

REVERSING A BAD DREAM

When you have a bad dream and wake up afraid or angry, you can imagine yourself changing the dream's ending.

For instance, if you dream you are in a dark building, imagine walking out of the building into the sunlight. Imagine yourself moving from a lower, darker world into a higher, lighter one. When you do this, you may suddenly understand the meaning of the dream.

—Sri Harold Klemp

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