SOVEREIGN WOMAN

Dreaming - module 11

“

Dreaming will be your greatest accomplishment because you will be training your little self to relinquish control for a while and enter into the ultimate act of co-operation with Spirit.

-John English

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DREAMING

Dreaming is any altered state of perception. So, any time you intentionally alter your perception you are co-operating with Spirit.

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CHECK IN

1. *How has it been going with working on relationships?*
2. *What would you like to share about your experience since our last call?*
3. *What's going on in your life right now and how can we support you?*

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WHAT IS DREAMING?

- *Stopping the World*
- *Meditation*
- *Exercise (some)*
- *Trance*
- *Sleep (REM)*

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LEFT VS RIGHT SIDE AWARENESS

Right Side Awareness

- *Rational*
- *Known*
- *Mind*
- *Masculine*

Left Side Awareness

- *Irrational*
- *Unknown*
- *Feeling*
- *Feminine*

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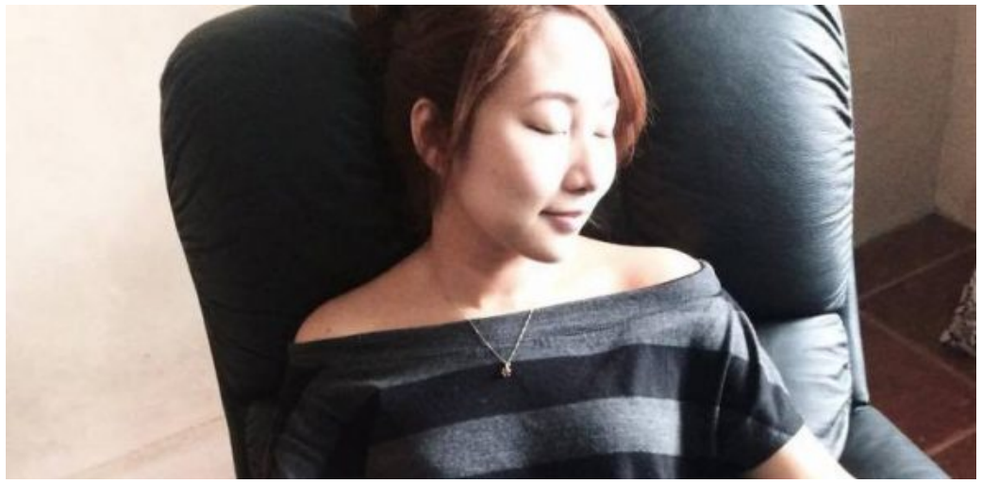
TRANCE SYSTEM

- *Form an intention*
- *Ask for protection*
- *Get comfortable*
- *Two deep breaths*
- *Drift into liminal state*
- *Hold intention in belly or solar plexus*
- *Navigate Unknown*
- *Ask Questions*
- *Take notes afterwards*



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LET'S GIVE IT A TRY

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TIPS

- Mid Day
- Quiet area but not too quiet
- Sit reclined
- Practice

BENEFITS OF USING TRANCE

1. Increased Energy
2. Vitality
3. Better Health
4. Information Downloads
5. Better co-operation with your Dreamer
6. Ability to learn about anything

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HOME "PLAY"...

- *Continue taking control of your awareness*
- *Use your stress stone to eliminate stress and anxiety*
- *Work with your mirrors*
- *Notice & remove patterns*
- *Practice Trance State*
- *Stay in touch with Self, the group and me!*

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