

## **APPENDIXES I, II, III**

### **I. Tips for Dreaming**

#### **1. Set the Stage**

Launch your dreams with style, in ways that are meaningful to you. Before going to bed, state your desires: to recall dreams easily, to be lucid, to dream of a special person or place, to obtain guidance. Dream invocation can be simple (thinking about what you want) or elaborate (writing a letter to your dream guides, creating a dream altar). On waking, take time to review dream details — events, characters, landscapes, images, and messages. Pay attention to feelings and first impressions. Respect your dreams and the dream world will honor you with more.

#### **2. Keep a Dream Journal**

Essential equipment for any dream explorer! The act of physically writing helps to ground our dreams in waking life. Dream journals serve not only as records of where we've been and what we've experienced, but also as foundations for further dialogue, bridges that help to link ordinary consciousness with the dream world. Use titles, sketches, or one-line summaries for quick recall and easy location later on. Even if all you remember is a fragment — a single image, thought or feeling — be patient and record what you have. Sometimes we need to sit with a dream until it is ready to speak to us.

### **3. Cultivate Connections**

Become a friend and partner with your dream self. Request assistance from your dream guides. Ask for a one-on-one with your inner dream advisor. Pave the way for meaningful connections by cultivating good relationships. In the waking world, consider joining a dream group, or finding a partner to share dreams. Connecting with other dreamers is a great way to learn more, offer and receive support, and gain fresh perspectives.

### **4. Open Doorways**

The Polar Bear Council recommends noticing how we enter and exit our dreams. It is good advice, for observing shifts of consciousness between waking and dreaming not only increases awareness of transitional spaces, but also helps us notice the many doorways within our dreams. Such portals may appear as bridges, tunnels, turnstiles, chimneys, elevators, mirrors, gateways, etc. Some take us within, others take us through. Sounds, smells, or special movements can also act as doorways. Sometimes they lead to the sweet spot of the dream, where deeper meaning unfolds. Doorways may also act as triggers to lucid awareness.

### **5. Play with Patterns**

Observe echoes and repetitions within dreams. These may be obvious (a phrase repeated several times) or subtle (a white stone, a white statue, a white plaza).

Consider overall design as well as the progression of your dream — do you notice a pattern in the way events unfold? Use your dream journal to discover recurring objects,

characters, or topics that connect dreams. Pay attention to repeating dreams and ongoing themes that evolve through a series of dreams.

## **6. Face your Fears**

What shocks, embarrasses, or makes you feel uncomfortable? Notice fears, areas of uncertainty, and aspects of the dream you *don't* want to explore — they are often our untapped gold mines. Is something missing or unresolved? Some dreams help to bring a lost, hidden, or forgotten part of ourselves home so that we may become whole. Ask questions that frighten you. What is it that you are most trying to hide? Be willing to explore beyond your comfort zone. Sometimes we must dig deep to discover the hidden meaning within a dream.

## **7. Ponder, Question, Clarify**

When pondering interpretation, be vast; consider everything. Use books, films, and the Internet to research a character, place, time frame, object, or event. Utilize a dictionary, dream dictionary or (often very illuminating) dictionary of etymology to jump start ideas. Be alert to puns, both verbal and visual. If you're stuck, draw a map of the dream or storyboard it. Brainstorm as many different symbolic, literal, mythic, metaphoric, personal, transpersonal, and global associations that come to mind. Think outside the box. Trust gut feelings and intuitive hunches, but be open to alternate ideas and multiple (or multi-layered) interpretations as well.

## **8. Engage Your Imagination**

Do you wonder why a dream character spoke or acted in a particular way? Consider re-entering the dream. Use meditation, shamanic journeying or the power of your imagination to converse with dream characters, re-dream alternate endings, or follow divergent paths within a dream. Try viewing your dream as a play, film or DVD. Make use of slow motion and zoom for added clarity. Interview the dream's director for behind the scenes commentary. Be creative! Imaginative dreaming allows us to uncover hidden perspectives and appreciate our dreams in larger ways.

## **9. Bring it Home**

After gathering evidence, gaining insight, and pondering interpretation, bring deep meaning home. Shift focus from head to heart. Allow ideas and emotions to settle inside yourself. Consider that the meaning of a dream may change with time or become more significant as you grow in awareness. Sometimes it's wise to let things simmer.

## **10. Honor and Trust**

The more attention we give to our dreams, the more the dream world responds. Forge good relationships with your dreams and keep pathways open to develop trust and mutual respect. Develop a deeper sense of dream intuition by tending your dreams with care. Be patient and honor the natural unfolding of meaning. Some dreams are like time-released potions; they'll bring key insights or synchronous support when we need it most.

## **II. Tips for Co-Dreaming**

### **1. Ready the Foundation**

To build a strong dream partnership, lay a strong foundation. Start at home. Be familiar with your dreamscape, in good relations with your dream guides, cognizant of how dream world symbols, events and stories unfold for you.

### **2. Feed the Guardian**

As a child I was promised the magic of flying — if I was first willing to open my closet door. While some dreams may invite us to enter larger frameworks of reality, there may be guardians at the door. Perhaps we will be required to face a fear, perform a task, or expand awareness before we are ready to enter. Similarly, some dream animals test our persistence, patience and resolve before sharing their secrets.

### **3. Meet Your Match**

My match with Bering Strait was based on mutual interests, available connections and common needs. Many animal groups welcome similar dream contact with humans to work together in co-creative ways. If interested, state your desire. Use meditation or inner world journeying to put out the call for an appropriate match. Be clear about who you are, and receptive to who shows up.

### **4. Be Present**

Deepen dream relationships with presence and authenticity. Lead with an open heart and mind. It's okay to be vulnerable. What happens then? As the Polar Bear Council once told me, *We protect you, support your endeavors, and share our wisdom, too.*

## **5. Balance**

Co-dreaming develops and matures through mutual respect, trust, and participation. Work in tandem with your dream partner to confer and collaborate. Share your skills and insights; ask for help or clarification when needed. Find balance in dream relationships by learning as well as teaching. As the bears put it, risk asking questions, and risk giving answers too.

## **6. Use What Works**

The dream world enlists our imagination to convey, translate and share experiences. For example, we might share memories via projected films or holograms. We can communicate telepathically, through synchronized movements, or with parallel or superimposed vision. We can slide from individual views to group consciousness, or tap into specialty areas (such as ancestral connections) when needed. Flex creative possibilities and open to a greater range of experience.

## **7. Share Awareness**

Shared dream awareness may inspire us to try on different sensing modalities. With the help of the polar bears, I learned to sniff aromas with ursine sensitivity and hear the voice of the Arctic ice. Some animals allow us to share consciousness — to sit in the

passenger seat of their sensory awareness. Or, we may become an animal, assuming its form and presence. Shape shifts within dreams are useful templates to shifting consciousness in waking life.

### **8. Return the Invitation**

Perhaps your dream partner would like to see the world from your perspective?

Consider a guided tour, a visit through the apartments of your being, a shape shift of the human kind. Represent the human species with good hospitality; serving chocolate mousse, a plus.

### **9. Open to Fullness**

Hungry, hungry to know more, to travel beyond conventional frameworks of reality?

Learn to fly, bi-locate, extend your consciousness in distance or time. Ask your dream partner to share and teach favorite modes of travel or perception. Use your experiences to bring expanded perspectives and new ways of being into the waking world.

### **10. Deepen Connections**

As the polar bears say, *the more you connect with us in dreams and participate in sharing thoughts, the more deeply we merge our consciousness with yours.* Dream often and deepen connections. Sharing thoughts in dreams prompts similar experiences in the waking world. You may become more intuitive and telepathic, more sensitive to the feelings of others — and yourself.

### **III. Tips for Bringing Dreaming Awareness Home**

#### **1. Follow Dream Lines**

Follow the trails that speak to you. Dream lines may lead to forgotten memories, alternate realities or time frames, and encounters with different aspects of self. The more we explore our pathways — sinking into dreams, carrying messages back into the waking world, acting upon wisdom — the deeper the heart paths of connection. All dream lines inevitably lead home.

#### **2. Travel with Depth and Feeling**

As the polar bears note, humans may benefit from slowing down and deepening our connections with earth and self. Take time to engage your senses fully. Whether in dreams or waking life, a journey is more than just where we go and what we see, but the level of awareness with which we travel.

#### **3. Anchor Consciousness**

Be alert to images, objects, phrases and encounters in dreams that also show up in the waking world — and vice versa. ‘Memory markers’ not only reveal connections between worlds, but remind us of our multidimensional nature. Create your own markers by intentionally anchoring consciousness in an item that exists in one world and locating it in another.

#### **4. Dream While Waking**

I sometimes saw the Arctic landscape superimposed on waking reality while day dreaming as a passenger in cars or boats. With a gentle shift of focus, I learned to step into the dreamscape and engage a waking dream. Play with shifting awareness via relaxed vision, rhythmic movement, steady breathing, or daydreams to discover the entryways that open for you.

## **5. Wake While Dreaming**

Dreams present a creative variety of links to waking awareness. Make use of synchronicities, unusual encounters, transformations, portals, or feelings of déjà-vu to 'wake up' within your dreams. Trigger lucid awareness by saying a key phrase, locating a specific object, or moving in a particular way to remind yourself that you are dreaming.

## **6. Switch Perspectives**

What would happen if we viewed our dreams more literally and waking life more symbolically? Consider actions you might take or practical ways to apply dreamworld insights in waking life. Use dream interpretation techniques to explore patterns, themes, and symbolic content of everyday events and encounters. Switching perspectives often helps us perceive underlying forces at work and thus appreciate our experiences in deeper ways.

## **7. Embrace the Twilight Zone**

Spend time in the twilight zone between wakefulness and sleep. Drift in and out of dreams; let yourself linger in the borderland. The more comfortable we become with liminal states of consciousness, the more at home we are in the in-between.

## **8. Walk between Worlds**

Keep dream pathways clear, open and well maintained with frequent travel and attentive care. Practice moving consciously and intuitively — relaxed yet aware — between the dreamscape and waking world. Imagine you are traveling in both simultaneously. Watch the edges blur and boundaries fade. As the polar bears remind, *these worlds are not really so far apart — they are, in fact, the same.*

## **9. Be Intrepid**

Be an active, conscious dreamer, a keeper of dreams, a dream ambassador. Engage the power of dreamworld stories to motivate, inspire, encourage and energize. Share your dreams and become a springboard, helping others to find and follow their dream lines. By recalling our unique song, we *more consciously participate in the One Great Song that lives through us all.*

## **10. Join the Dance**

Dreams bring us home. *Re-member yourself with the dance of all creation, say the polar bears.* Help facilitate conscious connections with all beings by being who you are. Join the dance. It's not the same without you.