

Dream Retreat Instructions

Module 4

Welcome to the Dream Retreat. I am so excited for you to embark on this life enhancing journey with me.

In the many years I have taught this course in person, I have found that many people come to the course with some aspects of their life completely shut down. They usually have one or two big dreams that they wish to manifest. But otherwise they seem disconnected from other areas of their lives.

There are many reasons why we may shut down certain aspects of our lives. But what is most important now is to remember that we deserve to thrive in all areas of our lives.

The Dream Retreat is a powerful process which was specifically designed to re-invigorate those dreams that may have been lost or forgotten. When all areas of our life are nourished, we truly understand what it means to be fulfilled body, mind and spirit.

In this process you will have the opportunity to re-connect with those missing pieces in your life. I invite you to come with an open mind, turn off any distractions and give yourself the time and space to really honor this process.

It's your time. You deserve this.

Instructions for this Process

This exercise will take approximately 40 minutes to listen to. To get the most out of this experience we recommend you:

- Find a quiet physical and mental space in which to do the meditation.
- Ensure you are in a physically comfortable position so that your mind won't be distracted by any physical discomfort.
 - ! Blankets may be helpful in providing a sense of comfort to quiet the mind.
 - ! If it is comfortable for you, having your feet on the floor may help you feel grounded.
 - ! You may sit or lay down, whichever is the most comfortable for you.
- Turn off any electronics that may be distracting.
- Background or ambient noise is not recommended. This only takes away from the experience.
- Try to intentionally keep your focus inward instead of on your surroundings.
- Ensure you have the time and space to commit to this experience. Do not listen while you are driving, operating any machines or in the care of someone. If this is the case, save the meditation for another time.
- For a full inward journey, it is recommended to listen with your eyes closed.
- If you fall asleep that's okay. You may return to the meditation at another time.
- It's normal to experience mind chatter. When you notice this just gently bring your attention back to the experience.

- Bring an open mind to the experience. There is no right or wrong in this process. Try not to overanalyze or overthink the process too much. Whatever your mind visualizes is perfect for you in this moment.
- It is common to experience physical release during meditation as the subconscious mind regulates the physical body. For example, you may experience coughing, sneezing, temperature changes, knee jerks, head bobbing, etc.
- Relax and enjoy the process.

angela
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[Back to Course](#)