

QUOTES FROM *DREAM YOUR SELF INTO BEING*

Living as a dreamer, life itself becomes a dream – the inner begins to mirror the outer, and the outer becomes a reflection of the inner.

Learning to map the body, and establishing a relationship with it, includes learning where and how emotions and feelings move within us.

Once we realize that parts of ourselves die many times over throughout our life, and that this kind of death is required for us to move to new places in ourselves, change becomes surmountable and even welcomed.

The images that we see inside are our destinations.

Life itself is a miracle, and each minute we are alive is an expressing of that miracle.

Pausing is necessary to gain perspective. To pause creates the space for insight and infinite possibilities.

We can access the dreaming world at any time. This means we can access our relationship with God at any time.

Wishing is to think of something and hope; intention is to respond to an inner-derived impulse.

Being a Dreamer is to believe in dreaming.

New realities and new horizons already exist simply by expanding or shifting our perception.

Our inner life is reflected in our outer life; our outer life reflects our inner. Dreaming is our mirror for seeing this clearly.

Not allowing our truest self to burst forth and occupy our entirety is akin to a barely watered tree; it may grow a little, but it will be stunted and not bloom.

Whether nightmares or dreams, dreaming is a conversation with the Self. It is also a conversation with the Divine.

Interacting with our dreams and responding to their necessities is part of authoring our own lives, of becoming our own creators.

Selfhood is complete choice, complete creativity. Selfhood is being complete.

Our dreams are a part of us. They come from us; they are our creations.