

### experiment #1

**WHAT YOU NEED:** Pencil - paper - active imagination - help from your family

**WHAT TO DO:** Go into any room of your home. Divide the paper into 2 columns. Ask someone to pick out any object in the room. Write down its name in the first column.

In the second column, write down all the things it reminds you of. This is where you need your imagination and help. *You Can* come up with at least 10 things any 1 thing reminds you of. Do all this for 5 different items. It'll be a fun thing to do together.

Dear Beakman,  
 Why do we dream  
 sweet or mean,  
 sad or happy dreams?  
 Hillari Snellgrove  
 Albany, Georgia

Beakman or Jax  
P.O. Box 30177  
Kansas City, MO 64112  
Question, name & address

cat  
 meow  
 dish  
 fish  
 fur  
 hairball  
 slinky  
 quiet  
 demanding

Dear Hillari,  
That's a pretty big question. Thanks for thinking large like that. Dreams come in all moods and feelings because life is rich with different moods and feelings. Dreams are not about pretend. They are about life. Dreams are things we create for ourselves. They are not things that happens to us.

You need a brain to think and dream; and brains are pretty complicated things. Our minds work on several different levels, and they process information in different and special ways.

*Beakman*

Beakman Place

### SO WHAT:

You just acted out the difference between your conscious (KAHN-shus) and unconscious (un-KAHN-shus) minds. Your conscious mind keeps track of very literal stuff, like a thing's name. Your unconscious is a bit more playful and isn't limited by things like time and space. It can list very wild and unexpected things.

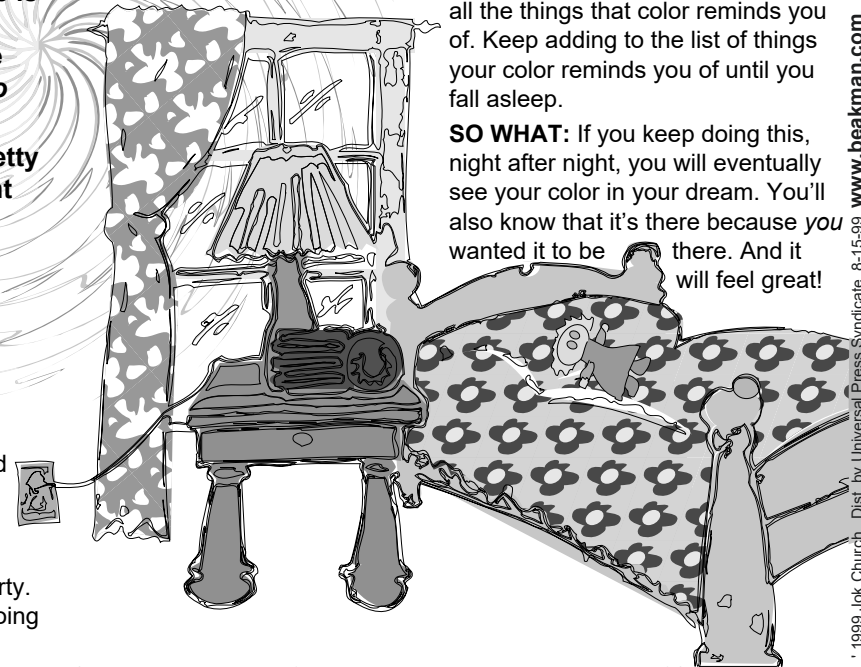
When you go to sleep, your conscious mind is shut down for the night. That leaves the unconscious mind free to party. That's what your dreams are — your unconscious mind going over your list in a free-form, playful kind of way.

### experiment #2

**WHAT YOU NEED:** Just your sweet self. **WHAT TO DO:** Pick a color that you'd like to see in a dream. As you fall asleep, think of

all the things that color reminds you of. Keep adding to the list of things your color reminds you of until you fall asleep.

**SO WHAT:** If you keep doing this, night after night, you will eventually see your color in your dream. You'll also know that it's there because you wanted it to be there. And it will feel great!



P.S. from Jax: Directing your own dreams takes time. Be patient with yourself. And keep working at it. You will see your color in your dream!

