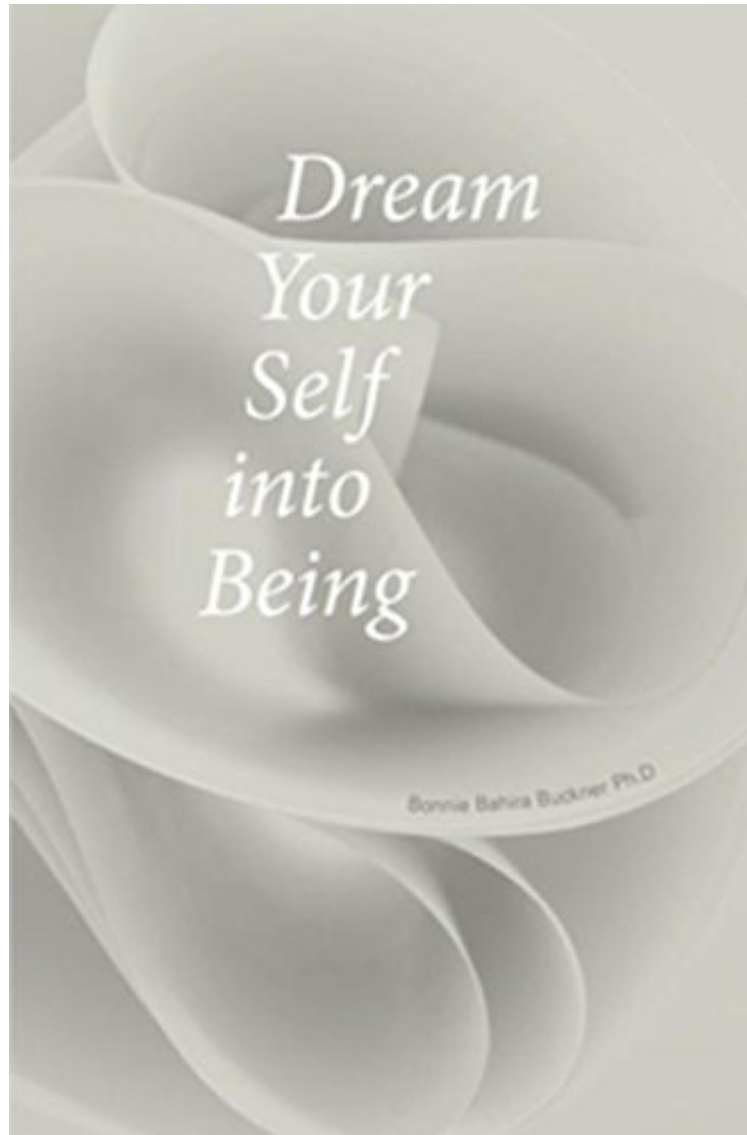


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Dream Your Self into Being

Bonnie Bahira Buckner

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Bonnie Bahira Buckner : Dream Your Self into Being before purchasing it in order to gage whether or not it would be worth my time, and all praised Dream Your Self into Being:

2 of 2 people found the following review helpful. Fascinating, Inspiring, and MotivatingBy snowinlaFirst, I will tell you what this book is not. Dream Yourself Into Being is not one of those books that tells you if you want a big house or fancy car, to dream about and it will appear. It is also not one of those books that tells you to think happy thoughts to be happy.Now, for what the book is about - and it is far more powerful. In a nutshell, it is a fascinating book that shows, through the author's experiences, the impact and power of connecting to the vertical and then provides ways to

help the reader experience and understand the experience for themselves. (She says that we can live in two dimensions - the linear and the vertical. The linear where things follow one thing after another - where we go to school, get a job, get married and have kids. This, I think, is where many of us live - or struggle to live. And the vertical in which relationships and experiences do not necessarily follow from one thing to another -- where we can connect and exist in completely different ways. The book provides great examples of this and I can't really do it justice. From a Western perspective, this type of thinking is not as well known or understood although most people have probably experienced this at sometime in their life.) Through her experiences, the author shows us how connecting and understanding the vertical (my way of saying it) has provided to her the answers and the strength needed throughout her life. I would like to emphasize the strength portion because we can see that the transitions did require strength (and action) but these times were also times of growth. It seems to me that sometimes these topics can end up being "wishful thinking" where the emphasis is on the thinking and the need for meaningful action is trivialized or overlooked completely. Through the author's experiences, we can see that these experiences can be transformative and that they are transformative only when one is committed to them, willing to take the chances to act on them, and finally that growth and joy that comes from them (and realizing your true Self). This book was well written and moves along. I have left so much out and would strongly recommend this book. I suspect that it is a book from which many people will get different things and even repeated readings will reveal new insights. 2 of 2 people found the following review helpful. Extraordinary and Inspiring By C.J. Ventress Dream Your Self Into Being is far from a symbols and definitions reference book. I've always been fascinated the meaning of dreams and when a compelling one evokes a strong emotional response, I have run to a "dream dictionary" for answers more than once. I even keep a paper and my pen by bed so I can jot them down before I forget them. When I came across Dr. Buckner's book I was amazed! It's nothing that I've ever come across before. I'm a well-educated, highly successful wife-mother-executive and I like to use my waking -- and my dreaming time -- wisely when I can. This book literally taught me how to "open my dreams" from an enhanced perspective. The insights and tools that she shares have empowered me to gain a more connected understanding of myself and my life and better manage the complexities of my internal and external world. This deeper connection has helped me become a better person and more successful performer in business and at home. Her engaging real-life dream tales and the revelations discovered from opening my dreams have taught me to live in the moment, appreciating the little nuances in life that add more meaning to each day. I would recommend this book to anyone seeking to recharge their spiritual energy and live up to their full potential through the power of higher consciousness of dreaming. Dream Your Self into Being 0 of 0 people found the following review helpful. Dream work like no other! Definitely check this out! By dmax This is such a powerful book! Bonnie's vulnerability and openness reeled me in right away. I'm fascinated and intrigued by this dream work and this book makes me want to dig into my dreams right away!

Everyone dreams ndash; but do you know what your dreams are telling you? In Dream Your Self into Being Dr. Bonnie Buckner shows readers how to use their dreams as tools for personal empowerment. We follow Dr. Buckner on her personal dreaming journey from a ranch in remote West Texas to Oprah, to founding a company, to working on a Presidential campaign. Through dreaming, Dr. Buckner was led to her dreaming teacher who taught her the 13th century Kabbalistic practices of dreaming and imagery that Dr. Buckner now teaches to business and creative professionals around the world today. Readers of Dream Your Self into Being will learn how to work with their dreams and find a step-by-step guide for starting a dream group. Included in the book are imagery exercises to jump start and hone the dreaming process. Buckner passionately believes that listening to one's dreams and following their messages leads to selfhood, success, and fulfillment. Her enthusiasm inspires readers to pay attention to what their dreams are telling them during the night so they can live the wisdom of their dreams during the day.

About the Author Bonnie Buckner, PhD, is a specialist in dreaming and imagery. Her international client list includes CEO's, politicians, social entrepreneurs, inventors, professional artists and musicians, and award-winning writers and film producers. Dr. Buckner teaches business and creative professionals worldwide to decipher their dreams and unlock their inner power to unfold into their greatest versions of themselves. Her clients have tripled their income in three months, closed negotiations that have been stalled for weeks, conquered their fear of performing, recognized their true paths and accomplished what they otherwise believed impossible. An engaging national speaker and popular university lecturer, Dr. Buckner teaches a long-hidden system of dream work that dates back to 13th century Kabbalist mystics. Dr. Buckner's background spans politics, media, marketing, community organizing, and urban renewal. She has worked as a freelance writer and a film and television producer. She's an academic and an entrepreneur. As she describes it, "I dreamed it all," meaning that from an early age, Buckner followed the messages of her dreams, which led her from Hollywood to the White House to founding two successful businesses, to guiding her to her dreaming teacher and mentor. "Dreaming is about waking up to our potential," Buckner affirms, "it's the most practical thing we can do." Buckner has dedicated her life to bringing the power of this ancient art to modern audiences, which led her to writing her book and planning for the widespread dissemination of the techniques via her

workshops, classes and social media platform. Holding a PhD in psychology with an emphasis in media, Buckner is well suited to reach and inspire a national audience. "Everyone dreams," she says, "but few people know how to understand their dreams and act on the guidance they are offering. The potential waiting to be unleashed is enormous."