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# DREAM SYNERGY

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## Electronic Press Kit

*For Media Inquiries, Please Contact:*

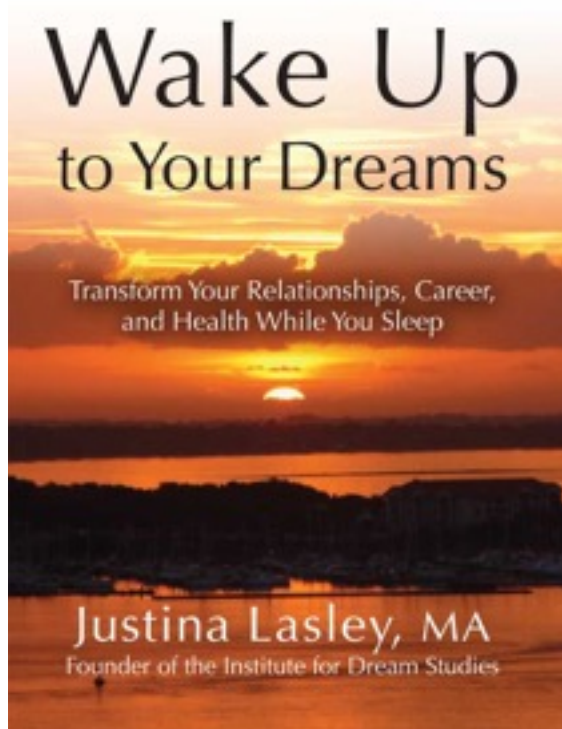
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"Justina Lasley introduces readers to DreamSynergy, which helps us become more fluent in the language of our dreams."  
—Jean Shinoda Bolen, MD, author



## **Wake Up to Your Dreams: Transform Your Relationships, Career, and Health While You Sleep**

*By Justina Lasley*

**Wake Up to Your Dreams** introduces readers to the incredible wealth of wisdom available nightly through their dreams.

Readers will learn to easily remember, record, and dissect their dreams to better understand themselves and their lives. **Wake Up to Your Dreams** teaches how to use nighttime dreams as a tool to awaken your most authentic, creative, and spiritual self and lead a more fulfilling and joyful life.

Renowned dream expert Justina Lasley reveals her inspiring personal story of change and transformation, and explains how dreams have impacted her life in countless positive ways. She also shares others' unique stories, dreams and personal growth.

**Harness the wisdom of dreams to help you find the authentic person  
you were born to be!**

- Gain clarity and perspective
- Let go of limiting habits and beliefs
- Create better relationships
- Take control of your career and life
- Enrich your financial circumstances
- Improve your health and overall well-being
- Realize your creative potential

"... the author examines the reasons individuals fear the unconscious mind and why, instead, one should embrace the messages dreams convey....Reading more like a conversation...the book offers a helpful, focused primer for self-analyses. "

— *Kirkus Reviews*

"Justina Lasley introduces readers to DreamSynergy, a process she has developed to help dreamers understand the symbolic language of their dreams and bring it into consciousness awareness. This book helps us become more fluent in the language of our dreams."

—Jean Shinoda Bolen, MD, author of *Goddesses in Everywoman* and *Gods in Everyman*



## Show and Story Ideas

### Let's Talk About . . .

- Are you Sleeping Through important Messages That Could Change Your Life?
- How to Remember Your Dreams (and Why You Should)
- Why You Shouldn't Ignore Your Nightmares – They're an Important Wake-up Call
- How to Access Your 24/7 Inner Therapist
- Learn to Use Your Dreams to Create Better Relationships and Improve Your Health
- How Your Dreams Can Help You Recover from Traumatic Experiences
- Why My Personal Story Will Inspire Others to Awaken Their Most Authentic and Creative Self

### Suggested questions for Justina?

- 1) Why are dreams important?
- 2) How have dreams impacted your life?
- 3) Why do I need to pay attention to my dreams?
- 4) How can dreams improve my relationships, career and health?
- 5) Can you give me an example of a dream and what it means?
- 6) Why are emotions so important when analyzing dreams?

### Questions on remembering and understanding dreams:

- 1) Why are dreams often difficult to remember?
- 2) What methods can I use to increase my recall?
- 3) How can I keep track of my dreams? What information is important to include?
- 4) Why are dreams so bizarre? So out of ordinary waking experience?
- 5) How can I learn to understand the meaning of my dreams?
- 6) What is the significance of nightmares and recurring dreams?

### Contact Justina Lasley

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### Need Pictures?

A comprehensive set of photos and graphics are available for download on our media assets page (*Multiple resolutions provided.*): [www.dreamsynergy.com/media-assets-for-the-press/](http://www.dreamsynergy.com/media-assets-for-the-press/)



**Justina Lasley, M.A.** is an author and Founder of the Institute for Dream Studies, an internationally recognized program that promotes the understanding and value of dreams to help people claim their uniqueness and full potential. She is the creator of DreamSynergy™, a comprehensive process with proven results for uncovering dream meaning leading to personal transformation.

Justina is the author of *Wake Up to Your Dreams: Transform Your Relationships, Career, and Health While You Sleep*, as well as *Honoring the Dream: A Handbook for Dream Group Leaders* and *In My Dream...*, a unique dream journal. She has been featured on television, radio and in numerous newspaper and magazine articles. Justina is an in-demand speaker, trainer, and coach and conducts dream groups and workshops throughout the U.S. and abroad at such venues as Omega Institute and the NY Open Center.

Justina's more than 25 years of study and practical experience expand her capabilities as an instructor and enable her to coach individuals successfully on their path of personal growth. Justina

shares with clients her enthusiasm, keen insight, and talent for relating to others, facilitating their rapid movement toward a more authentic, spiritual, and fulfilling life.

Justina is an active member of the International Association for the Study of Dreams. She holds a Master's degree in Transpersonal Psychology with an emphasis in Dream Studies from the University of West Georgia, and a B.A. in both Applied Art and Education from Converse College. She also studied at the University of Paris, Parsons School of Design and Pacifica Institute.

Justina is married to Chad Minifie and between them they have seven daughters. They reside in the Lowcountry of South Carolina.

### OTHER CAREER HIGHLIGHTS

- Developed the DreamsWork™/DreamSynergy™ Certification Program for dream workers
- The International Association for the Study of Dreams: past member of the Board of Directors
- Omega Institute Faculty Member 2005
- Faculty Member of New York Open Center 2006 – present
- Springbank Retreat Center—faculty member 2004-present
- Former chairperson of the Southeast Regional Dream Conferences at Emory University

### In her own words...

Click to view a video of Justina Lasley speaking on the DreamSynergy™ process:

<https://vimeo.com/79327480>

Click to view a video of Justina Lasley speaking on the importance of keeping a dream journal:

<https://vimeo.com/79318285>

Click to view a video of Justina Lasley speaking on remembering and meaning of dreams on ETV:

<https://www.youtube.com/watch?v=74kF3MWuEuM>



## Endorsements

*"Justina Lasley has taught countless people how to utilize their dreams in order to bring more happiness, joy, and fulfillment into their lives. Whether you have just begun to explore your dreams, or you are a seasoned dreamer, this reader-friendly book will teach you something new, something that may change your life."*

—Stanley Krippner, PhD, Author, Professor at Saybrook University, Fellow of the American Psychological Association

*"Justina's knowledge of psychology, symbolism, and archetypes has guided me to understand myself in new ways and to make new decisions that have resulted in major positive changes in my life."*

—Steve Purdom, MD, Retired Executive VP and Board Member of Aflac

*"Wake Up to Your Dreams is an inspiring book with a universal message, a practical guide that speaks to the reader in clear language that flows naturally and effortlessly from its author. The author generously shares her own dreams and demonstrates how they have guided her toward her authentic self."*

—Hallfríður Ragnheidardóttir, Poet and IDS Certified Dreamworker, Reykjavik, Iceland

*"Justina Lasley brings timely and valuable guidance in the quest to understand our waking lives by delving into our dreams. . . . Justina has been on our morning show several times and her content is always i timely and interesting."*

—Lauren Raycroft, Associate Producer, Lowcountry Live! WCIV-TV ABC News

*"It looks as though Justina Lasley has done it again! Wake Up to Your Dreams is poised to take us to a new and exciting level. Justina's DreamSynergy process deepens our understanding of dreams, particularly through a variety of journaling techniques."*

—Jeremy Taylor, DMin, Author, Professor at Graduate Theological Union, Founding member of IASD

*"You gave a brilliant talk, were poised, at ease, clearly familiar with your subject, encouraging to the audience, solicited dialogue and made everyone feel at ease while presenting a very professional persona – all the qualities that a public speaker needs including a very well organized talk by someone who thoroughly knows her subject."*

— Lee Irwin, PhD, Author and Professor, College of Charleston

*"We devoted an entire show to dreams and featured Justina as our prime expert and audience response was incredible. Several people called during and after the show to thank us for having her on. Justina has incredible insight into dreams. She's well spoken and it was a great pleasure have her on our program!"*

— Ryan McCormick, Radio Producer and Host, The Outer Limits KKRP 1610

*"Thank you so much for your time today, it was pleasure speaking with you and I really enjoyed it. your energy is contagious and i absolutely had one of the best experiences I have ever had on this show today."*

— Bill DeMott, Radio Host, The Bill DeMott Experience



# Media Experience



Justina Lasley is a sought-after dream expert who is often interviewed by the media. She has appeared regularly on ABC *Low Country Live*, interviewed on dozens of radio talk shows across the country, and featured in numerous magazines and newspapers, including *USA Today*, *Natural Health* and *RAGMAG*.

## Television:

Watch appearances on SCETV, ETV Palmetto Scene, and LowCountry Live WCIV ABC News 4

- [SCETV](#)
- [Palmetto Scene](#)
- [LowCountry Live Apperance 1](#)
- [LowCountry Live Apperance 2](#)

## Radio:

There continue to be so many wonderful radio programs I have participated in, live and pre-recorded. I enjoy live radio; it is unscripted and I have the chance to engage in conversation with real people who call in. It is so honoring to be able to participate in the dreams and lives of others!

Below you will find a selection of some recent radio appearances. Many have an audio archive.

- [The Michael Graham Show \(106.7FM Fox News Radio\)](#)
- [NPR Radio \(91.3FM\)](#)
- [Harlem Radio \(90.3FM\)](#)
- [Michigan's BIG Show \(1 TV and 9+ Radio syndicates\)](#)
- [Talk with Francesca \(106FM Boston\)](#)
- [Poppoff with Mary Jane Popp \(AM950 KAH\)](#)
- [The Don Brisco Show \(KSDN 930AM\)](#)
- And [many more...](#)



## **Podcasts:**

- [Interview with Dr. Emmett Miller](#)
- [Mindfunda Interview](#)
- [Interview with Bill Demott](#)

## **Print:**

( see following pages )



THURSDAY, JANUARY 17, 2013

**By Steve Wood**

Cherry WI, NJ. Courier-Post

Imagine walking into the world's largest theater to see a vivid new film every night filled with twists and turns, none more shocking than the fins credits: You were directing it all along.

Justina Lasley does just that, for about eight hours, seven nights a week.

"Every night I look forward to sleeping. It's like going to the movies," says Lasley, founder and director of the Institute for Dream Studies in Mount Pleasant, S.C. "It just blows my mind how creative and wise I am in my sleep."

Lasley is not bragging. Though she has analyzed and decoded dreams for more than 22 years, virtually anyone can dream big, spill their subconscious and capture it all with just a notepad and pencil.

"I think parts of the dreams contain puts of our past and parts of our future," she says.

Despite this power, many dismiss their dreams and these figments of flying

"Dreams are God's answers to our prayers," Lasley claims. "We're praying for things and w(re) sleeping right through it."

Here are some tips on how to capture the power of your dreams:

**Get serious**

Dreams are elusive things. That's why if you want to catch them, you need to first get serious.

Those who can't remember their dreams usually either may not want to or care not to. "They're usually not intentional about it," she says.

"There's a difference between choosing not to

(remember their dreams) and not choosing to."

To show you're serious, get the requisite reverie materials, including a journal to log your dreams and a pencil.

Lasley avoids pens because they rely on gravity and too often run out of ink.

"The intention is the main thing to use," Lasley says. "It's their intention to remember, you can't fool the subconscious or the psyche. You're either serious about remembering or not."

Lasley recommends journaling what you want answered before sleeping to show conviction. After all, people have looked to their subconscious for answers for a long time, Lasley says.

"In ancient times, people put so much emphasis on the dream," says Lasley, citing dreams had by the biblical Joseph and Jacob. "All those major decisions were made on a dream."

**Get sleep**

Lasley hears from people that they don't sleep enough to dream.

It takes about three hours of sleep to achieve rapid eye movement, the lightest stage of our sleep cycle where the most vividly recalled dreams occur. The longer *we sleep*, the longer this level lasts.

The more time you concentrate on your dreams and the details within, the more energy you will wake up with, she says.

"I guarantee them if you start paying attention to your dreams and honor your dreams, your sleep will be more restful," says Lasley, adding that she





sleeps between eight and nine hours each night.

### **Always be ready**

While easy to have, dreams are hard to remember, fleeing from our memory seconds after we wake.

Since there is no time to waste, Lasley keeps her journal and a pencil under her pillow, turning to them before even turning on a light,

"I just write it in the dark," she says. "If you make a few notes, we can connect those notes. We just need a hook to (get) back in the dreams."

### **Don't move**

When waking up, it only takes a slight movement to jolt you miles from your dream.

"There's a difference between dream time and linear thinking," she says. "Linear is the plan of the day, when you think 'I have to get out of bed and get ready for my meeting at 8:30 a.m.' The dream time (has no) limitations with space and time. Once we change that thinking to scheduling time, to where I am, the sense of the dream disappears."

'To hold onto your dream, stay as still as

possible in your most comfortable sleeping position, she suggests.

"It's amazing," she says. "If we turn over our pencil or paper, we can sometimes move out of our position."

### **Day dream**

Even harder than detecting a dream while sleeping is doing so while awake, says Lynette Teachout, author of the dream-interpretation novel "Journey With Zeke."

"You can dream during the day as much as you dream at night. Your dreams are really thoughts or images," says Teachout, a resident of Rives Junction, Mich. "I'm awake and I'm working, and I see an initial pop in my mind and that means something."

Teachout doesn't take daydreams for granted, carrying around a notepad wherever she goes.

For instance, she recalls one conversation with a stranger in which the word "violet" suddenly popped up in her mind. When she asked "does violet mean anything to you?" the woman said she had intended to name her firstborn Violet.

Teachout estimates her inner voice is about 60 percent accurate,

Teachout, who practices as a psychic, defines a dream as "our own unique communication with our inner wisdom."

### **Explore meanings**

During a signing of her new book, Teachout heard a young girl's reoccurring nightmare in which a bear would hang outside her bedroom, scaring the girl to the could be viewed, she says.

"They came across as nightmares because they don't understand the true meaning," Teachout says.

Look for symbols

Both Lasley and Teachout agree only a few jotted remembrances of each dream will begin to tell a story about the dreamer,

But what exactly is noteworthy in a dream?

While anything is better than nothing, Teachout





says animals, such as a wolf, possesses symbolism, standing for guidance, she says. "Or colors can be really huge, too," she says. "Color could have significance. White represents a cleansing, enlightenment, but if it was something to do with black, then I would think there's a power or a power struggle."

Trust yourself

It's important to not rely solely on dream dictionaries when decoding them.

A more reliable source is yourself, Lasley says.

"You can use (a dream dictionary)," Lasley says, "but the first thing to ask is, 'What does that mean to you?' What does flying mean to you, what does that feel like? Being free, untethered, not tied down, can see at great distances, you have a different perspective of the world when you're flying, your viewpoint of the world has changed, and for the person who hates flying it may be the most anxiety-producing dream that you can think of."

Interpreting such common dreams — such as involving falling, drowning or flying, or being underwater, back in school, or naked in public depends on the individual, Lesley says.

"Some people think they can interpret other people's dreams based on their own experience, but

it's tailor-made for the individual," Lasley says. "Your dreams are made from your past experiences."

### **Lose control**

Some people spend years mastering the skill of lucid dreaming, the ability to control one's dreams.

However, Lasley would rather relax and have her subconscious write the script —and without

the disruption of any music or sleeping drug.

"For me, the whole reason is to get out of control, where our ego is out of the way," she says. "The dream is taking us to a place away from ego. It's grander than anything we can think of, so why are we going to go back and control it?"

### **Deciphering dreams**

When dreaming, emotions manifest in one's *subconscious* through certain common symbols.

Here is a general guide to what some of these symbols might represent, according to DreamMoods.com:

Animals represent primitive aspects of yourself, including your raw desires and sexual nature. The extent depends on the particular animal and even its color. For instance, a wolf—symbolizing loneliness, mystery, pride and self confidence in its most generic form — can represent valor if white or self repression if black. A snake can represent anything from phallic desires to an untruthful person.

Babies can signify innocence, warmth, new beginnings or the desire to have baby.

Demons can actually indicate denied emotions and the need to change your behavior for the better.

Money alone usually means self worth. Exchanging money in your dream may convey an anticipation for some life changes.

Roads may indicate your direction in life and a need to reflect on your current path.

Teeth, or more specifically dreaming of losing your teeth, may commonly reflect a hidden fear of getting old and being seen as unattractive.



mind, body  
+ soul

# THREADS OF SILVER + GOLD

**LUCID DREAMING** WEAVES  
DIFFERENT PLANES OF  
CONSCIOUSNESS

BY ALICE HLIDKOVA + ERIC JOSEPH REITMEYER



**J**ustina Lasley helps her clients understand the meaning of their dreams. The author and dream consultant believes dreams are storybooks written by the unconscious mind, and by interpreting them, she can help her clients make the necessary choices that will ultimately lead them to live a more spiritual or fulfilling life. She uses the technique of lucid—*lucere* in latin meaning “shine”—dreaming that allows individuals to dream while consciously awake. It is a co-created experience wherein dreamers direct themselves through the dreaming process without actually controlling it. Once they cross the boundary from conscious dreaming to conscious waking, she can identify the source of their trauma, and through talk therapy alleviate any suffering.

The act is meant to mitigate her client's nightmares. Some cases are completely resolved, while others will only see their symptoms become less severe. The latter includes many Vietnam War veterans, most of whom suffer from Post Traumatic Stress Disorders (PTSD), a key symptom being post-traumatic nightmares.

The knowledge of nightmares and lucid experiences are extremely subjective and vary among individuals. We create nightmares from the raw materials of our own fears that affect our waking and dreaming lives. They are normally treated with sleep therapy, meditation, or scientific experiments at sleep laboratories. “If our physical bodies are influenced by events of the lucid state, then a consciously aware dreamer can

heal his or her body in a lucid dream”, argues International Association for the Study of Dreams President Robert Waggoner. His thirty years of research indicates that the lucid experience can end or mitigate recurrent nightmares associated with PTSD, and that “experienced lucid dreamers have reportedly healed themselves of physical ailments while lucidly aware.” It is a means to overcome anxiety and depression, as well as certain phobias, by directing sound energy, chants, or affirmations toward the client, and also, imagery creation, and talk therapy.

Curing himself of nightmares, the dream expert and author supports lucid dreaming as having “practical application for mental health, and possibly physical health,” adding “considerable value to the science of psychology.” He also thinks that lucid experiences can potentially revolutionize para-psychology, the individual ability to interact with the environment in ways not yet explained by science, and support theoretical physicists on their views of space and time.

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STATE, THEN A CONSCIOUSLY AWARE  
DREAMER CAN HEAL HIS OR HER BODY IN  
A LUCID DREAM’**



Professor of psychology at Saybrook University in San Francisco, Dr. Krippner and his students have worked with hundreds of PTSD sufferers. He says that the nightmares “overwhelm their coping mechanism.” He has estimated, based on feedback, over fifty percent success rate among PTSD sufferers when he and a group of students introduce certain techniques like re-dreaming and excessive art. Re-dreaming allows patients to review their dream and give a different ending, to “resolve the dream,” while excessive art involves reworking their emotions. These techniques proved more successful than serotonin stimulators and antidepressants such as Zoloft and Prozac.

Despite the research and statistics lucid dreaming has yet to be considered a credible, licensed therapy. The reason, according to Lasley, is that psychologists don't fully understand it. “Most psychologists are not trained in transpersonal psychology—meaning that no thought or action is separate from the body—which focuses on the mind-body-spirit connections,” she says.

Since transpersonal psychology attempts to describe and integrate spiritual aspects of the human experience—such as religious conversion and mysticism, altered states of consciousness and trance—within modern psychological

theories, psychologists trained in clinical programs heavy with quantitative research, disregard healing possibilities behind lucid dreaming.

More importantly, psychiatrists, brain scientists and academics with a heavy science-oriented background view dream therapy as controversial for treatment of serious illnesses. Siding with conservative schools of thought to support their arguments with quantitative data, professors like Allan Hobson at Harvard University will not make any claims since no controlled study has been done.

He provides an explanation in his book, *Dream Life*, where he takes a scientifically biological rather than psychoanalytical approach to dream science, describing the functional and frontal splitting of the brain during lucid dreaming. He concludes that dreams—“a mental state that tells us something about our consciousness,” he says—are meaningful links between one state of the brain activated in Rapid Eye Movement (REM) sleep and another activated in waking state, which contradicts Freudian dream theories.

In contrast, a team of European scientists at Germany's Max Planck Institute of Psychiatry have been successful in testing Lucid Dreaming Treatment (LDT) on patients suffering from chronic nightmares not related to PTSD.

Randomly placing patients in two small control groups, they found that LDT is a useful alternative for patients not suffering from repetitive themes. However, the effects of LDT continues to be limited to nightmare evaluation, as there are no randomized control trials for PTSD patients, due to lack of funding, too few available scientists, and good alternatives.

Due to extensive empirical evidence, the treatment-of-choice for PTSD sufferers is Cognitive-Behavioral Treatment (CBT), points out team member Victor Spoomaker. Both Spoomaker and Lasley have knowledge of such trials showing effects of cognitive-behavioral therapy using techniques like imagery rehearsal to diminish nightmare frequency. However, Lasley firmly stands behind various lucid treatments, convinced of its therapeutic qualities and access to unconscious layers of information, that someday will cure her clients.

“There is a lot of power in dreams...a lot of things you can't prove in life,” says Lasley, levels of awareness both writer Allen Edgar Poe and German theoretical physicist Wolfgang von Goethe once agreed upon and obsessed over. How much validity this all holds still remains to be explored by the scientific community ■

‘THERE IS A LOT OF POWER IN DREAMS...  
A LOT OF THINGS YOU CAN'T PROVE IN LIFE’

OPPOSITE PAGE AND BELOW:  
STILLS FROM THE MOVIE ‘A MIDSUMMER NIGHT'S  
DREAM’ 1999



