

**Hello bright and beautiful dreamers,**

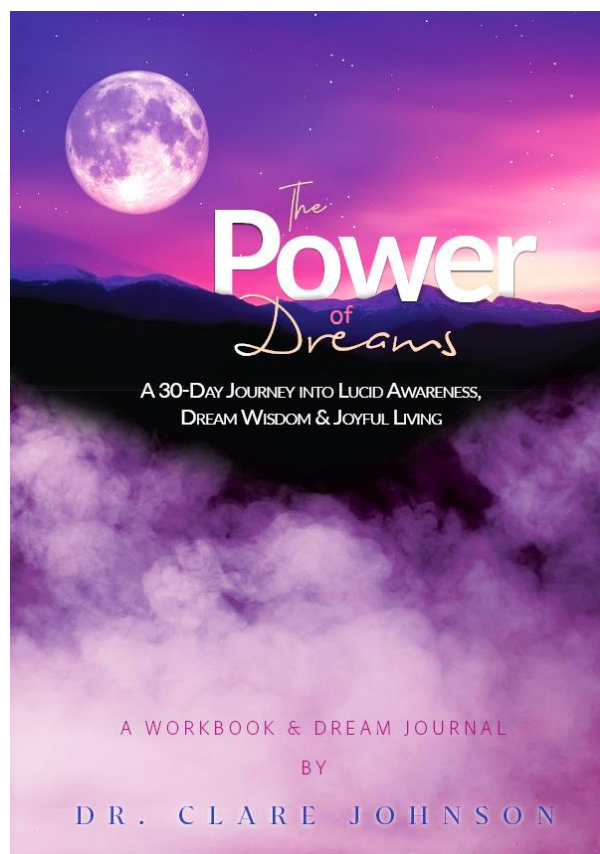
how wonderful that you have joined this 30-day journey into the Power of Dreams!

The course begins on **Tuesday, 16 November**. Until then, you will only be able to access the Introduction video and a few demo clips in your Course Curriculum.

The content of The Power of Dreams will be drip-fed, offering you a new dream video each day for 30 days.

The first video lesson will be released in the early hours of 16 November (just after midnight UT) so that participants can view it when they're ready, depending on their time zone and schedule.

Your gorgeous, downloadable *Power of Dreams Workbook & Dream Journal* will also be released on your curriculum at the start of each week of the course. There are **four** of these Workbooks in total and they contain all of the dream techniques for that week, as well as space to write down your dreams and insights.



On **Tuesday 16 Nov at 7pm CET (1pm ET)**, I'll give the first LIVE workshop. Details and the link will appear on your dashboard 24 hours before. It will be recorded and a link to the recording will appear on your curriculum shortly after the live event, so you can catch up with it any time.

Steps to take now:

1. **Watch the course Introduction video** all the way through so you understand the structure and content of *The Power of Dreams*.
2. **Join our [Power of Dreams Facebook group](#)** if you'd like to, to share your dreams, lucidity and insights with others.
3. **Please ensure that your Teachable settings allow emails** from your DeepLucidDreaming school, otherwise you may miss important information/changes from me as we go through the course! You'll need to go to **Profile**, scroll down, and check the box **agreeing to receive emails**. You can switch it back at any time but this will make our communication much smoother in case of unexpected changes.

## 5 LIVE Weekly Workshops



\*A recording of every workshop will be uploaded afterwards for those who can't tune in to the live sessions\*

All workshops are live on **Tuesdays at 7pm CET (1pm Eastern)**

Workshop #1: Tues 16 November, 7pm CET (1pm Eastern)

Workshop #2: Tues 23 November, 7pm CET (1pm Eastern)

Workshop #3: Tues 30 November, 7pm CET (1pm Eastern)

Workshop #4: Tues 7 December, 7pm CET (1pm Eastern)

Workshop #5: Tues 14 December, 7pm CET (1pm Eastern)

There will be time for Q&A. You can easily watch the recording if you miss the live session.

To prepare for the Power of Dreams course, all you need to do is write down your dreams whenever you can :-)

If you can't wait to start, to keep you going you may like to check out [www.deepluciddreaming.com](http://www.deepluciddreaming.com) which has loads of articles and information on lucid dreaming.

Or see my [YouTube channel](#).

And you can find my [lucid dreaming books](#) here.

Read on for a breakdown of the course content, day by day.

## **The Power of Dreams 30-Day Course offers...**

30 daily videos with Dr Clare Johnson

Daily inspiring dream practices

5 LIVE workshops with Dr Clare (will be recorded for those who can't tune in to the live event)

Weekly Dream Workbook & Dream Journal with written daily techniques and space to jot down dreams, insights and thoughts.

Private “Power of Dreams” Facebook group (optional)

Course dashboard for comments and questions

A guided lucid dream meditation based on one of my own lucid dreams

## **Journey to the Lucid Dream Temple**

**Dr Clare Johnson**

**[www.DeepLucidDreaming.com](http://www.DeepLucidDreaming.com)**

## **Week One:**

### **The Secret Language of Dreams**



Day #1: Fall in Love with Your Dream Journal

Day #2: Three Steps to Easy Dream Recall

Day #3: Turn Your Night of Sleep into a Mini-Vacation

Day #4: The Secret Language of Dreams

Day #5: Common Dreams & their Meanings

Day #6: Unwrap Your Dream

Day #7: Become the Dream

## **Week Two:**

### **Bring Lucid Power to Your Dreams**



Day #8: Dreams Are Alive!

Day #9: The Ancient Practice of Dream Incubation in 4 Easy Steps

Day #10: Bring Lucid Power to Your Dreams

Day #11: Top Tips for Getting Lucid in Your Dreams

Day #12: The Lucidity Secret

Day #13: How to Stay Lucid

Day #14: How to Guide Dreams

+ Bonus guided meditation



**Week Three:**

**Problem-Solving & Healing Dreams**



Day #15: Dream Animals and Guides

Day #16: Problem-Solving in Dreams

Day #17: Pre-Sleep Imagery for Creative Problem-Solving

Day #18: Healing Dreams

Day #19: Embody Healing Dream Imagery

Day #20: Master the Ancient Healing Art of Lucid Sleep

Day #21: Dreams that Heal Your Soul

**Week Four:**

**Nightmares & Transformative Lucidity**



Day #22: Create Strong Protection

Day #23: “Bad” Dreams and Their Hidden Gifts

Day #24: Change Your Dream Movie

Day #25: Release Past Pain through Lucid Dreamplay

Day #26: Transform Dreams and Life

Day #27: Thought-Responsive Nature of Dreams & Waking Reality

Day #28: Manifest Your Heart’s Desire

Day #29: The Infinite Possibilities of Lucidity

Day #30: Steps for Living a Joyful, Lucid Life

*I wish you a really fabulous experience on this course, and wonderful dreams!*

*Clare*