

# **DREAM PSYCLES**

**-A New Awakening in Hypnosis**

**How to wake up and harness  
the power within you  
to make even your wildest dreams  
come true!**

**Carl Allen Schoner**

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This book is dedicated to my mother, Nancy Ann Austad, who was born on August 6<sup>th</sup>, 1930, and passed away on November 30<sup>th</sup>, 2003. She was one of the most complex individuals I have ever known, and her life experiences provided me with a great deal of inspiration for the material presented in this book. Mom, you will be forever missed, and never forgotten.

I was also inspired by my stepfather, Hans Wilhelm Austad, whose own dream psycles collectively formed the *antithesis* dreamscape to that embodied by my mother, and yet they shared 47 years together as husband and wife.

I would like to thank my wife Elaine for her love, kindness, and tireless support of me while I worked on this book.

Special thanks to my good friends Jim and Chris Hebson for all their help in proofreading and editing this book, and also for providing technical assistance in preparing the companion audio recordings in MP3 format on CD.

Original cover design and artwork by Carl Allen Schoner.

**The following Table of Contents and Introduction provide a complete overview of my book. This book is now available for purchase in PDF format on CD, so that you may view and print it on your own PC. If you purchase now at my introductory price of \$15 plus \$2 shipping and handling, I will also include the companion audio tracks in MP3 format on CD at no additional charge, so now is the time to buy! Please go to [www.paypal.com](http://www.paypal.com) and send your payment to [dreampsycles@yahoo.com](mailto:dreampsycles@yahoo.com) for immediate shipment, or send a check or money order to the following address, and please allow 2-4 weeks for delivery:**

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**Thank you for purchasing my book and recordings.  
I hope that all of your dreams will come true, too!**

**Dream Psycles is about self discovery. This little book will empower you with simple techniques and sound advice that you can use right now to awaken, and redefine subconscious patterns that influence your ability to succeed in life. In addition to these powerful principles, you will learn:**

- **Why many people cannot achieve simple goals in life, while others achieve grand, even *spectacular* goals with astonishing ease.**
- **How we are all essentially hypnotized all of the time, and that this is a normal state of mind that defines a person's life in the form of a *Dreamscape*.**
- **How your *Dreamscape* is composed of *Dream Psycles* that not only reflect your overall health, happiness, and fortune in life, but also *control* these aspects of your being.**
- **How set-points work in regulating and governing the mind and body, and how easily you can take control of these set-points once you master the *20 keys to controlling your subconscious mind*.**
- **How to create a positive *Dreamscape* using any of the wide range of modalities, scripts, and techniques fully explained in this book.**
- **How to exercise and maintain complete control over virtually every aspect of your life, *effortlessly*.**
- **How to master the art of *Thinking Big* – to think like a Giant – and how to *actualize* the ideas that you conceive.**

This game of life is far too short to worry about what we cannot change, and much too long to live without changing what we can. Today is the day to begin! The techniques presented in this book will help you *wake up, shape* and *master* your own ***Dream Psycles***, and change your life forever!

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When you suddenly realize that you have been mistaken all along – then you will have awakened.

- Carl Allen Schoner

## INTRODUCTION

*"Life could be a dream, sha-boom!"*  
- *The Crewcuts*

I can still vividly remember the feelings of wonder and amazement I experienced one evening when I was a young boy of about 12 or 13 years old. My older brother had recently received a brand new telescope, and he was giving me a tour of the night sky. He pointed the telescope at what seemed to me to be a random spot in the middle of darkness and invited me to take a look. Then, as I peered through the eyepiece with eager anticipation, I gazed in awe at the magnificent Andromeda galaxy for the very first time. Andromeda is an object far larger than the entire bubble of stars that form our own visible universe; it is an *island universe*, millions of light years away, grander in scale than our own Milky Way galaxy, with hundreds of trillions of stars. As my brother proudly expounded upon what I was looking at, I continued gazing in stunned silence, amazed that something so large, so stunning, so unimaginably vast in size and enormous in implications, could have always been right there in plain view without me ever knowing it existed!

That little demonstration of my brother's telescope had a profound effect upon my thinking, and I pondered its implications often during my years as a teenager. And as I matured, so did this thinking, until it eventually dawned on me that the universe, as vast and expansive as I knew the universe to be, was also a series of very personal observations, perceptions, and beliefs contained within my own brain. The Andromeda galaxy is too distant a place for me to visit, and yet I was carrying it around in my own head! I suddenly realized that the universe is a kind of dream! The universe is, in fact, whatever I personally perceive it to be, and every star in the heavens, as well as every grain of sand on every beach on earth, is in a very real sense, a construct of the human brain and imagination. They are *perceptions* within the human brain. Every galaxy spinning in the heavens above

spins gloriously in the miraculous human brain. Every thought, every idea, and every observation resides there. Indeed, everything we think to be true can be reduced to a mere *dream* within the human brain, *so life really is a dream!* Imagine the awesome wonders of the human mind!

Yet for all that it dreams of the universe around it, the human mind knows very little of the universe within itself. Over 90% of the processing that takes place within the human brain is completely subconscious in nature. Our normal, "waking" state of consciousness is totally blind to these dream-like processes that play quietly just below the surface, in the subconscious mind. These hidden processes include pre-wired reflexes, stored emotional responses, patterns that become automatic by way of habit, and processes screened from consciousness via repression. In any case, we are usually totally unaware that these processes – these *dreams* – even exist. And while they may be as different from our conscious thinking as day is from night, it is these subconscious patterns that form the very foundation that our conscious mind builds upon as we interact with the world around us.

In very simple terms, people who achieve success in life have learned how to master these subconscious processes in order to build a foundation that will allow them to realize their goals. They have learned to visualize and manipulate their subconscious dreams, and this in turn allows them to turn their dreams into reality. Alternately, those who have been less than successful in life may actually be constructing subconscious processes that work more toward derailing their chances for success, rather than helping them. They remain blind to the universe of subconscious processes that control their behavior, and so rather than mastering them and achieving important goals in life, they facilitate subconscious repression by forming idle or rote patterns of behavior, and shielding these patterns with transparent excuses for their failings.

This is a very important concept to grasp: your own subconscious patterns are the single most significant variable governing your *ability* to achieve happiness and success in life. Life does not just happen to you; rather, your own thinking sets the stage for the direction you will go in life, and how far you will go in that direction. More specifically, it is your ingrained subconscious thought processes, your *dream psycles*, which make this determination. If you can *dream* of achieving some goal in life, then you can achieve it! It is

only when you abandon or lose sight of your dreams on a subconscious level that your goals become inaccessible, and that is because the *psycles* necessary to maintain your dreams never materialize.

This book is about the *art of awakening and redefining your dream psycles*. It is important to note that the concept of *dream psycles* is my own way of illustrating and modeling the nature of habits and how they might be managed through hypnosis. It is not a concept that you are likely to encounter in other books on hypnosis or psychology, and it is not my intention that this model be considered a replacement for established theories of the subconscious mind. I simply use this model of *dream psycles* to illustrate my ideas of how habits, relationships, and lifestyles do not form in isolation, but rather form in harmony with a host of other behaviors, and therefore personal change can be effectively initiated by changing any of these elements. You might think of this concept as a kind of *user-friendly approach* to the clinical process of bringing about behavioral change using any other methodology in addition to self-hypnosis. The model of dream psycles presented in this book will allow you to awaken, visualize and get a handle on any of the supporting psycles that surround self-limiting behavior, and to take control of them in order to make extraordinary changes in your life.

These chapters will *awaken* you to the realization that everything you do on a conscious level is pre-determined by your own subconscious dream psycles. These dream psycles form the very foundation upon which your conscious perceptions of reality are based. Indeed, from a psychological standpoint, these psycles *are* your reality. We re-visit these dreams, over and over again in our subconscious mind, where they are virtually indistinguishable from what we normally think of as reality.

An important component of all dream psycles is its subconscious center of focus, or "*set-point*." We all have numerous set-points that help govern our lives. These include physiological set-points, which govern things such as body temperature, blood pressure, our biological clock, and weight. There are also bio-psychological set-points that determine the amount of pain or physical stress we can endure. Finally, there are purely psychological set-points, such as temperament, self-esteem, and our emotional need for relationships and love. Set-points are buried deep in the subconscious mind, beyond the reasoning power and control of the conscious mind.

The dream psyches that support these set points originate in the subconscious mind as well. Here they function very much like navigational gyroscopes: they serve to keep your behavior on a steady course, to control most of what you think and do each day. Because these psyches and set-points originate in the subconscious they can be difficult to pinpoint and are very resistant to change. However, evidence that these subconscious psyches actually exist can be seen in the visible wake of the processes that maintain them. These visible indicators are behavioral patterns, either good or bad, that become habitual, and developing habits is what the subconscious mind does best.

When your dreams are in focus with your habits and behavior, you experience a sense of balance and well-being. When your dreams are out of focus with your habits and behavior, you experience various levels of uneasiness, anxiety, cognitive dissonance and stress. You may recognize that your life is not progressing the way you would like, but you may also feel powerless to do anything to change it for the better. While it may be easy for family and friends to *see through* our habits to the underlying set-points and dream psyches behind them, it is often quite difficult for us to develop this same insight because the subconscious components are shielded from our conscious view. Fortunately, with proper training these negative set-points and dream psyches can be illuminated, modified, and even completely eliminated or replaced using a wide range of approaches, including traditional hypnotherapy, waking techniques such as those described by Milton Erickson, or Neural Linguistic Programming (NLP) methodology. Any of these modalities will work, and of course, you could even use all of them together! The challenge is to *wake up your awareness* of your own negative set-points and dream psyches in the first place, and to get past your natural resistance to replacing them with the positive psyches and lifestyle you desire.

Imagine how much more you could accomplish in life if you could tap into your own habitual subconscious processes and modify them so that they work *only* toward achieving your goals! Keep reading, because that is what you are going to do! This little book will teach you how to *wake up* and harness this power, by focusing on the art of *hypnosis* and the power of *awakening* your dream psyches.

When you *wake up* your subconscious set-points and dream psyches, new ideas, talents, abilities, and motivation will burst forth

into your conscious mind, much like those images hidden in computer generated art come charging out at you once you know how to *recognize* them. These discoveries will provide you with a clear and tremendously empowering self-awareness, and they will *transform your life*. They will illuminate the reasons why you think, feel, act, and react as you do. You will learn how to *wake up* to self-limiting subconscious psyches that have hampered your ability to set and accomplish significant goals in the past. You will learn a whole new set of skills, which will enable you to take immediate and total control over every aspect of your personal life and professional career. This book will help you *wake up* those talents and abilities that are there inside you, but have remained hidden up until now. Right now is the time to start.

In Chapter 1, "*How Dream Psyches Shape Your Reality*," I will show you how your waking reality is really a kind of *dreamscape*, which is comprised of a collection of *set-points* and *dream psyches*, and how these dream psyches must be structured. If a person leads an idle, empty life, the subconscious mind will provide its own structure to these psyches, and this often results in the development of meaningless, yet compulsive behavioral patterns. With the proper knowledge and skills, however, you can replace these hollow, empty psyches with personally enriching, productive ones. You will learn how to unleash the tremendous reserve of creative and expressive powers that lies buried beneath shells of habitual psyches enshrouding your own dreamscape. I will show you how to shed these unwanted shells to make sweeping, positive changes in your life within a matter of days, and I will give you reinforcement techniques that will enable you to maintain this new power for a lifetime.

In Chapter 2, "*A Short History of Hypnosis*," I will introduce you to some of the colorful, influential personalities in the history and development of modern hypnosis. Since this book focuses on the use of hypnosis for awakening your dream psyches, I think it is appropriate that you should know a little (but not too much) of its history. Because of its brevity, I was tempted to title this section "*An Incredibly Short History of Hypnosis*," but this doesn't quite convey the meaning or imagery I desired, and, in fact, neither does the selected title, when you think about it. In fact, the chronology of historical events as they relate to hypnosis is actually quite lengthy, but I do not intend for this book to be about the history of hypnosis; This book is more about the *art* of

hypnosis, and for this reason I give you only the critical events, without going into long biographical details of the players. This is an important and fascinating section for anyone who wants to understand the historical development of hypnosis. Those who are only interested in the more practical aspects of hypnosis may skip over this section entirely if you choose to do so.

In Chapter 3, "*The Magic of Hypnosis*," you will learn what hypnosis *is*, and also what it *isn't*. In this chapter you will learn the basic principles of hypnosis, and I will also dispel some of the more common myths and misconceptions about both the experience of hypnosis and the process of hypnotic induction. You will also learn how hypnosis works, and why hypnosis is the perfect methodology for awakening your dream psyches.

Chapter 4, "*The Awesome Power of the Subconscious Mind*," is a fascinating chapter for those who are interested in the inner workings of the mind and body. It is essential reading for anyone who truly wants to understand the psycho-physiological dynamics of the human *belief system* as it pertains to dream psyches and the art of hypnosis. This chapter explores the autonomic nervous system and its sub-components, the *sympathetic* and *parasympathetic* systems, which together regulate our adaptation to the world, both around us and within us. These are the systems that are most often associated with the "fight or flight" stress response that challenges us all. In this chapter we will explore these two powerful components of the human nervous system, and how they interact with the conscious and subconscious mind.

In Chapter 5, "*The 20 Essential Keys to Awaken Your Dreams*" you will learn the essential principles that provide the keys to unlock and harness the incredible power of subconscious mind. You will learn how to make these processes serve at the call and beckoning of your *conscious* mind, rather than the other way around. In this section you will learn why conscious *willpower* alone will never succeed, and why all permanent change must be made at the subconscious level. You will also discover why once a change is made in the subconscious mind, it will perpetuate itself effortlessly.

In Chapter 6 "*Powerful Tools for Hypnotic Induction and Suggestion*," you will begin to explore specific ways to shape your own behavior using hypnosis, and other techniques as well. This is a very important section because it clearly illustrates how the human

mind transgresses from one state to another in response to various cues and signals. In addition, this chapter will teach you that not all hypnotic states are of the "trance" type that most people have come to associate with hypnosis, and in fact, the achievement of a trance state is not an essential aspect of a successful session.

In Chapter 7, "*Analytical Hypnosis, Age Regression, and Past Life Experiences*," I will show how you can use self-hypnosis to explore the very limits and boundaries of human consciousness, including the experience of age regression, pre-birth memories, and even past-life experiences. You will also learn various techniques, such as ideomotor signaling, which will allow you to communicate messages from these previous times. Whether you believe that this form of hypnotherapy is appropriate for your own needs or not, analytical hypnosis has provided countless subjects with new avenues for cathartic expression, self-healing, and personal growth.

Chapter 8, "*Dealing With Life's Common Problems*," is a collection of discussions on some of life's more common problems, and how these problems may be resolved using hypnosis and other techniques. The problems addressed in this section include smoking, weight loss, stress, pain, and even technology addictions. The discussion of these problems is presented in much the same way that a hypnotherapist might address them in a first consultation with you. The idea is to give you a realistic assessment of the problem, some sound advice on how to deal with it, and an explanation of how hypnosis or other techniques can be used to effectively address these problems.

Chapter 9 is appropriately titled "*The Truth About Money and Happiness*." Since money is such an emotionally charged issue for most of us, I decided that it would be appropriate to break this discussion out as a separate chapter. This is the section to read if you can't decide whether to quit your job, cash in your retirement and open that pizza franchise, or stay put for another 10-15 years and build your retirement nest egg. These are very complicated issues to deal with. There is no easy solution, no easy path to riches, but by making little adjustments to the steps you take today, you can put into motion a whole set of psyches that will make a huge difference in that most important of personal financial goals, your own retirement.

Chapter 10, "*How to Think Like a Giant, and Turn Your Wildest Dreams Into Reality*" discusses the 10 simple steps that everyone must follow in order to achieve success in any endeavor.

These are very simple rules for success that are so often neglected, yet in order to be successful you must make them psyches in your own life, no matter what methodology you choose to navigate your personal dream psyche makeover. Whether you use hypnosis, NLP, counseling, or any other method to achieve your goals, *these are the 10 steps you must follow* in order to successfully and permanently alter your own dreamscape. You should commit these steps to memory, and integrate them into your everyday behavior patterns.

In Chapter 11, “*A Collection of Sample Induction Scripts*,” I will present a number of complete scripts, which you can use for various forms of hypnotic or waking state inductions. Some of these will serve your own personal requirements without revision. All you will need to do is tape them, following the special recording guidelines for vocal pitch, tone, and timing that you will have learned in chapter 6, and then play them back at your leisure. Others will require some minor editing and vocabulary changes to suit your particular needs, but this will be no problem for you once you have completed reading this book.

Chapter 12, “*Potpourri*,” is a compilation of additional discussions on subjects such as creativity, study habits, moodiness, self-esteem, memory, gambling, and relationships. In each discussion, set-points, emotions, and behaviors are identified, and possible solutions using all of the techniques described in this book are presented.

Chapter 13 is a visualization toolkit, or a compilation of various exercises, which you can practice to improve your creative visualization skills and further enhance your hypnotic experience. These visualization and cognitive exercises are designed to help you improve your focus, and master your ability to readily and realistically visualize anything. They may look deceptively simple on the surface, but that is one of the reasons why I have included them in this book. Interweaving visualization exercises such as these into your own inductions is an excellent deepening technique, as it helps you to *realize* your depth of consciousness, and this is an essential component of hypnotic success. Your goal in practicing these visualization and awareness exercises should be to do so with enough conviction that you can *fully experience the focus of the exercise*, with all of your senses, rather than simply “thinking” of these pictures in your mind.

Finally, in Chapter 14, “*A New Awakening*,” I will briefly

summarize the critical points of this little book. As you read this final chapter (please don't skip ahead!) you will realize that you have indeed, been awakened from the subconscious psyches that have held you back in the past. You will finally understand that there is nothing in life that you cannot do, if only you utilize the tools and principles I have explained within these pages. The world really is your oyster, once you know how to look inside.

Appendix "A" is an outline of a simple Dream Psyche Awakening Worksheet that you can use as a model for your own dreamscape designs, and Appendix "B" is a glossary of most of the significant words used in this book.

I will often repeat key concepts in this book, because that is how psyches are created. It is my hope that the mere act of reading this book will condition your mind to think in more positive, creative ways. In effect, I will be using *stealth techniques* throughout this book to ensure that the concepts I present are not forgotten.

Whatever your goals are in life, you must start working toward them *right now*. Life is far too short for procrastination. One wasted day quickly becomes two, and then three, and then months have passed, and before you know it your whole life has passed before you, and you may still be *thinking* about the things you could have achieved in life, if only you had the time remaining to do them.

This game of life is too short to worry about what we can't change, and too long to live without changing what we can. The only real winners in this game are the people who live by this rule. You already know that procrastination doesn't work. Right now is the time to begin. Right now is the time to *wake up* the sleeping giant within your own subconscious mind!

**The Table of Contents and Introduction printed above have provided an overview of my book on the art of awakening your Dream Psyches through self-hypnosis. This book is now available for purchase in PDF format on CD, so that you may view and print from it on your own PC. If you purchase now at my introductory price of \$15 plus \$2 shipping and handling, I will also include the companion audio tracks in MP3 format on CD at no additional charge, so now is the**

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