

“DreamSynergy”

A Simplified and Dynamic Approach to Following Your Dreams

by Justina Lasley

My process of dreamwork, which I coined “DreamSynergy,” is an eclectic combination of beliefs, experience, and knowledge that allows you to become greater than the sum of your parts, moving you toward your full authentic Self.

My intention is to simplify the process of dreamwork in order to help you use your nighttime dreams to make your daytime dreams come true.

Dreams + Action = Change

We are given dreams freely each night, but we must take action to understand our dreams and connect to our waking life in order to create change.

The dynamic approach of DreamSynergy revolves around the concept that Dreams + Action = Change, creating personal growth and transformation through commitment to the process of change. Dreams come to us all every night without our effort, but you must be willing to put the effort into understanding the dream to take advantage and reap the rewards. The emotional, mental, and physical healing that occurs in the process supports you in dealing with the challenges of relationships, career, finances, and health.

With this process of dreamwork, you will learn to uncover the message of your nighttime dreams and use that message to help change your life and move closer to your true nature and unlimited potential.

Three Aspects of DreamSynergy

By focusing on only three aspects of a dream—emotions, characters, and beliefs—you can understand your dream meanings and yourself at a deeper level.

DreamSynergy’s three key components:

- Emotions
- Characters
- Beliefs

Justina Lasley, M.A. is founder of the Institute for Dream Studies, an internationally recognized program that promotes the understanding and value of dreams to help people reclaim their authenticity. Justina is the author of several books on dreams including her new book *Wake Up to Your Dreams: Transform Your Relationships, Career, and Health While You Sleep*. Justina’s twenty-five years of study and practical experience contribute to her success as a speaker, trainer, and coach at such venues as Omega Institute and the NY Open Center.

Dreams + Action = Change

DREAMS are a gift. Now commit to the **ACTION** to create **CHANGE**:

- Commit to the process
- Define your goals for dreamwork
- Remember your dreams
- Record your dreams
- Journal with your dreams
- Learn the language of dreams
- Use DreamSynergy exercises to further understanding
- Relate your dreams to your waking life
- Live your authentic and fulfilling life

Focus on Emotions

Examining the emotions you feel—both within the dream and upon waking—is a powerful key for unlocking the dream’s healing message.

Emotions lead to feelings, which lead to thoughts, which then lead to actions—all affecting every aspect of your life.

Investigating the causes of emotions in dreams will help you begin to understand the causes of your waking-life emotional actions, reactions, and decisions.

Dreamers frequently are surprised by the intensity of emotions in a dream. The action or situation in the dream may not seem to warrant such strong feelings. You will gain deep insight if you pay attention and ask, “When do I feel a similar emotion in my life?” The waking emotion will not carry as much intensity because you have learned to mask it in order to ignore the feeling.

Over time, unexpressed emotions have a tremendous impact on your body, mind, spirit, and overall well-being. By becoming conscious of the emotion, you can choose to change negative, damaging behavior by managing your reaction. By understanding and naming your emotions, you will begin to see the enormous effect they have on your life.

I believe that our basic and true emotions are those we are born with. They are not what we learn from parents and society, but instead are part of our authentic nature. Imagine a newborn baby. What does a baby feel? All of its actions and reactions can be categorized as **GLAD**, **SAD**, **MAD**, or **AFRAID**. It is important to understand that any particular emotion is neither more nor less positive or negative than the others. The positive or negative charge comes from how the emotion is expressed—appropriately or inappropriately.

It is easy to imagine (and really believe) that others cause our emotions. But your emotions are your own. You may not consciously choose to feel one way or another, but your past experiences led you to this emotion. Three individuals can experience virtually the same situation, and each might have a different emotional response.

What a responsibility—owning your choice of emotional responses!

Have you awakened from a dream with heart racing, sweating, head pulsing? Our bodies carry the energy associated with our emotions. Our health is often negatively affected by this energy.

Allow your dreams to help you learn to identify the emotional energy that you are carrying in your body and proceed to help release the tension by deep breathing, meditating, and relaxing.

Focus on Characters

As you look at your dreams, you will begin to see characters who represent parts of yourself, acting and reacting in various ways. With the help of these dream characters, you can step back and perhaps for the first time see yourself more clearly. You can consider which of your qualities help you move forward, and which ones prevent you from achieving personal growth.

Dream characters often are represented as people you know, sometimes exhibiting their typical behaviors that you find irritating or distressing. It's a bummer to realize that a character's irritating behavior in your dream is actually shedding light on something about you.

After all, it is frightening to examine aspects of ourselves—both positive and negative, both golden shadow and dark shadow—that we keep hidden away and often project the qualities onto others.

When you look at the dream characters as aspects of yourself, you can see unmistakably how you treat yourself. When you review the dream and observe the dream action as your own creation, then you begin to take responsibility for your behavior.

You may begin to realize that you talk to yourself in negative ways and that you are often your own worst enemy—that you speak in the same negative way that voices from your past (parents, siblings, or teachers) used when they told you that you were wrong or not good enough.

As you begin to recognize all these aspects of yourself, you will become more generally accepting of both yourself and of others.

You become less critical and more aware of your reactions.

The dream gives you a glimpse of who you really are. As you begin to envision this more genuine way of being, you begin to act in ways that are consistent with it. The layers of disguise that have been hiding your true Self begin to fall away.

People in my dream groups and workshops often are surprised that others like them more rather than less when they begin to be real and open. As you allow yourself to be more vulnerable, you become more approachable. As you allow yourself to be less “perfect,” you become more human and available to others.

Our dreams give us great insight into who we really are and what parts of our self supports or sabotages our efforts in any particular situation.

Focus on Beliefs

In order to make our personal growth sustainable, we must explore our beliefs.

Through your experiences in life, you have formulated certain beliefs. You consciously embrace some of your beliefs, but you may be less aware of other beliefs. Dreams are great teachers of the beliefs that guide us in our life choices.

An example of a belief about which you are aware might be, “I am fortunate to have the opportunities I have been given.” However, you might also believe, “I have to work hard and be miserable in order to be successful.”

Beliefs are passed down to you by your family, community, religion, and schools. Although you did not consciously choose these as your own beliefs, they affect your thoughts, words, and actions—often without your even being aware of it. Some of these beliefs support the life you want to live and some of them prevent you from living that life.

Since awareness is a very important agent for change, it is important to become conscious of all your beliefs. Once you are aware of your beliefs, you can then examine them and choose whether you want to continue to live by them.

Some beliefs are appropriate when we are young, but as we mature they are no longer beneficial. We may be taught early that if we cross the street, we'll be run over. We learn later that we can cross a road without danger if we are careful, so we change that belief. It would be very restrictive to avoid crossing streets for the rest of your life. It is equally limiting to hang on to other old beliefs without examining them.

Our dreams will help us bring these Belief Systems to light and review them with a keen eye toward the values we hold dear and the life we choose to live. It can be difficult to let go of a belief, no matter how irrational or dysfunctional it is.

You have lived by and believed in the old messages throughout your entire life, so you must focus your attention on creating your new beliefs. Perhaps you believe that you are not worthy of having a happy life. You may not have been aware of self-defeating behavior, but nevertheless you may have managed to create a life that has not brought you any joy. A dream might offer a scenario in which you see these beliefs as part of a Cinderella type Belief System in action: “I don't deserve a happy life,” “I am not smart enough to be successful,” “I am not attractive.” Once you define the beliefs that have been controlling your choices, you can consciously reject that system of beliefs and create a new one based on more supportive and honest beliefs about yourself. “I am worthy of having a happy life!” “I have not only intelligence and wisdom, but also skills to lead me to success.”

Dreams will help you see your beliefs in a new way. You can actually view how the belief supports or sabotages you in your life.

You can view characters acting and reacting out of various systems of belief, and apply that observation to your personal life. Your life will change in a constructive way when you are aware of the beliefs that influence you and your decisions. Now you will be able to make more positive and supportive decisions based on your new updated beliefs.

Remember that you did not learn the old belief in one day—nor probably even one year—and you will not change it in a day, either. Be consistent in reminding yourself of your new supporting belief.



Your dreams are available each night to help you claim your authentic being and the fulfilling life you were born to live. As you begin to understand the DreamSynergy process—the emotions, the parts of yourself, and the beliefs that control your choices—you will find more joy and success in your life. You will finally reclaim the person you were born to be. Wake up to your dreams and your authentic incredible self!