



Dream Time Traveler



We dream at every dreaming landscape simultaneously, yet we remember dreams in our own unique way.

The dreaming landscapes –where we go in dreams– are based on time: the Dreaming Landscapes of What Is, the Dreaming Landscapes of What Was, the Dreaming Landscapes of What Could Be, and the Dreaming Landscapes of What is Eternal, but it is only one aspect that helps us build a dreaming profile; what we do in the dreaming landscapes, how open the gate to these landscapes is and how we access them are the other three main factors.



Landscapes

Dark Jungles and Utopic Highlands are the dreaming landscapes of what has already occurred in our physical reality. We keep connecting in dreams to them because there is something not integrated that still resonates with our present reality, be it because of its magnificence or atrocity. In a way, we can say that a piece of our Soul remains stranded there, and we continue dreaming with it until we integrate the experience or choose to dream a better dream.

Dreamwalkers and conscious dreamers can visit ancient civilizations in these lands, even if they are unrelated to their personal history.

On the other hand, Time Rivers are within the Dreaming Landscapes of What Could Be; it is the land of collective and personal potentials, not only of the future but also of the past, of what could have happened –we may dream with alternate branches of the past that did not materialize on Earth.

Here we dream of the potential past or future of this timeline or other timelines; we also encounter ourselves in the potential past or future of our current lifetime, and we can dream with subsequent incarnations, too.

As stated in The Dreaming Landscapes, one conscious human dreaming in this landscape can affect our collective future here, on Earth.

Journeys to the Time Rivers in the waking state are called Journeys to the Light1, those junctures in time where our personal story could have been different. Exploring what could have been is a healing technique because it illuminates why an alternate path was not chosen.

It is not easy to retrieve memories of these potentials, even for advanced dreamers; up there, the mind does not work that well, although it is not impossible.

Tips

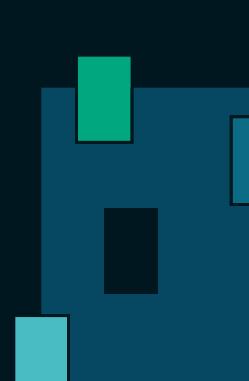
Check DreamWorlds out, an interview from Aberdeen & Linda Hoppe to Adamus Saint Germain, a straightforward yet profound approach that may help you gain a new perspective on dreaming. No, we don't get commissions on it, but if it helps, let us know.



If you want to know more,

you can explore [The Dreaming Landscapes](#), the lands where dreams occur, or you can review [The Dreaming Profiles](#), where you will find the ten dreaming archetypes. Alternatively, you can get a comprehensive approach to dreaming in [The Essential Dreaming Workshop](#); there, you will be able to understand how the different cultures approached dreams in this era, you will see how movies have portrayed the dreaming landscapes, and yes, you will also have the possibility to open the gate of the dreaming landscapes and strengthen your connection to dreams.

And let us add that focusing on dreams-related information will help you expand your capacity to remember. Look out for [Aberdeen](#) on Medium; she writes about dreams in depth. And remember to always document them; A Thousand Dreams will help you make the most of them.



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