

# Paul Solomon Lectures

## Dreams

### GUIDED MEDITATION FOR DREAM WORKSHOP

#### MEADOW

When I come to this sacred place, I remember to set my purpose for being here. I come here to establish communication with the Source of my being. I am a student in the School of Life, and I want to awaken the ability to see and hear and feel this Source teaching me through every person, and every situation in my daily life. I awaken my appreciation and devotion to this path of learning and growing.

I see a ray of light stream through the cloud at the top of the mountain to envelope me, and with a magnetic pull, feel myself being drawn toward the first terrace, the red terrace.

#### RED TERRACE

Here in the Red Terrace, I feel energized and enthused. I begin to look forward to the gift in each lesson that my Inner Teacher has in store for me. I now take the initiative, and search for these lessons, rather than waiting until they force themselves upon me. I expect to be changed by this experience.

And with this growing expectancy and determination, I move from the red terrace into the orange terrace.

#### ORANGE TERRACE

Here in the Orange Terrace, I take the time to review the experiences of today. I realize that each experience has a golden value in it. If I can see the experience and release it, it will be planted like a seed in this garden so that new flowers of understanding and insight will grow within me."

See the events of your day passing before you, step by step from the time of awakening. You may image these events playing on a movie or video screen, or you may 'remember', and momentarily re-experience them. Give particular notice to those events that held an emotional charge, those which were challenging. Remember the situation, and remember your thoughts, judgements, and feelings.

And as you are doing this, begin to build a bridge between the inner world of your terraces to your body.

Take a moment now to build a bridge from this inner world of the second terrace, to your body. Maintain the inner focus, as you begin to expand that focus to include your physical body. Let the memories continue to flow smoothly, and slowly take a deep breath, and prepare to pick up your pen and your Journal, and begin to write into the Journal, into your Captain's Log, an outline of your day's events.

As you remember the people who came into your life today, make an entry into your Cast of Characters Section. Make a note of their name, if you know it, and of the qualities they embodied for you, either positively or negatively. Remember that each person who comes into your school is a messenger, bearing a communication from the Source of Life. Take a moment to note what you recognized in each of these messengers, and begin to open your mind to other possibilities that your Inner Teacher might reveal to you.

Continue to write these outlines in both the Captains Log and the Cast of Characters, listing your experience as a student in the Mystery School of Life. And when you have finished making your entries, spend a few moments of quiet time in this terrace, releasing these experiences, seeing them fall away into the past as you prepare to move up the mountain.

Know that you are making entries here in your Akashic Record, bringing closer to conscious awareness all record of your thoughts and actions so that you can become a more responsible and aware student in the School of Life."

### **YELLOW TERRACE**

Again, experience yourself releasing all of these experiences here on the Orange Terrace, letting them fall behind you into the ground. Feel yourself becoming lighter, weightless, free from the burdens and cares of the day. Let them all go and begin to rise upward into the Yellow Terrace.

Feel the freedom of releasing your hold on your own perception of reality... let it go and begin to open to new possibilities. Consider the possibility that there are new ways of seeing things, new ways of understanding, and new ways of expressing yourself that could transform your experience of life. Begin to look forward to discovering these, and with the openness and eagerness of a child, affirm "I am new, I am," and lift upward into the Green Terrace.

### **GREEN TERRACE**

Here in the Green Terrace, feel yourself embraced by a Presence of pure, Living Love. And take these next few moments to write a letter to this Presence of Living Love saying, "I want to get to know you better. I want to begin to recognize you in my daily life. I want to see, and hear, and feel you, especially in those moments when I tend to forget and slip back into old habits."

1. Pick up your pen, and communicate in your own words to this Presence, your questions about the lessons that were presented to you in the School of Life today. Remember the situations from the Captains Log, consider the cycles of growth that you have experienced, and that you are currently experiencing, and the people your Source has brought into your life today. Consider all these things, and communicate from your heart your own desire to see these things as your teacher sees them. And ask that you become aware of the teacher's presence in your dreams tonight, continuing to learn as a student in the School of Life.
2. When they have all finished, remind them to look forward to further communication, whether through meditation, dreams, or in their daily waking state. Know that messages and insight will come. They have knocked, and the door shall be opened.
3. Remind them to reattune before bedtime, through the 7 terraces, into their temple.