



A Brief Introduction to DayTime Dreaming

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Dreams in Context

In the interest of time we'll skip the preamble and jump right into a few of the many ways we use the word dream in our vocabulary.

"I had a (bad/good) dream."

Refers to a night time dream. Past tense. Bad dream = nightmare.

"I have a dream."

Future focused. Positive goal oriented. Also, a "Vision"

"Follow your dream."

Follow your plan for your life.

"What does my dream mean?"

Night time dream ripe for analysis. REM sleep dream.

"You're a dream! He's a dream. Etc."

Unreal, too good to be true. I can't believe my eyes.

"Dare to dream!"

Dare to envision something better, for yourself, for the world.

"Dream it, then make it happen."

Imagine! Use your imagination and then put action to it.

"Stop your dreaming."

Daydreams are just a waste of time. Silly nonsense. The stuff of childhood.

*Dreams as Reality * Dreams as Unreal *Dreams as Nightmares*

*Dreams as Positive Possibilities *Dreams as Goals *Dreams as Mental Stuff and Nonsense*

*Dreams as Fantasy * Night time dreams * DayTime Dreams*

Nighttime Dreams vs Daytime Dreams

Everyone dreams during sleep. Science has confirmed it. Typically we have a dream or dream cycle every 90 minutes while we are asleep. These are nighttime dreams or sleep time dreams.

Only a small minority even bother to remember their nighttime dreams, much less work with them for the wisdom they bring. Most of us only remember what we call nightmare dreams, and generally we wonder what they might mean for a few moments and then we push them to the back of our minds. We don't know what to do with them, so we trivialize them and ignore them.

Everyone also fantasizes during waking hours. These are daytime dreams or daydreams.

We rarely know what these daytime dreams are about or what to do with them either. Many are based on projections of our worry and worst-case scenarios.

Dreams, both night dreams and daydreams, are generally disregarded in our society, either because we don't seem to have the keys to unlock their doors, or because they've been dismissed as unproductive, time-wasting nonsense.

Dreams vs Dreaming

Dreams are stories. Dreaming is an experience. What makes Dreaming different from dreams is our willingness and ability to participate in them. Dreams are a movie we saw. Dreaming is the movie we live! It might not make sense just yet but keep reading!

Nighttime Dreaming vs DayTime Dreaming

Nighttime “Dreaming” is typically called Lucid Dreaming. Lucid Dreaming can seem inaccessible except to the most determined with its confusing and sometimes complicated rituals to “wake up” to the dreaming and then participate in it. One could assume, albeit mistakenly, that it takes a special “talent” to do.

Daytime Dreaming harnesses all the power of a Lucid Dream without trying to set up complicated dream snares. We simply relax, and enter in. The additional benefit is that we can set our own intention for specific Dreaming purposes based on what we might need in any given moment. This might be a need for insight or healing, for example.

*Working with night dreams has other benefits that DayTime dreaming might not reach, but that is a subject of another work.

Lately I've been re-reading psychology books and I have felt singularly defrauded. All of them discuss the mechanisms of dreams or the subjects of dreams, but they do not mention, as I had hoped, that which is so astonishing, so strange – the fact of dreaming.

~Jorge Luis Borges

I believe we understand the “fact of dreaming” by engaging in the activity as an experience instead of simply trying to dissect it as we might a sentence.

Daytime Dreaming

Daytime Dreaming is a practice that combines the best of lucid dreaming and daydreaming and becomes greater than the sum of its parts as it allows for greater participation and a wider range of possible uses and benefits.

Daytime Dreaming is a Focused, Multi-Sensory, Energetic Experience!
Daytime Dreaming makes the act of daydreaming purposeful, practical, and useful!

It can be done by almost anyone.

Some people find it hard to do “under pressure” but when they relax and realize that they already do the imagining part, the purposeful part eventually becomes easier.

It can be done at any time.

Some exercises take as little as a few minutes. This offers amazing flexibility. Daytime Dreaming should not be practiced during activities that require your conscious attention, such as driving, for example.

It can be done anywhere.

All that is needed is the ability to relax and tune out, if only slightly. The practice is taught in quiet, comfortable, uninterrupted spaces, with eyes closed, but with practice, it can be done in virtually any setting.

“Images, what you imagine, can heal you, lead you to the higher knowledge that is buried within you and supply you with the power and energy you need to soar to greater levels of experience.”

~William Fezler, Ph.D., *Imagery for Healing, Knowledge and Power*

Benefits of DayTime Dreaming

To understand the Benefits of Daytime Dreaming we must look at the varied influential imagery practices* that Daytime Dreaming is comprised of.

Lucid Dreaming – A form of mind-training in nighttime dreams with the aim of becoming more aware in every aspect of life.

Visualization – Used for rehearsing skills, from sports performances to public speeches. Some studies have shown marked improvement in skill development!

Guided Meditation – A relaxing retreat, great for relaxation and stress relief. Also used for healing in some medical settings.








Directed Waking Dream - Experience shifts in outlook, disposition from the inside out.

Active Imagination – Gain understanding by interacting and having a conversation with dream elements.

Hypnagogia/Hypnopompia – Twilight states used by creative geniuses to capture ideas, solve problems, create new inventions, etc.

Spontaneous Imagery – Aids with memory recall, intuition, insight.

Each of these methods* is present to some degree in Daytime Dreaming. The collective benefits are therefore, among others...

Relaxation  **Stress-relief**  **Skill Building**
Healing  **Rehearsal**  **Problem Solving**  **Inspiration**
Increase Awareness  **Gain Insight**  **Resolve Night Dreams**

*These methods and influences are discussed more in my book *Daytime Dreaming*, available soon on Kindle.

DayTime Dreaming Guidelines

Allow what comes up to emerge. Don't pre-judge.

Don't presume that something is a weed before you allow the flower to bloom. This includes imagery that might be unsettling. Often, we find that if we venture to really "see" what is there, it is not as frightening as we think. The grizzly bear in your imagery might be a neglected teddy bear. Maybe it needs a hug. Maybe it's hangry. Allow yourself to explore. Ask questions and see what happens.

It's absolutely OK to make things up.

In fact, making things up might be the whole point. By making things up, we bring into sight what we didn't see before.

The point is that in any given situation we don't always see the things we need to see. Practicing in DayTime Dreaming helps us to develop new powers of sight in the real world. We can start to see solutions that aren't staring us in the face! The imagination is always about going beyond the obvious.

Our imagination changes things for us, from the inside out in ways we have yet to imagine, quite literally!

Apply the principle of response and repair.

If you find a book with small type, find some glasses so you can read the text. If there is a need to give a thirsty dog water, make up a water hose and a bucket to quench the dog's thirst. If the tree in your garden comes uprooted, replant it. If you find a broken vase, get the super glue or melted gold to repair it/put it back together. See that it holds water and fill it with flowers.

Ask for help when necessary!

Ask for an ally to assist in moving the dream forward. This can be a guardian angel, spirit animal, another entity. It's up to you and your imagination!

Go with the energy of the imagery.

Dream the dream onward! Allow the scenery to unfold. Again, explore and ask questions. Participate in the vision. Keep an open child-like mind.

Daytime Dreaming Process

The Daytime Dreaming Process is made up of 5 steps.

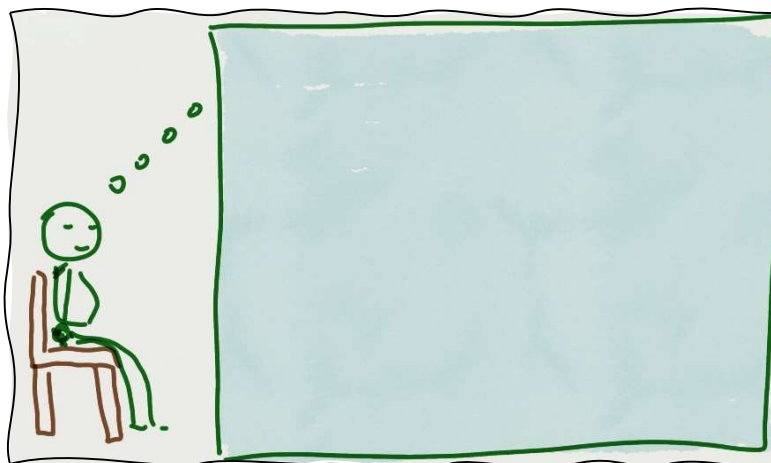
1. Induction – **D**iminish Activity, Relax body and mind.
2. Invocation – The **R**eason for Dreaming, Intention, Goal
3. Insertion – **E**nter into the Dreaming
4. Involvement – **A**ct within the dreaming
5. Integration – **M**eld the energy/insight into daily life.

Induction

Induction is quite simply a process of relaxation. We are inducing relaxation and an open mind. Relaxing the body and the mind enables us to enter more completely into our Daytime Dreaming. Relaxation helps us be present in our dreaming experience which aids the other 4 steps.

Sit or lie down comfortably, and with eyes closed, take 3 deep breaths, in and out through the nose, counting down with the three breaths from 3 to 1, seeing the numbers in your mind's eye.

Let's follow Dreaming Dale in our cartoon. Allow your body and your mind to relax.

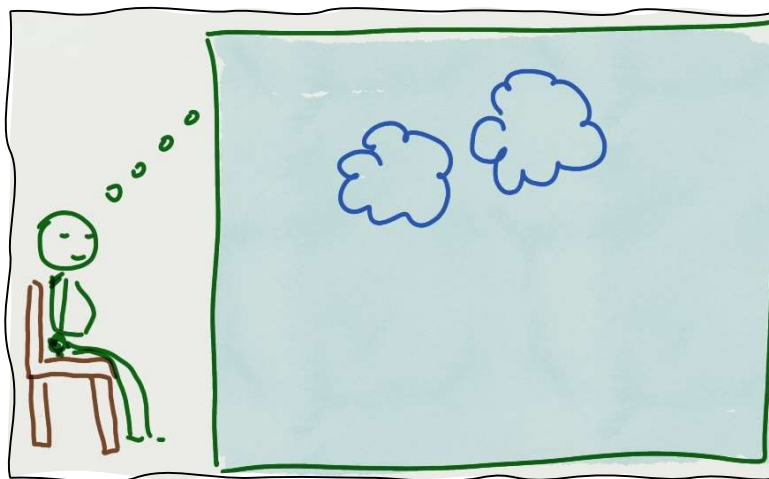


Invocation

The invocation is how we express our intention for the Daytime Dreaming. The invocation is calling forth the mental (imaginal) vehicle (scene or image) that will carry us into the Dreaming.

For example, if you feel like your life could use a bit more joy, you might say, “take me to a timely place where I can find joy.” A great first intention is to find a place of calm and relaxation, what I call an Inner Garden. “Take me to a timely place where I can find my Inner Garden.”

Allow an image to arise. See how Dreaming Dale sees a tranquil place that starts with clouds and then an ocean and small waves appear.



Insertion

Insertion is how we experience our imagery. Not just by seeing it as if watching a movie but entering it energetically. We become a part of it, and we “have an experience.” Insertion is about immersing yourself into the imagery, so that you can experience your imagery with all your senses.

In fact, anchoring our imagery with our senses might be the most important part of DayTime Dreaming. It helps to create the high-definition, hyper-realistic experience we are aiming for. Use the following questions to be “in the imagery.” Give yourself time to “experience” the answers.

- What do you see?
- What do you hear?
- What do you feel (physically)?
- What do you smell?
- What do you taste?
- What do you sense? (feel intuitively)



Then ask...

- What happens next?

Allow the imagery to expand as you answer each question. Allow the last question to take you to the next step, which is Involvement. Notice how Dreaming Dale enters the imagery and begins to notice more and participate.

Additional questions to help you notice and expand the scenery:

- What time of day is it?
- What time of year is it?
- What is the weather?
- What is the landscape?

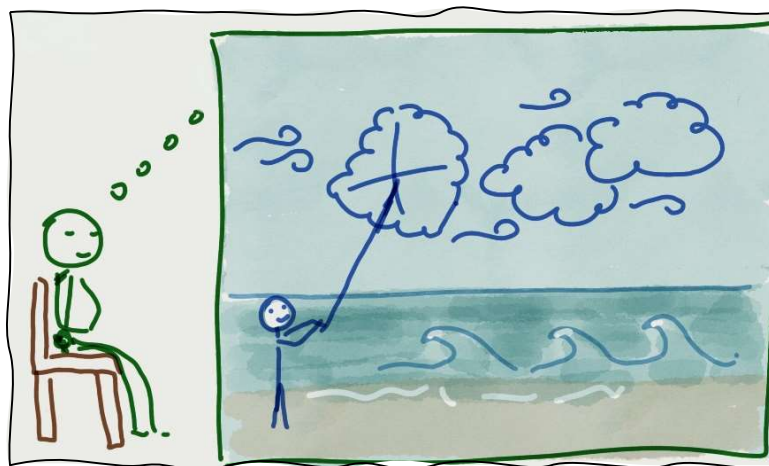
Involvement

Involvement is active engagement with the images that arise, which moves things forward as the imagery requires. This is called Dreaming the Dream onward.

If a path appears in your imagery, you might choose to follow it. If you enter a dark room, you can turn on a light. If there are clouds in the sky with a strong wind, you can find a way to harness the energy.

This keeps your imagery moving toward an “energetic shift,” or what I call an innergenic shift. This is a shift generated from within you, much more powerful than any theory or thought.

Let’s harness the wind with our cartoon character. Dreaming Dale decides that this cloud would make a great kite and uses his imagination to attach a string to the cloud.



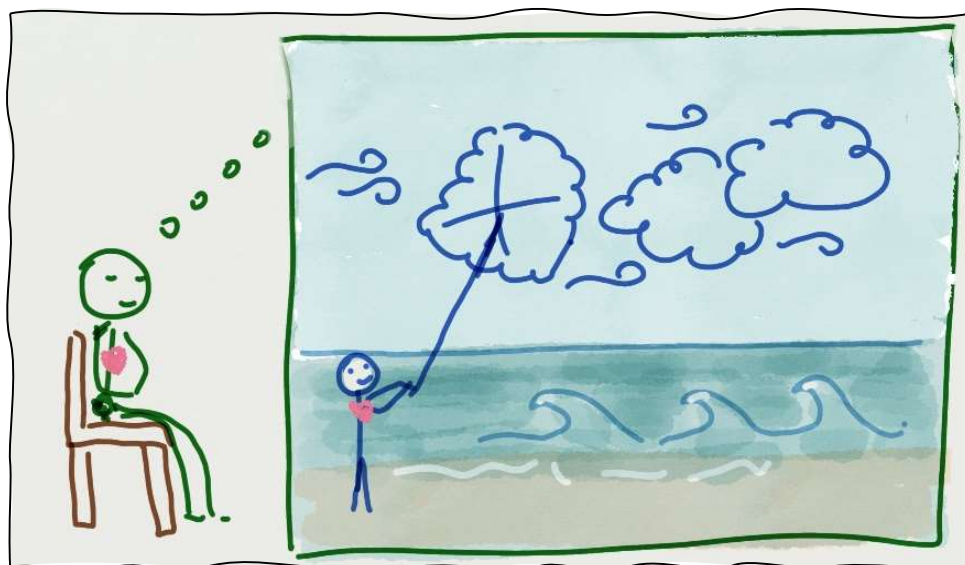
Integration

Integration is what we do to close the Dreaming, and also following the Daytime Dreaming to cement the energy into our lives. We'll look at Dreaming Integration which closes the dreaming session and signals our return to our physical surroundings, and then we'll look at Post-Dreaming Integration to carry the shift into everyday life.

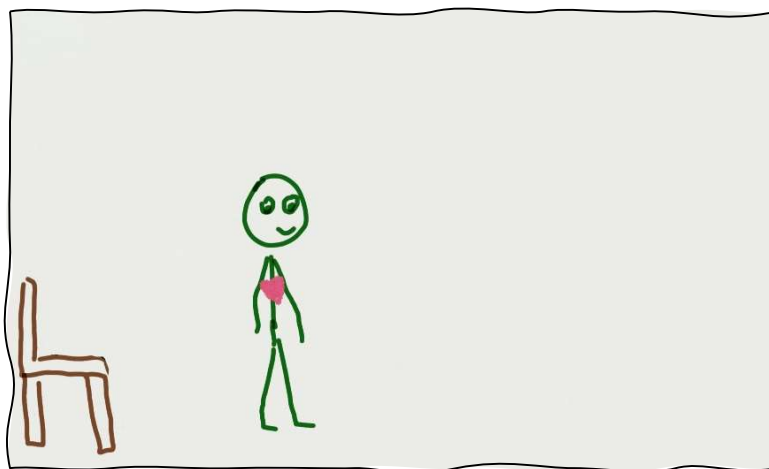
Dreaming Integration: Finishing the journey in a respectful way is important to build the power of dreaming energy for future sessions.

We do this through gratitude. Gratitude is an acknowledgment of the wisdom and power of your images, and essentially of our own inner wisdom. As you complete your Daytime Dreaming, simply express your gratitude by thanking the images in whatever way feels natural.

Dreaming Dale's heart swells with gratitude, both in the Dreaming and in the physical body, for the experience of flying a cloud kite on a windy day at the ocean. Gratitude for the time to relax and play.



Post Dreaming Integration: It's also a good idea to bring the energies of the imagery into real life. This could be through journaling, through art, through the creation of a mantra or a mudra, or through a physical action or ritual.



Let's see how Dreaming Dale might integrate the Daytime Dreaming.

Journaling: Dreaming Dale records the Daytime Dreaming in a journal. *I was able to relax and take a mini vacation at the beach. Flying a cloud kite was fun and exhilarating.*

Art: Dreaming Dale draws clouds over the ocean and attaches a kite string to a cloud along with a person holding on to it.

Mantra: Dreaming Dale comes up with a verbal reminder of the lesson of the Dreaming. *"I can go fly a kite whenever I need to get away and relax."*

Mudra: Dreaming Dale comes up with a hand signal to use to get in touch with this feeling of open space and relaxation. *This could be thumb and forefinger together, or an A-ok sign, or something else that feels right.*

Action or Ritual: Dreaming Dale notices the clouds in the sky more often and is reminded to take a few deep breaths and relax into gratitude. Dale makes it a point to buy a new kite and go fly it or take a trip to the ocean.

Recap and Potential Barriers

Recap of the 5 steps

Induction: Relax body and mind.

Invocation: Express intention, allow imagery to arise.

Insertion: Put yourself in the imagery using sensory anchoring technique.

Involvement: Participate in the movement toward any resolution. Dream the dream forward.

Integration: Express gratitude to all the energies at work to close your session , and bring the dream into real life via suggested post-dreaming integration practices.

Potential Barriers

DayTime Dreaming is simple although not always easy. Simple because it's like learning to ride a bike. Once you're familiar with a few steps, it only takes practice to get better and better and better.

It might not be easy, because we have a peculiar tendency to things more difficult than they should be. Becoming aware of how we do this can help us recognize how we get in our own way and get past our blocks. Here are a few possible barriers...

The Skeptic: This can't possibly help me. It's just silly.

The Busy Body: This is the "I'm too busy to do this. I can't possibly make the time." Not the one who's busy in everybody else's business, although it may be that too.

The Worrier: What will people think of me? This is stupid. Does this conflict with my beliefs on reality? With my religious beliefs?

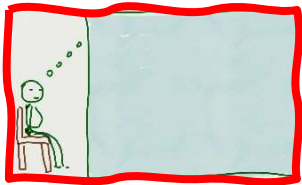
These barriers often come up in self-protection due to fear of the unknown. The hardest part is truly just getting out of our own way, and seeing that the unknown often holds amazing possibilities for us.

Imagination is "natural" to all of us. But some of us have distanced ourselves from it more than others. There is an untapped power in using your imagination in intentional and positive ways. Be patient with yourself if it doesn't SEEM natural at first!

Daytime Dreaming In Practice

Let's put Daytime Dreaming into practice. Notice as you read the following example about the Inner Garden exercise how all five elements come together.

Dreaming Dale will accompany you in the 5 steps of Induction, Invocation, Insertion, Involvement, Integration.



The Inner Garden

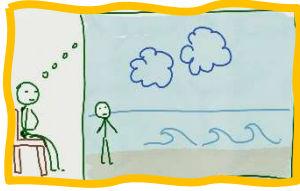
Read this through before attempting your own DayTime Dreaming so that you are familiar with the steps. Again, notice the simple steps to follow. Use the illustrations to help you with the steps so you can break free from the words.

Induction: Find a quiet, comfortable place where you can sit or lie down and close your eyes for a few minutes. Take three deep breaths through your nose, feeling your body and mind relax with each out breath, counting out 3...then 2... then 1... seeing the 1 tall and bright in your mind's eye.

Invocation: Say, out loud or in your mind, "Take me to a timely place where I can visit/discover my Inner Garden."

This may be a place you've been before, in real life, or even in your imagination, or somewhere different. Allow whatever comes up for you.

Take your time, and as an image arises, use the Insertion questions to enter into and expand the imagery.



Insertion: Anchor your imagery in the 6 senses by focusing on the following questions in your mind.

- **What time of day is it?**
- **What time of year is it?**
- **What is the weather like?**
- **What is the landscape?**
- **What do you see?**
- **What do you hear?**
- **What do you smell?**
- **What do you taste?**
- **What do you feel/touch?**
- **What do you sense?**
- **What happens next?**

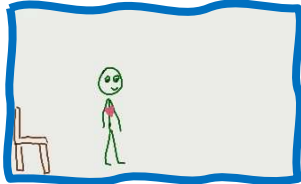
Involvement: Follow the imagery where it leads. If something catches your attention, move toward it, or draw it toward you.

Ex: Go down the path, follow the butterfly, go through the gate, etc.

If anything needs to happen, use your imaginary resources to make it happen.

Ex: If the flowers in your garden are wilting, make it rain, or imagine a watering can and water the flowers. Notice the changes in your imagery.

Take all the time you need, or simply the time you have available to explore your Inner Garden.



Integration: When you are finished, thank the images, in whatever way feels most natural. Imagine you've just seen the most beautiful sunset and feel the gratitude for how that has blessed your day. Connect with that feeling and simply say thank you.

Take a deep breath and slowly, gently open your eyes, coming back to everyday reality.

How are you feeling? Note any changes from what you felt before the Daytime Dreaming and after.

Draw, paint, journal, or act out your Daytime Dreaming. Or create a mudra or mantra. Note that you have just tapped into an inner resource that you can return to and use at any time.

YOU DID IT! You may find that you learned something or experienced some other InnerGenic Shift. At the very least, you relaxed and had a mini retreat.

You have created an inner sanctuary that you can visit at any time. To turn this into an ongoing resource of insight, inspiration, and healing, visit my website!

THANK YOU!

This was just a small taste of the possibilities of DayTime Dreaming!

Visit → [Old Soul Archaeology](#) ← to schedule your complimentary session where I guide you through a personalized session.

All you need is your phone, a quiet, comfortable place to sit or lie down without worry of interruption, and a little bit of time and you can be well on your way to the world of DayTime Dreaming.

Thank you for taking the time to discover DayTime Dreaming. I look forward to [Dreaming our Collective Dreaming Forward with YOU!](#)

Yours in Healing Dreams,

Runa Heilung

DAYTIME DREAMING

Features:

- *Simple to do.
- *Straightforward process.
- *Adaptable to a myriad of intentions.

Benefits:

- Increase relaxation. Reduce stress.
- Enhance insight. Increase intuition.
- Improve self-confidence. Develop resilience.
- Discover accessible tools and resources.
- Solve problems. Find inspiration.
- Rehearse performance. Improve skills.
- Experience InnerGenic (Energetic) Shifts for healing.