

## *Dreamscapes 1*

A Unique and Simple way to explore the benefits of  
*Meditation through Dreaming.*

Are you are intending to relieve stress, break through blockages or resistance, or find a hidden passion and purpose to your life?

Dreamscapes 1 is a fun and interesting method  
for achieving your goal.

Take time to Meditate, put yourself within the Photos and allow yourself the freedom to dream larger and more deeply than ever before helping you uncover hidden aspects and meaning in your life.

Also being able to identify your stumbling blocks, will make it so much easier to heal and move forward through life.

When combining the impressions you receive during your  
Meditation with Journal Writing  
you will experience new knowledge of  
and Personal power over your challenges and life purpose.

Good luck to you as you begin this journey into self!