



# Destination Dreamspace Module 1

*Transcript*

## Slide 1:

# What are dreams and what can they be used for?

### Transcript:

Hello and welcome to Destination Dreamspace Lesson 1 - introduction to dream interpretation!

In today's lesson, you'll learn about dreams and the purposes they serve, as well as practical ways to use them in your everyday life.

At the end of the lesson, you'll be able to download a transcript of this video and you'll be instructed to create your dream journal!

Also, you'll be given a link to the Destination Dreamspace Facebook Group (a.k.a. The Dream Forum). You must join this group in order to interact with me and other students, complete homework assignments and practice your new skills.



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## Slide 2: What are dreams?

The spiritual explanation of dreams:

Early civilizations thought of dreams as a medium between our earthly world and that of the Gods.

### Transcript:

And now we're ready to start today's lesson!

What are dreams? There are a few answers to that question. First I want to touch on dreams from the spiritual perspective, as that's likely to be your perspective as well.

Dreams have long been thought to be a gateway between the physical plane and the spiritual plane.

Early civilizations thought of them as a medium between our earthly world and the world of the gods. To a certain degree, this is still true of our spiritual view of dreams, except in today's spiritual philosophy, we recognize the God(s) as part of ourselves and vice versa.

In that way, we can think of dreams as a direct link to the many parts of our self - the subconscious mind, the superconscious mind (a.k.a. Your higher self), and the spiritual plane within.



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## Slide 3: What are dreams?

The scientific explanation of dreams:

- A reflection of waking life.
- A way for the mind to achieve psychological and emotional balance.
- A unification of consciousness

### Transcript:

The clinical explanation for dreams is that they are subconscious reflections of our waking life - our brain's way of filing away the information it collected throughout the day, and an evolutionary way for us to process emotions, allowing us to work through difficult, complicated, unsettling thoughts and experiences, and help us achieve psychological and emotional balance. This is also thought to help us psychologically prepare ourselves for possible future events.



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## Slide 4: Dreaming With Intention

You can use dreams to:

- Meet your spirit guides
- Gain valuable guidance and insight on issues in waking life
- Know what's going to happen in the future
- Communicate with other people
- Communicate with deceased loved ones
- Visit other realities/dimensions
- Learn about your past lives

### Transcript:

You can use dreaming as a tool for intuitive development simply by use of intention.

You can use your dreams to meet your spirit guides

Get insight and direction on issues from your waking life, receive guidance about what's coming in your life, communicate with other people on a soul level, astral travel, and learn about your other lives and other selves.

You can set an intention every night before you go to bed by simply saying it in your head, saying it out loud, repeating it to yourself as you fall asleep, writing it on a post-it note and leaving it on your nightstand, or any other way that you prefer to set an intention.



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## Slide 4: Dreaming With Intention

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### Transcript (cont):

Got a question for your guides? Use that as your intention. Simply want to meet your guides? Use that as your intention. Want to know about a past life? Ask. The more specific, the better. The sky is the limit.

I remember one night before bed, I was idly wondering if I'd ever had a past life as a man, because all of the ones I had access to so far, I was female. That night I dreamed about being a roman or greek soldier of some sort and I was male. I was also drunk and belligerent, but that's whole other story...

The important part is being able to decipher the dreams that you have following the setting of that intention and recognize the symbolism that's being shown to you.



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## Slide 5: Brain Waves in Dream State

Types of electrical brain waves:

- Gamma: Highly Alert (Intense focus)
- Beta: Alert (Fully awake but not particularly focused)
- Alpha: Awake, but on Auto Pilot (as during day dreaming)
- Theta: Asleep, but not deeply
- Delta: Deep sleep

### Transcript:

Because I'm a science nerd, we're going to talk a little bit about the scientific aspect of dreaming now - specifically your brainwaves as it relates to dreams.

There are 5 types brain waves. You can also think of these as 5 different levels of consciousness. In reality, it's more of a spectrum, but for the purposes of science, we try to categorize them.

Gamma waves are when your highly alert and intently focused on something. Hopefully you're in Gamma state right now as you're watching this video and taking notes :)

Beta is the state you probably spend the most time in during the day. You're awake and alert, but not particularly focused on anything.



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## Slide 5: Brain Waves in Dream State

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### Transcript (cont).

Alpha state is when you're awake but you're not really focused or paying attention. You may be daydreaming or meditation, letting your mind wonder.

Theta is that state when you've just fallen asleep. This is the state where most of your dreaming that you remember occurs.

Delta is the state when you're in deep, deep sleep. People who spend more time in delta state as they sleep are less likely to remember their dreams. So if you're one of those people who says, "I almost never remember my dreams" - it's because you're a deep sleeper!



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## Slide 6: Stages of Sleep

- Stage 1: Light sleep (Alpha to Theta)
- Stage 2: Theta
- Stage 3/4: (deep sleep) Delta Waves
- REM (Rapid Eye Movement): When most dreams occur

### Transcript:

Throughout the night, you cycle through several of these states of consciousness over and over.

Stage 1 is light sleep. Remember, I said that these “states” were actually on a spectrum, so you may find yourself somewhere between them at any given point. So stage 1 is somewhere between alpha and theta.

Stage 2 is theta, stage three and four is deep sleep, which is the delta stage, and then we have the magical state: REM

REM stands for Rapid Eye Movement and that’s the state when most dreams occur. This is the stage you’ve most likely seen your pets in when they are obviously dreaming and their limbs are twitching and they may make sounds. You are most likely to wake up after REM sleep.

The cycle begins with stage 1 and progress through REM, then begins again and again until you wake up in the morning.

Most people experience 3-5 intervals of REM sleep each night.



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## Slide 7: Dream Analysis

- Recurring Themes & Symbols in a single dream
- Recurring Themes & Symbols overall
- It doesn't matter how mundane the symbols appear to be, they will be significant

### Transcript:

From a functional standpoint, dreams help us process our emotions and those emotions show up in the form of symbols in our subconscious.

Analyzing those dream symbols is a lot like what you'd do in a literature or film class. You want to look at the big picture - recurring themes, in a single dream and recurring themes between dreams over a period of time.

Just as different authors focus on different topics, places and themes, your dreams will have specific recurring symbols, themes and motifs that are particular to you and your subconscious.



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## Slide 8: Dream Analysis

Examples:

A recurring place

A recurring person

A recurring situation

Transcript:

There may be a recurring place, a person, or a situation.

Just as different authors focus on different topics, places and themes, your dreams will have specific recurring symbols, themes and motifs that are particular to you and your subconscious.



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## Slide 9: Dream Analysis Tools

Dreamoods.com

Dream Dictionary A - Z

Spirit Animal Totem meanings

Your own personal associations

### Transcript:

There are a lot of free resources to help you decipher the meanings behind the symbols you see in your dreams. I've listed links to a few of them just below this video.

Google is also your friend! If you can't find a dream symbol, google it. There's a wealth of information on animal symbols and spirit totems online.

Lastly - always remember that any strong personal associations you have with a dream symbol will always trump any of the dream dictionary meanings - although it is good to note that many times, dreams contain layers of meaning, so your symbol may actually have more than one meaning that is applicable to you.



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## Slide 10: Homework

And just like that, lesson 1 is over! The lecture, at least. But you have your first homework assignment.

You'll see more details in the Homework section below this video.

Over the next seven days - between now and when your next lesson will arrive - I'd like you to prepare yourself a dream journal. You can use one of the free online blog links that I've provided, or, if you're a little old fashioned, you can yourself an actual journal to write in.

If you go the latter route, it may be useful to consider transcribing your dreams into an electronic journal later because it can make it very helpful to search for specific dreams or dream symbols.

If you have any dreams this week, go ahead and record them. Be sure to include the date, take note of what time it is when you wake up from the dream, and generally try to record as many details of the dream itself as you can - colors, emotions, positioning (left or right), random thoughts and rationales you have during the dream, etc.

Next week, we'll implement a few tips and tricks to help you remember your dreams more often. Until then, pop into the dream forum on Facebook and introduce yourself, and if you have any questions, you can post them there and I will answer them as soon as possible.

See you next week!