectives.

Step 2: Recapitulate the description...After eliciting a good description of one or more images summarize the description the dreamer has just provided. Include any relevant and emotionally charged definitions, descriptions and associations.

Step 3: Bridge to waking life...Ask the dreamer to bridge his/her dream to some experience in waking life. How does the dream metaphor relate with a waking situation or attitude?

Step 4: Summarize the exploration...Summarize (at the end of an interview or partway through the interview) or retell the dream linking each image to its description and bridge. Summaries give the dreamer the opportunity to incorporate new associations.

The Dream Diagram

Session 3

Mapping Your Dream

Diagramming dream images helps both the dreamer and interviewer identify the basic categories of dream images about which they need to ask questions. Think of it as a navigational map to follow during the interview.

The purpose in diagramming a dream is to highlight the major elements of a dream about which the interviewer will ask specific questions and elicit relevant descriptions and associations.

Dream Diagram Exercise

Let's look at the diagram of a short dream:

To familiarize yourself with dream mapping elements, we have diagrammed a hypothetical dream in the left hand column. In the space provided on the next page, (or use another sheet of paper if necessary) in the right hand column, jot down a recent dream. Using these same symbols described in the key below, diagram your dream. Study the diagram to determine any relevant descriptions and parallels between dream elements and waking life experiences.

Sample Dream:

I am with the famous actor Alec Baldwin. We are in the lawn in front of my house. He asks me if I want to fly to L.A. with him and star in his next movie. He leans over and passionately kisses me. My husband sees us. He runs into our house and starts writing me a "kiss-off" letter. I run into the house after him and try to apologize. I return to the front lawn and see that Alec Baldwin has left. I wake up suddenly, feeling guilty and insecure.

Record Your Dream on the next page, or on a separate piece of paper.

Diagram Key:

- ★ Place a rectangle around each setting in the dream.
- ★ Circle each person or animal.
- ★ Underline each major object.
- ★ Underline each feeling with a wavy line.
- ★ Underline with an arrow the major actions.

Record your dream here - then print out your dream to complete the diagram exercise.

The Dream Cue Card

Session 5

Elements

Cue cards are comprised of the list of questions an interviewer uses to guide a dreamer through a dream. The cue card provides the basis to formulate follow-up questions when necessary.

While the cue card contains basic questions, they are helpful in delving deep into a dream's meaning. It is important that you write down and ask these questions exactly as they are worded here. The cue cards help you focus on each of the dream elements.

Cue Card Contents

1. Would you tell us your dream now?

Highlight Feelings

2. What are the feelings you are most aware of in the dream.

3. Have you felt this way in your past or current life?

4. When? or Where? was the first or most recent time you felt this way?

Settings: Descriptions and Bridges

5. Describe the opening (or next) setting of the dream.

6. What is this place like in waking life?

7. What is this place like in your dream?

8. How does it feel to be in this setting? or How do you feel as you stand (or sit) there?

9. Does this remind you of anything in your waking life?

People and Animals: Descriptions and Bridges

10. Who is "X"?

11. What is "X" like in waking life (or in general)?

12. What is "X" like in your dream? What is "X" doing in your dream?

13. Does "X", whom you describe as (recapitulate the description) remind you of anything in your waking life?

14. Does "X", who is (recapitulate the description), remind you of anyone in your life, or is there some part of you that is like "X"?

15. How so?

(Continued)

The Dream Cue Card

Session 5

Cue Card Contents (cont.)

Objects:

Descriptions and Bridges

16. What is a “Y”?
17. What is the “Y” in your dream like?
18. Does the “Y” in your dream, which you describe as (recapitulate the description), remind you of anything in your waking life?
19. How so?

Feelings:

Descriptions and Bridges

20. How do you feel at this moment in the dream?
21. Tell me more about this feeling?

-
22. Tell me about a time (or the last time) you felt this way.
 23. Does this feeling of (recapitulate the description) remind you of anything in your current life?

Action:

Descriptions and Bridges

24. Describe the major action or event in this scene.
25. Does this action (recapitulate the description) remind you of any situation in your life?
26. How so?
27. How would you describe the central plot of this dream?

-
28. Does this plot (recapitulate the description) remind you of anything?

Summary

29. Shall I summarize all the descriptions and bridges made so far, or would you like to do it?
30. So in this part of the dream (this happened), which you described as ..., which reminded you of (bridge). Then (this happened) etc. Does all this remind you of anything else?
31. Now, how do you understand your dream? Tell me the whole dream, adding the bridges and commenting on what you understand and what remains unclear.

Awaken Your Spirit with These Inspirational Titles from Nightingale-Conant!

*The Power of Present Moment Awareness:
How to Turn Ordinary Moments into Peak Experiences*
By Shannon Duncan
24121CD

*The Spontaneous Healing of Belief:
Shattering the Paradigm of False Limits*
By Gregg Braden
25000CD

*Lessons from the Richest Man Who Ever Lived:
Incomparable Insights and Breakthrough Strategies
for Success, Happiness and Wealth*
By Steven K. Scott
23201CD

*The Living Faith Series:
Life Changing Tools for the Growing Christian*
Featuring Bill Hybels, Haddon Robinson and Luis Palau
20401CD

All available from Nightingale-Conant —

**Phone: 1-800-525-9000
or visit our website at www.nightingale.com**

**or for our UK clients
Phone: 01803 666100 • nightingaleconant.co.uk.**

