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## **A manual for CDs that will do what the title says.**

**CD 1: Dreams For General Problem Solving will help generate dreams for solving most problems, issues or concerns.**

**CD 2: Dreams For Discovering Money-Making Abilities will produce dreams that can reveal new ways to increase financial abundance.**

**CD 3: Dreams And Spiritual Progress will spawn dreams to accelerate spiritual growth.**

**CD 4: Dreams For Health And Healing will give birth to dreams that will play an active role in health care and healing.**

**Arthur Bernard, Ph.D.**

“Dreaming is the inner language of the soul through which knowledge and wisdom are transmitted to the conscious mind.”



**There is an old belief that everyone has one great original thing to say to the world in their lifetime, while the remainder of their ideas are merely echoes of other people’s thoughts. Mine came in a dream. I painted the watercolor on this page. It’s a great fish-the biggest fish in the world which represented a revolutionary idea that had never been expressed before. Your dreams can do the same for you.**

***Arthur Bernard, Ph.D.***

## PREFACE

When you are stuck on a problem and can't find a solution, there is a superior intelligence within you that has the ability to do what your conscious mind can't. Your dreams can help keep you healthy and even heal you. They can help you grow spiritually and introduce you to new ways to make money. Whatever problem is bogging you down can be resolved by your inner mind making truthful pictures while you sleep.

If you have a narrow image of yourself, these CDs will loosen it and make you aware that you are part of something much larger than your ego and conscious mind. Dreams can rightly be called blessings from your higher intelligence. This inner world speaks to you every night.

There are four CDs in this program and a book that will give you all the tools you need to use your dreams to help you solve difficult problems successfully and provide answers to troubling issues or concerns. You can count on your dreams for the truth.



**CD 4 focuses on your health and healing by using its bountiful resources. Your dreaming mind is endowed with the broad capability of diagnosing your physical problems, warning you when you imperil your health, commenting on and proposing treatments, heralding your recovery and most remarkably healing you. When the need arises, give yourself the opportunity to put this CD to good use.**

There will also be some simple and effective ways for you to get the most meaning out of your dreams. All that matters is that you get the help you need.

## INTRODUCTION

You are about to embark on a great adventure into the vast and mysterious land of dreams, a realm that lives right inside your mind and is operational while you sleep. You will take nothing with you on the actual voyage itself; you will simply lie down in the arms of Morpheus. The key to your success is the preparation before entering your cultivated slumber. What this priming does is encourage the brain to find an out-of-the-box solution through the intelligent mixing and mingling of a limitless array of symbols. The tools you will use are the CDs and this book. They are meant to work together, so in order to get the most from this program be sure to read and use this book as your first step. By following this pattern, you will maximize the benefits and have more than enough preparation before selecting the CD that deals with the issue you want to creatively dream about.

The only other tool you will need is your notebook and writing materials. With these few items and your willingness to explore the great potential that lies just on the other side of sleep, you will have all you need in order to insure your success in this powerful approach to Dream Incubation.

It is miraculous to me how much can happen when the conscious mind is at rest and we are slumbering – unaware of our external surroundings but opening our inner vision to a world filled with the collective wisdom of the human soul from time immemorial. Even more extraordinary, though, is the transmission of this imaginative Intelligence to the conscious mind

through dreams. As you will see, whatever issue you need help with, whether it's health information, financial concerns, spiritual growth or any other problem, with the waking mind's preparation, your dreaming mind has the capability of seeing where you don't and thinking in nonlogical and unexpected ways that transcend the conscious mind's limitations.

The dreaming mind is as old as human beings. When humans first appeared on the earth plane, their dreaming minds came with them. It is a known fact that infants dream before speech is developed. Dream interpretation dates back to 4000 B.C. The Egyptians were probably the first to attempt understanding of these nocturnal images. In fact, ancient Egypt was where the process of "dream incubation" originated. When an individual had insurmountable problems and wanted help from one of the gods, they would sleep in a special temple hoping to dream a solution. Even in the Old and New Testaments, dreams played an important role and were commonly regarded as one of the main ways God communicated with humans. Abraham's Covenant with God came in a dream. Gideon won the battle against the Midianites because his dream predicted it. Solomon's gift of wisdom was given to him in a dream, and the Book of Psalms makes many references about the practice of sleeping in a sacred place in order to receive God's inspiration in a dream – Dream Incubation!

A lot of the old knowledge is available today. Everyone can use the art of dream consulting that the ancients practiced so successfully. Keep in mind that modern incubated dreams are basically no different than those that were dreamt thousands of years ago in the ancient Greek Dream Temples. People came to those temples in pain and suffering, hoping to be healed,

and the majority were. People have come to my dream workshops for the same reasons: to get answers and direction for personal issues they have been struggling with but have not successfully resolved, to rid themselves of emotional and physical pain and to discover how to have more joy in life.

We are all unique in our dream creations. If it is true that no two fingerprints are alike, it is even truer of dreams. Each of us creates singular images that are second to none. Not only the brilliant and famous use their dreams for inspiration and creative problem solving. We all rival the great artists, poets, writers, and thinkers when it comes to our nighttime visions. In the book and CDs, I have synthesized the experience of many years of dream workshops and seminars so as to make the art of dream consulting available to all those who wish to enrich their lives this way. I have personally witnessed the continuous success of the dream incubation process thousands of times. It is a very powerful tool, and I want you to possess and enjoy this new experience in a way that meets your needs. What's important is the ability of your unconscious mind to faithfully serve you