

come a fear of snakes. Through dream conjuring, you can confront the snake and change your reaction to its behavior. You can fly out of reach of the snake, grab it, or take a paintbrush and add to the snake's style. If you really hold a grudge, you can try my snake-phobic aunt's real-life approach and greet said snake with a garden hoe.

After you master your dream world, you can use the same techniques to manifest change in the physical world. Dream magic may be among the oldest of magical techniques—since the first recordings of magic, mystics and mages have relied on dreams for prophecy, insight, message delivery, and divine communion. The simple, natural transition from sleep to dreaming becomes its own act of magic.

I have used dream-to-reality magic as a way of communicating with my deities. Early in my practice, I suffered some doubts about the appropriateness of my workings and felt the need for some direct feedback from the objects of my worship.

I cast a circle before sleep and made a request for an audience with the Horned One. That night, I dreamed of Indiana farmland. The shadow of a stag fit perfectly within the orange disk of the setting Sun. Cernunnos told me in clear visual terms what I wanted to know, and I awoke satisfied with the communiqué.

Incubating and requesting dreams are easy ways to manifest realities through dream magic. Dreams operate in sensory symbols—in the organization of objects seen, heard, and felt—because the subconscious does not deal with abstractions. Relating the symbols of the subconscious to the abstractions of