

You Must be Dreaming®

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Dreams are mysterious and magical, truthful and telling. They offer a front row seat to look through a window that opens into the world of your subconscious mind.

They also provide specific and personal information from your higher awareness to guide you through life; a world of truth where hidden thoughts, secret feelings, and heartfelt desires come alive in actions, sounds, and symbols.

If you wonder what your dreams are telling you and how you can learn to interpret and benefit from those crazy dreamscapes that represent your finances, relationships, health and more, then learning how to interpret your dreams is essential.

Through the years, many famous people have come forward and admitted that they received their inspiration through dreams. Here are just a few.

Mary Shelley received the idea for her novel Frankenstein when she dreamed about a scientist who created life and was horrified by his creation.

Paul McCartney states in his biography that he was staying in a room at a Wimpole Street home and had a dream about a specific melody. When he woke up, he played the tune on a piano to ensure he'd remember the composition.

He was so concerned that he had subconsciously plagiarized someone's work that for a month he "went 'round to people in the music business and asked them whether they had ever heard it before."

No one had, so he began writing the lyrics. Credited as Lennon-McCartney, the original working title “Scrambled eggs” was used and the opening verse “Scrambled eggs, oh my darling how I love your legs,” eventually morphed into the song “Yesterday, all my troubles seemed so far away . . .”

Shakespeare used dreams extensively in his plays: Hamlet, The Tempest, Romeo and Juliet – all with characters either talking about dreams or receiving premonitions in dreams, and sometimes having a dream within a dream like Bottom’s Dream in A Midsummer Night’s Dream.

Stephen King said of his science fiction/alien invasion novel Dreamcatcher, written while he was recuperating from his near fatal car accident, that he “dreamed a lot about that cabin and those guys in it.”

Stephenie Meyer, author of the Twilight / New Moon / Eclipse / Breaking Dawn saga states the idea came to her in a dream showing two people standing in a field; a human girl, and a vampire who was in love with her, but thirsted for her blood. Based on this brief dream, Meyer wrote the draft of chapter 13 of what would become the first book, Twilight. Eight publishers competed for the rights to publish Meyer’s novel.

Edgar Allan Poe (poet), Salvador Dali (surrealism painter), and Abraham Lincoln (US President) all recognized their dreams held powerful information, both good and bad.

Here are a few tips on how you can get started on your path to benefiting from your dreams.

- Consciously decide to make the effort to remember your dreams. Your conscious thoughts filter to your subconscious and build bridges between your states of awareness.
- Avoid telling yourself you won’t, or don’t remember your dream. Memory (and your subconscious mind) is very susceptible to autosuggestion.
- Keep it simple. Focus on one request at a time per sleep period. You don’t have to wait for bedtime to ask. If you take a nap in the afternoon, you can ask a question and receive your guidance. Both Thomas Edison and Nikola Tesla claimed to take “power-naps” during the day and credited this method for helping them receive inspiration for their inventions.
- Keep your dream journal and pen close. As soon as you wake, write down your dream while the details are fresh in your mind.

The next time you rest your head on that pillow, ask a heartfelt question before you drift off to sleep. Who knows? You might be the next dreamer to catch a million-dollar idea.

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