



SAMUEL'S Mantle

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Waiting News Eden's River Dream Tools

WAITING

Once I was a waitress. I was in my last year of high school and working at a nice little place called The Hummingbird. One day when I was still quite new to the job, I had a couple and their pastor come in. I seated them, took their order, brought them coffee. Things were going fine, but their order was taking a long time to come up. I had no idea why it was taking so long, but just kept offering them coffee while they waited.

Last night I was lying in bed thinking about Samuel's Mantle Online and realized I feel the same way as I did waitressing that day. I know I have something great to serve, but it's taking longer than expected to come up. I feel like I keep offering coffee, in the way of articles and updates, but there's really nothing else I can do.

So, anyway, just wanted to assure you that, just as those people got their meal, the webclass is almost ready. Thank you so much for waiting. I know it will be worth the wait.

Please continue to pray for us, our children and for John and Diane, who are teaching two classes this year. Diane, my kids and I have all been sick a lot lately. Thank you for your prayers, your support and your encouragement.

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NEWS

Registrations for our local classes are now closed.

Samuel's Mantle Online is still receiving it's final set up. I will let you all know as soon as it's ready. Thank you for your patience in this.

If you need help, or have questions, please don't hesitate to call or just reply to this email.

EDEN'S RIVER

Whenever I sing choruses that proclaim "It's all about you, Jesus," I admit to feeling a measure of guilty cynicism. Why? Because when it comes to my prayer life, the truth is, it's usually all about me. I talk with God about my needs, *my sins, my burdens*, ...

Excerpts from "Rivers From Eden", Brad and Eden Jersak, Fresh Wind Press, C 2004

But have you ever considered that God might like to share what's on his heart? Would you like to know what excites him and brings him pleasure? Would you like to know what grieves or troubles his Spirit? Does that matter to you? Can he confide in you as an intimate friend?

What's on your heart, God?

To further explore questions and conversations with God, check out "Rivers From Eden" at www.freshwindpress.com

DREAM TOOLS

We All Dream

As I have pondered this next newsletter article I feel led to talk about dream recall. I would imagine that must be because some of you are not recalling your dreams...so let's see what comes to mind as we work our way through this topic.

Guess what...we all dream, in fact in your lifetime you will have upwards of 100,000 dreams, give or take a few. You will spend three years of your life dreaming! In fact you and me and we dream more than we eat! That is a lot of dreams.

Dreams are an oft studied phenomena these days and there are sleep labs at most of the major universities. As these sleep labs have studied dreams they have found that people who say they don't dream can be woken up in REM sleep, which is the major dream cycle, speak into a recorder and record their dream, and then go back to sleep. Upon awaking they are sure they did not dream...only to hear their own voice on the tape recorder describing in detail a dream they had only a few hours ago! This would be true for all of us! We all dream! So then, to the problem of remembering the dream.

Dream Recall

There is a system built into every human called the reticular activating system. What this system does in a nutshell is help you see what is important to you. So a hair dresser will notice if someone needs a hair cut or has a good hair cut, a carpenter will notice how well a house is built, an interior designer will notice what can be done to the inside of a house that isn't. The interesting thing about all of this is that they don't want to see this stuff, they just do! In other words in areas we have trained ourselves to see things we see them...whether we are looking or not.

It turns out our brain takes in about 60 trillion bytes of information in a second and brings to our attention what is important to us. So right now as you read this you are probably ignoring the lights, how your back feels, the temperature in the room, distracting noises, etc. Your RAS is keeping you focused on what is important to you. Let's put this tool to use with dream recall.

Steps to Dream Recall

#1) Put a journal and a pen beside your bed at night and consciously think about desiring to remember your dreams. When you wake up in the morning right down anything you remember...even if it is just a snippet of an image...even a feeling...begin to value what goes on in the night...activate that RAS and make it your dream servant.

#2) Pray for dreams! It may take a month or more, but dreams will come as you seek the Lord and petition the giver of dreams to help you remember yours.

#3) Get some good books on dream interpretation and read them. Increase your dream value, work on the old RAS, fill that brain up with all things dreamy...your brain will get the message and begin recalling what's happening in the night.

#4) When you wake up in the morning don't begin by thinking about all the stuff you need to do that day. Take a minute and think, "I value what was going on in my mind and spirit in the night, lets take a look at what that was." Then think backwards, if something comes to mind, think what came before that and what came before that....so think DCBA instead of ABCD.

#5) It could be you just fall asleep so quickly you don't give your brain a chance to check out what is going on. Practice trying to slow down the falling asleep and the waking up. Try and learn to be aware of that feeling of getting drowsy and then drifting off, the same goes for waking up. It is during this transition from sleep to awake that we will remember most of our dreams, value this time. If you practice this in a little while as you wake up you will be more aware and cognitive of what is going on in your spirit before you begin to think of the things of the day.

#6) Get rid of that beeping alarm clock: the destroyer of all things dreamy!! Get an alarm that begins with a gentle sound and then gradually gets louder...that will wake you up more slowly and help you with #4 as well. In fact many alarm clocks now begin with the sound of the ocean or birds...which may infact influence your dreams but at least that will be something!

#7)Take a nap! (I'm not kidding!) Your REM sleep cycle increases as the night goes on. During your first 90 minute cycle your dream time may only be five minutes. But after seven hours of sleep 45 minutes of your sleep cycle is dream time. The first point to take note of here is that the

less sleep you get the less likely you are to remember your dreams. But take heart! If you get up early and go take a nap a little later in the afternoon your REM cycle doesn't start all over again but picks up where you left off! So take a nap (so go...right now, you know you want to...).

There is also something to be discovered here...do you have any prejudices against sleep? Does taking a nap seem like a waste of time to you? Again think of the RAS, what we value we remember, to value your dreams you may have to remove any prejudices you have against sleep. A nap will help you discover this, keep you from sleeping as deeply so you will be more than likely to remember what is cooking in the ol' brain pan of yours, and your dream time will be longer. A win-win-win.

#7) Set the alarm to go off during the day every ninety minutes. I know this sounds ridiculous, but your sleep cycle is every ninety minutes and when the alarm sounds you can pray, 'God help me remember that dream at the end of my 90 minute sleep cycle.' This has to do with something called prospective memory, which works like this:

If my wife tells me to go to the grocery store and buy some milk on the way home I will more than likely not write it down and just trust it to memory (prospective memory). I find myself driving down the road and upon seeing a grocery store I suddenly recall the info, 'Oh...I am to buy something here (but of course don't remember what). I begin to walk through the store hoping that something will jog my memory and when I see something that reminds me of milk, let's say another dairy product like yogurt, I suddenly remember...milk! (Editor's note: Murray is really not as old as he sounds here!)

Thus prospective memory has done it's job and I return a semi-hero and everyone loves me and...oops off topic...Prospective memory works with dreams as well, the journal by the bed aids in this, praying aids in this, and the mental que every ninety minutes aids in this as well. Hey...I know of people who want to remember their dreams so bad they will set their alarm to go off every ninety minutes at night...but they weren't married, or maybe were not sleeping in the same room as their spouse when they were doing that.

#9) Last, but not least, have people lay hands on you and pray for you! Gifts are imparted by the laying on of hands. Find someone you know who dreams a lot (in actuality remembers their dreams, as you dream a lot too) and have them pray for you. Or find a bunch of people who dream a lot and have them intercede for you for a few weeks that you would begin to remember your dreams...many hands make light work...even in dream recall.

