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Dreams illusions and other realities pdf

Dr. Garfield: It sometimes is. The training used here is not full lucid awareness, but to look at the dream as it occurs and be aware that it is a dream. Usually post-traumatic dreaming is filled with very stereotypical, horrific scenes. When you recover naturally what happens is that there are gradual changes in the scenario, as I described with the woman that had been raped. First she replayed the rape exactly as it had happened and then it would be a little different each time. Then finally there was a distance between her and the rapist until he became less important for her.The same thing happens in all post-traumatic dreaming if you recover naturally. So what one does if trying to work with someone who has post-traumatic stress or recurrent nightmares is help them look for differences in the dreams and to try to deliberately change a small part of the dream instead of waiting for it to happen. You could say, "I wonder if this time you could just wait a minute before the bomb explodes," and help them to see places within the stereotyped dream that they might make a small change.One young girl had recurrent dreams about sharks eating her that was very terrifying to her. And I talked with her about how it's possible to change your dreams to become active within your dream. Most people don't realize that, but you can make your dreams different if you just think about it.I said to her, "So, next time the shark is after you in that dream, why don't you bite back? It always gets you anyway, so you don't have anything to lose, or get somebody to help you." When she came back she said, "Oh, when you said that I didn't believe you, but I tried it and you know what? It took a big hunk out of my side. And then I was lying on the beach dead, and all these people in white uniforms were around watching my body and it was still awful."And I said, "Look! You made it different! If you can make it that different you can make it better." And I encouraged her to keep on trying, and the next thing I heard from her was, "You know, it was wonderful." She said, "I dreamt my girlfriend fell off the boat and the sharks were coming after her, and I jumped in and saved her." This was a dramatic shift from her being in the water, being the one who was killed by the shark, but she needed to do it steps.Many dreams that have sharp teeth in them have to do with being angry. And she had, had a quarrel with this girlfriend and she said, "I think my dream is telling me that shouldn't let a silly quarrel break up a friendship I've had all my life." She instinctively, almost, understood that this was anger expression, the sharks were an expression of anger, and she saved her best friend. This is how such things can happen with post-traumatic dreaming, if you help the dreamer realize they have options. You, in a sense, are empowering the dreamer. Most people in the Western world simply aren't accustomed to thinking that you can get ready for a dream, that you can change your behavior during a dream, as well as work with a dream afterwards. Everyone makes fun of the dreamers. "You are a dreamer," Angela's friend said. Angela knew it was an insult and that what he was saying is that a dreamer cannot achieve success. The dreamer, by all accounts, is incompetent to take care of herself she scoffed in her head."I have heard this from you before," her friend continued when he heard Angela say that she was going to write a book. Defeated, Angela went to the gym and stepped up and down on the stepper to her thoughts and dreams to write a book until she forgot about the haters and could see herself as an author down the road. Define Your DreamDreams are ideas floating in our heads, driving us mad, until we make them a reality. Dreams are abstract notions about where we want to be two, ten, twenty years down the road. They are goals and achievements that we wish to attain. It is certainly not hard to have dreams, but it is tough to realize them. To make any dream a reality requires a carefully crafted plan and commitment to earn it. Yes, typically dreams are earned, not granted, and very rarely achieved by pure luck.The first step to laying out your life plan and your dream existence is to clearly state your dream in three to five words. If you could achieve anything in life, what would that be? Don't over analyze it. Just say it, even if you say it in your head only. It is your starting point.Recognize a Pipe Dream"The true entrepreneur is a doer, not a thinker."When we talk about goal setting it is critical upfront to address the difference between long-term goals and pipe-dreams. We all know those people with tons of ideas that talk endlessly about possibilities and potential outcomes, but they rarely achieve anything. They are couch superheroes, your annoying friend playing video games all day, or even the guy who stays in school for 20 years. The reality is that it takes a plan and hard work to achieve your goals, but more important than working is setting goals that you can achieve. A pipe dream is a fantasy, whereas a goal is doable.Be PreparedFirst, you have to do an honest assessment of your potential to reach your goal. You have to look at your preparedness relative to your goal. Quite simply put, is the goal realistic and attainable for you? Literally, answering honestly if a goal is realistic and attainable for you are the first steps. Let's look at the example of two law students.Josh had a law degree from a highly regarded state law school and was studying an average four hours/day for the bar exam. Josh had every reason to believe he would pass the bar exam and have a successful law career. He was prepared. However, Jennie had a law degree from an unaccredited out-of-state school and had failed the state bar exam five times. All other factors aside, Jennie was not prepared. The law school she attended was not the right preparation for a law career in her residing state. She needed to reevaluate her chances to attain her goal based on her preparation. For all intents and purposes, Jenni was chasing a pipe dream.Preparedness to reach goals also depends on your willingness to recognize a long-term goal as a series of short-term goals. Just like long term fitness goals like 'lose 50 pounds' don't work long term education and professional goals don't work well either. An incoming college freshman aspiring to earn a Ph.D. in Engineering will not handle well the thought of a 10-year goal alone. You have to shift your thinking to focus on one degree at a time: a bachelor's in four years, a Master's in two, and Ph.D. in four to six years. The goal is not so daunting when broken down. With any goal, breaking it down into smaller parts and rewarding yourself for small milestones along the way will help significantly to increase your chances of success.The Right WorkRegardless of the nature and size of your dream, you cannot expect to fulfill it overnight or without a lot of work. Putting in the right work is critical. Malcolm Gladwell, author of the book Outliers, suggests that a person must spend 10,000 hours in focused practice in order to master any skill. If you expect to obtain a Bachelor's degree from a four-year university, it will cost you 10,000 hours attending class and doing homework. You want to go on to earn an MBA from the Harvard Business School? Expect to spend 10,000 hours studying and thinking about business before you hang that diploma on your office wall.Practice makes perfect. But from what you know in motor learning, perfect practice is necessary. You need to practice properly, making sure what you do is intentional, correct, well-structured, and aligns with your end goal. Even then, you will suffer setbacks. You may fail a final exam in calculus, you may not get accepted by Harvard, and after you earn that MBA, you may decide that you would rather become a florist than a Wall Street banker. The path from here to there never follows a perfectly straight line, and it takes a lot of hard and often painful work, and smart course corrections, before you can enjoy the fruits of your labor.A 2014 study published in the Journal of Experimental Psychology reported the findings of researchers who had examined the proficiency of soccer players. They compared kick improvement in three practice groups: beginning, intermediate and advanced players. Which group improved its kick performance the most? The advanced players. Which group found it harder and more physically taxing to become better kickers? Again, the advanced players. What does this tell us about making significant changes in your life? If it doesn't hurt, you're not doing it right.The bottom line is this: dreams are doable when they are defined well and you are willing to put in the work, time, and right practice. Dream on, work right, and succeed!Flynt/Bigstock We've all done it. We have blamed our boyfriend, girlfriend, lover or spouse for our state of happiness, or perhaps more accurately, our unhappiness. We tend to look outside of ourselves for the cause of our problems, and thus, we seek outside of ourselves for solutions. The problem with this approach to relationship repair is that we can begin thinking we are not capable of creating change in our lives. Ultimately, we hand our happiness over to someone else to manage.The way most of us (unconsciously) operate in relationships is the result of one or more illusions. After a few turns around the dating, mating, and relating block, we come to realize that none of these approaches to relationships work — or at minimum, do not withstand the test of time. The invitation here is to develop a new practice.Illusion 2: We think that if the other person really loves us, they will change for us (even when they've told us they won't).While people may alter their behavior for another, if it isn't truly what they want, they will likely return to their "default settings" at some point in the relationship. Change doesn't necessarily have anything to do with love. Sometimes they don't want to change and sometimes they can't, at least not easily or without help. People only really change if they really want to change.Either love them or leave them. If you can't accept someone the way they are, they aren't the person for you. (Or you aren't the person for them.)Illusion 3: We think that if the other person would just fill in the blank) we would be happy.When we expect someone else to change for us, we become victims of what they do and don't do. Then, even if the other person changes what we requested of them, we suddenly discover that we have an unending list of required changes because happiness is not generated from an external source.Be responsible for your own happiness. Find a new way to respond to what the other does, one that brings about a better result.Illusion 4: We think if we just alter ourselves (dress differently, eat differently, make love differently), the other will love us.If you put on a facade to get someone to love you and they do, you still don't feel loved — because you aren't being the real you. It is imperative that we are authentic in relationships, otherwise we create a slippery slope of low self-esteem and distrust — they of us and us of them.Spend some time discovering who you really are, what you really want and learning to love yourself. Authentic love is the only love that works.Illusion 5: We fall in love with the fantasy of what we want a relationship to be rather than paying attention to what it actually is.We often see our relationships through the lens of what we are hoping the relationship will become rather than the truth. We may hope for a romantic, monogamous relationship and a happy family, or that the other will put us above all else, but when we take a real look at what is happening, it quite often doesn't match our fantasy.Notice if what you are wanting and what you are getting are actually the same thing. Then, either be sure you are creating what you want or accepting what you have. Alignment of these two is imperative for happiness.Einstein said, "You can't solve a problem from the same state of mind that created it." This is equally true in relationships. When we take responsibility rather than blaming, and operate from reality rather than fantasy, rather than continuing in unsatisfying illusions, we are able create powerful, loving, lasting relationships.This article courtesy of Spirituality and Health. This site is not available in your country Last Updated on June 27, 2021 After achieving goal success, you will feel like you are on cloud nine. You have overcome a challenge in your life and, as a result, built a habit that will bring you to new heights.It's a wonderful feeling, but eventually, that dopamine-high from the success fades away. And like so many other people that have obtained success, they are left with a big question:What should I do now that my goal has been achieved?People are ambitious, but after successfully reaching a goal, people can lose themselves or slow down their momentum of growth. This part of the process is a problem that many individuals face at some point if they haven't faced it already.To help you on your way, here are some suggestions for what to do as soon as you achieve goal success and how to better proceed forward (also check this guide on how I achieved my goals).Moving Forward After Goal Success When you first set yourself a large goal that you're working towards, it's easy for you to focus solely on that goal. There isn't any kind of space at all to think about what you should be doing after you achieve goal success.Fortunately, there is some basic information and lessons that can help you once you reach goal success and move forward in life. These are principles that millionaire Paul Scolari has put into practice to great effect.Here is a breakdown of these principles: Stay Humble You might not be striving to become a millionaire like Scolari. However, it's still an important lesson to keep in mind. While you've made great progress with goal success, it's important that you don't underestimate what you left behind or look down on those who are in the same situation as you were. Growth is a fragile thing, and it can easily be replaced with bad habits that push you back into a worse situation.Furthermore, acting cocky or arrogant about your achievements can push people away, whether that's friends, family, or key supporters. That's not good because growth often stems from sources beyond ourselves. Many millionaires have mentors to help guide them; athletes have coaches.We don't often hear about them in particular stories, but many people are involved in your growth in one way or another. Stay humble and recognize who those people are and acknowledge them. Train Yourself to Set Bigger Goals I'll be expanding on this idea further below, but the idea is that once you achieve a goal you didn't think you could achieve, you want to continue by setting an even larger goal.You want to progressively set goals that you think are impossible to achieve after every successful leap in achievement. For example, if you've achieved a high ranking position at your job as part of your goal success, an even bigger goal would be to build your own business in that particular industry.You can learn more about setting big goals here:Work Harder and SmarterWhen working on your goals, more doesn't always have to be in the form of money or high achievements. You could reach out to more people and help them with their problems. Or maybe, you want to form a deeper connection with your family and friends. Perhaps you want to train for even better physical health and test it by participating in a triathlon.Whatever the case may be, you want to set a larger goal than before. In many industries and aspects of your life, there is always room for some kind of expansion. Therefore, when you put your mind to it, you'll find that there are also other ambitions that you have and other areas where you can pursue goal success.Another way to look at this is to expand your original goal beyond where it was before. In some cases, there are natural progressions similar to how you want to set milestones that lead you to accomplish your goals.For example, if you're looking to lose weight, and you've hit your target, the next target would be to train your body in a specific way, such as training for a local marathon. You're still striving for physical activity, but you'll be training in a different way that your body isn't used to. 2. Help Others Out Another approach is along the same lines as staying humble. Instead of looking down at people, devote some of your energy to helping people out. Chances are you got involved in a community or group that helped you achieve your results in some way.Since that group or community helped you, why not give back to them?This isn't necessarily progress, but it gives you the respite you need to figure out what you want to do next. All the while, this allows you to pass down and reinforce what you have learned.Remember that your ideals are important, and they can shift if you stray from the path that brought you goal success in the first place. Helping out your community is a good idea to help you stay true to your morals and ideals and focused on your goals. 3. Look at Other BasketsAs the saying goes "don't put all your eggs in one basket." It's a fitting phrase in our lives, as we all have many aspects (or baskets) to work on.Along the same lines as the first suggestion, perhaps some of you spent so much time building up one basket that you ignored another. In that case, why not look at other baskets and give them the attention that they need? Review your goals to see which areas of your life need more attention in the short term and long term. 4. Practice Self-Reflection and Find Yourself Take some time for yourself. Pause, self reflect, and aim to find yourself once more after this big step of success.It makes sense that after goal success, you'll want to move onto the next big thing, but it's important you go back to yourself.As mentioned above, there are many aspects of ourselves, and if we focus on one part of ourselves, we weaken the identity of something else. I learned this the hard way as I spent so much time at work that I neglected other areas of my life, like my health and family.These aspects are part of my identity, and neglecting those for a time caused my life to crumble. All I had was my work. All of that changed when I took it upon myself to look at who I was and who I wanted to become and made active changes in my life to find myself again. Final Thoughts People want to think that success is easy to obtain and solves all of our problems, but that's not often the case. With each success you achieve, there will be something else that will demand even more from you.Of course, you are free to stay in your current position, but maintaining is important as well. By keeping all of this in mind, having these principles, and applying these practices, you can better prepare yourself for what's to come. More Tips on Achieving Goal SuccessFeatured photo credit: bruce mars via unsplash.com

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