



# **Working The Day Shift: Using Dream Incubation To Change Your Life (The Dream Shift) (Volume 2)**

*Joan C Harthan PhD*

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'Working The Day Shift' is a toolkit for change. It will give you the tools and the skills to not only make welcome changes in your life, but to build a belief in yourself and your ability to make the right choices. It's a fact, and often a revelation, that the stories told by the dreaming guru residing in your unconscious mind can be used as a springboard for major life changes. But these dream stories can only be interpreted if we learn their language. They speak in metaphor and use symbols pulled from the past, present and future life of the dreamer to tell their unique stories. Interpretation of these symbols can be found in dream dictionaries but these interpretations can be misleading and lead the dreamer away from the true meaning of their dream. Dream symbols are very personal to the dreamer; they have a unique meaning within the context of one person's dream. This book will give you the skills to understand your own dream language and enable you to use your dreams to help plan your future. You'll be using the ancient ritual of Dream Incubation to put important questions to your dreaming mind; questions for advice, guidance or healing. The answers you get will provide a blueprint for your future, and will help you decide what line of action, or indeed non-action, will serve you best. There are many roads to follow in life, many intersections and many dead ends. If you follow the signposts in your dreams, you'll speed along the highway to the place you are meant to be. The book contains detailed information and instruction on how to perform the Dream Incubations, which can be undertaken, either as a self-development programme, or as a spiritual practice. However you approach it, you will gain deep insight into yourself and your life, even into consciousness itself. In addition, there are step by step instructions covering ten, innovative, techniques that you can use to explore the dreams that come in answer to your incubations. Each technique is prefaced with a suggested Incubation Question. All you have to do is sleep on it and your dreaming mind will do the rest. And if you like to explore the more magical side of life, 'Working The Day Shift' will show you how to journey into the realms of the shamans, incubate lucid dreams and even divine the future. Anything is possible in the Dreamtime. This is the second book in 'The Dream Shift' series. The first book, 'Working The Night Shift, How To Understand Your Dreams' is available through Amazon and most book stores.

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