



# Dreams



*Maria & Sarah*

Soulmates of Clairvoyance



The  
**World** of  
Dreams  
and  
Journeys  
to the  
**Heart of Dreams...**

*Entering delicately and subtly into the World of Dreams is like taking the first step into a subliminal universe where anything is possible...*



## Sleep and Dreams

Human beings spend about a third of their life sleeping, and a quarter of this time dreaming. While you sleep, your metabolism slows down, your mind vanishes... Your conscious disappears... Your subconscious opens its doors to you... With your subconscious, Dreaming can begin!

Most Dreams occur during phases of rapid eye movement (REM) sleep. REM sleep phases return systematically, four or five times during the night.

These phases become longer and longer... the first one is just 15 minutes long, the last one can be up to 45 minutes long. A REM sleep phase generally occurs just before we wake up.



## Why do we dream?

It has been scientifically proven that when a person has been deprived of REM sleep, they will experience periods during the daytime when they find it difficult to concentrate and when they are irritable. This person will make up for this lost time during their following nights of sleep, by sleeping more... And above all, by dreaming more!

This process shows how crucial Dreaming is to our life balance and to our mental and physical health.

Are our Dreams a type of compensation for our unsatisfied desires, or are they a way of externalizing and solving certain emotional problems? Dreams probably help our brain to sort out the information it receives from the Real World and to modify this information so that it is easier to assimilate... To facilitate its passage from the conscious to the unconscious.

It has now been proven that we can dream all night long, during all phases of our sleep, even though the occurrence of dreams appears to be predominant during REM sleep.

During these phases, Dreams appear as a constant stream of images and flowing thoughts, like those we see during Daydreams.

Dreams that occur during phases of slow wave sleep (SWS) appear to be more closely linked to feelings, impressions or fragmentary thoughts than images.

If someone suddenly wakes up during a pause in their slow wave sleep, they can seem dazed and confused, with their mind muddled. They will not be able to remember anything about their Dreams.

On the contrary, Dreams that take place under the influence of REM sleep are often more striking, definite and precise. They contain characters, and are filled with specific situations.

They seem to have a developed storyline and follow predefined patterns.

Someone who wakes up at the end of a period of REM sleep will remember their Dreams perfectly.

It is important to note that during REM sleep, that is so well adapted for Dreams, your body is completely immobile. Your brain will develop a light amount of activity. Your muscles are at rest, as if they were totally paralyzed. It is therefore not at all possible to physically “live” your Dreams.

This explains the type of paralysis that is sometimes experienced during nightmares...



## Nightmares...

The bad Dreams that we remember best!

Are negative Dreams more common than positive Dreams? Or do they appear more common because we remember them better? It is difficult to reply to this question.

One fact is certain: anxiety levels rise and during a nightmare this becomes one of the most commonly experienced emotions.

Nightmares can cause different levels of worry, fear and anxiety.

From light concern to, sometimes, total panic... Everything depends on the person concerned.

However, this phenomenon is only linked to the sensation generated by the Dream and not to the dream itself. This sensation can be disturbing and triggers in our mind the idea that we have had a bad Dream. But are there really bad Dreams?

Going through certain situations can cause you to wake up with a jump, your heart racing, beads of sweat on your forehead. Though, often, there is nothing dramatic about the situation. It is simply that the Dreamer's interpretation of it reflects its degree of importance.

This event, this nightmare, is nothing more than the reflection of the emotions you have felt in the daytime, during your daily life. If you are sad, melancholic, or in a state of stress, these sentiments will materialize in your dreams.

The more stressed, anxious or worried you are, the more you will develop feelings of vulnerability, the more you will be sensitive to, and at risk of having, nightmares.

So, in order to avoid them, you must be positive. Developing positive thoughts when facing each one of the situations you go through in your daily life appears to be the best solution.

Living a life far from stress, fears, doubts of any type, seems to be the best way of escaping from nightmares... But this is often easier said than done. Especially in the current world we live in.

Mastering certain relaxation techniques can go a long way to improving your situation, if you have nightmares frequently.

One thing is sure: whether you wake up and remember your Dream or you are in the middle of a period of sleep, never run away in the face of adversity. Look directly at it, face up to it, get ahead of it, counter attack it... And you will come out on top, as the winner, in all types of nightmarish situations.

Nightmares, and the “monstrous” situations they force you to experience, will no longer occur. You will smile about this and throw back your head and laugh out loud.

If you do not feel up to fighting this adversity alone, then ask for the assistance of a Guardian Angel. They will protect you at the heart of your deepest and most eventful Dreams. This guardian can be real or completely imaginary. It can be symbolized by a person or an animal, that you can call for assistance if you have a nightmare.

Remember your Dream, ask your Guardian Angel for assistance and tell yourself that next time you have a bad Dream, they will run to your side. Do the same thing before you go to sleep... Tell yourself that a powerful Being is watching over your soul.

This can often be very useful and it is an excellent method to put in place for children. They are often very worried after having a bad Dream. This character or this totem animal will reassure them.



### It is wonderful to dream...

Yes, Dreams are a magical space where everything is possible for the gentle dreamer... Traveling through time, above all material and earthly frontiers, flying freely through the full expanse of the sky, touching the sun with your fingertips, meeting strangers and heading off into totally unpredictable adventures...

Nothing seems impossible... Anything can happen! When dreams become totally realistic, it is as if they have become wonderfully real, at the heart of your everyday life.

Clearly, Dreams allow the “Spiritual-Self” to communicate with the individual, to transfer specific information to them that is linked to their personal experience, in an allegorical and picture based form.

It appears to be very significant that the allegorical World of Dreams is the reflection of the real world. As a result, all modifications, all important changes in the dreamer’s real life, will lead to changes in the dreamer’s Dreams.

Dreams do not remain frozen in time. They will evolve throughout the dreamer’s existence. They are also the means the subconscious uses to change and modify the reality of the world around us, according to its wishes and sometimes its fears.



Is our visible world, in reality, just a simple Dream? Without going quite so far, we can say that we are “creators” of the world we live in. Therefore, it is possible to acknowledge that we can change this world through our Dreams.

It is crucial to Dream. Changing a Dream can be likened to transforming our behavior and our reactions, and thereby the situation that we live in on a daily basis.

Some people believe that other Worlds exist, and that the Universe we live in is only the dreamlike reflection of a Reality that is very different in many ways. The more experienced of these, who have powerful extrasensory faculties, the gift of duo-telepathy, or extremely developed mediumistic powers, are capable of entering into other Worlds as they wish.



### Traveling between Worlds...

In fact, we all possess this ability to travel between different Worlds. We carry out these Journeys, almost every night, in the form of Dreams.

For us, these other Worlds are magical places, where anything becomes possible, where the information conveyed is likely to be accepted and understood.

Let your most wonderful dreams come to you and, in this way, give them the opportunity to open the golden doors of other Worlds to you...

First, in order to act on a Dream and to change it, or interpret it, it is essential to fully immerse yourself in it again. You must perfectly remember this dream while you are in a fully conscious state, while you are relaxed and blissfully fulfilled.

Being perfectly relaxed will free your mind and allow it to head onto the path of creativity and intuition. This will allow you to become fully aware of your personality and your place in the universe that surrounds you.

Interpreting a Dream is not as simple as it seems. It is though possible for you to guess at the information that is presented to you in dream form, that the Dream

wishes to convey to you. You could try to “question” the person or the people who appear in your dream, as well as any elements or objects.

If you recall that you have had a Dream when you wake up, make an effort to remember all of it. Do not hesitate to write down all of the details. As every detail counts.

When you are awake, try to “go back” into your Dream. Question the person or the people who appear in it, the elements, the objects... Listen carefully to their answers. If someone or something refuses to reply, do not force things. There is nothing unusual about this. This is because your mind is not completely ready to receive the decoded information.

If there is a Person present in your Dream who seems to want to run away from you, or to scare you, do not be afraid. Accompany them... Very quickly they will give you the Answer you are looking for. Allow time some time. Everything must be done subtly and delicately. There is no need to rush, no point in wanting to speed things up too much.

Do not forget that often, the characters who appear in Dreams are in reality manifestations of certain aspects and certain representations of the Dreamer themself.

So, disturbing Dreams, even nightmares, that contain scenes of violence, scenes of loss or situations of suffering, never mean that something negative is going to happen.

In fact, the characters and the situations that are represented are often closely linked to the dreamer’s real suffering. Generally, this suffering is not “allowed” to express itself freely in the dreamer’s real life.

This suffering is repressed and therefore appears in Dream form.



## Your Dream Diary...

Write down, in a Diary, the details of the contents of all of your Dreams. As soon as you wake up. Every day. This will mean that you can refer back to your Dreams and read through them, without ever forgetting any of their contents, whenever you want to.

Take a notebook, and something to write with, and keep these close to your bed. This will mean that, even if you wake up in the middle of the night and instantly remember the Dream you have just had, it will be easy to note down the events that occurred, down to their smallest detail, without forgetting anything important.

Whatever time you wake up, before you start to write, shut your eyes for a few seconds, breathe slowly and make sure you are relaxed before thinking intensely about the images of the Dream you have just had.

Let its images and the situations in it come back to you. Rebuild its sequences, the chains of events, one after another. Dreams always have a narrative thread, a type of predefined scenario. The scenes follow one another in a perfectly orchestrated chronological order. Even

if, sometimes, things can appear to be very astonishing.

Note down all of the details. As each and every one of them is important. They can sometimes be a connection that you must decipher in order to perfectly understand the complete pathway of your Dream.

Do not hesitate to write down your observations, how you feel in the face of this or that situation that occurred in your Dream. But you must act as soon as you wake up. Before you do anything else. The more conscious you are, the further away you are from the time you woke up, the more your memories of your Dream will fade.

Write about it in the present tense. This will give your narrative immediacy. This will help all of the details of your Dream come back into your mind more clearly.

Your Dreams will help you to better understand the real progression of your life. It is therefore very important to write them down in full, before their content starts to fade and leave your mind.

Changing the contents of a Dream is possible. This action can have repercussions on the real World that you live in. Generally, the Dreams we want to change are those that trigger feelings of fear, doubt, pain and anger... If you can take control of the dream world where they are present, you can affirm your power in the real world that surrounds you.





## Changing your Dreams...

It is up to you to decide what you want to change.

There are different ways of changing a Dream. If your Dream is complete, you could change the course of events that takes place within it or you could change your reaction to these events. If your Dream is incomplete or only partial, you could continue it using your creative Intuition.

When you change a Dream, do not force events to happen. Follow your intuition freely. Do not get carried away and whatever happens, do not let your creativity control the events that occur.

Do not limit yourself in any way. Be prepared for anything, absolutely anything, to occur in your Dream. You do not need to consider, or take into account in anyway, the slightest physical or real restriction linked to your real environment. You have total freedom, as you are at the heart of a Dream.

You could also change your reaction to your Dream.

Imagine that your Dream puts you in a tricky situation, such as being followed or trailed by a nearly invisible harmful presence, that you have glimpsed mysteriously lurking in the shadows behind you... This is a difficult situation to experience, even in a Dream.

One that is enough to make you extremely anxious, to wake you up in the middle of a nightmarish situation, out of breath, with your heart racing. In this case, the best way of regaining control of the situation is to turn things around to your advantage.

To transform your reaction in the face of this danger. To refuse to see it as it appears in your Dream. Instead of developing fear and anxiety, take a step back and smile. Even go as far as laughing at this situation. From that point on, any feeling of fear, anxiety or even worry will no longer be able to affect you. You will feel that you have been completely released from a trap, even before it has closed around you.



## Extending your dreams...

Sometimes, your Dream is interrupted prematurely. You wake up with a start, before getting to its ending. What a shame...

In this situation, it is ideal to “extend” your Dream, in order to see how it ends. “Go back” into it

and pick up at the point when it ended. Use your creative intuition for this.

There is one situation that reoccurs often: you dream that you are falling. This might mean that you are making a leap into the unknown. This Dream often ends in a very brutal way, a few seconds before the probable impact with the ground, or against something else. But what would really have happened if your Dream had continued? The ground might have opened up in front of you, you might have been able to cross it without coming to any harm... Or maybe you would have bounced as if you were on a trampoline?

In order to find out, go back into your Dream and make the leap into the unknown once more. Then, let yourself be carried away by the fruit of your creative imagination.



### It is essential to “Read” into your dreams and interpret them...

One fact is certain: after you have analyzed your dreams, you will be able to make the most of them and see the events of your life line up in a very different way. You will evolve and you will be able to face up to certain situations that could have otherwise been problematic...

As it seems that a large part of our dreams is linked to certain negative aspects that we want to “chase” from our subconscious. Dreams often embody inner conflicts, that are sometimes repressed, and they are an excellent way of freeing oneself from these.

The contents of a Dream, that you remember, can sometimes seem familiar to you in many ways. Sometimes though, the general context may appear very strange, or even totally far-fetched... With surrealist images, a confused scenario and scenes that are staged in a crazy way.

It is important to understand that dreams can be interpreted on two levels: on a first level, there are the characters, the events, the visions and sounds. These different elements can be closely related to recent experiences you have lived... For example, all of the things that have taken place during your day.

So, important events and meetings can “come back up” to the surface and burst into the heart of your Dreams.

Then, there is the intrinsic Meaning of your Dream. This is the second level. However, not all of your Dreams have a deeper meaning. Some only bring up trivial points, whereas others carry subliminal messages, which are very interesting.

Over time, if you keep a Dream Diary, you will know how to identify them and tell them apart correctly. One of the most fascinating and most mysterious aspects of a Dream is the language it uses in order to convey a type of message, of which you are the recipient.

Metaphors, signs, symbols, images, numbers, they all appear one after the other and travel to the center of your mind... As they wait to be interpreted, read, deciphered, decoded, in the same way as a foreign language.

An important question: why is the Subconscious so desperately trying to send messages and coded and symbolic information to your Conscious?

Numerous theories about this exist and try to explain, more or less scientifically, this phenomenon. One of these suggests that the reality of the message means the mind does not want to receive it. So, it deliberately hides it and presents it in a way that cannot be understood directly. In this way, it seems easier to avoid it, or even to totally ignore it.

It is also possible that the reality of the message can sometimes scare the person in question. Dreams allow the perception of things to be softened and make it easier for things to be accepted.

The fact that the message is very strange, surprising or surrealistic, can also push the person in question to pay more attention to it. Something that they might not have done if they had been able to interpret it in a simple and immediate way.

The strangeness of the phenomenon, its mysterious and enigmatic aspect, forces the mind to concentrate and to try to discover its real meaning.

It is true that numerous symbols have a universal reading. These are easy to interpret.



## The real meaning of your Dreams...

However, it is important to note that the meaning of Dreams will vary depending on the person and the period of life they are going through. So, visions of snow or ice, could symbolize feelings that have been buried, as if they were “frozen”, deep down inside of you, but they could also mean you have felt cold or that you are afraid of the cold... Therefore, all of this information must be placed into a specific context, which will obviously be different for each person.

It is important to note that the emotions you feel during a Dream are sometimes more important than the symbol

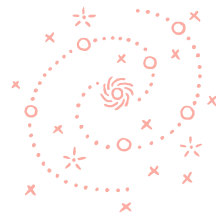


you initially associate it with.

It is clear that you remember your Dreams, sometimes fully and sometimes partially... But why is this? For the moment this still seems to be totally inexplicable...

In the first place, remembering, either a simple detail or the whole of a dream, will allow you to interpret them. Then, as a next step, it would ideal to be able to control your dreams!

Controlling your Dreams is not a dream... It is possible, with some practice and a little bit of time.



### More specifically...

You can analyze your Dreams with accuracy. On one condition: that you do not forget them. In order to remember them in detail, you must use your Dream Diary, as we have mentioned previously.

Over time, you will better understand how precious this tool is, and how much it can help you to understand the World of Dreams, directly in relation to your life in the real World.

Little by little, you will recognize the images that have come out of your subconscious and understand how to decipher the personal symbols placed within them.

Think about their **Meaning**: is there a direct link between your dream and recent events that you have experienced? Do certain aspects of your past life come back into your deepest Dreams on a regular basis?

Work out the **Theme** of your Dream: what is the principal object of your thoughts? Were you directly concerned? Were you scared? Did you run away from danger? Does the main Theme of this Dream come back on a regular basis?

In which specific **Place** do the scenes take place? In a familiar Place, one you go to often.... A place you know well?

**Who** was there? You, someone else? Just one other person, or several people? Remember the precise details and write all of them down.

What did you feel? Write down your **Emotions**... Your joy, your enthusiasm, or on the contrary, your troubles, your fear, your anxieties...

Did you notice any **Object, Symbol, or Sign** that was particularly present in your Dream? This might even be an Animal, the presence of which implies something specific in your case...

In the same way, do any **Sounds, Music, Words or Lyrics**, said in a low voice or out loud, systematically come back into your Dreams and occupy an important place in them?

Do you remember **Images, Colors**, any parts that appeared in black and white?

The progression of **Time**, the Day, the Hour... Early in the morning, midday, late in the evening, in the middle of the night...

See how many elements you need to remember and how different they all are. With a bit of practice, you will be able to do this very quickly. As long as you do not forget anything and you write down everything, absolutely everything, down to the last detail.

Little by little, after a long period of precious practice, you will be able to start to control your Dreams...



## Controlling your Dreams...

Having a Dream voluntarily is not impossible, quite the opposite. Different techniques for provoking Dreams exist; thinking about a particular subject, a specific place, a person you have identified... With the aim of finding ideas, solving problems or making important decisions.

Psychic suggestion is quite a simple means that can help you with this. Think carefully about what you want to find out from a Dream and write it down before you go to sleep. Before falling asleep, think very hard about the place, the person or the situation you want to dream about.

Eventually, if you have an image of this place, this being or this situation, you could look at it very carefully. Fix it in your mind, just before you fall asleep.

For example, if you want to dream about an emotional situation, think about the moments you have spent with the person in question, or the evolution of your relationship with them... Depending on the way in which you want to see things occur in your near future, ask yourself how to act and how to reach your goal... And let your Dream bring you the Answer.

Practice this several times and, as soon as you wake up, remember to note down the contents of your Dream. As, as has already been mentioned, it is very important that you remember all of your dreams. Including, and above all, the most wonderful!

In order to effectively reach your goal, you could also say a key word or a short affirmative phrase which summarizes your wish. Before you fall asleep, this will direct your mind's thoughts and specifically materialize things in your Conscious mind, before they pass into your Subconscious.

Always talk in the present tense. Summarize your thoughts as much as possible. Do not get lost in the details... Chose a clear, direct and specific statement.

You could use this technique in order to decide the subject of your Dream. To develop some subjects and positive aspects. If you are in the grip of a problem, do not focus on this difficulty, but on its Solution. This is very important, it changes everything...

Repeat the Result you would like to obtain, in your head, throughout the day. Refocus your mind on this goal. When the evening comes, think about it again and set off with it on a wonderful Dream. In this way, you will direct the path of your Dream towards what is best for you.



## Visualizing your Dreams...

Daydreaming allows you to visualize your Dreams, and to ensure you are in an ideal state of mind for Dreaming. Before you go to sleep, lie flat on your back, breathe slowly and relax as much as possible. Then start to visualize your Dream, while you are still awake. Think about what you would like to obtain from your Dream, for example, the solution to an important problem.

Then, try to project yourself into the future and imagine your situation of well-being once this problem has been resolved. Visualize your everyday life without this wearisome problem to overcome on a daily basis. See how relaxed you have become, free from all forms of anxiety.

Then, on this positive note, let sleep come to you and give your subconscious free rein, so that it can “work” on this subject and place you under the best auspices, during this wonderful Dream that is just waiting to take place.



## Sharing your Dreams...

What is more marvelous than a wonderful encounter in a dream? It is quite possible to meet a friend or a partner during one of your Dreams. This occurs frequently with someone you are close to, as you share your life with them when you are awake.

If you mention your Dreams to this person who is close to you and you fix a common dream place, at a specific time, in a specific situation, it can be interesting to compare the memories you both have of your Dreams and to see the different symbols that have remained in your minds when you wake up, early in the morning.

Some aspects will probably be very similar, others probably not. In any case this comparison will definitely be very rich in learning points for both of you. Enough to make you want to share your dreams more frequently.



## Lucid Dreams...

Some people are able to have lucid Dreams. A lucid Dream is a Dream that a sleeper has consciously. Some people, who have a lot of experience, are able to successfully carry out this delicate and difficult exercise. They “manipulate” the contents of their Dreams and direct them in order to obtain the answers, the solutions and the crucial information they require for the smooth progress of the events of their life.

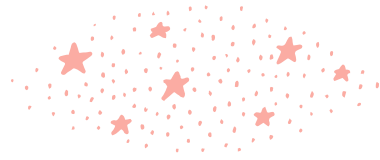
However, not everyone has the ability to reach this step. A certain amount of knowledge needs to be gained first. Moving from a waking state to a state of sleep, while remaining conscious, is not simple and requires many years of training. Certain mediums, certain great religious masters can do this. But for the average person, this requires many years of intense practice.

In reality, you must be fully conscious from the point at which you start to dream. From that point, you switch over into the Dream. And the fact that you are aware of this will allow you to know that you are dreaming. You will therefore control the start of your Dream, you will be able to direct it... But you will never have total control over it.

Your dream will take you where you wish to go. But what paths will it take? Who will accompany you? How are you going to travel?

You will only be able to answer these questions when you wake up in the morning.





## Premonitory Dreams...

A premonitory Dream is a dream that announces something that is about to take place in the near, or not so near, future. When the events of your Dream are shown to be true, your Dream can be qualified as a premonitory dream.

Some people firmly believe in premonitory Dreams, others do not believe in them at all. Different theories exist in order to confirm or contest these facts. But one thing is sure: some important historical events have been revealed in dreams before they took place. Is this the incontestable proof of the real existence of premonitory Dreams? Very probably.

In the esoteric field, it is common for mediums and clairvoyants to have premonitory Dreams. They are used to this and familiar with this type of situation, which is often very strange.

It is true that most of them are capable of “controlling” the subject matter, and part of their Dream’s journey. They can have lucid Dreams. And these lucid Dreams mean that they are perfectly equipped to “see” the future path of events in a person’s life and the different options they should follow, in order to move them away from danger or to allow them to seize lucky opportunities.

On this level, we can talk about a true “Gift”. A Gift which few of us possess. A unique and extremely rare Gift that can allow some of us to pass the doors of the present, to read into the future and to discover in advance certain very specific aspects of the events that are to come... Such as, for example, the winning numbers of games of chance.

This has been proven. And with this supporting evidence, certain mediums and clairvoyants can boast of having given out these numbers in advance, allowing a number of people, often in difficult situations, to see their life suddenly and miraculously change.

These facts have been retold in the press and the media. There are a very large number of authentic and serious testimonials, available to anyone who wants to see them, read them, hear them.

Here we are talking about the case of a rare number of clairvoyants, most of whom have received this unprecedented Gift during their childhood. Mediums and clairvoyants that are different from others, that you might be lucky enough to meet.

However, this does not prevent you from having your own premonitory Dream before then and discovering for yourself what will occur in the near future. Good Luck to you in this.

A dreamlike landscape with a tree on a hill, a sunset sky, and a constellation of zodiac signs. The background features a large tree on a hill under a sunset sky, with a constellation of zodiac signs (♈, ♉, ♊, ♋, ♌, ♍, ♎, ♏, ♐, ♑, ♒, ♓) overlaid on a starry sky. A large white circle is centered on the page, containing text.

### In conclusion...

It is wonderful to Dream! So, make the most of it...  
Allow yourself to go on the most wonderful of Journeys,  
the most extraordinary and fantastic adventures,  
and to set off on the paths of your dream Life.

With all our best wishes.

*Maria & Sarah*



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