

EMBARGOED
Until Release Date

YOU CAN by jok church

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with **beakman & jax**
Google: "lucid dreaming"

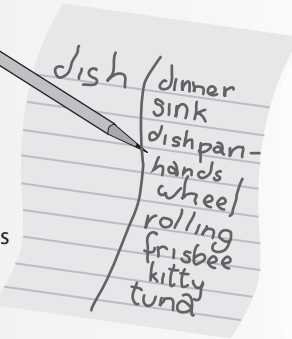
Dear Readers,
July is our 15-year anniversary of being in the newspaper. To celebrate we're going to look at the questions you asked us in 1991.
Beakman & Jax

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Questions, name & address

Experiment #1

WHAT YOU NEED: Pencil - paper - active imagination
WHAT TO DO: Go to any room. Divide the paper into 2 columns. Pick 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 the imagination part. Come up with at least 10 things any 1 thing reminds you of. Do this for 5 different items. Have fun (remember fun?) and be playful.



Where do dreams come from? is the question, and it has a wonderful answer that can open doors in your mind, and in your life, too.

Your dreams do not happen to you. You create your dreams for you.

Here's the good part: Because you're the creator of your dream, you can dream anything you want. That goes for the dreams in your sleep, and also for the dreams you have of being the person you want to be.

Jax Place *Beakman*
Jax Place Beakman Place

You just acted out the difference between your conscious (KAHN-shus) and unconscious (un-KAHN-shus) minds. Your conscious mind keeps track of concrete stuff, like a thing's name. Your unconscious is more playful and isn't limited by things like reality. Its side of the page can be very wild with unexpected things.

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

Experiment #2

WHAT YOU NEED: Just your sweet self
WHAT TO DO: At bedtime, pay special and slow attention to your right hand. Carefully examine its folds, its prints, its shape. Make a mental list of the details in your hand. Tell

yourself you want to look at the palm of your hand in a dream. Use that mental list over and over until you fall asleep.

SO WHAT: If you keep doing this, night after night, you will eventually see your own hand in your dream. And you'll know that it's there, in your face, because

