

Summary of
Discover the Hidden Beliefs in Your Dreams

Do you believe you deserve a successful career? A harmonious relationship? Prosperity? Your conscious mind says "Yes." But your subconscious mind might say "No," and it always wins. If your subconscious mind says "No," it may believe that "prosperity is dangerous," or "someone will rob and kill you for your success," or "a relationship will destroy you." The reason is specific to you. So how to you forge an agreement between your two minds to create what you want?

Your dream images can help. Yes, those bizarre images are communicating your personal beliefs that block success. Most of these limiting beliefs we don't even know we have. Of course, some of the beliefs that we discover in dream images are positive which we may want to keep.

This book demonstrates a step-by-step process to find these beliefs:

1. Write your dream on paper.
2. Identify the images and actions.
3. Assign characteristics and feelings to each image and action.
4. Make "I" statements from each characteristic and feeling.

For example, woman has this dream:

A monster enters her bedroom. He spies a jewelry box. Smiling, he opens it and sees a diamond ring. "It's mine!" he yells.

Pretend you had this dream and underline all the images and actions.

A monster enters her bedroom. He spies a jewelry box. Smiling, he opens it and sees a diamond ring. "It's mine!" he yells.

For each word that is underlined, assign characteristics and feelings.

For example: monster is underlined.

If it were my dream, the monster is
characteristics: ugly, mean, threatening
feelings: aggressive, intimidating.

If it were your dream, you might assign different characteristics and feelings to the monster.

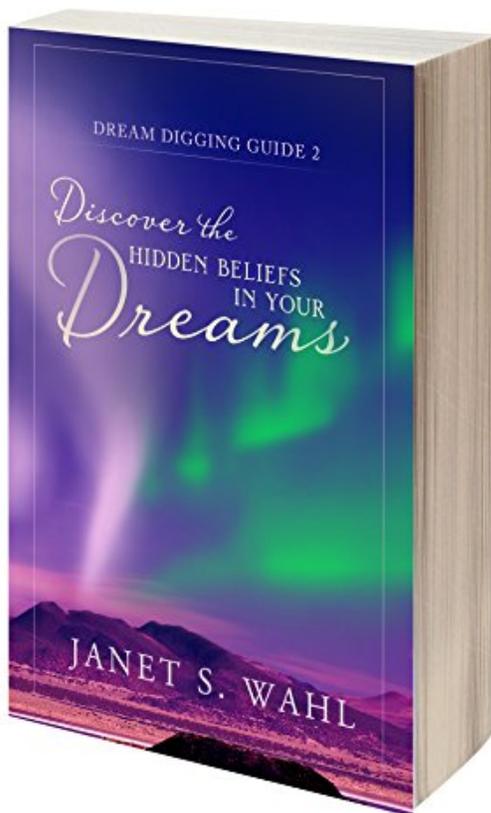
Next, make "I" statements with each characteristic and feeling:

- I am ugly.
- I am mean.
- I am threatening.
- I am aggressive.
- I am intimidating to others.

The next step is to verify if any of these beliefs reside in my or your subconscious mind. Muscle testing is a way to do this and is explained in the book.

Of course, you are wondering “How do I change the beliefs I don’t want?” That’s the topic of *Dream Digging Guide 3*. ThetaHealing® belief work is a fast way to change beliefs.

You can find trained and certified ThetaHealers at www.thetahealing.com. The author is a ThetaHealing Master and offers sessions to clients and teaches ThetaHealing courses so others can learn how to change beliefs. You can find her ThetaHealing work on www.mindbalance.biz. The dream work is described on www.dreamdigging.net.



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