

Executive Summary: *Dream Your Self into Being*

In *Dream Your Self into Being* Dr. Bonnie Buckner shows the reader how to use the imaginative and transformative power of a 13th century Kabbalistic practice of dreaming and imagery to unfold into one's True Self.

The book is divided into two parts. In Part I Dr. Buckner takes the reader on her own dreaming journey. Beginning with her childhood in a dreaming family in remote West Texas, she describes the foundations to her dreaming knowledge that led her to a job offer on the Oprah show by the age of nineteen. From here Dr. Buckner followed her dreams to build a successful entertainment career in Hollywood. Prompted by dreaming she then left this career to simultaneously cofound two businesses, including a political research firm that worked on Presidential and other high-level political campaigns. Finally, Buckner was led by her dreaming to her dreaming teacher, the holder of a Kabbalistic lineage that traces back to the 13th century. Now Dr. Buckner teaches this ancient wisdom and tools to business and creative professionals worldwide.

In Part II of the book Dr. Buckner gives readers a hands-on, practical guide for working with their own dreams. She explains the many different types of dreams and shows readers how to map their own dream path to identify and become their greatest visions of themselves. When we read dreams for their essential message and trust them, our dreams unerringly lead us to where we are meant to be.

Buckner's work has seen clients close stalled deals within days, triple their income within months, and accomplish what they otherwise thought was impossible. *Dream Your Self into Being* is peppered throughout with client cases and other anecdotes making it both inspiring and practical. The wide range of exercises make dreaming accessible to any reader, regardless of background.

Buckner believes passionately that learning to understand and follow the messages of our dreams leads to a playful life of Selfhood and fulfillment. Her enthusiasm inspires every reader to begin to pay attention to what their dreams are trying to tell them at night so that they can live the wisdom of their dreams during the day.