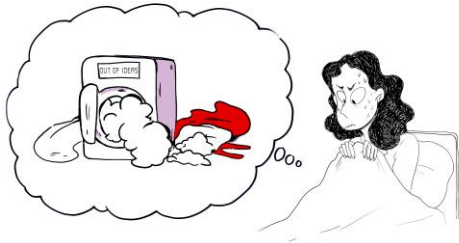


From Nightmares to Peaceful Sleep with The Dream Completion Technique

Page 1 – How to stop your nightmares (Watch <http://tiny.cc/stopnightmares>)

***When bad things happen, we are supposed to dream about them.
This all happens from inside the ‘washing machine’ of the mind***



***Nightmares happen when the dream has run out of ideas,
or the experience has become too intense and woken us up***



- ❖ However, these are your dreams, you are in control and because you can change anything, you have nothing to fear.
- ❖ Don't waste time trying to interpret the dream – there is no logic to dreams.
- ❖ You need to kick start the dream with a new dream ideas so that when you go to sleep, your dreams can continue and your mind relearns that it is ok to sleep through anything, however wild the content.
- ❖ The dream idea is uncensored and is not necessarily something you want to happen in real life, it is dreamland....
- ❖ It can be violent, abstract, seemingly unrelated to dream content....but must feel good. You have control!

3 Steps to Peaceful Sleep

Step 1 - During the day, focus on the part of the most recent dream when you woke up

Step 2 - Then ask yourself “What would I like to happen next that feels good at a gut level”

Step 3 - Visualise your new dream idea just before going to sleep, thinking “this is what I want to happen in my dream”

If you cannot recall your dream, focus on the negative feelings and sensations you wake up with and create a dream idea to get rid of them that also feels powerful.

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Page 2 – Examples, Success Log and Top Tips

REMEMBER YOU ARE IN CONTROL AND THERE IS NOTHING TO FEAR FROM YOUR DREAMS.

Being shot at. “On return from Afghanistan, I had dreams of being chased by armed insurgents most nights which really affected me, even though it never happened.

My new dream idea involved my love for photography, so I made all the guns SLR cameras, and now we are a paparazzi pack chasing a celebrity for the perfect photo”.

Being chased. “In my dream I was being chased by some very dangerous prisoners down my local high street. I woke up at the point they jumped on me. My wife was scared because I was thrashing around so much. **The new dream idea** that worked was that I was being tackled in a rugby game, but I dragged them over the try line and scored. The crowd went mad and it felt great”.

Ship being attacked. “I was a machine gunner on the deck of a ship trying to shoot down a plane that was dropping bombs on us – it was very frightening. I would often dream about it waking up in a terrible sweat. **The new dream idea** I created was to grab the plane out of the sky and fling it away. I haven’t woken since!”

Cannot remember dream. “I woke up regularly lashing out but couldn’t remember my dreams. **My new dream idea** was to I imagine I was the Incredible Hulk throwing everyone off me in an uncontrollable rage, which felt good”.

Waking up sweating. “I wake up sweating buckets, but don’t remember any dream content. When I went to sleep, I imagined myself in a massive wind tunnel, blasting the sweat off me, and my sleep got better”.

Day/Date	My New Dream Idea (example – I grab the plane out of the sky and fling it away)	Comments (example – woken less frequently, nightmares less intense)

- ❖ If your dream idea only partially works, create a new one
- ❖ Always go for the most POWERFUL idea you can – usually not what you would want to happen in real life
- ❖ Your idea should be unconstrained – could be violent – there is no logic or law to your dreams
- ❖ Continue until peaceful sleep achieved – this may take some practice
- ❖ DON’T GIVE UP!