

WARNING:

1. When you commit to directed dreaming, you must see the course to end. Stopping halfway is danger for your psyche.
2. When you see anythings during rituals, these are emergence of deeper collective unconscious. They are frightening because unfamiliar manifestations of our deepest selves, cut off from nature, appear twisting and strange. When you attain balance, they will terrify not you.
3. Feeling of ill or weak, disconnected or dizzy, are not unusual in such a demanding program. Ensure balance by communing with others. Being around others lessens these side effections.
4. RITES are for unleashing yourself. Please ignore rules of polite culture: your SEXUALITE, your VOICE, your BODY, your THINKING is all yours. Own it and unlock power and creation.
5. Everything begins with HEARING. Do not ignore your ears nor your heart.

RULES FOR THE DIRECTED DREAMING

Dr. Alain Bisset

EXPLANATION

DIRECTED DREAMING is the method for learning to gain access of your dream. Using it, you can unleash powerful creativity from your deepest mind by accessing the deeper layer of collective unconscious.

This effect powerful of past times was known to the shaman of Siberia and the druid of Gallic forest. We are resurrecting this way of knowing so that humanite can reconnecting to itself and become again one with the cosmologic.

The method can be difficult, thus you must stay the path completely until the ending. You will gain control of the visions and images, but when you are first behold, you will sometimes be overwhelming.

You will hear strange things first, then dream, then see, then create. Trust this processe.

Other members of the commune can help you. If needed, see Sebastien, Rose, Desdemona, or of course Dr. Bisset, who can help you with your development balance and others.

STEPS FOR ATTAIN THE DIRECTED DREAMING

1. JOIN IN CHANTING AND MEDITATES. Join with the chant and as much unison as possible, for the synergie give to you vibration. Be sure to also join every RITE, for others' vibrations of others attuned can guide to you. HEAR the SOUND, then be.

2. ALWAYS CREATING! Modern life is suppressive, thus you must engage with the creative impulse to escape this suppressive forces. Create, Create, Create! Take your cue from other communards!

3. NATURAL AIDES. Erato House provide not natural aids directly, but they can be available from other means. They have been found helpful to unlock the deep minds, especially for those whom struggle with achiev e the directed dreaming.

4. KEEP THE DREAMS JOURNAL. You keep a dream journal and benefit. Reflection on your dream contents is much help in gaining conscious access.

5. TRUST THE FORCES. 'Controle' is the ideale modern, but not makes the mind open to the deeper unconscious. We are acheologistes of the mind.