

# **QUESTIONS FOR FOUR CD DREAM INCUBATIONS**

## **CD 1: QUESTIONS FOR: DREAMS FOR GENERAL**

### **PROBLEM SOLVING**

- 1. What problem, issue, or concern would you like your dreams to help you with?** Select an issue that is giving you the most frustration, because you just can't seem to achieve the breakthrough that you want. **State in a single sentence** the core issue, problem or concern that you would like to dream about ... **Just one brief sentence** ... Take your time ... Now describe the issue in one or two short paragraphs. Include how it appears in your life context now and how it negatively affects you or your relationships emotionally and how long this unresolved problem has been with you.
- 2. What do you think has caused you to have this problem?** (Include what you see as your responsibility and the responsibility of others).
- 3. How have you tried to resolve this issue and why do you think you have not been more successful?**
- 4. What has this unresolved problem taught you about yourself?** In other words, what have you learned about your attitudes and values in relation to this issue?
- 5. What opportunities do you think you have let go by or missed out on because of this persistent problem?** Are there other people who have been missing out on your special talents and gifts because of the unresolved issue?

**6. How do you feel about asking your subconscious/superconscious mind for a dream that could help bring healing to this area of conflict?**

**7. If this dream of resolution took place and affected your waking life, how would you and your life be different?**

**8. Do you think you get any benefits from keeping this problem unresolved?** Sometimes, people remain unhappy, because they have learned they can get attention from being this way. Staying stuck can give one permission not to take a risk, Think deeply on this question. On the surface there may not be any apparent benefits, but if you dig deeper inside you may be surprised at what you discover.

**9. What changes would you be willing to make in your everyday behavior to have this issue resolved?** The idea of sacrifice is as old as the human race. You gain when you give. In the ancient Greek dream temples, sacrificing something of value was an important part of the healing process. What would you give to be rid of the problem? Would you give up a pleasurable habit such as candy or smoking? Would you give time – such as three hours of community service?

**10. As you wind down from answering these questions, express what you are feeling.** Are you energized? Absorbed? Confident? **(15)**

Answering all the questions to the best of your ability, joined with a solid belief in the incubation process and an expectation that a creative response will come in a dream promises a fulfilling reply from the dreaming mind. The unconscious mind responds the very best when it knows you have put real conscious effort in trying to solve important issues.

## **Questions for CD 2: DREAMS FOR DISCOVERING NEW MONEY-MAKING ABILITIES.**

- 1. State the nature of your financial issue in one brief sentence.** Then describe it in two brief but thorough paragraphs. Include how it appears in your life context now and how it negatively affects you emotionally and your relationships.
- 2. How long has this financial problem been with you?** What emotional and psychological burden has it placed on you?
- 3. What created this situation?** Describe how you see your responsibility in causing this problem to exist. In what way was it the responsibility of others?
- 4. How have you tried to resolve this issue? Why do you think you have not been more successful?**
- 5. What has this financial predicament taught you about yourself?** Describe this teaching in detail. In other words, what have you learned about your attitudes and values when it comes to this financial issue?
- 6. In what way has this financial concern nudged you into thinking about making changes in the way you deal with finances?**
- 7. Describe your major fears connected to this problem. If you have any resentments, describe them.**
- 8. What opportunities do you think you have let go by or missed out on because of this nagging problem?**
- 9. How would resolving this issue change your life? In what way would**

**it be different from the way you live now?**

**10. What changes would you be willing to make to resolve your financial concerns?** The idea of sacrifice is an old one. You gain when you give. In the ancient Greek dream temples, sacrificing something of value was an important part of the healing process. What would you give to be rid of the problem? Would you give up a pleasurable habit such as candy or smoking? Would you give time—such as three hours of community service? Think deeply on this idea of sacrifice.

**11. How do you feel about asking your subconscious/superconscious mind for a dream that could help bring clarity or even put you on track for a solution to your financial problem?**

### **Questions for CD 3: DREAMS AND SPIRITUAL PROGRESS**

**1. Write a one-sentence description of what being a spiritual person means to you.**

**2. Elaborate on your response to question 1 in a little more detail, say, a short paragraph 5 or 6 sentences long.**

**3. In what ways do you fulfill this description? In what ways do you not?**

**4. How have you tried to become a more spiritual person? What have you consciously done to achieve this?**

**5. Do you think that spirituality is equated with a particular set of beliefs and symbols? Briefly, explain your answer.**

- 6. In what ways have your dreams helped on your spiritual path?**
- 7. If you could be the kind of spiritual person you would like to be, what would you be like?**
- 8. With regard to your spiritual development, what areas, such as (relationships, meditation, patience, inspirational reading, church attendance, values, etc.) do you think need to be improved?**
- 9. Why has this area resisted development?** What holds you back from making changes in this part of your life?
- 10. If you did change in this area, what would you gain? What would you lose?** Be aware that in any transformation, there is always an accompanying birth and death.
- 11. What would you be willing to give or give up in order to have this change become a reality?** Would you be willing to give or give up something in order to grow spiritually? I am bringing in the idea of sacrifice here. In the ancient dream temples the idea of sacrifice was crucial. Those who sought help in dreams made long pilgrimages that took a good deal of time and money. Would you be willing to meditate daily? Would you be willing to donate several hours a week to some charitable cause? Sometimes, to gain something of great value, whether physical or spiritual, a sacrifice of some sort may be necessary.
- 12. All spiritual people talk of god (or a creative force or unifying principle), what is god like for you?**
- 13. What feelings are you experiencing as you go through these questions?** Are you inspired? Invigorated? Motivated?

## **QUESTIONS FOR CD 4: DREAMS FOR HEALTH AND HEALING**

**1. State the nature of your illness. Briefly describe your symptoms and how you experience them.**

**2. When and how did the illness occur?** Was it a sudden onset or a slow developing process? What was happening in your life at the time of the onset? Can you relate the illness to an emotional situation? If so describe it.

**3. What healing methods have you tried? To what degree have they been successful? Why do you think they haven't been more successful? How would you be different if you didn't have this condition?**

**4. Why do you think this condition happened to you?** I don't want you to think of blaming yourself for your illness. Taking responsibility for your health does not mean getting blamed for the past, but it does suggest getting personally committed in the present. Illness is not a punishment. It can be a stimulant for examining which choices are off the mark.

**5. What has this illness taught you about yourself that you didn't know before its onset?** Think of your illness as an inner teacher who says it's time for certain lessons to begin.

**6. Have other people been missing out on your special talents and abilities because of your health issue?** If so, how would they benefit if you were healed. Give yourself credit here! You have special talents and abilities, accept them and know that people around you gain much from them.

**7. How could you be benefiting from this illness? In other words do you need this illness for any psychological or emotional reason?** This

question is not trying to place blame or guilt on you. It's asking you to examine your illness to see if you are using it to satisfy any emotional needs. For example, when ill, we often get the kind of love and attention we crave. Or we may find it easier to say no to an oppressive job or annoying demands of other people.

**8. What changes would you be willing to make in order to get well?**

Would you be willing to give or give up something in order to restore your health? I am bringing in the idea of sacrifice here. In the ancient dream temples the idea of sacrifice was crucial. The ill made long pilgrimages to the temples and this took a good deal of time and money. Would you be willing to give up any addiction (chocolate, smoking, TV, etc.) ? Would you be willing to donate a few hours a week to some charitable cause? Sometimes, to gain something of great value, whether physical or spiritual, a sacrifice of some sort may be necessary.

**9. What feelings are you experiencing as you complete these questions.** Are you optimistic? Intrigued? Excited?

*All four of the CDs follow the same pattern. There are basically four parts to each issue you want to dream about:* Choose the concern you want to sort out, respond to specific questions relating to your matter, conclude the presleep preparation by listening to the appropriate CD, and finally record your dream (dreams) in a dream journal as soon as you recall them.