



Modality Use Explained

Dream Work

How We Use Dream Work

One basic technique that we employ repeatedly is to plant ambiguities and ‘gaps in the narrative’, knowing that the subconscious will jump in to resolve these creatively. In doing this, we have brought the subconscious ‘on board’ to participate in our process.

Within the dialogue and self-questioning parts of the programmes, we frequently instruct the subconscious to take time to use its creativity for specific purposes - often to devise potential solutions to challenges, to propose new behaviours to replace old ones, or to project its view of how the future is going to be.

Finally we give direct suggestions that the subconscious use opportunities that occur outside the sessions - eg. daydreaming, or dreaming at night - to further all of our thinking and processes as it sees fit. So - watch what happens with your dreaming!

Isn't it amazing how the world has always recognised the power of dreams and dreaming, and yet so little is done to encourage or promote its use?

Positive Constructive Daydreaming is the way psychologist Jerome L. Singer labels the result of his work of over 50 years into promoting and channeling the creative results of something that we are all capable of.

Unsurprisingly, the principle result of ‘PCD’ is a stimulation of our creative faculties - and what better way to find solutions to seemingly intractable problems, or to open doors to previously unimagined possibilities, than to engage our creative capabilities?

Einstein put it another way when he gave his definition of insanity as “...doing the same thing, time and time again - and expecting different results”.

Stimulating creativity simply requires you to give your subconscious permission to throw everything up in the air and filter it as it comes down. That may seem a plausible explanation for what happens when we dream: but when we dream, we rarely give the subconscious a topic to work on.

Because mindfulness asks us to focus on something and exclude extraneous thought, PCD may seem to be contradictory. ThinkWell-LiveWell approaches dream work by taking the mindful state as a platform, and then going further to engage and work directly with the subconscious.

There are numerous historical examples and precedents for the beneficial use of dreaming: Benjamin Franklin, Thomas Edison, T.S. Elliott, Alexander Graham Bell are among those to have claimed that dreaming benefited their work!