

The Tibetan Star: AN EXERCISE IN CHANGING THE DREAM

This powerful meditation originated among Tibetan shamans and is known to indigenous peoples of Central and South America as well. It was brought to us by cultural anthropologist John Perkins, author of "The World Is As You Dream It", "Shapeshifting", "Psychonavigation" and numerous other recommended books recounting his experience among native peoples and shamans of the world.

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The following eight-step exercise is a dream changing technique taught by Tibetan shamans. While techniques may vary somewhat from shamans of different cultures, Perkins has found they all follow basic principles.

1. Select a dream, something you know from the depths of your soul you want to have come true. Be sure it's a real dream, something you really want to happen, and not just a fantasy or whim.
2. With eyes closed see a very black place, a sort of void. A silver star appears, surrounded by the blackness. Send your dream out to the star. Watch the star absorb the dream.
3. Bring the star (with the dream) into your forehead, allowing it to pass through your third eye, between and slightly above your two eyes.
4. Envision the inside of your head as a crystal ball or a globe of mirrors. The dream and star are now reflected and magnified throughout this splendid place.
5. Watch the dream and star explode three times. Each time, instead of being destroyed, they are energized. They become thoroughly integrated with your mind.
6. Let them drop down into your heart. See it also as a place lined with crystal where dream and star are magnified.
7. Watch the dream and star explode three more times. With each explosion, reaffirm your commitment to making this dream become a reality. Feel the energy of your heart and the fusion that takes place between your heart, the dream, and the star.
8. Let them rise up through your head, out the third eye, and back into the blackness.

It's recommended to repeat this exercise at least three times a week; more if you're so inclined.

Crystal/Rainbow Pattern

(Modeled from Steven Gilligan)

1. Establish rainbow across the horizon, As you describe it, make reference to the “beginning” of the rainbow (generally the left), and the “end” of the rainbow.

2. Establish seven crystals on the rainbow in which the client will be able to see images.

Note: You can establish all seven crystals at once and have them be “empty” until you address each of them individually, OR you can place the crystals on the rainbow one by one as you need them in the process.

3. Crystal Representing NOW is placed at the apex of the rainbow. “Now can mean whatever you client prefers. It could be this moment (in the hypnotist’s office), or it could be this period in the client’s life. The images in the crystals should be dissociated.

4. Crystal Representing the Origin of the problem situation is placed at the beginning of the rainbow.

5. Crystal Representing Future (Desirable) Outcome is placed at the end of the rainbow. (Review the structure of the rainbow, the location of the crystals and their meaning)

6. Development of the Situation is represented in two crystals between the beginning and NOW. This development could take the form of further problems, or of discoveries, or of the decision to go into therapy, etc. (Review the structure again)

7. Invoke the fog or some other experience of being unable to see things clearly. It is preferable if this be a pleasant experience.

8. Place two “fog filled” crystals on the rainbow between NOW and the future. Take your time here to give the client’s unconscious mind a chance to consider what might be in these crystals.

9. Access the future Draw the future outcome crystal off the rainbow and into the center of client’s body (could be head, heart, or Solar Plexus or wherever client considers appropriate).

10. “Feel” the future. Invite the client to experience a felt sense of that future crystal - how it will be to actually be in that future.

11. Review from the Future. Look back over the rainbow, seeing the “crystals that can be seen (Origin, Development, Now and the other two vague, fog filled ones) as history.

12. Optional Ideomotor Signal Optionally, you might like to get a signal from the unconscious indicating that it has attended to the process and is prepared to use the learnings it has gained to proceed toward resolution.