

# **Trust Yourself Workbook**

**Tools and Techniques**

# Trust Yourself Workbook

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# TRUST YOURSELF PHILOSOPHY

The Message of our book is contained within the Title—"Trust Yourself." This is an ancient yet new approach to figuring out the answers and solutions to our current problems. It assumes that we already have the "Truth" or solution to our problems within ourselves. Look in the mirror and you will see the answer-You are the truth!

We are reminding you of what you already know. There is a universal connection contained within each of us, our Divinity if you will...

We have access to the Divine Database within on a daily basis to solve our problems.

3 methods that we provide for accessing this knowledge are:

- A. DREAMS – We all dream 4-6 times a night. All people dream as well as all mammals. Each dream not remembered or interpreted is an unopened letter to ourselves. Dreams are practical and profound spiritual guidance.
- B. SIGNS - While we are awake we experience a different type of communication to guide us. We know this guidance as a Sign. This is the way we receive guidance in on a daily basis.
- C. INTUITION - This is our ongoing dialogue with the Spiritual force within each of us. Gut feeling, Hunch, Intuitive Nudge no matter what you call it. We are provided with answers that we seek in our daily life.

These are tools that we all possess and use to varying degrees.

As the Dream Dudes, we are simply here as messengers, to remind you to look within for "Divine Guidance."

Take responsibility for your choices and use your "Divine Inheritance" to make better decisions and manifest your destiny...

-The Dream Dudes

## **HOW TO USE THIS WORKBOOK**

This workbook is designed to assist you in developing your Divine Connection. Use it daily to record your insights, dream and signs in order to keep track of your development. When working with Dreams and Intuition, the old maxim applies - use it or lose it!

Our spiritual abilities can be developed just like a muscle!!!

## **CONTEMPLATION/MEDITATION**

This can take many forms but it is absolutely essential to maintain a daily regimen of quiet time. This is a time of turning inward to reflect on the spiritual nature of life. It is a time for listening to our higher self or spirit. The voice can only be heard when we are still and the mind has been temporarily shutdown. Set aside fifteen minutes a day for inner contemplation. This is a time for re-balancing the energy that has been outwardly directed for so much of the day.

We will feel refreshed and invigorated after our daily contemplation exercises. It is important to find a time that works well for us. Some people like to meditate first thing in the morning while others do it last thing at night. Find your own harmony and establish it as a priority in your day. Everything will flow from this point or center of balance. You can choose among many different contemplative techniques.

I have found that three to six deep breaths gets me relaxed. I follow this by two or three minutes of HU (done inwardly or aloud). You can use any word or sound that works for you. Experiment with different words and see what feels best. Since we all vibrate at a different rate, we will need to find the sound that works for us. The goal is to obtain inner harmony.

## **HU**

One of our favorite techniques combines sound (mantra) with the process of falling asleep. As you are lying in bed and begin to get drowsy (alpha state), begin to softly chant HU, pronounced like the name Hugh. If you don't feel comfortable doing it out loud, chant it inwardly or silently to yourself.

This technique uses sound to tune your consciousness to the dream state, promoting dream memory. Soul is never asleep, but rather, experiences different levels of consciousness while sleeping. Dreams are simply a memory of these experiences. The HU technique works extremely well by jogging our dream recollections. If you use this technique, you will find your dreams lucid and memorable.

### **EXERCISE:**

Chant HU for one or two minutes as you are lying in bed before going to sleep. Upon awakening, lie very still and allow yourself a moment to download your dreams into your physical consciousness, as you remember them, record your dreams.

This exercise should be performed for at least three nights in a row. This will insure good results.

## **Breathing**

Sit, stand or lie in a comfortable position, relax and place your hands on your belly. Begin to slowly inhale through the nose, expanding your belly as you do so. As you exhale through your mouth, your belly should contract. This rhythm should feel natural and not forced, observing the flow of your breath as you inhale and exhale. Feel what is happening in your body and mind.

Inhale on 1,2,3, hold for a count of 4, and exhale on 1,2,3. This will amount to a total count of ten (includes inhale, hold and exhale).

Do this several times and see how you feel. The difference is strikingly dramatic.

For example, on a scale of one to ten, your stress level is a 5 or 6. Breathing efficiently can reduce your stress level to a 2 or 3. Consequently, you can reduce stress, improve mental clarity and boost your immune system by breathing correctly. After combining the HU with breathing, your state of consciousness (energy molecules) will begin to vibrate at a finer level. You will feel like a finely tuned piano and the results will speak for themselves.

### **EXERCISE:**

Complete the above breathing exercise at least 3 times. Then slowly begin to chant HU softly for 2-3 minutes. Then, sit quietly and pay attention to what appears on the inner screen of your mind.

Record the pictures and impressions in your workbook or journal.

## **Easy Chair Exercise**

Sit in an easy chair and close your eyes. Take several deep breaths to relax, focusing your attention between the eyes, at the bridge of the nose (Tisra Til). Look for a white or blue glow, allow it to expand and see where it takes you. This exercise puts you in touch with the wisdom of spirit.

Another exercise uses sound. After several deep breaths, try Huing for several minutes (either aloud or silently). Stop Huing and listen inwardly for any sounds. This exercise will retune your spiritual, emotional and physical states of consciousness, leaving you refreshed and balanced.

### **EXERCISE:**

A. What did you see?

B. What did you hear?

C. Describe the total experience.

## **Opening the Heart Exercise**

Sit quietly and take a few deep breaths. Visualize your heart as a golden light. You can feel the heat of the golden light radiating outward. This heat is the love you feel toward yourself and others. Hold this image while you think of a person or pet you love dearly. Allow the feeling to envelop your whole being and radiate love from your golden heart. Do this exercise daily for several minutes and it will open your heart to love, helping you to give and receive love more freely. Life becomes a living miracle and we are the miracle workers! Open your heart to love, and love the person you are becoming.

### **EXERCISE:**

The above exercise should be done for 15-20 minutes while sitting in a comfortable chair or lying on your couch or bed.

Record your feelings and emotions upon completing the exercise

# INTUITION

## Hunch

Have you ever had a hunch? Perhaps you stopped by the racetrack to place a bet on a particular horse. While standing in line to make your bet, you get a strong feeling to play the number five horse instead of your original selection. Following your hunch, you win five hundred dollars! Upon leaving the racetrack, you breathe a sigh of relief because you “trusted yourself!” Or perhaps you were driving on the frontage road and preparing to enter the freeway when you got a “gut feeling” that you should not take the freeway, but rather continue on the frontage road. Then, a mile or two later, you realize that the freeway is gridlocked. You followed your “gut feeling” and “trusted yourself!” Maybe you planned on going out to your favorite restaurant and suddenly changed your mind and decided to try a brand new restaurant because you just felt an “inner nudge” to do something new. Upon entering the new restaurant, you ran into an old friend that you hadn’t seen in ten years and it turned out to be a very special evening. That “inner nudge” was a prompt from your intuition telling you to change your normal routine so you could connect with the old friend. Because you trusted yourself, you were rewarded with a special surprise. Had you ignored the inner nudge, you would not have hooked up with the old friend. Life is based on timing, and timing is woven from the cloth of intuition!

**EXERCISE:**

Record below at least 3 hunches or gut feelings that you now have.

Be sure to record the feeling that accompanied the hunch.

These hunches can pertain to relationships, love, career, finances or just daily events.

Record the outcome of these events and check to see if your hunches were accurate.

## **Inner Nudge**

The best method I know for listening to our “inner coach” is to be aware of our body. There are physical signs such as a lump in the throat or a knot in the stomach.

Perhaps your heart aches in a relationship or there is just a vague feeling of uneasiness. Pay attention to these signs or messages. They are telling us we need to proceed with caution. Our body is placing us on notification that there may be a problem if we proceed in the current direction. On the other hand, perhaps we get a feeling of serenity or peace when we visualize our relationship or career. This is a message to us that our current path or direction is the correct choice.

In many cases, we may get some coaching in a dream. When we are facing an issue or decision in our daily waking reality, we may receive a dream for clarification. The dream occurs in addition to the intuitive feelings we get during the day. The dream may act as confirmation for the gut feeling we are experiencing with a particular decision.

**EXERCISE:**

If you are seeking an answer to a current question or dilemma e.g., career, relationship or any decision of which you are uncertain, close your eyes, take a deep breath and clear your mind.

Next, ask the question to which you are seeking guidance, e.g., Should I continue with my current love relationship?

Note your feelings and physical reactions, e.g., a lump in the throat or anxiety in the solar plexus. Perhaps a serene feeling or warm glow in the solar plexus area. The latter would suggest go ahead – you are right on track. The former suggests that you stop and re-evaluate.

# DREAMS

## **Problem Solving Dream Technique**

We can actually “program” our problem-solving dreams to assist us with our daily dilemmas. For example, if we are wondering how to make more money in our current career, we can ask before we go to sleep to be shown how to accomplish this goal in a dream. Just before going to sleep, lie in bed while holding the problem on the mental screen of your inner vision, asking to be shown a creative way to solve the problem. Do this each night until you receive a dream that provides guidance or insight. In many cases, we already do this inadvertently and don’t realize it. Begin to program your dreams consciously and with intent.

## **EXERCISE:**

Keep track of the request and then record the results below. Do this exercise for at least 7 nights and note the dreams and their connection to your problem.

## **Protecting Yourself Dream Technique**

The easiest way of protecting yourself from these intrusive or frightening dreams is by looking around in your waking state to see who might fit the criteria for this type of behavior. Once you've pinpointed them, stay clear or curtail contact with them; the dreams should cease with reduced contact and interaction. Another form of protection involves wrapping yourself in white light while in the dream state or before you go to sleep. Simply visualize yourself surrounded by white light that acts as a shield against all intruders.

Additionally, we can ask for protection from our guides and we will receive it. The rule of thumb is " Nothing can hurt us unless we allow it or give it permission to do so." In ignorance, we sometimes allow these intrusions to actually occur but we have the power to stop them at any time because we have the ability to control our reality as well as our dreams.

### **EXERCISE:**

Wrap yourself with white, gold or blue light just before you fall asleep. Record any changes in your dreams.

## **Connecting Technique**

When you wish to trigger a connecting dream, follow these steps. First, relax in bed, prepare to fall asleep while chanting the word HU at least three times (see chapter six). This can be done either silently or aloud. Second, ask your higher self, God or your guides to connect you with the deceased. Third, recall a fond memory of you and the deceased, holding the mental picture for a few moments. Now allow yourself to drift off to sleep with the selected fond memory in the forefront of your mind. In most cases, this technique will trigger a connecting dream with your deceased loved one. If not successful the first time, continue the technique until you experience the connection. With time and practice, you can “Connect” whenever you feel the need.

### **EXERCISE:**

Chant HU at least 3 times

Ask to be connected to your deceased loved one

Hold a fond memory of the deceased while falling asleep

Record your results

## **Face the Monster Dream Technique**

Program yourself before going to sleep by saying, "I will face the monster (fear) tonight." In your dream, you may remember to turn around and face the fear.

Once you have done this, the fear will vanish.

### **EXERCISE:**

Record the results below and continue the technique until the monster or fear disappears.

## **Re-Script the Dream Technique**

If you don't like the way your dreams are ending, you can re-script them after you awaken and it will change them in the dream state. This is a good technique to utilize in changing nightmares into happy endings. Simply write down the dream, and when you get to the scary part, rewrite it to turn out any way that pleases you. This will actually change the dream, in the dream state, so it no longer presents itself as a threatening scenario.

**NOTE:** This exercise works 99% of the time. It is a very effective technique to stop the nightmares. It works extremely well with children who are experiencing nightmares.

**EXERCISE:** Record your nightmare and stop when you get to the frightening part. Then re-script that part of the dream to whatever ending you desire.

## **Interpretation**

In many cases, we can't make heads or tails of a dream even after we sketch it out or write it down. The following organizational process is very useful in providing structure to chaotic dreams. In other words, dreams need to have a beginning, middle and ending.

Our ability to interpret dreams depends on our ability to see how they fit into our current life situation. This can be accomplished by giving the dream a format that readily fits into our experience in waking reality, organizing them into discernable patterns.

Before falling asleep, take five long, deep breaths and clear your mind. Next, tell yourself that tonight, you will remember your dreams upon waking. If it doesn't work the first night, continue the exercise for several more nights with the intention of dream recollection. Upon waking, record the dream in the following sequence:

## **Name & Date**

Giving the dream a name categorizes it. For example, if you were dreaming of an incident at your grandmother's house, title the dream "Granny's house." As our dream journal grows, we can find a dream based on its name. Additionally, we might date our dreams to give a reference point for determining when we received a particular message. This is especially important with deja-vu or precognitive dreams which refer to future events. It is helpful to be able to go back and see how long ago we received guidance on a topic.

In many cases, we will forget we ever had a dream foretelling a particular event. Then one day, while reviewing our dream journal, we stumble across the dream foretelling the event. At that point, we are grateful for the date of the dream. The more we organize our dream life, the more our waking life becomes organized!

## **What Am I Feeling?**

Describe the emotion attached to the dream, such as anger, fear, love, sadness, or joy. When we first awaken from a dream, we may be immersed in the emotions of the dream itself. Perhaps we dreamed of a parent's death, and we awaken in sadness and grief. Recording these emotions sets the tone and mood of the dream. Whenever we go back to review it, we will immediately recall the mood of the dream by the feeling recorded. Emotions are powerful tools we can utilize to recall our dreams.

## **What Are My Symbols?**

Record the symbols in one-word descriptions such as eagle, snake, blue house, stranger, dad, sister, or airplane. Then ask yourself what these symbols mean in your current waking reality. For example, if you fear flying, an airplane will have a very significant meaning for you. Additionally, snake may mean danger, or it may mean something positive like spiritual energy. Only *you* can assign the true meaning based on your relationship to and interpretation of the symbol.

The easiest way to ascertain the meaning of the symbol is to quickly (in a common sense framework) determine what the symbol represents to you. The important point here is not to labor over a symbol but rather move on to another symbol if you can't readily ascertain the meaning. In many cases, we can decipher the dream meaning without interpreting every symbol. We are looking for an overview at this point and not the granular details of the symbols.

## **Where Am I?**

The location often gives us insight into the nature of the lesson we are learning. Location can also place the dream in the past, present or future. Did the majority of the dream occur at your house, at your parents' or a friend's house, or maybe in a strange city? For example, if we dream of being back in our high school, it may indicate some situation we are now facing in our daily reality has its origins in the past. Or perhaps some lesson we learned in high school now applies to our current situation. Perhaps we dream of being in a house we grew up in as a child. This location serves as a marker which should be noted to orient the dream to a specific place in time or geographic landscape.

## **What Am I Doing?**

Describe the dream action sequences such as walking, running, flying, swimming or just talking. This will anchor the dream in the sense of what we are actually “doing” in the dream. Action can be important in clarifying what we may be avoiding or running from. The action will reflect the momentum of the dream while conveying a specific feeling. For example, “flying” may give you the feeling of exhilaration and freedom, while running may impart a feeling of impending doom.

## **What's Happening Now?**

This is the final step and the most important question you can ask in the dream process. The process is set up to answer this important question. As dreams offer guidance in our daily lives, they should answer questions pertaining to our waking existence. When we ask this question, it will usually trigger a connection to the dream in terms of the message the dream is imparting. If you don't get an immediate answer, begin by reviewing the last few days' events, which should generally give you some clue as to what the dream pertains to. In some cases, however, you won't be able to figure out what the dream means or how it pertains to your life. Some dreams remain forever a mystery; it's just the nature of dreams. But as we get better at dream work, we will certainly figure out a larger number of these important nightly messages.

For example, if you dream your car has two flat tires, take a look at your current situation in your job, school or relationship to see if you are maybe feeling trapped and unproductive, or are lacking growth in these areas. In other words, we are not going anywhere until we change those flat tires. Perhaps the message is that some aspect of our life is in need of repair. The correlation between the dream and our daily reality will usually become clear upon examination. Remain open to inner flashes and inspiration as to the meaning of the dream.

**EXERCISE:**

Use the above six-step process to analyze your Dreams.

Record your entire dream as it occurred. Then, go back and divide the dream into the six categories above and analyze the dream using the category sequences. This analysis should be done in your dream journal. Keep this journal next to your bed.

# SIGNS

## **What's the Message?**

This is the best part of waking dreams. Each day we are inundated with messages of guidance and warnings from the universe. The key is awareness followed by immediate interpretation of any event that stands out, catches your attention as a coincidence or just a pain in the ass, e.g., You drop a bottle of beer and it breaks – What's the message

Break the habit. You end up with a flat tire – What's the message – you are out of balance in some area of your life!

## **EXERCISE:**

Record and interpret these messages that occur daily to get a better grip on your life and direction. Make it fun. Play the game of "What's the Message?" Jot down every coincidence or "attention grabbing" event and out a date and time next to it. Then, look at your daily life and try to figure out what it means.

"What's the Message?"

## Setting up a Sign

It only takes a minute to learn how to set up your own waking dream. We don't have to wait until waking dreams occur and hope we can interpret them. Since this is an interactive universe, our thoughts and actions trigger waking dreams. Because our consciousness interacts with everything in the universe at a quantum level, we can actually program and direct our waking dreams. We can designate symbols with certain meanings that provide insight to our questions.

Setting up waking dreams is fun and empowering. The first time I did this, I got a response that changed my life. I thought to myself, *"This is real magic!"* You can even program pre-selected symbols to occur when a particularly important event is going to occur. For example, you may want to know when Mr. or Ms. Right shows up. You could select the symbol of three golden hearts to appear whenever you meet "the one." Your intention and action of selecting the symbol of a golden heart to represent the appearance of "the right one" will act as a vibratory field that is triggered when "the right one" steps into your energy field, seeing three golden hearts as requested. Then you will know that this person is indeed the one.

### **Ask your question**

It is best to write it down. Such as, “Should I continue my current relationship with Bill?” If yes, I want to see a bald eagle. The question can pertain to anything you need answered. It also can be phrased in the negative. Such as, “If I shouldn’t continue my relationship with Bill, I want to see....”

### **Pick your sign or symbol**

The sign or symbol can be anything you select. However, it should not be something you commonly see or hear every day. For example, don’t pick apples as your symbol if you are going to the grocery store. Instead, select something unusual, such as a dead armadillo or two blue elephants.

## **Select Your Timeframe**

The use of a timeframe establishes closure to the waking dream exercise. In this way, we create parameters by which we can decide if the waking dream has been answered or occurred. If you are seeking the answer to a very important question in your life, be sure to allow sufficient time for the waking dream to manifest or appear. As a rule of thumb, I allow twenty-four hours on important issues. Select a time frame, such as tomorrow at 7pm or 24 hours from now. Note: It is important to remember that you should be able to see the symbol or hear the word or words. For example, if you turn the TV on and someone says the words “dead armadillo” or “blue elephant” twice, the waking dream is valid or has occurred. Additionally, if you see the printed words “dead armadillo” or blue elephant,” the waking dream is also valid.

### **EXERCISE:**

Set up a waking dream below.

What is your question?

What is your symbol?

What is your timeframe?

Record your results below:

## **Journaling**

It can be very helpful to keep a “waking dream” journal. This is accomplished by recording synchronicities and events that may foretell some future occurrence. Simply record the symbol or event, and put a date next to it. We have to figure out our own symbols but the synchronicity should be recorded and later checked against events to see what the synchronicity means. By recording dreams and synchronicities, we can go back and attach a specific meaning to a symbol or sign. For example, if we experience the symbol “eagle” as a synchronicity (perhaps we hear the word and see several pictures of eagles) over a short duration of time, we should record it in our journal with a date and time. Later, we may realize that the eagle means a spiritual awakening or resurgence in our life. Maybe it means release or freedom from an oppressive situation. Only time and interpretation will be the judge. Eventually, the symbol of “eagle” will come to be a reliable marker in our life. Whenever we see an eagle or hear the word in a special context, we will know what to expect. Consequently, knowledge is power! The more we learn about waking dreams, the more we gain insight into our lives. With practice and diligence, we gain control over our lives.

A good exercise is to count the number of synchronicities that occur in a week's time. See if you can figure out the message from a waking dream and keep a journal of how accurate the messages are in terms of insights and prophecies. It is a good idea to keep a "synchronicity journal," like you keep a dream journal. Eventually the symbols become clear and they tend to repeat. This means that you will build your own synchronicity dictionary that can be relied upon for meaning and insight into your life. The symbols in our dictionary are specific to our lives and biography and apply only to our unique situation. Once we find the meaning of our symbols, we are well on the road to self-understanding and personal growth. The door to our future will open before our very eyes, and the mysteries of the universe will begin to reveal themselves.

**EXERCISE:**

Record all daily synchronicities below. Each event will contain certain signs and symbols. Record these symbols and check to see if the symbols are an accurate predictor for your life. These symbols will accumulate into your Waking Dream Dictionary.

# I WONDER

## Technique

We invite you to play the “I Wonder” game. Every time the phone rings, say to yourself I wonder who that could be? Venture a guess on the way to the phone. See how many times you are accurate. Keep score in your journal to see if you are improving at your new intuitive guessing game. While driving to work, ask yourself, “I wonder what road is the best route to take in order to avoid traffic problems?” Then follow your hunch or gut feeling, recording your success and failure rate. Since you are *learning*, there is no failure. Keep an attitude of relaxed curiosity. Do not get tense or worried about your performance. This is a game and you are in charge of the outcome. Enjoy it!

## EXERCISE:

Record all hunches, feelings and guesses based on the I Wonder technique. Check them for accuracy and incorporate the best and leave the rest. Be sure to put a date and time next to your hunch. Track the results to see improvements and measure your accuracy.

# LIGHT IS RIGHT

## Technique

Another technique that is especially useful for making a quick decision is called “Light Is Right.” The name of this technique comes from the process of selecting a choice that lights-up in the minds eye. Whenever you have a decision to make, you can categorize the choices into several clear alternatives, and apply the “Light is Right” technique. For example, let’s say that you’re considering buying a new car. You’ve looked at a Ford Mustang, a Chevy Camaro and a Pontiac Firebird, each with its drawbacks and advantages. You’ve checked the statistics and recommendations on each but you’re still uncertain. Close your eyes, relax, take several deep breaths and visualize in your mind’s eye all three cars as images or words. The Ford is choice 1, the Chevy is choice 2 and the Pontiac is choice 3. Then ask the question, “I wonder which car is right for me,” watching to see which number or car lights up. One choice will usually begin to look brighter than the rest. In some cases, you will see the right choice as turning green while the others remain neutral or white. Since green symbolizes “Go,” this works well. You can use light or color to determine the right choice.

## EXERCISE:

Record below the results of your inquiry and remember to ask

I wonder what choice is right for me?

Notice which option lights up brighter?

Notice the color of the options?