

NOVEMBER 2010 NEWS

I am writing this news letter from my bed whilst on holiday in the Eastern Cape. The idea came to me while I was asleep, hence the topic of my newsletter – dreams and the importance of sleeping / dreaming and even more importantly the interpretation of dreams. Statistically if one lives for 75 years, 25 of those will be spent sleeping and 8 of those 25 will be spent dreaming.

The average person needs between 6 to 8 hours of sleep and those who have studied the subject of sleep believe that the sleep one gets before midnight is the best sleep. I recently heard someone saying that one sleeps in preparation for the new day. The idea of this really intrigues me as I have always considered bedtime as the end of the day. This of course comes with the feeling of fatigue whereas the former carries an entirely different energy.

One of my pet hates is hearing that people fall asleep whilst the television is playing. The mind is open to absorbing all that it “sees” and hears while sleeping. At this time one does not have the ability to filter that which is real and that which is not. This leads to the information being accepted into the subconscious mind where it has the ability to affect one’s body and life in a negative manner. Of course I am assuming that the subject matter being absorbed is negative of nature.

Metaphysical studies indicate that there are many different categories of dreams. Day dreams, lucid dreams and subconscious dreaming are some examples of different dream states.

Subconscious dreams are said to be the most significant category as the dreamer is, if lucky enough to remember the dream, able to observe recurring patterns or after some contemplation, understand the true meaning of the dream. Many people like using dream dictionaries to decipher their dreams. I personally find that one’s own interpretation provides more insight and guidance into an issue which needs attention. I encourage you to keep a dream diary and document your dreams – watch for common threads and see what interesting insights you come to.

Lastly, if you are concerned that you won’t remember your dreams, the following points may assist you:

- *Drink a few glasses of water before going to bed
- *Keep pen and paper close
- *Place amethyst, smoky quartz or jasper under your pillow

These tips will assist you to remember the valuable gems called dreams

Please email info@zeropointhealing.co.za with suggestions about topics you’d like me to cover in future newsletters.

LOVE AND LIGHT

Debbie