

A decorative border with a repeating floral pattern surrounds the text. The border consists of a series of small, stylized flowers arranged in a continuous line.

the conscious is the key to establishing magical practice while asleep. Six months of recorded dreams should provide a key to the inner-workings of a personal symbol system.

For example, people stuck on a difficult problem may dream of labyrinths and corridors. These dreams may be called upon deliberately before sleeping to work out a specific problem.

Dreams form a major part of our reality. The brain never stops working, and on some level dreams are happening in our subconscious all the time. By moving symbols into our dreams or by manipulating the symbols of our dreams, we work on our unresolved issues and manifest new realities while increasing our meditative and reflective discipline.

Dreams are an accessible path to magic, and while it takes work, dreamworking extends far more control over your own mind than you can imagine.