



*Dream
Your
Self
into
Being*

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Book Club Questions

- 1) Dr. Buckner begins the book writing about her experience on a dream journey with Aboriginal women in the Australian bush. Have you ever traveled to a part of the world very different from your own culture? Did you dream differently there? Did it prompt you to consider your dreams in a different way?
- 2) Dr. Buckner also writes about nature in the Australian bush. Do you find yourself contemplating the vertical nature of life Dr. Buckner talks about more when in nature; what about nature does this for you?
- 3) Where does dreaming come from? Do you find dreaming to be of a spiritual nature? Does it connect you to God?
- 4) Dr. Buckner writes about how the Aboriginal women live a life of dreaming as indistinct from their daily lives. How did you feel reading about this way of being? Do you incorporate dreaming in your waking life? What are some ways in which you do that? If not, do you have a better understanding now of how to do this? Is this something you'd like to incorporate into your life?
- 5) Dr. Buckner writes about what her father taught her, growing up on a ranch in remote Texas. What are some of the lessons your parents taught you about life?
- 6) Do you remember your dreams? If so, have you always done so? What do you do with them – do you write them down, dialogue with them?
- 7) Dr. Buckner writes about how the mind and body are one. Have you ever worked with your imagination to find a solution to one of your problems? Have you ever used your imagination to heal something in yourself?
- 8) After Dr. Buckner's father died, she writes about how he visited her in her dreams. Has a deceased loved one ever visited you in your dreams? What was the dream like? Did it feel different from other dreams? Did you receive a message? How did you feel after experiencing the dream?
- 9) Dr. Buckner writes that reality is elastic; time and space are fluid; death is part of an ongoing loop. How do you feel about this? Have you ever dreamed of your own death? What are your notions of death? Does your faith inform your ideas of death?
- 10) The novel *Illusions*, by Richard Bach, was a big influence in Dr. Buckner's life as a child. Is there a book you've read that has greatly influenced your life? How so?
- 11) Dr. Buckner's father asked her, when she was a child, if she could do anything in her life, what would she do? Have you ever made a 'dream list'? What was on it? What things have you done that were on that list?
- 12) Dr. Buckner writes about how Oprah Winfrey was her first role model and what she did to seek a job at Harpo. Do you have a role model? If so, what do you admire in this person?



13) Dr. Buckner writes about how a dream told her to write a book. Have you ever received a message like this in one of your dreams, either directing you to do something or change an aspect of your life? Did you follow through on this message? If so, how, and what did you feel in doing it? What was the outcome? If not, why not?

14) In discussing vertical reality, Dr. Buckner writes about how her grandmother woke up one morning with a strong feeling to bake a cake to send to Uncle Charles, who was on military duty during World War II. Have you ever woken up with a strong feeling to do something without knowing why? If so, did you act on that feeling? Do you think the feeling came from a dream? Do you remember the feeling arising from a specific dream?

15) Dr. Buckner writes that dreaming and intuition are the same, and the language of the body. Have you experienced where in your body you receive messages from your inner voice? What are the sensations? Has paying attention to them played a part in your decision-making? Have you ever written them down and then verified them against unfolding events?

16) Dr. Buckner writes about how dreaming can connect us with others. Have you ever experienced this kind of connection to someone in your vertical reality—either in your night dreams, your waking dreams, or in both? How did this experience affect your relationship with that person?

17) Dr. Buckner experienced a vivid dream about her mother the night before she died in a car wreck. Have you ever dreamed about something happening to someone, and then see it happen in real life? If so, what was the quality of the dream? Were you able to receive its message? What was your response to it?

18) Dr. Buckner points out how dreams and vertical reality show us patterns we keep repeating in our lives that need to be addressed. Have you noticed repeating patterns in your dreams?

19) One of Dr. Buckner's clients experiences an obstacle in a dream that relates to his waking life. He then unblocks that obstacle in a waking dream, which helps to unblock the obstacle in his waking reality. Have you ever responded to the necessity of a dream? If so, what happened?

20) Dreams are verifiable and questions are often answered in dreams. Dr. Buckner illustrates this in her dream about the questions she had surrounding her desire to adopt a dog. Have you ever received an answer to a question or predicament in your dreams? Were you able to verify the answer later, in your waking life?

21) Dr. Buckner explains how new realities can be discovered simply by shifting one's perceptions. She gives an example of this when she discovered which neighborhood to choose for her new real estate project. Have you ever experienced a shift in perspective that profoundly changed the course of your life? Did that shift manifest itself in your dreams? Or did your dreams themselves spur that shift?

22) When Dr. Buckner renovated an apartment house with her partner her day and night dreams mirrored each other. Have you ever experienced your night dreams closely mirroring—and verifying—your waking goals and pursuits? How did you experience this mirroring in your body?



23) Dr. Buckner writes about pausing as being an essential part of the rhythm of a dreaming life. Have you ever taken a pause? How did it feel to pause? What happened when you did? How did it affect your dreams?

24) When we engage with our dreams, they engage back with us. As Dr. Buckner delved into the world of dream, her dreams became more prolific and intense. Did you notice a change in your dreams as you read this book? Were you remembering more of them or thinking about them more often? Did the quality or quantity of your dreams change?



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