

# Dream Control Techniques Through Hypnosis



We spend 1/3 of our life sleeping and a good part of that time dreaming ... Learn how to use your dream state to benefit you through these four powerful sessions:

**Dream Recall:** Everybody Dreams. Yes, even you! Learn how to remember what you dream about. You have between 5 or 6 dreams every night. Do you know what they are? Use hypnosis to find out and get better at remembering your dreams.

**Dream Interpretation:** Your dreams are meaningful to you. Learn the hidden language of your dreams that lies in your subconscious mind. Use the understanding of your dreams for better self-understanding and guidance in your every day life.

**Creative Dreaming:** You can dream about anything you want to dream about. Use this dream state as a tool for helping you to resolve problems, find easier ways to achieve goals, improve your relationship and your health.

**Lucid Dreaming:** Take control of the dreams that you have. This program will help you to learn to become consciously aware of your dreams when you are having them. You can simply witness the dream or take it where you want it to go.

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