

INTO AVALON



The Art of Dream Weaving
Essential Notes

Into Avalon

The Art of Dream Weaving
Essential Notes of Way Mastery
For Conscious Dreamers

Ebook and accompanying audios written and narrated
by Deborah Sie

Music scored, composed, and performed
by Adam King

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Explore the dreamtime consciously
and discover your own language of the soul!

This ebook and accompanying audios were produced
as an introduction to Conscious Dreaming.
The foundation for experiencing the mythic adventure odyssey called:

Into Avalon: The Wise Woman's Journey

Where you are invited to enter the dreamtime, become
a mythic traveler and embark on the wise woman's journey.
A journey into the wisdom self!

Learn more! (skip to bottom)

The information and guided audio journeys offered here, can be used
to help you on any journey you desire to take into the dreamtime!

Disclaimer

Disclaimer: The content found in the book and audio recordings called *Into Avalon: The Wise Woman's Journey* is for informational purposes only, and is in no way intended as medical advice, as a substitute for medical counseling, or as a treatment/cure for any disease or health, psychological or psychiatric condition, nor should it be construed as such. Always work with a qualified health professional before making any changes to your diet, prescription drug use, lifestyle, or exercise activities. The information is provided as-is, and the reader/viewer assumes all risks from the use, non-use, or misuse of this information. This material has been created to offer opinions ONLY through the discussions herein. Deborah Sie and/or any other contributing authors, participants or writers hereby disclaim to the fullest extent permitted by law any and all warranties, including but not limited to (A) any warranties concerning the usefulness of the content or information provided and (B) any warranties of title or warranty of non-infringement. The author and/or publisher shall not be liable for any third party losses including losses directly, indirectly, incidental, special or consequential damages arising out of the use of this material whether based on warranty, contract, tort, or any other legal theory, and whether or not Deborah Sie or any of her employees, agents, partners, or service providers advised of the possibility of such damages.

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Introduction

Welcome to The Art of Dream Weaving! Included is this ebook and guided journey audios. The ebook holds essential notes for reference to help you get the most out of your dream journeys. The guided journey audios offer an introduction to Conscious Dreaming and an experiential journey into the dreamtime. They are scored with the beautiful music composed by Adam King.

What is Conscious Dreaming?

We are all dreamers being dreamed. We are Dream weavers weaving the dream. We weave, untangle and reweave the threads of our life patterns that make up who we are. We create a new mythic story each time we do so: weaving who we desire to be, evolving through the loom.

Dream weaving is a powerful skill that can help you make choices toward living into more of your life's full expression and rekindle the magic, wonder, and creativity in your life. It can help you resolve problems, find purpose and meaning, and go on exciting adventures!

Dragon dreaming and Conscious dreaming are used interchangeably. This form of dreaming is different than when you dream asleep as it is done while you are awake. You are more present in the dreamscape of the otherworld while at the same time aware of your everyday reality.

The logical mind often blocks information or shuts down the intuitive mind. As a Conscious dreamer, you enter the dreamscape in a way that bypasses the logical mind and become more open to what the intuitive mind has to offer. With practice, you become more

balanced and aware of your whole mind and discover a breadth of information that you can use in daily life.

Essential Notes to use while conscious Dreaming

Be in a quiet place where you will not be interrupted. The dream state is a form of trance state. Trance state is a simple and natural way of deep engagement with your inner world. An interruption can be startling causing you discomfort and potentially a loss of information.

You may set an intention or ask a question to explore in the dreamscape. Do not have expectations and be open to what shows up even it does not make sense.

Have a journal and pen nearby to scribe or sketch notes as you journey through the dreamscape. This is important as you may not remember your discoveries by the end of the dream. Don't worry about neatness or spelling so you can remain deeply engaged in the dreamtime.

Ask specific questions about what you see or who/what you encounter along the way. Example: What does this meaning of this for me? What are you here to tell me? Where can I go to learn more? What is the first step I must take?

In exploring connections, it is helpful to ask: what is the larger pattern of events here? Seeing the bigger picture can help you in making connections that otherwise may remain unseen.

As a Conscious dreamer, you pay attention to the synchronicities that occur in daily life. Consciously you enter the dream space to explore how they might connect and discern what holds meaning for you.

You always have the power to send away, what you do not wish to see or experience in the dreamtime. It is your dream. Firmly and with no doubt, declare it to be gone and it will be so. Then move on with your journey.

You can consciously choose to delve deeper into thought patterns and beliefs that do not serve you and discover new wisdom. Be open to what shows up and you will strengthen your courage and ability to hear your wisdom voice. You can also choose not to explore that aspect of self which is perfectly fine.

Pay attention to symbols, words, feelings, thoughts, colors; whatever presents itself in the dreamscape. Often things that make the least sense reveal profound information later.

Honor the wisdom you receive by bringing it into your everyday world in some form such as, writing, dancing, acting, creating, music, singing, etc. This grounds your discoveries into your everyday reality and into a more usable form than wandering about in your head. Although wandering can be beneficial at times!

You can always go back to what you noticed in the dreamscape. Re-enter the dreamscape any time to inquire more deeply about it.

A note on dreaming while you are asleep. You can do all the above if you wake up or become aware in your dream while your dreaming. The trick is to jot down your experience before you forget as it will fade as you awaken into your everyday world.

Best Wishes to You Dear Dreamer
On your journey into wisdom!

The complete odyssey *Into Avalon: the Wise Woman's Journey*, is an invitation to:

Embark on a mythic adventure and
enter into your own experience with new eyes

Hone your navigation skills – your Way Mastery
And discover your own language of the soul.

Enter into the richness of your life as a mythic explorer
and experience more joy, meaning and adventure.

Re-discover the unique song within you
--your Soul Song.

Enter Into Avalon: The Wise Woman's Journey
A heroine's journey back to True Self.

Buy the odyssey and begin your epic adventure today!
[Learn more](#)

Be the Source of your own power and destiny



Give your Soul Song Wings!

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Only you can sing your song!

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Meet Artist and Author DJ Sie



Deborah Sie M.A. is a mythic artist, author, way guide, and avid explorer! The essence of her artwork and writing is on capturing wisdom stories of the mythic feminine in roles as a powerful, creative, and compassionate presence.

As a coach, DJ offers transformative and experiential process to support women in discovering their own language of the soul. DJ assists women to hear more deeply their own wisdom voice, regain clarity, and recognize themselves as the heroine and co-creator of their own wisdom story. She believes in the power of conscious dreaming –focusing on symbol, metaphor and intuitive process to explore the Otherworld and make meaningful connections that can be woven into new wisdom and expressed within daily life.

DJ works with women who wish to discover their heartfelt purpose and awaken their song within. A song that yearns for expression– their Soul Song. She helps women re-connect with their Original Soul Voice and bring the songs of their dreams into the world in ways that are strategic, fluid, and holistic. Her message is simple:

Be the source of your own power and destiny.
Give your soul song wings!

DJ writes, dreams and paints in the wilds of the Colorado Mountains.