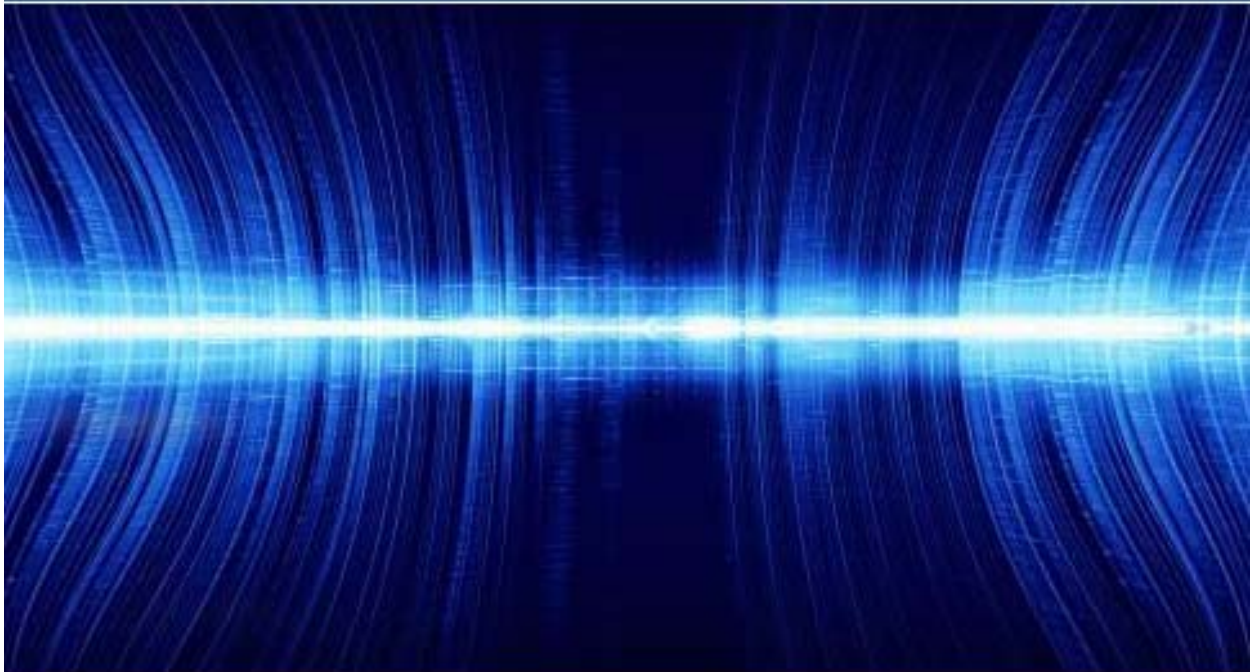


Vivid Dreams

Unlocking Shadow Memories

How to Remember Hours of Your Dreams in Vivid Technicolor



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So far we've been focusing on how to make our sleep more restful and how to sleep less. A lot of people have a very bad association with sleep. They view it as “a waste of time”. Chances are, if you invested in this package, you might be one of these people :o)

In this e-book let's talk a bit about the more mysterious and fun part of sleeping: *dreams*. I decided to create this e-book because you've been doing a very good job so far by learning all the scientific stuff so far, and I think your mind needs a bit of a break.

We all have dreams, and we've all had times when dreams were a fun Alice in wonderland attraction ride. We also have dreams that that are sometimes horrifying!

Why do we dream? And what do they mean?

Right now, you could easily walk into the “new-age” section of any library and find dozens of books about dream interpretation, lucid dreaming, and a whole lot of other stuff. Most people usually brush this off, or simply give it the “I don't have time for that stuff” excuse. Nobody really knows the purpose of dreams, and I believe it's best that everyone build their own interpretation of the experience, as it is a very personal experience.

What I want to share with you here is part of my own life-time discovery. If you take this information and put it into use, you will perhaps discover a deeper meaning to your sleep, your dreams, and *your life*.

During the course of my so far short life, I had the unique privilege of knowing and working personally for a brief period with an extraordinary man, Robert Bruce. Robert is an Australian metaphysician and the author of too many great books to list here. While many people would consider Robert to be a “wacko” type of character, his research and life work is absolutely fascinating. Robert deals with researching the paranormal aspects of the world, and our minds from a very scientific mindset. Robert has perhaps created the most thorough understanding of human consciousness anyone has ever seen. While I won't get into the details of it, I do want to share with you one very powerful concept that I learned from Robert: The concept of **Shadow Memory**.

Allow me to ask you a question,

Do you remember what you dreamt about last night?

How about, what you dreamt about the night before?

If you're like most people, chances are you have a very vague idea or none at all, about what you dreamt about. Unless of course, you just woke up and started reading this book, if that's the case you might still remember your dream(s) in a fragmented format. *The reason for this is about to be explained in this book.*

What you're about to learn is:

- How subconscious memory works.
- How you can use your understanding of the nature of subconscious memory to remember your dreams very vividly, and retrieve hours of dream memory, instead of a few fragments.

When Do We Dream?

Contrary to what some people believe, everyone dreams every night, except, most of the time **we don't remember our dreams**. Scientific evidence states that we dream in the fifth stage of sleep, the REM stage, or Rapid Eye Movement. However, many meta-physicians would disagree. It's also been scientifically proven *that "on rare occasions"* we do experience dreams in other stages, not just in the REM stage

Conscious vs Subconscious

If you've ever read a book on psychology, you might have an understanding of the conscious and the subconscious mind. However, if you don't, this model of understanding should help you get started.

Conscious - The conscious mind is like the driver of a car, the car being your mind & body. It does the steering; it presses the gas and the brake pedal. It's constantly alert and aware of all the important things around you.

To the conscious mind the only thing that's important is the current moment right now, and your immediate safety and comfort. In the same way, if you were driving, you wouldn't be concentrating on the road behind you, you'd be concentrating on the road in front of you and what obstacles in your immediate environment might be of potential danger.

Subconscious - The subconscious mind is like the engine of the car, and all the intricate parts of the car that give it the power to drive and function in many ways. The subconscious mind thinks without logic, it processes all the data coming at it from the conscious mind and usually assigns emotional associations to experiences, without the conscious mind's awareness.

When you're driving in your car, most of the time you don't have the slightest idea about what's going on in the engine, as it's underneath the hood of the car. You're not aware of the pistons moving up and down thousands of times every second. You're not aware of the air the engine is constantly sucking in to create the explosive gasoline mixture. You're not aware of the electricity running through the wires of the car which is running your radio, your wipers and your seat warmers (*Okay, not everyone has seat warmers :o*).

You can also think of the subconscious mind as a giant kaleidoscope of colors and imagination, where thoughts move from one place to another in an un-ordered fashion.

Sub-Modalities... *Sub what?*

Let's do a little experiment right now, to show you a bit about how your mind works. The best part about this experiment is that you can remain seated right where you are while doing it, so you have no excuse NOT to do it :o).

While you're doing this, I invite you to notice how you're feeling at the moment.

Step 1. Take a deep breath, and notice how you feel right now.

Step 2. Become aware of the rate of your blinking. Blink a few times, and realize, really realize the effort you put into blinking.

Step 3. Become aware of rhythm of your breathing. Notice how your chest comes up, and down... as you're breathing. Notice how you can become completely aware of your breathing to the point where you're thinking of it consciously.

Step 4. Become aware, of the beating of your heart. Notice the beating of your heart and how you can feel your pulse in your chest.

Step 5. Become aware... of the weight of your body on your chair. Is your body pressing against the chair? Or is the chair pressing up against you?

Step 6. As you're reading this, and you're thinking about what the point of this exercise is, become aware of the warmth of your palms.

Step 7. Become aware of the feeling of your socks against your feet (if you're wearing socks)

Do you notice, as you read through that again, and you become aware of these things, how perhaps you're feeling a bit different? If you followed through with the exercise properly, you might have noticed a slight change, this feels like a slight tingly feeling in your chest or your stomach, or it may feel like a really mellow and relaxed feeling in your body.

What you might have felt was a connection with your subconscious mind. Some people refer to this connection as "bio-feedback." By focusing on your **sub-modalities**. A sub-modality is anything your subconscious mind is currently processing on a deeper level.

Right now, as you're reading this, you're consciously focusing on trying to understand this material, and you're also consciously perhaps scrolling the text up and down with your mouse. You could also be focusing on other important things in your life as you read this, like your bills, your family, or anything else that is important to you in the

immediate moment.

However, there are other things happening around you that you're not even aware of, and you're not consciously processing, here are just some of these things and processes.

- 1) The amount of light entering your eyes right now so your pupils can adjust.
- 2) The weight displacement of your body, and your ability to balance on the chair right now.
- 3) The regulation of the rate of your breathing, so you can maintain a regular heart rate.
- 4) The rate of your blinking.
- 5) The feeling of the texture of your clothes against your body.
- 6) The wetness of your tongue at this moment.

Believe it or not, your subconscious mind is processing these things, and thousands of other things happening around you at this moment. Think about what would happen if just some of these things were left up to your conscious mind to think about and do!? I certainly wouldn't trust my conscious mind with my breathing - I'd probably suffocate at night. All these things are referred to as **sub-modalities**.

Whenever you move your awareness away from your conscious storm of thoughts, and towards your sub-modalities, you become in-tune with your subconscious mind, thus, you open a doorway to accessing all the other parts of your subconscious mind.

Your Point of Consciousness

So now you might have a much clearer understanding of what your subconscious and conscious are all about, and we're about to get to the exciting dream stuff, but here's one more understanding I want you to have:

Your subconscious and your conscious mind are not THINGS. They're not things or body parts like your liver, your lungs or your kidneys. They're simply states of mind you can enter.

The understanding you might want to have is that you can either

- 1) Get in tune with your subconscious mind
- 2) Get "out of tune" with your subconscious mind.

Whenever you're in tune with your subconscious mind you're more aware of things around you, and inside of you, on a deeper level. You're more connected to who you are, to your inner thoughts, your inner dreams and fantasies, your imagination, all these things are a very big part of the subconscious mind.

Accessing Shadow Memory

You see, for the most of us, the challenge is that we're usually moving throughout our days in very conscious states of mind. We're out there running around in our lives, driving our cars, feeding our dogs, worrying about paying the bills and driving our kids to school and soccer practice. We're not really in-tune with our subconscious minds. We're not in tune with our inner selves.

I mean, how often do you just get the thought popping into your head: “Wow, isn't it incredible how the rate of my breathing right now is at this rate?” In the exact same way, we don't usually think about the deeper meaning of life, or use our imaginations during the day.

As children, we are in subconscious states of mind all of the time, using our imaginations, playing, fantasizing. Children also have a tendency to “dream more often” and remember their dreams much more vividly with much more emotion.... could there possibly be a connection?

Conscious Memory

Conscious memory is the memory in your mind which you have conscious access to. It is the memory that keeps all the “important” stuff like your bills, your car payments, your appointments etc. All our recent and important memories and emotional aspects are kept in your conscious memory. This could be a time frame of 1 month, 1 year, 5, 10 or more years and it's through these thoughts that we sift and rummage through on a daily basis.

In order for something to register in your conscious memory, it has to be first experienced and labeled as “important” in some way by your mind.

Subconscious Memory

Our subconscious memory keeps all the stuff that isn't “important” but you did experience in some way. You could look at this as all the stuff that gets shuffled aside by your mind and thrown in the garbage pile.

For instance, if I were to ask you how dirty your socks were when you took them off 5 days ago, chances are you wouldn't be able to remember this.

Believe it or not, your mind did register this. It just put it in the “subconscious memory” pile.

If you enter a relaxed state, and become more in-tune with your subconscious mind, sometimes thoughts and memories from this area will surface and come to your awareness. This is because thoughts are connected in a chain like structure, where one thought leads to the next. Have you ever had the experience of trying to remember

something all day, but not being able to? Then, all of a sudden having that thing pop into your mind later on when you weren't expecting it?

Shadow Memory

As I said before, everyone dreams every night, we simply don't remember our dreams.

You see, when we're dreaming, our conscious mind is completely turned off. Our dreams are a production of our subconscious mind, so we're only aware of them when we're having them, and the memory of these dreams DOES NOT enter our conscious memory while we're dreaming. Dreams automatically enter our subconscious memory as we're having them. Therefore, if you try to remember your dreams by accessing your conscious memory, you're out of luck!

I learned to term the memories of these dreams: **shadow memory**. It is memory that is not linked to our conscious mind in anyway, the source of these memories is purely the subconscious mind, therefore, the chance that these memories will suddenly pop up in your waking life are next to none, and most of the time you will never become consciously aware of these memories for the rest of your life.

So why is it that we can sometimes remember our dreams?

Well, if you think about it, most of us don't remember our dreams at all, we only remember some fragments of them for the first 10 minutes when we wake up, then we completely forget about them, and this process continues every single morning.

The reason for this is simple:

When you wake up, you are still partially in-tune with your subconscious mind. You know that feeling of disorientation and slowness when you wake up?

Your conscious mind is slowly “booting up”, like a computer. During this time you have a brief **shadow memory window**. During this time you can access some of your shadow memory; it's usually at this time that fragments of our dreams still float around our mind aimlessly. As we get up, take a shower and eat breakfast it seems that these memories quickly “deteriorate” and fly out of our minds forever. What's actually happening is your conscious mind is gaining full awareness, and you lose the connection with your subconscious memory.

Because our conscious mind takes over when we wake up, our mind labels the brief half-real fragments of shadow memory as “not important”. When we reflect on them in the 10 minutes after waking up it only seems like our dream(s) may have been a few minutes long.

Why do We Remember Nightmares for a Long Time?

During the shadow memory window, if we focus on and re-live the dream memories, they will be imprinted in our *conscious* memory. This is why really intense dreams, like nightmares, or sexual dreams usually stay with us for long periods of time, the emotional content of these dreams is labeled as “important” in our minds, and during the shadow memory window, the memories become part of conscious memory. You can look at this process as if it were a **shadow memory download** into your conscious memory.

Okay, does this make sense so far? I hope so! Here's the final part to this:

Exercising Your Shadow Memory Window

Believe it or not, our dreams last much longer than we usually remember. They can last for hours, or even days! We interpret time a lot different when we're dreaming, but let's not get into the time theory stuff!

So what's the trick to remembering ALL your dreams in vivid detail and duration? It's simply this:

In order to remember your dreams, you must tell your mind that your shadow memory is important. During the shadow memory window after you wake up, you must tell your mind to re-live whatever you remember from your dreams. This will create a chain effect of shadow memory recall the more you do it, and your ability to become aware of your subconscious memory will become stronger every time you do this.

How do you do this? It's simple. When you wake up, you must **WRITE DOWN** your dreams on paper, **because writing is a conscious process, these memories will be instantly linked to your conscious mind** and you will be focusing on them at the same time, this will strengthen your link with your subconscious memory and tell your mind that “these memories are important.”

For example, have you ever had the experience where you woke up and said to yourself “Wow! that was a really weird dream.” Then you went on and told a few people about it as you went through your day? The reason why you could remember that dream is because you put some importance on that dream by consciously saying “Wow! that was weird.”

However, the challenge is this: most of us have a very weak subconscious memory connection, and the shadow memory window is very brief. For most of us, the memories of our dreams deteriorate very quickly. **UNLESS YOU PUT SOME IMPORTANCE ON THEM.**

Usually, when we start writing out our dreams, we forget half of them by the time we finish one sentence!

The solution for this is simple,

Step 1) Have a pen and paper ready by your bed, and when you wake up, the first thing you should do is get up and instantly start writing the KEYWORDS associated with your dreams. Write down all the keywords, as if you were brain storming, that will help you remember your entire dream later on. This will quickly solidify your shadow memory into your conscious mind, and it makes it much easier to remember the whole experience.

Step 2) Once you have all the keywords down, you can begin to write out your dream in more detail.

Step 3) Read over your dream and remember how it felt. Run the images through your head as if you were briefly experiencing them again.

Step 4) At some point during the day, pick up the dream you wrote down, read it over and run it through your mind again.

This 4 step formula is very simple, but it's extremely powerful! By doing this every day you will build a very strong connection with your subconscious memory. If you do this just for a few days you will begin to notice something very interesting happening: You will begin to remember much more of your dreams, and you'll become aware that your dreams last for very long periods of time! As you write down the keywords every day, it will seem as if you can remember more and more of your dreams. The dream memories will jump into your head, and every single time you focus on one memory this process will create a chain reaction that will allow you to remember 3 other memories that seem to just jump into your head out of no-where. You'll find yourself saying things like "Wow! I totally forgot that happened" or "That seemed like I was in an epic movie that lasted for hours." It's truly a fantastic experience.

Here's a personal example of how you would use the keyword system for quickly remembering your shadow memories.

Example:

I woke up out of a fantastic dream that lasted for about 2 hours, I could remember it vividly. I quickly went over to my desk and began to scribble the keywords of my dream down...

Bright Light, Warmth, Sinking, City, Blonde, Susan, Drowning, Energy from the sun, Wow.....

As I wrote down the keywords, other memories from the dream flooded my mind and I wrote down a series of other keywords to help me remember those as well. I reflected on the dream for a while, then began to write the whole dream out:

I was looking at a bright light, and noticed how warm the light felt against my skin. It was the sun. Suddenly I was falling backwards, I found myself underneath clear blue water, I was sinking deeper and deeper. As I kept on sinking I saw people swimming past me, but they were swimming effortlessly without

moving any of their limbs. In the distance below me I started seeing a distinct shape which got larger and larger, and it soon became apparent that I was coming closer to a gigantic underwater city. When I was close enough to see the details I noticed a huge network of domes connected with pipes and all kinds of wires. There were plants, and what looked like highways that stretched off into the “horizon”. I didn't see a bottom to the vast ocean I was in. This city was floating in the middle of the water. I realized I could still see the sunlight from the surface. A beautiful woman with blonde hair and blue eyes swam up to me and smiled at me. I asked her, “What on earth do you call this place?” She smiled and answered, “Does it matter? You're here, aren't you?” At this point I realized I was running a bit short on breath and I began to choke on the water and drown. I somehow managed to ask her “How have your people managed to breathe under here?” The woman smiled again and answered, “The sun has the energy to heal and give life - it's all you need. Just trust it.” With that, I looked at the sun which I could vaguely see the shape of through the water, immediately my lungs filled with what felt like air, and I smiled and said, “Thank you, what's your name?” “Susan” she answered, and swam away.

This dream continued for what I would describe as 2 hours, obviously it would fill up too many pages if I were to write the whole thing out. This goes to show, how when you practice and strengthen your ability to retrieve your shadow memory, you'll be able to remember your dreams in fantastic detail and duration.

Later on during the day, I picked the transcript of the dream up, read it over, and remembered even more of my dream. I wrote down the additional keywords and details of what I remembered. When you start doing this, your subconscious memory connection will get so strong. You'll be able to remember your dreams even after the initial shadow memory window in the morning. I remember that dream in vivid detail even to this day, as if it actually happened in reality, because the memories have been imprinted in my conscious memory.

Dream Interpretation

So now that you know how to remember all your dreams in vivid detail, how can you use it to actually improve your life? I believe your dreams are a very personal experience, and you should make your own beliefs about what they mean to you. You might have already heard of “dream interpretation”, however, everyone has their own opinion on how you should interpret a dream. These days you can actually go to a book store and buy a “dream dictionary” that lists all the symbols of dreams and what they mean. I don't believe in this approach, as everyone dreams differently, and everyone has different subconscious meanings to certain experiences, symbols and people in their lives.

However, there is one universal dream interpretation approach that I do support, if you feel like you would like to try it, simply check out the “dream interpretation” worksheet package in the end of this book.

Lucid Dreaming

Lucid dreaming is the concept of controlling your dreams consciously. Though there is a lot of scientific skepticism of this concept, it is possible to “wake up” in your dreams, and realize you're dreaming. During a lucid dream you get complete conscious control over your dreams and you can choose your experience. For instance, if you wanted to

make love to your favorite actor/actress, you'd simply wish for it and the dream environment would make it happen, the experience would feel completely real.

I won't discuss lucid dreaming in this book, as it is a subject more off into the "metaphysical" area today. However, if you're interested in this subject, we can recommend a lot of good material on it, email us at: Questions@WonderfulSleep.com.

Section Summary

Take this short quiz to better learn and remember what you've just read.

1. A sub-modality is a...

- a. A type of cookie you can buy at Sub-way.
- b. An aorta in your toe.
- c. A process or point of awareness in your subconscious mind.
- d. A good name to give to your dog if you're a Star-Trek fan.

2. Most of us don't remember our dreams because...

- a. We're just plain stupid!
- b. Dreams are not a part of conscious memory. You must access your subconscious memory to remember your dreams.
- c. Some people just don't have dreams.
- d. The dreams aren't exciting enough.

3. A good way to strengthen your subconscious memory connection is to...

- a. Hit yourself over the head repeatedly.
- b. Buy a sub-modality device at your local Walmart store.
- c. Quickly write out the keywords associated with your dream memories then write out your dream in as much detail as you remember and repeat the process every day.
- d. Go to the gym and work out your neck muscles to help memories flow from your stomach to your head better.

APPENDIX: I AM / I NEED Dream Interpretation

Note: A printable dream interpretation chart is available in the downloadable package that came with this e-book.

If you haven't read the section "*How to Get the Most Out Of Your Dreams*" go back and read it first.

So, now that you know how to remember all your dreams in vivid detail in duration, how can you interpret them?

There are many theories on what dreams are and how to interpret them. These days you can actually buy a "dream dictionary" that lists thousands of dream symbols and what they mean. I do not agree with that method personally, as everyone's subconscious symbols can be different, and dreams can be interpreted in a number of ways. They can be looked at with a grain of salt, or they can be looked at from a deeply spiritual and meaningful angle.

The most dynamic system interpreting dreams that I have come across so far has been the "I am / I need" system. This dream interpretation system is very simple and can give you instant insights on where you are in your life, and what decisions you need to make. Here's what you do:

Step 1: Instantly write down your dream keywords upon awakening, this will help solidify your shadow memories into your conscious memory.

Step 2: Write out your dream in as much detail as possible.

Step 3: Take sheet of paper and draw a line down the middle of it. Label the left column "I am", label the right column "I need" or "I need to be".

Step 4: Write out all the negative imagery, scenery, processes that happened to you during the dream on the left side of the paper

Step 5: Write out all the positive imagery, thoughts, words, and processes that you experienced during the dream on the right side of the paper

Step 6: Write out the possible symbols from your dream as if you were analyzing a poem. Consider what these symbols mean to you.

The theory behind this method of dream interpretation is that the subconscious mind will tell you the negative aspects you are dealing with right now, as well as the positive solutions for them, in a way to guide you. Below is a quick personal example from my

own dream log of how you would use this method.

You can find a printable dream interpretation chart in the downloadable package that this e-book came in. Make sure to print it out and leave it by your bed so it's ready to go when you wake up.

Example Dream Interpretation

Dream Transcript:

I was walking out of a **supermarket** with a **20 dollar bill**, all of a sudden a kid on a skateboard skated by and stole the money from me. I started running after him **demanding** my money back, I ran after him across a street and found tons of loose change beneath my feet, when **I stopped in the middle of the road** to pick up the change, it started **raining**. I tried to pick up as much change as I could but it seemed every time I picked up a coin it melted in my hand from the rain, so I tried to protect the coins and **get them to a safe and warm place**.

Example Interpretation using the simple (I am / I need) system.

I am:

In a super market
Stole money from me
demanding
stopped in the middle of the road
raining

I Need:

20 dollar bill
get to a safe and warm place

Possible Symbols in Dream:

supermarket - could mean the state of my mind right now, a big mess with lots of products to choose from.

20 dollar bill - 2 is a number that means balance.

Money - To me, money means energy and freedom

Road - The road of life.

Rain - Depression, Sadness, Frustration

Personal Interpretation

I'm currently in a place where I am very demanding and frustrated with my situation, I am seeking freedom and more happiness in my life but I'm stuck in the middle of the road. I need to seek a way to get more balance in my life, to get to a warm and comfortable place in my mind and see this challenge from a different perspective