

Want to Remember Your Dream?

Learn the How To of Dream Management

What problem would you solve if you could do it in a dream?

During sleep our minds can innovate, create, and solve problems. This is the same process only in a different state as a conscious right brain shift or a left brain suspension that our minds do while awake. This is how our mind solves problems during the day.

Research shows that this sleep time mental processing is essential to mental health and contributes to physical health. Here's the good news. The problem solving power during sleep is readily available to those who have total recall.

- Why can some remember and others not at all?
- How can you learn to tap into the thoughts of your sleep to problem solve
- Can this process be learned and used while awake?
- What can help you to have total recall?

Perhaps you feel as did my wife who would say she **never dreams** because she cannot recall them.

Contrast this with those who remember every detail, some of which are elaborate.

One surgeon I worked with actually rehearsed his major surgeries in his sleep each night prior to operating. He did this on purpose. One day he called first thing in the morning asking about an overlooked question in the pre-surgery work up. It was something he realized in his sleep.

Reset the Default Settings of the Mind

First Navigate the negative thoughts of your sleep into positive ones.

My youth was filled with constantly nightmares of falling, waking up actually feeling the bounce as I landed in the bed. It was scary. To stop the falling I started creating my own reality. This started with grabbing on things such as a kite (which were imagined) and eventually realizing it was possible to fly with just my arms. Yes, it is possible to turn the nightmares of youth into adventures of sleep.

You can do the same. When ready for sleep, have the inner conversation that says if you fall, you will fly. You will choose to go and see places everywhere.

The same can be done with fears like death. Have the internal conversation that the death is only a part of your personality that is passing in favor of growth and development.

Deal with Monsters and Demons the same way. Resolve that you will ask why they are bothering you. Ask if you can help them. You can even choose not to believe the monsters exist. You will see them but you can decide they cannot see you. Learn that you can take control.

You in effect turn the default scared settings into adventure settings.

If a 7 year old with no psychological education or background can, you surely can.

Second Direct and Delegate In the pre-sleep preparation you will pose the problem to be solved. Don't make it specific at first. It is important that you have the pencil and paper or recorder at hand. You may find yourself waking in the middle of the night with the epiphany. Don't lose it.

As your abilities grow, you can get more specific with the problem.

Finally Focus and Funnel In this last stage you will be able to load the Left brain with the details, analyze the situation, and define the challenge or problem to be resolved. Then have the internal conversation where you identify what you hope to accomplish during your sleep and that you will wake in the morning and your right brain will share it with you.

Beyond

Once you master these skills move beyond them. It is possible to in waking moments create the same mental solution of problems.

In creating my art, I often rely on this ability to solve creative problems when painting. Called lucid or daydreaming, it is a powerful tool to use in creating. Likewise when creating sculptures, I try to create exclusively in the Right brain. When I start to use the Left brain the process gets bogged down.

You can read more on the psychology of dreaming if you look under the heading lucid or daydreaming.

Whatever dreams may be, may they be productive and happy. Know that you can have control over them and even make them useful in solving your problems.

[Have Total Recall](#) and learn the 7 steps to hack into your dreams tonight.

[Learn the Mind](#) will go into further aspect of the mind essential for public speakers.

If Lucid Dreaming is a topic of interest or you would like to learn further ways to enhance your ability to master your mind as a public speaker, check out our friends at [World of Lucid Dreaming.com](#)

[Becoming A Professional Speaker](#) is a daydream of many. You can start your career by speaking on cruise ships and getting to cruise free. Check out our e-zine to learn more.

Dream Recall

How to Hack Your Dreams

Would you like to have dream recall of what goes on while you sleep.

Almost anyone can learn how to **hack their dreams** or put another way, have total recall of the thoughts in their sleep by **doing just one thing**.

If you want to use your sleeping brain to problem solve, there are six additional steps you will need to take.

The additional steps allow the brain to create neural pathways that will be required to learn and maintain the ability.

Seven Steps to Hack into Tonight's Dreams

1) Get a thermal insulated mug and fill with ice and enough water for a drink. Unless you have a medical contraindication, upon going to bed and once ready for sleep, take a drink of the ice water. Place a lid over the remaining ice to preserve it as best as possible. In the morning upon waking up, take a drink of the ice cold water. You will have an instant and total recall of the thoughts in your sleep from the night before.

It will flood your mind in crystal clarity. Be fore warned, for many the memory will start to fade within 20 seconds of completion of the recall. This is the working length of time of our short term memory.

You will need to wake naturally. It works best if you gently get up to drink the water. No sudden movements.

2) Keep a journal or diary and write down what your recalled memories. For some, they may fade away as fast as they come back. Make this a routine. Keep a pencil and paper at the bedside. Better yet, keep a tape recorder. Record them as soon as remembered.

3) Discuss them with others. This reinforces the consciousness or awareness of these thoughts. It also creates a neural pathway to reinforce future recall.

4) Talk to yourself. Before going to sleep, have an internal conversation about your desire for total recall. Talk about your desire to pay careful attention and that you want to recall from your sleeping brain in the morning. Do this just before dozing off.

5) When you awake naturally, don't get up or sit up. Review those thoughts with your eyes still closed. Then slowly reach for your pen and paper and record your memories.

6) Validate the value of having the right brain deliver up the memory. Give an acknowledgment for getting them in vivid color, full recall of the action, and details.

7) Find a partner to discuss these pillow thoughts with. The goal is to have two different people to discuss your thoughts with during the day.

These newly created neural pathways need to be used a few times to improve the chance of future recall. There are numerous books on the subject if you would like to read further.

Sweet Dreams Recall

Just a Thought on Using the Mind

One mans inspiration is another mans little gray box performing problem solving algorithms until a subconscious solution is found and then downloading it to their conscious mind.

Well, at least that is how I like to think some of my [artwork creations](#) have come to be.

What if you could solve problem while your asleep. What if you could control the disquieting thoughts. It is possible by learning how to manage our mind.

The trick is to reset the default settings. You can learn more in...