

Dream Sharing assists participants in experiencing more satisfaction in their lives by investigating and manifesting their dreams.

They follow their dreams by focusing on making them come true.

At the same time, by investigating the nature of their dream they gain more understanding of their inner drives, their needs.

Both these processes lead to more satisfaction with their lives.

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The Dream Sharing Process

In the Dream Sharing Process, the Dreamer becomes clear on the nature of their dream. Dream Sharing provides support and encouragement for bringing their particular dream to life and encourages the Dreamer to call on the surrounding community for support, fostering socialization and a sense of mutual community.

The Dreamer is encouraged discover the nature of their heart's desires. In recognizing their heart's desires the Dreamer moves ever closer to satisfaction for they also get nearer to recognizing the individual purpose and meaning of their life.

Once aware of these, The Dreamer is in a powerful position to express their heart's desires more often in their daily life, bringing ever more satisfaction to

their life and others.' In short, the Dream Sharing process aids the Dreamer in making their contribution to our world from their fundamental heart nature.

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Sample Dream Sharing Results

* Matthew in South Africa declared his [dream](#) to attend a training costing \$8000 in the Bay area near San Francisco, USA, for which he couldn't afford to pay. As a result of outside help gained in the Dream Sharing process he attended that Bay Area training.

* In her dream, Patricia Grace wrote about an exercise program to help her lose weight. She lost 60 lbs in three months.

* A person with severe mental illness was deeply depressed on a Saturday, believing she had nothing left to live for. On Sunday after being introduced to the Dream Sharing process she had come alive and was working towards her dream. Two weeks later she checked in from a city 300 miles away to report her progress.

* In another instance a [dream](#) of a relationship with deep intimacy and sharing between a couple resulted in a relationship in which both participants experienced levels of intimacy beyond their wildest dreams.

Developing your dream on your own for free

You can develop your dream and analyze it yourself on the Dream Sharing Website for free. The [Help](#) pages on the Website contain numerous suggestions and support for manifesting your dream. By learning Non-Violent Communication* either from a local class, teacher, or book, you can develop the necessary skills to get in touch with your needs on your own.

Courses in Dream Sharing

Dream Sharing is willing to offer [courses](#) in Dream Sharing. Other teachers/consultants in Dream Sharing are available



*See Acknowledgments and Contact Information on other side for Website information about Non-Violent Communication, or contact Dream Sharing by phone or email.